

# WELSH INDOOR CHAMPIONSHIPS BEST PERFORMANCES

## WOMEN

October-2017

*Note - a 'p' alongside a performance indicates that its recognition as a Best Performance is subject to confirmation by the Track & Field Committee of Welsh Athletics*

Event/Category	Performance	Athlete	Club	Year
<b><u>60 Metres</u></b>				
Senior St Athan	7.2 (HT)	Michele Smith	Cardiff AAC	18.03.1973
Senior	7.37	Rachel Johncock	Swansea Harriers	31.01.2016
U20	7.37	Hannah Brier	Swansea Harriers	11.02.2017
U17	7.63	Hannah Brier	Swansea Harriers	25.01.2014
U15	7.77	Hannah Brier	Swansea Harriers	21.01.2012
U13	8.23	Hannah Brier	Swansea Harriers	30.01.2010
<b><u>200 Metres</u></b>				
Senior	24.56	Melissa Roberts	Cardiff AAC	28.01.2017
U20	24.35	Hannah Brier	Swansea Harriers	17.01.2016
U17	24.87	Emily Wright	Yate & District	27.01.2013
U15	25.42	Hannah Brier	Swansea Harriers	22.01.2012
U13	27.43	Hannah Brier	Swansea Harriers	30.01.2010
<b><u>300 Metres</u></b>				
U17	40.23	Brigid Eades	Newport Harriers	27.01.2007
U15	41.51	Macey Morris	Newport Harriers	28.01.2017
<b><u>400 Metres</u></b>				
Senior	55.36	Seren Bundy Davies	Trafford AC	25.01.2014
U20	56.63	Amelia Reynolds	Cardiff AAC	11.02.2017
<b><u>800 Metres</u></b>				
Senior	2:06.59	Emma Davies	Belgrave Harriers	20.01.2002
U20	2:13.50	Ffion Price	Brecon AC	26.01.2013
U17	2:11.90	Isobel Parry-Jones	Cwmbran Harriers	24.01.2015
U15	2:16.41	Aimee Callow	Cardiff Archers	11.02.2017
U13	2:24.99	Lora Roberts	Bridgend AC	27.01.2007
<b><u>1500 Metres</u></b>				
Senior	4:15.07	Melissa Courtney	Shaftesbury Barnet	26.01.2014
U20	4:35.57	Katie Seary	Cardiff AAC	26.01.2014
U17	4:36.85	Isobel Parry-Jones	Cwmbran Harriers	25.01.2015
U15	4:45.8	Jade Williams	Amman Valley	03.02.2007
U13	5:01.0	Hywelis Thomas-Howells	Neath Harriers	03.02.2007
<b><u>3000 Metres</u></b>				
Senior	9:37.04	Olivia Gwynn	Swansea Harriers	11.01.2015
U20	10:06.21	Natasha Cockram	Cwmbran Harriers	09.01.2011
U17	10:05.66	Mia Roberts	Deeside AAC	11.02.2017
U15	10:40.63	Aimee Callow	Cardiff Archers	05.03.2017
<b><u>60 Metres Hurdles</u></b>				
Senior	8.31	Rachel King	Cardiff AAC	08.01.2005
U20	8.77	Lauren McLoughlin	Cardiff AAC	20.01.2001
U20	8.77	Heather Jones	Carmarthen Harriers	25.01.2004
U17	8.75	Heather Jones	Carmarthen Harriers	12.01.2003
U15	9.07	Heather Jones	Carmarthen Harriers	20.01.2001
U13	9.86	Elina Dineen	Cardiff Archers	16.01.2016

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<b>High Jump</b>				
Senior	1.86	Julie Crane	Sale Harriers Manchester	24.01.2004
U20	1.86	Rebecca Jones	Wrexham AAC	19.01.2002
U17 St Athan	1.75	Julia Charlton	Carmarthen Harriers	27.03.1982
U15 St Athan	1.65	Lea Haggett	Herne Hill Harriers	12.04.1986
U13	1.56	Marnie Musgrave	Swansea Harriers	24.01.2015
<b>Pole Vault</b>				
Senior	4.15	Sally Peake	Birchfield Harriers	28.01.2017
U20	3.61	Elinor Lewis	Cardiff AAC	07.02.2009
U17	3.41	Rebecca Davies	Deeside AAC	07.02.2009
U15	3.15	Ffion Llewellyn	Bridgend AC	16.02.2014
<b>Long Jump</b>				
Senior	6.05	Rebecca Chapman	Cardiff Met Univ	25.01.2015
U20	5.90	Emily Wright	Bristol & West	17.01.2016
U17	5.54	Rebecca Williams	Newport Harriers	08.01.2005
U15	5.30	Emily Wright	Yate & District	21.01.2012
U13	4.61	Chloe Hughes	Deeside AAC	29.01.2011
<b>Triple Jump</b>				
Senior	12.53	Sara Barry	Cardiff AAC	24.01.2009
U20	11.78	Sally Peake	Liverpool H & AC	12.01.2003
U17	11.48	Sally Peake	Wirral	19.01.2002
<b>Shot</b>				
Senior (4.00kg) SA	19.06	Venissa Head	Cardiff AAC	07.04.1984
U20 (4.00kg)	13.87	Adele Nicoll	Birchfield Harriers	16.02.2014
U17 (3.00kg)	13.54	Sarah Omoregie	Cardiff AAC	31.01.2016
U15 (3.00kg)	10.68	Danielle Jones	Carmarthen Harriers	15.02.2015
U13 (2.72kg)	10.32	Adele Nicoll	Oswestry Olympians	08.02.2009
<b>Pentathlon (60H/HJ/LJ/SP/800)</b>				
Senior Sheffield	3944	Katia Lannon	Sale Harriers Manchester	14.01.2007
U20 Sheffield	3555	Caryl Granville	Carmarthen Harriers	13.01.2008
U17 Sheffield	3605	Sarah Omoregie	Cardiff AAC	13.03.2016
U15	2991	Lauren Evans	Cardiff AAC	03.11.2013
U13	2299	Adele Nicoll	Oswestry Olympians	09.11.2008
<b>Quadrathlon (60H/LJ/SP/800)</b>				
U13	1975	Carys Poole	Swansea Harriers	08.11.2015

All performances at NIAC unless indicated