

# WELSH INDOOR CHAMPIONSHIPS BEST PERFORMANCES

## MEN

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		6.76	Doug Turner	Cardiff AAC	21.01.2001
U20		6.86	Callum Davies	Swansea Harriers	11.02.2017
U17		6.99	Jeremiah Azu	Cardiff AAC	28.01.2017
U15		7.20	Andrew Watkins	Pontypridd AC	19.01.2002
U13		8.08	Sion Roberts	Wrexham AAC	30.01.2010
<b><u>200 Metres</u></b>					
Senior		21.93	Kristian Jones	Cardiff AAC	31.01.2016
U20		21.75	Kristian Jones	Cardiff AAC	17.01.2016
U17		22.44	Ben Paris	Cardiff Archers	17.01.2016
U15		23.30	Andrew Watkins	Pontypridd AC	20.01.2002
U13		25.92	Sion Roberts	Wrexham AAC	30.01.2010
<b><u>300 Metres</u></b>					
U15		38.23	Gerwyn Morgan	Bridgend AC	27.01.2007
<b><u>400 Metres</u></b>					
Senior		48.39	Gareth Warburton	Cardiff AAC	09.01.2005
U20		49.08	Owen Smith	Deeside AAC	17.02.2013
U17		49.35	George Thomas	Brecon AC	31.01.2016
U15		55.13	Scott Edwards	Derby AC	08.02.2009
U15		55.13	Ryan James	Cardiff AAC	21.01.2012
<b><u>800 Metres</u></b>					
Senior		1:47.82	Joe Thomas	Cardiff AAC	21.01.2012
U20		1:51.94	Joe Thomas	Cardiff AAC	28.01.2007
U17		1:57.16	Jake Heyward	Cardiff AAC	24.01.2015
U15		2:04.30	Nikita Neary	Carmarthen Harriers	21.01.2012
U13		2:22.04	Scott Edwards	Derby AC	27.01.2007
<b><u>1500 Metres</u></b>					
Senior		3:41.25	Stephen Davies	Belgrave Harriers	24.01.2009
U20		3:56.56	Elliot Slade	Cardiff AAC	05.02.2012
U17		4:06.1	Jonathan Morgan	Newport Harriers	03.02.2007
U15		4:16.92	Jake Heyward	Cardiff AAC	27.01.2013
U13		4:43.24	Benjamin Reynolds	Cardiff Archers	25.01.2015
<b><u>3000 Metres</u></b>					
Senior		8:17.84	David Westbury	Derby AC	31.01.2010
U20		8:37.58	Matthew Jones	City of Stoke AC	20.02.2000
U17		8:57.78	Elliott Hardee	Newport Harriers	14.02.2010
U15		9:25.19	James Jones	Deeside AAC	05.03.2017
<b><u>60 Metres Hurdles</u></b>					
Senior		7.63	David Omoregie	Cardiff AAC	22.01.2017
U20		8.04	David Omoregie	Cardiff AAC	17.02.2013
U17		8.30	Kyle Arnold	Newport Harriers	26.01.2013
U15		8.58	Harry Hillman	Cardiff AAC	17.02.2013
U13		9.62	Daniel Murathodzc	Cardiff Archers	26.01.2014

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Event	Category	Performance	Athlete	Club	Year
<b><u>High Jump</u></b>					
Senior		2.24	Rob Mitchell	Sale Harriers Manchester	24.01.2009
U20		2.05	William Edwards	Carmarthen	11.02.2017
U17		2.05	Chuka Enih-Snell	Swansea Harriers	20.02.2000
U15		1.86	Thomas Trotman	Cardiff AAC	21.01.2012
U13		1.48	Miles Keller-Jenkins	Swansea Harriers	30.01.2010
<b><u>Pole Vault</u></b>					
Senior		5.35	Scott Simpson	Birchfield Harriers	13.01.2007
U20	Milford Haven	4.60	Andrew Penk	Cardiff AAC	09.02.1997
U20		4.60	Cameron Johnston	Croydon Harriers	19.02.2000
U17		4.21	Ben Gregory	Vale of Aylesbury	27.01.2007
U15		3.25	Stephen Guest	Bridgend AC	13.01.2008
<b><u>Long Jump</u></b>					
Senior		7.41	Richardo Childs	Brecon AC	24.01.2009
U20		6.99	James Gardner	City of Stoke AC	31.01.2010
U17		6.65	Josh Davies	Pembrokeshire Harriers	27.01.2013
U15		5.98	Ben Hillman	Cardiff AAC	11.02.2017
U13		4.92	Kierran Cooper	Wrexham AAC	12.01.2008
<b><u>Triple Jump</u></b>					
Senior		15.13	Osaze Aghedo	Swansea Harriers	22.01.2017
U20		14.24	Alex Ezechi-Obiako	Cardiff AAC	07.02.2009
U20		14.24	Thomas Walley	Wrexham AC	11.02.2017
U17		13.77	Lee Harris	Bristol & West AC	20.02.2000
<b><u>Shot</u></b>					
Senior	(7.26kg)	17.87	Ryan Spencer-Jones	Birchfield Harriers	21.01.2012
U20	(6.00kg)	16.22	Matthew Field	Cardiff AAC	17.02.2013
U17	(5.00kg)	15.62	Nathan Thomason	Colwyn Bay AC	26.01.2014
U15	(4.00kg)	15.69	Mathew Evans	Carmarthen Harriers	11.01.2003
U13	(3.25kg)	12.59	Mathew Evans	Carmarthen Harriers	21.01.2001
<b><u>Heptathlon</u></b>					
Senior	Sheffield	5663	Ben Gregory	Vale of Aylesbury	11.01.2015
U20	Sheffield	5372	David Guest	Bridgend AC	11.01.2009
U17	Sheffield	4499	Aled Price	Carmarthen Harriers	04.03.2012
<b><u>Pentathlon (60H/HJ/LJ/SP/800)</u></b>					
U17		2873	David Price	Deeside AAC	23.03.2003
U15		2615	David Guest	Bridgend AC	12.03.2005
U13		2197	David Guest	Bridgend AC	25.09.2004
<b><u>Pentathlon (60H/200/LJ/SP/800)</u></b>					
U17		3410	David Guest	Bridgend AC	25.11.2006
U15		3042	David Guest	Bridgend AC	20.11.2005
U13		1094	Kieron White	Swansea Harriers	25.11.2006
<b><u>Quadrathlon (60H/LJ/SP/800)</u></b>					
U13		1459	Immanuel Waboso	Cardiff Archers	02.11.2014