

WELSH OUTDOOR RECORDS & BEST PERFORMANCES

November 2017

WOMEN

Records: These are recognised for All Comers (AC), Welsh National (WN) and Under 20 (U20)

An **All Comers Record** can be set by any athlete provided it is achieved in competition within Wales

A **Welsh National Record** can be set by any athlete with Welsh Qualification in worldwide competition

A **Welsh U20 Record** can be set by any athlete with Welsh Qualification in worldwide competition who at the time was classified as being in the Under 20 age group

Best Performances These are recognised for athletes who at the time were classified as being in the Under 17, 15 or 13 age groups

Event/Category	Performance	Athlete	Country /Club	Venue	Date
100 Metres					
AC	11.27	Heather Oakes	England	Cwmbran	27.05.1984
WN	11.39	Sallyanne Short	Torfaen AC	Cwmbran	12.07.1992
WN	11.39	Elaine O'Neill	Woodford Green	La Chaux-de Fonds, Switz	04.07.2010
WN	11.39	Hannah Brier	Swansea Harriers	Cali, Colombia	16.07.2015
WN	11.39	Hannah Brier	Swansea Harriers	Bydgoszcz, Poland	21.07.2016
U23	11.39	Elaine O'Neill	Woodford Green	La Chaux-de Fonds, Switz	04.07.2010
U23	11.39	Hannah Brier	Swansea Harriers	Cali, Colombia	16.07.2015
U23	11.39	Hannah Brier	Swansea Harriers	Bydgoszcz, Poland	21.07.2016
U20	11.39	Hannah Brier	Swansea Harriers	Cali, Colombia	16.07.2015
U20	11.39	Hannah Brier	Swansea Harriers	Bydgoszcz, Poland	21.07.2016
U17	11.57	Hannah Brier	Swansea Harriers	Cardiff (CISS)	31.05.2014
U15 (HT)	12.0	Helen Miles	Bridgend AC	Swansea (Morfa)	08.08.1981
U15 (ET)	12.04	Hannah Brier	Swansea Harriers	Ashford	21.07.2012
U13 (HT)	12.6	Jane Bradbeer	Swansea Harriers	Swansea (Morfa)	08.08.1981
200 Metres					
AC	22.58	Sonia Lannaman	England	Cwmbran	18.05.1980
WN	22.80	Michelle Scutt	Sale Harriers	Antrim	12.06.1982
U23	22.80	Michelle Scutt	Sale Harriers	Antrim	12.06.1982
U20	23.59	Hannah Brier	Swansea Harriers	Cardiff (CISS)	17.05.2015
U17	23.60	Michelle Probert	Sale Harriers	Bremen, Germany	12.09.1976
U15	24.54	Hannah Brier	Swansea Harriers	Manchester	01.09.2012
U13 (HT)	25.7	Jane Bradbeer	Cardiff AAC	Wolverhampton	01.08.1981
300 Metres					
U17	38.78	Amelia Reynolds	Cardiff AAC	Bedford	30.08.2015
U15	39.7	Hannah Brier	Swansea Harriers	Swansea (Uni)	24.06.2012
400 Metres					
AC	50.63	Michelle Scutt	Wales	Cwmbran	31.05.1982
WN	50.63	Michelle Scutt	Sale Harriers	Cwmbran	31.05.1982
U23	50.63	Michelle Scutt	Sale Harriers	Cwmbran	31.05.1982
U20	52.80	Sian Morris	Port Talbot Harriers	Lappeenranta, Finland	18.06.1983
U17	55.53	Sian Waters	Cardiff AAC	Crystal Palace	20.08.1977
800 Metres					
AC	2:00.21	Christiane Wildschek	Austria	Cwmbran	01.07.1979
WN	1:57.42	Kirsty McDermott	Bristol & West AC	Belfast	24.06.1985
U23	2:00.56	Kirsty McDermott	Bristol & West AC	Crystal Palace	17.09.1982
U20	2:04.01	Kirsty McDermott	Brecon AC	Budapest, Hungary	29.07.1981
U17	2:07.32	Amanda Pritchard	Cardiff AAC	Belfast	22.06.1996
U15	2:10.66	Amanda Pritchard	Cardiff AAC	Crystal Palace	15.07.1994
U13	2:16.1	Lisa Lanini	Wrexham AAC	Wrexham	05.08.2000
1500 Metres					
AC	4:04.39	Zola Budd	England	Cwmbran	28.05.1984
WN	3:59.95	Hayley Tullett	Swansea Harriers	Paris, France	31.08.2003
U23	4:09.56	Rhianwedd Price	Cardiff AAC	Eugene, USA	13.06.2015
U20	4:19.01	Georgina Outten	Birchfield Harriers	Manchester	31.05.2014
U17	4:23.55	Non Stanford	Swansea Harriers	Watford	12.06.2004
U15	4:33.33	Cari Hughes	Menai T&F	Dublin, Ireland	20.07.2013
U13	4:48.06	Rosa Yates	Bridgend AC	Cardiff (C.I.S.S.)	07.08.2010
One Mile					
AC	4:29.48	Bev Nicholson	England	Leckwith, Cardiff	17.07.1989
WN	4:19.41	Kirsty McDermott	Bristol & West AC	Oslo, Norway	27.07.1985
U23	4:39.03	Annmari Fox	Swansea Harriers	Cwmbran	09.07.1983
U20	4:51.31	Non Stanford	Swansea Harriers	Oxford	06.05.2004

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Best Performances These are recognised for athletes who at the time were classified as being in the Under 17, 15 or 13 age groups

Event/Category	Performance	Athlete	Country /Club	Venue	Date	
3000 Metres						
AC	8:52.88	Paula Fudge	England	Cwmbran	30.05.1982	
WN	8:45.39	Hayley Tullett	Swansea Harriers	Gateshead	15.07.2000	
U23	9:12.96	Stevie Stockton	Vale Royal	Watford	28.07.2010	
U20	9:22.84	Non Stanford	Swansea Harriers	Crystal Palace	30.07.2004	
U17	9:22.84	Non Stanford	Swansea Harriers	Crystal Palace	30.07.2004	
U15	10.00.6	Louise Silva	Melbourne	West London	07.03.1979	
5000 Metres						
AC	15:27.56	Angela Tooby	Wales	Cwmbran	28.05.1984	
WN	15:13.22	Angela Tooby	Cardiff AAC	Oslo, Norway	05.08.1987	
U23	16:13.45	Melissa Courtney	Shaftesbury	Manchester	30.05.2015	
U20	16:21.86	Bronwen Owen	Scarborough	Manchester	30.05.2015	
10000 Metres						
AC	32:59.59	Liz Lynch	Scotland	Cwmbran	26.05.1986	
WN	31:55.30	Angela Tooby	Cardiff AAC	Rome, Italy	04.09.1987	
U23	34:46.07	Caryl Jones	Carmarthen Harriers	Neath	05.08.2009	
1500 Metres Steeplechase						
U20	5:05.10	Rhianwedd Price	Brecon AC	Deeside	28.08.2011	
U17	4:58.99	Lucy Davies	Pembrokeshire Harriers	Cardiff (C.I.S.S.)	16.07.2016	
2000 Metres Steeplechase						
AC	6:57.36	Robin Ellerbrock	USA	Cardiff (Leckwith)	18.06.2006	
WN	6:38.76	Jade Williams	Amman Valley	Solihull	13.05.2017	
U23	6:57.08	Rhianwedd Price	Brecon AC	Cardiff (C.I.S.S.)	03.06.2012	
U20	6:57.08	Rhianwedd Price	Brecon AC	Cardiff (C.I.S.S.)	03.06.2012	
U17	7:09.56	Olivia Gwynn	Swansea Harriers	Milton Keynes	18.05.2013	
3000 Metres Steeplechase						
AC	10:16.5	Elizabeth Hall	England	Cardiff (Leckwith)	29.08.2005	
WN	10:25.03	Jade Williams	Amman Valley	Loughborough	21.05.2017	
U23	10:33.74	Caryl Jones	Carmarthen Harriers	Bedford	28.06.2009	
High Hurdles						
AC	100m	13.02	Kay Morley	Wales	Wrexham	28.07.1990
WN	100m	12.91	Kay Morley	Cardiff AAC	Auckland, New Zealand	02.02.1990
U23	100m	13.52	Rachel King	Cardiff AAC	Budapest, Hungary	26.07.1997
U20	100m	13.57	Bethan Edwards	Cardiff AAC	Horsham	29.08.1992
U17	80m	11.27	Heather Jones	Carmarthen Harriers	Cwmbran	21.06.2003
U17	80m	11.27	Heather Jones	Carmarthen Harriers	Sheffield	16.08.2003
U15	75m	10.86	Heather Jones	Carmarthen Harriers	Cardiff (Leckwith)	17.06.2001
U13	70m	11.13	Carys Poole	Swansea Harriers	Newport	21.08.2016
300 Metres Hurdles						
U17		42.52	Lauren Williams	Maldwyn Harriers	Bedford	30.08.2015
400 Metres Hurdles						
AC		54.69	Kim Batten	USA	Cwmbran	12.07.1992
WN		56.43	Alyson Layzell	Cheltenham	Birmingham	16.06.1996
U23		57.61	Caryl Granville	Swansea Harriers	Birmingham	20.08.2011
U20		58.37	Alyson Evans	Cardiff AAC	Tel Aviv, Israel	01.09.1985
U17		60.06	Faye Harding	Wrexham AAC	Debrecen, Hungary	13.07.2001

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Event/Category	Performance	Athlete	Country /Club	Venue	Date	
High Jump						
AC	1.93	Andrea Matay	Hungary	Cwmbran	18.05.1980	
WN	1.89	Julie Crane	Sale Harriers	Glasgow	15.08.2004	
U23	1.88	Rebecca Jones	Wrexham AAC	Arles, France	01.06.2002	
U20	1.88	Rebecca Jones	Wrexham AAC	Arles, France	01.06.2002	
U17	1.81	Lea Haggett	Herne Hill Harriers	Birmingham	06.06.1986	
U15	1.81	Lea Haggett	Herne Hill Harriers	Birmingham	06.06.1986	
U13	1.68	Julia Charlton	Carmarthen Harriers	Dublin, Ireland	06.08.1978	
Pole Vault						
AC	4.50	Holly Bradshaw	England	Cardiff (C.I.S.S.)	28.06.2015	
WN	4.40	Sally Peake	Birchfield Harriers	Glasgow	12.07.2014	
	4.40	Sally Peake	Birchfield Harriers	Chuta Vista, USA	21.04.2016	
U23	4.00	Jessica Abraham	Cardiff AAC	Bedford	03.07.2010	
U20	3.74	Elinor Lewis	Cardiff AAC	Cardiff (C.I.S.S.)	04.07.2009	
U17	3.65	Rebecca Davies	Deeside AAC	Carmarthen	01.08.2009	
U15	3.20	Carys Jones	Carmarthen Harriers	Bedford	31.08.2013	
U13	2.40	Rhianwydd Llewellyn	Bridgend AC	Leckwith, Cardiff	27.08.2006	
	2.40	Carys Jones	Carmarthen Harriers	Stoke Gifford	03.08.2011	
Long Jump						
AC	6.69	Jade Johnson	England	Newport	20.07.2002	
WN	6.54	Rebecca Chapman	Cardiff AAC	Birmingham	02.07.2017	
U23	6.25	Lisa Armstrong	Torfaen AC	Brecon	15.07.1992	
U20	6.25	Lisa Armstrong	Torfaen AC	Brecon	15.07.1992	
U17	6.01	Lisa Armstrong	Torfaen AC	Corby	19.08.1990	
U15	5.57	Ceri Jenkins	Cleddau	Haverfordwest	01.07.1972	
U13	4.89	Chloe Hughes	Deeside AAC	Sheffield	08.05.2011	
Triple Jump						
AC	13.53	Nadia Williams	England	Cardiff (C.I.S.S.)	15.08.2009	
WN	12.95	Hannah Frankson	Woodford Green	Alphen, Netherlands	09.06.2013	
U23	12.24	Sally Peake	Liverpool Harriers	Bedford	02.07.2005	
U20	12.24	Sally Peake	Liverpool Harriers	Bedford	02.07.2005	
U17	12.14	Jayne Ludlow	Cardiff AAC	Istanbul, Turkey	21.05.1994	
Shot						
AC	4.00kg	19.69	Zhu Xinmei	China	Cwmbran	14.07.1991
WN	4.00kg	18.93	Venissa Head	Cardiff AAC	Haverfordwest	13.05.1984
U23	4.00kg	16.34	Adele Nicoll	Birchfield Harriers	Lee Valley	02.07.2016
U20	4.00kg	15.55	Adele Nicoll	Birchfield Harriers	Eskilstuna, Sweden	18.07.2015
U17	3.00kg	16.00	Adele Nicoll	Birchfield Harriers	Bedford	01.06.2013
U15	3.00kg	12.67	Sarah Omoregie	Cardiff AAC	Bedford	31.08.2014
U13	2.72kg	11.81	Adele Nicoll	Oswestry Olympians	Birmingham	31.08.2009
Discus						
AC	1.00kg	62.09	Beatrice Faumuina	New Zealand	Newport	20.07.2002
WN	1.00kg	64.68	Venissa Head	Cardiff AAC	Athens, Greece	18.07.1983
U23	1.00kg	60.00	Philippa Roles	Sale Harriers	Neath	09.05.1999
U20	1.00kg	51.60	Philippa Roles	Swansea Harriers	Ljubljana, Slovenia	24.07.1997
U17	1.00kg	48.88	Philippa Roles	Swansea Harriers	Dublin, Ireland	13.08.1994
U15	1.00kg	44.12	Philippa Roles	Swansea Harriers	Swansea (Morfa)	30.08.1992
U13	0.75kg	31.68	Adele Nicoll	Oswestry Olympians	Colwyn Bay	05.09.2009

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Event/Category	Performance	Athlete	Country /Club	Venue	Date
Hammer					
AC	4.00kg 69.14	Jennifer Dahigren	Argentina	Cardiff (C.I.S.S.)	18.07.2012
WN	4.00kg 66.80	Carys Parry	Rhondda AC	Cardiff (C.I.S.S.)	15.07.2014
U23	4.00kg 61.75	Laura Douglas	Sale Harriers	Manchester	10.07.2005
U20	4.00kg 56.43	Amber Simpson	Deeside AAC	Cardiff (C.I.S.S.)	10.06.2017
U17	3.00kg 59.09	Jade Williams	Wrexham AAC	Tullamore, Ireland	05.06.2016
U15	3.00kg 54.00	Jade Williams	Wrexham AAC	Dublin	15.07.2015
Javelin					
AC	600gr 54.41	Shelly Holroyd	England	Cardiff (Leckwith)	29.08.2005
WN	600gr 52.78	Tesni Ward	City of Sheffield	Bedford	29.05.2011
U23	600gr 52.78	Tesni Ward	City of Sheffield	Bedford	29.05.2011
U20	600gr 50.95	Lianne Clarke	Neath Harriers	Edinburgh	07.08.2004
U17	500gr 50.64	Bethan Rees	Cannock & Staffs	Leiria, Portugal	24.07.2016
U15	500gr 48.84	Bethany Moule	Neath Harriers	Ashford	16.07.2016
U13	400gr 37.38	Bethan Rees	Cannock & Staffs	Bedford	08.09.2012
Multi Events					
Heptathlon					
AC	6100	Kim Hagger	England	Cwmbran	28.05.1984
WN	5642	Sarah Rowe	Gloucester AC	Utrecht, Netherlands	23.08.1981
U23	5642	Sarah Rowe	Gloucester AC	Utrecht, Netherlands	23.08.1981
U20	5642	Sarah Rowe	Gloucester AC	Utrecht, Netherlands	23.08.1981
U17	4657	Rebecca Jones	Wrexham AAC	Cardiff (Leckwith)	04.07.1999
Hexathlon					
U15	2981	Jamie Holland	Swansea Harriers	Manchester	13.08.2017
Pentathlon					
U15	3441	Jane Shepherd	Chester AC	Swansea (Morfa)	14.05.1983
U13	2608	Jane Shepherd	Chester AC	Cwmbran	10.05.1981
Quadrathlon					
U13	2079	Carys Poole	Swansea Harriers	Swansea	25.06.2016
4x100 Metres Relay					
AC	43.99		Germany	Cwmbran	01.07.1979
		<i>(Petra Sharp, Dagmar Schenten, Annegret Richter, Elke Vollmer)</i>			
WN	44.51		Wales	Glasgow	02.08.2014
		<i>(Hannah Brier, Hannah Thomas, Mica Moore, Rachel Johncock)</i>			
U23	44.51		Wales	Glasgow	02.08.2014
		<i>(Hannah Brier, Hannah Thomas, Mica Moore, Rachel Johncock)</i>			
U20	45.93		Wales U18	Dublin, Ireland	09.08.2014
		<i>(Melissa Roberts, Shannon Malone, Amelia Reynolds, Hannah Brier)</i>			
U17	47.49		Welsh Schools	Cardiff	05.09.2009
U15	50.07		Gwent Schools	Swansea	06.07.1996
		<i>(Helen Kinsey, Amy Cutler, Lowri Roberts, Lowri Jones)</i>			
U13	51.6		Swansea Harriers	Neath	27.05.2010
4x300m Relay					
U17	2:40.84		Welsh Schools	Grangemouth	18.07.2015
		<i>(Amelia Reynolds, Hannah Pachutta, Gabby Fakande, Eve Williams)</i>			
U15	2:56.5		Swansea Harriers	Newport	27.06.2014
4x400 Metres Relay					
AC	3:31:22		Great Britain	Cwmbran	01.07.1979
		<i>(Karen Williams, Joslyn Hoyte-Smith, Verona Elder, Donna Hartley)</i>			
WN	3:35.60		Wales	Dublin, Ireland	04.07.1982
		<i>(Carmen Smart, Kirsty McDermott, Diane Fryar, Michelle Scutt)</i>			
U23	3:53.54		Wales	Cardiff	15.07.2014
U20	3:53.54		Wales	Cardiff	15.07.2014