

WELSH OUTDOOR RECORDS & BEST PERFORMANCES

MEN

November 2017

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
<u>100 Metres</u>					
AC	10.24	Craig Pickering	England	Cardiff (C.I.S.S.)	10.06.2009
WN	10.11	Christian Malcolm	Cardiff AAC	Edmonton, Canada	05.08.2001
U23	10.11	Christian Malcolm	Cardiff AAC	Edmonton, Canada	05.08.2001
U20	10.12	Christian Malcolm	Cardiff AAC	Annecy, France	29.07.1998
U17	10.71	Tim Benjamin	Cardiff AAC	Sheffield	16.08.1998
U17	10.71	Andrew Watkins	Cwmbran Harriers	Belfast	03.08.2003
	10.65	p Jeremiah Azu	Cardiff AAC	Bedford	26.08.2017
U15	10.99	Andrew Watkins	Pontypridd AC	Glasgow	20.07.2002
U13	12.42	Arthur Powell	Maldwyn Harriers	Wrexham	19.08.2017
<u>200 Metres</u>					
AC	20.36	Todd Bennett	England	Cwmbran	28.05.1984
WN	20.08	Christian Malcolm	Cardiff AAC	Edmonton, Canada	08.08.2001
U23	20.08	Christian Malcolm	Cardiff AAC	Edmonton, Canada	08.08.2001
U20	20.29	Christian Malcolm	Cardiff AAC	Kuala Lumpur, Malaysia	19.09.1998
U17	21.19	Tim Benjamin	Cardiff AAC	Annecy, France	31.07.1998
U15	22.13	Andrew Watkins	Pontypridd AC	Brecon	06.07.2002
U13	24.94	Arthur Powell	Maldwyn Harriers	Wrexham	20.08.2017
<u>300 Metres</u>					
U15	36.4	Sion Roberts	Wrexham AAC	Wrexham	06.05.2012
<u>400 Metres</u>					
AC	45.29	Phil Brown	England	Cwmbran	26.05.1986
WN	44.36	Iwan Thomas	Newham	Birmingham	13.07.1997
U23	44.66	Iwan Thomas	Newham	Johannesburg, S Africa	14.04.1996
U20	46.10	Tim Benjamin	Cardiff AAC	Edinburgh	25.08.2001
U17	47.85	Bruce Tasker	Carmarthen Harriers	Birmingham	15.08.2004
U15	50.3	Malcolm James	Cardiff AAC	Cwmbran	29.08.1977
<u>800 Metres</u>					
AC	1:44.65	William Tanui	Kenya	Wrexham	28.07.1990
WN	1:44.98	Gareth Warburton	Cardiff AAC	Oslo, Norway	07.06.2012
U23	1:46.20	Joe Thomas	Cardiff AAC	Oorddegem, Belgium	26.07.2008
U20	1:47.92	Matthew Harding	Colwyn Bay	Lexington, USA	26.05.2017
U17	1:51.6	Neil Horsfield	Newport Harriers	Cwmbran	31.08.1983
U15	1:58.65	Nikita Neary	Carmarthen Harriers	Exeter	31.07.2012
U13	2:11.91	Nikita Neary	Carmarthen Harriers	Newport	26.06.2010
<u>1500 Metres</u>					
AC	3:35.74	Rob Harrison	England	Cwmbran	26.05.1986
WN	3:35.08	Neil Horsfield	Newport Harriers	Brussels, Belgium	10.08.1990
U23	3:37.95	Neil Horsfield	Newport Harriers	Crystal Palace	10.07.1987
U20	3:42.12	Jake Heyward	Cardiff AAC	Merksem, Belgium	28.07.2017
U17	3:51.5y	Colin Clarkson	Swansea Harriers	Cwmbran	29.08.1977
U15	4:07.49	Matthew Willis	Wrexham AAC	Birmingham	12.07.2014
U13	4:31.3	David Powell	Wolverhampton	Manchester	26.07.1977
<u>One Mile</u>					
AC	3:55.8	Geoff Smith	England	Cwmbran	18.08.1981
WN	3:54.39	Neil Horsfield	Newport Harriers	Cork, Ireland	08.07.1986
U23	3:54.39	Neil Horsfield	Newport Harriers	Cork, Ireland	08.07.1986

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Event/Category	Performance	Athlete	Country /Club	Venue	Date	
3000 Metres						
AC	7:46.95	David James	Wales	Cwmbran	26.05.1980	
WN	7:46.40	Ian Hamer	Edinburgh	Auckland, New Zealand	20.01.1990	
U23	7:54.0	John Davies	Thames Valley Harriers	Oslo, Norway	21.08.1974	
U20	8:12.6	Andrew Rodgers	Leeds	Crewe	25.06.1983	
U17	8:25.2	Colin Clarkson	Swansea Harriers	Gateshead	03.08.1977	
U15	8:57.25	Matthew Willis	Wrexham AAC	Cardiff (CISS)	15.07.2014	
5000 Metres						
AC	13:13.01	Thomas Nyariki	Kenya	Cardiff (Leckwith)	25.05.1996	
WN	13:09.80	Ian Hamer	Swansea Harriers	Rome, Italy	09.06.1992	
U23	13:34.5	Adrian Leek	Cardiff AAC	Knoxville, USA	14.04.1979	
U20	14:07.2	Adrian Leek	Cardiff AAC	Aldershot	31.07.1977	
10000 Metres						
AC	27:51.30	Ian Stewart	Scotland	Cwmbran	11.06.1977	
WN	27:39.14	Steve Jones	Newport Harriers	Oslo, Norway	09.07.1983	
U23	29:04.97	Adrian Leek	Cardiff AAC	Cwmbran	17.06.1979	
U20	30:03.9	Simon Lawson	Cardiff AAC	Neath	03.06.2009	
High Hurdles						
AC	110H	13.10	Colin Jackson	Wales	Cardiff (Leckwith)	03.06.1990
WN	110H	12.91	Colin Jackson	Brecon AC	Stuttgart, Germany	20.08.1993
U23	110H	13.11	Colin Jackson	Cardiff AAC	Crystal Palace	14.07.1989
U20	110H (107cm)	13.44	Colin Jackson	Cardiff AAC	Athens, Greece	19.07.1986
U20	110H (99cm)	13.17	David Omoregie	Cardiff AAC	Bedford	22.06.2014
U17	100H	12.94	David Guest	Bridgend AC	Newport	21.07.2007
U15	80H	11.02	Harry Hillman	Cardiff AAC	Bedford	01.09.2013
U13	75H	11.90	Harry Hillman	Cardiff AAC	Cardiff (CISS)	23.07.2011
400 Metres Hurdles						
AC		49.38	Rhys Williams	Wales	Cardiff (C.I.S.S.)	13.06.2009
WN		47.84	David Greene	Swansea Harriers	Paris, France	06.07.2012
U23		49.09	Rhys Williams	Cardiff AAC	Melbourne, Australia	23.03.2006
U20		51.14	David Greene	Swansea Harriers	Kaunas, Lithuania	23.07.2005
U17		53.30	Mark Rowlands	Swansea Harriers	Birmingham	31.07.1994
Steeplechase						
AC	3000m	8:31.0	Tony Staynings	England	Cwmbran	12.06.1977
WN	3000m	8:18.91	Roger Hackney	Aldershot	Hechtel, Belgium	30.07.1988
U23	3000m	8:22.48	John Davies	Thames Valley Harriers	Crystal Palace	13.09.1974
U20	3000m	8:54.6	Micky Morris	Cwmbran Harriers	Bristol	07.09.1975
WN	2000m	5:23.6	Roger Hackney	Aldershot	Birmingham	10.06.1982
U23	2000m	5:34.8	Micky Morris	Cwmbran Harriers	Athens, Greece	24.08.1975
U20	2000m	5:34.8	Micky Morris	Cwmbran Harriers	Athens, Greece	24.08.1975
U17	1500m	4:11.2	Steve Evans	Abertillery	Edinburgh	15.07.1974
High Jump						
AC		2.28	Robbie Grabarz	England	Cardiff (C.I.S.S.)	28.08.2010
WN		2.25	Robert Mitchell	Shaftesbury	Bedford	28.07.2001
U23		2.25	Robert Mitchell	Shaftesbury	Bedford	28.07.2001
U20		2.24	John Hill	Solihull	Cottbus, Germany	23.08.1985
U17		2.15	Chuka Enih-Snell	Swansea Harriers	Abingdon	10.09.2000
U15		1.97	Miles Keller-Jenkins	Swansea Harriers	Cardiff (C.I.S.S.)	17.06.2012
U13		1.67	Jamie Dalton	Preseli Harriers	Brecon	28.06.1992

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<u>Pole Vault</u>						
AC	5.80	Grigory Yegorov	Kazakhstan	Cwmbran	12.07.1992	
WN	5.60	Neil Winter	Shaftesbury	Enfield	19.08.1995	
U23	5.60	Neil Winter	Shaftesbury	Enfield	19.08.1995	
U20	5.50	Neil Winter	Shaftesbury	San Giuliano, Italy	09.08.1992	
U17	5.20	Neil Winter	Shaftesbury	Birmingham	02.09.1990	
U15	4.40	Neil Winter	Shaftesbury	Krefeld, Germany	01.10.1988	
U13	2.80	William Trott	Swansea Harriers	Swansea	26.04.2017	
U13	2.80	William Trott	Swansea Harriers	Wrexham	20.08.2017	
<u>Long Jump</u>						
AC	8.18	Ralph Boston	USA	Cardiff (Maindy)	24.07.1965	
WN	8.23	Lynn Davies	Roath H, Cardiff	Berne, Switzerland	30.06.1968	
U23	8.07	Lynn Davies	Roath H, Cardiff	Tokyo, Japan	18.10.1964	
U20	7.56	Colin Jackson	Cardiff AAC	Tel Aviv, Israel	31.08.1985	
U17	7.11	Marcus Browning	Chester	Crystal Palace	14.09.1986	
U15	6.63	Ian Strange	Newbridge HS	Cwmbran	19.07.1977	
U13	5.31	Clive Woolmer	Milford Haven Sch	Swansea (Morfa)	00.00.1982	
<u>Triple Jump</u>						
AC	16.88	Bela Bakosi	Hungary	Cwmbran	18.05.1980	
WN	16.71	Steven Shalders	Cardiff AAC	Manchester	03.09.2005	
U23	16.41	Steven Shalders	Cardiff AAC	Manchester	15.06.2002	
U20	15.99	Steven Shalders	Cardiff AAC	Santiago, Chile	20.10.2000	
U17	15.14	Steven Shalders	Cardiff AAC	Ayr	18.07.1998	
U15	13.55	Darren Yeo	Swansea Harriers	Dublin, Ireland	15.07.1989	
<u>Shot</u>						
AC	7.26kg	21.68	Geoff Capes	England	Cwmbran	18.05.1980
WN	7.26kg	20.45	Shaun Pickering	Haringey	Crystal Palace	17.08.1997
U23	7.26kg	17.90	Gareth Winter	Sheffield	Oxford	01.06.2014
U20	7.26kg	15.20	Clayton Turner	Crawley	Gottingen, Germany	16.08.1986
U20	6.00kg	17.15	Brett Morse	Cardiff AAC	Aberdare	10.05.2008
U17	5.00kg	17.42	Matthew Field	Cardiff AAC	Antrim	13.08.2011
U15	4.00kg	17.36	Mathew Evans	Carmarthen Harriers	Sheffield	16.08.2003
U13	3.25kg	14.47	Mathew Evans	Carmarthen Harriers	Cardiff (Leckwith)	22.07.2001
<u>Discus</u>						
AC	2.00kg	66.84	Brett Morse	Wales	Cardiff (C.I.S.S.)	30.06.2013
WN	2.00kg	66.84	Brett Morse	Birchfield Harriers	Cardiff (C.I.S.S.)	30.06.2013
U23	2.00kg	66.06	Brett Morse	Birchfield Harriers	Helsingborg, Sweden	27.07.2011
U20	2.00kg	56.87	Brett Morse	Cardiff AAC	Loughborough	18.05.2008
U20	1.75kg	60.46	Brett Morse	Cardiff AAC	Halle, Germany	24.05.2008
U17	1.50kg	56.15	James Tomlinson	Pembrokeshire Harriers	Cardiff (C.I.S.S.)	04.07.2015
U17	1.50kg	59.13	James Tomlinson	Pembrokeshire Harriers	Swansea	31.07.2016
U15	1.25kg	50.50	James Tomlinson	Pembrokeshire Harriers	Wrexham	27.09.2014
U13	1.00kg	38.92	Chris Hughes	Swansea Harriers	Barry	28.07.1991
<u>Hammer</u>						
AC	7.26kg	74.49	Markus Esser	Germany	Newport	20.07.2002
WN	7.26kg	70.00	Osian Jones	Liverpool Harriers	Leiria, Portugal	29.07.2017
U23	7.26kg	67.88	Osian Jones	Liverpool Harriers	Loughborough	17.05.2015
U20	7.26kg	63.25	Jac Palmer	Cardiff AAC	Bedford	04.05.2015
U20	6.00kg	70.88	Jac Palmer	Cardiff AAC	Yate	18.04.2015
U17	5.00kg	63.85	Jac Palmer	Cardiff AAC	Aberdeen	11.08.2012
U15	4.00kg	55.26	Rhys Hodnett	Cardiff AAC	Brecon	01.07.2006

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Javelin					
AC 800g	88.46	Steve Backley	England	Cardiff (Leckwith)	03.06.1990
WN 800g	81.70	Nigel Bevan	Belgrave Harriers	Birmingham	28.06.1992
U23 800g	79.70	Nigel Bevan	Belgrave Harriers	Auckland, New Zealand	03.02.1990
U20 800g	68.77	Aidan Reynolds	Shaftesbury	Loughborough	02.03.2013
U17 700g	74.06	Tom Hewson	Andover AC	Dublin, Ireland	05.08.2017
U15 600g	55.61	Garth Loughran	Carmarthen Harriers	Belfast	03.08.2003
U13 400g	44.80	Tom Norton	Cwmbran Harriers	Aberdare	02.09.2007

Multi Events

Decathlon

AC	7856	Brad McStravick	Scotland	Cwmbran	28.05.1984
WN	7882	Ben Gregory	Birchfield Harriers	Azusa, USA	14.04.2016
U23	7383	Ben Gregory	Aylesbury	Delhi, India	08.10.2010
U20	7691	David Guest	Bridgend AC	Moncton, Canada	21.07.2010
U17	6530	David Guest	Bridgend AC	Stoke on Trent	19.08.2007

Octathlon

U17 IAAF	5276	David Guest	Bridgend AC	Woodford Green	20.05.2007
U17 UK	5423	Ben Gregory	Vale of Aylesbury	Exeter	16.09.2007
U15	4336	Ben Hillman	Cardiff AAC	Manchester	13.08.2017

Pentathlon

U15	3163	Kevin Drury	Oswestry Olympians	Wrexham	27.08.1994
U13	1814	Jamie Dalton	Preseli Harriers	Brecon	21.06.1992

Quadrathlon

U13	1813	Nikita Neary	Carmarthen Harriers	Newport	26.06.2010
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4x100 Metres Relay

AC	39.55		Australia	Newport	20.07.2002
<i>(Tim Williams, Paul de Bella, David Baxter, Paul Pearce)</i>					
WN	38.73		Wales	Kuala Lumpur, Malaysia	21.09.1998
<i>(Kevin Williams, Doug Turner, Christian Malcolm, Jamie Henthorn)</i>					
U23	41.60		Wales	Utrecht, Netherlands	09.07.1995
<i>(Neil Powell, Christian Malcolm), Jamie Henthorn, David O'Hare)</i>					
U20	41.60		Wales	Utrecht, Netherlands	09.07.1995
<i>(Neil Powell, Christian Malcolm), Jamie Henthorn, David O'Hare)</i>					
U17	42.67		Welsh Schools	Dublin, Ireland	20.07.2013
<i>(Shaun Pearce, Kristian Jones, Jake Dawkins, Marcus Bayona-Martinez)</i>					
U15	45.42		Cardiff & Vale Schools	Brecon	05.07.2003
<i>(Lloyd Refell, Jamie Jones, Dale Atwell, Adam Foley)</i>					
U13	51.0		Cardiff AAC	Crystal Palace	14.09.1980

4x300 Metres Relay

U15	2:37.9		Cardiff AAC	Cheltenham	16.07.2016
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4x400 Metres Relay

AC	3:05.11		Trinidad & Tobago	Cwmbran	12.07.1992
WN	3:00.41		Wales	Manchester	31.07.2002
<i>(Tim Benjamin, Iwan Thomas, Jamie Baulch, Matt Elias)</i>					
U23	3:14.38		Wales U23	Derby	08.08.2004
U20	3:17.05		Wales	Bergen op Zoom, Neth	24.08.1997
<i>(Huw Bannister, Steve Evans, Lee Farmer, Matt Elias)</i>					
U17	3:19.76		Welsh Schools	Grangemouth	18.07.2015
<i>(Thomas Arnold, Joe Brier, Jake Heyward, George Thomas)</i>					

Marathon

WN	2:07:13	Steve Jones	Newport Harriers	Chicago, USA	20.10.1985
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