WELSH WALKING RECORDS - WOMEN

WOMEN August-2024

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

| TRACK | | | | | |
|--|---|--|--|---|---|
| | | | | | |
| 1000m | | | | | |
| U15 | 5:11.2 | Megan Stratton-Thomas | Swansea Harriers | Newport | 15.06.2013 |
| U15 | 4:51.72 | i Megan Stratton-Thomas | Swansea Harriers | NIA, Birmingham | 16.02.2014 |
| U13 | 5:44.4 | Molly Dainton | Llanelli AAC | Newport | 15.06.2013 |
| | | | | | |
| 2000m | | | | | |
| U20 | 11:58.35 | Charlene Ball | Glan Hafren School | Brecon | 02.07.2005 |
| U17 | 12:08.11 | Sarah Pickard | Llanishen School | Newport | 29.06.2002 |
| U15 | 11:34.57 | Megan Stratton-Thomas | Swansea Harriers | Birchfield Open | 21.04.2013 |
| U13 | 14:02.10 | Molly Dainton | Llanelli AC | Birchfield Open | 21.04.2013 |
| | | | | | |
| 3000m | | | | | |
| SW | 12:24.70 | Bethan Davies | Cardiff AAC | Cardiff | 11.06.2016 |
| U20 | 13:51.03 | Heather Lewis | Pembrokeshire Harriers | Cork, Ireland | 17.07.2012 |
| U17 | 19:52.39 | p Megan Chantrell | Aberdare VAAC | Swansea (Uni) | 11.08.2024 |
| U15 | 19:52.39 | p Megan Chantrell | Aberdare VAAC | Swansea (Uni) | 11.08.2024 |
| | | | | | |
| 5000m | | | | | |
| sw | 21:21.52 | Bethan Davies | Cardiff AAC | Birmingham | 02.07.2017 |
| U20 | 24:02.13 | Heather Lewis | Pembrokeshire Harriers | Birmingham | 24.06.2012 |
| U17 | 25:18.40 | Gracie Griffiths | Pembrokeshire Harriers | Manchester | 26.06.2022 |
| | | | | | |
| 10000m | | | | | |
| SW | 45:09.19 | Heather Lewis | Pembrokeshire Harriers | Birmingham | 06.08.2022 |
| U20 | 50:25.0 | Lisa Simpson | Mitcham | Hornchurch | 01.04.1987 |
| | | | | | |
| 20000m | | | | | |
| SW | 96:36.70 | Bethan Davies | Cardiff AAC | Bedford | 21.06.2015 |
| | | | | | |
| Noteworthy t | track performar | nces, not ratified | | | |
| 1000m | | | | | |
| U15 | 5:04.65 | * Heather Lewis | Pembrokeshire Harriers | Carmarthen | 28.06.2008 |
| | 5:23.95 | * Heather Lewis | Pembrokeshire Harriers | Brecon | 05.07.2008 |
| | | | | | |
| 2000m | | | | | |
| U17 | 9:56.18 | | Pembrokeshire Harriers | Brecon | 03.07.2010 |
| | | only one walking judge present | | | |
| | | | | | |
| ROAD | | | | | |
| | | | | | |
| 5km | | | | | |
| SW | 23:14 | Bethan Davies | Cardiff AAC | Lugano, Switz | 19.03.2017 |
| U20 | 24:25 | Lisa Simpson | Roath WC | London(VP) | 29.03.1986 |
| U17 | 25:26 | Karen Nipper | Roath WC | London(BP) | 06.12.1980 |
| U15 | 28:29 | Kerry Woodcock | Lakeland AAC | Redditch | 01.11.1986 |
| SW U20 U17 10000m SW U20 20000m SW Noteworthy 11000m U15 2000m U17 ROAD 5km SW U20 U17 | 24:02.13 25:18.40 45:09.19 50:25.0 96:36.70 track performar 5:04.65 5:23.95 9:56.18 | Heather Lewis Gracie Griffiths Heather Lewis Lisa Simpson Bethan Davies * Heather Lewis * Heather Lewis * only one walking judge present Bethan Davies Lisa Simpson Karen Nipper | Pembrokeshire Harriers Pembrokeshire Harriers Mitcham Cardiff AAC Pembrokeshire Harriers Pembrokeshire Harriers Pembrokeshire Harriers Pembrokeshire Harriers Cardiff AAC Roath WC Roath WC | Birmingham Manchester Birmingham Hornchurch Bedford Carmarthen Brecon Brecon Lugano, Switz London(VP) London(BP) | 24.06.201 26.06.202 06.08.202 01.04.198 21.06.201 28.06.200 05.07.200 03.07.201 19.03.201 29.03.198 06.12.198 |

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| 10km | | | | | | | | | |
|------|---------|---------------|------------------------|---------------|------------|--|--|--|--|
| SW | 44:56 | Heather Lewis | Pembrokeshire Harriers | Leeds | 30.04.2022 | | | | |
| U20 | 49:33 | Lisa Simpson | Mitcham | Ham | 14.03.1987 | | | | |
| 20km | | | | | | | | | |
| SW | 1:31:53 | Bethan Davies | Cardiff AAC | Lugano, Switz | 11.03.2018 | | | | |