

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	14:30.20	Grace Griffiths	Pembrokeshire Harriers	Belfast	16.07.2022
U15	15:40.60	Grace Griffiths	Pembrokeshire Harriers	Swansea	20.09.2020

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
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Noteworthy track performances, 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	* Heather Lewis	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

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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
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