

# WELSH OUTDOOR MALE RECORDS

## MEN: Outdoor Records & Best Performances

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

Event/Category	Performance	Athlete	Country /Club	Venue	Date
<b>100 Metres</b>					
AC	10.24	Craig Pickering	England	Cardiff (C.I.S.S.)	10.06.2009
WN	<b>9.97</b>	<b>p Jeremiah AZU</b>	<b>Cardiff AAC</b>	<b>Leverkusen, GER</b>	<b>25.05.2024</b>
WN	<b>10.04</b>	<b>old Jeremiah Azu</b>	<b>Cardiff AAC</b>	<b>Espoo, Finland</b>	<b>13.07.2023</b>
U23	10.04	Jeremiah Azu	Cardiff AAC	Espoo, Finland	13.07.2023
U20	10.12	Christian Malcolm	Cardiff AAC	Ancey, France	29.07.1998
U18	10.52	Tim Benjamin	Cardiff AAC	Bedford	03.07.1999
U17	<b>10.70</b>	<b>P Max EVANS</b>	<b>Maldwyn Harriers</b>	<b>Birmingham</b>	<b>27.07.2024</b>
U17	<b>10.70</b>	<b>OLD Joseph Berry</b>	<b>Newport Harriers</b>	<b>Cardiff (C.I.S.C.)</b>	<b>12.06.2022</b>
U17	<b>10.70</b>	<b>OLD Joseph Berry</b>	<b>Newport Harriers</b>	<b>Cardiff (C.I.S.C.)</b>	<b>10.06.2023</b>
U15	10.99	Andrew Watkins	Pontypridd AC	Glasgow	20.07.2002
U13	12.04	Reagan McCarthy	Cardiff AAC	Newport	13.08.2022
<b>200 Metres</b>					
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
U18	20.72	Tim Benjamin	Cardiff AAC	Bydgoszcz, Poland	16.07.1999
U17	21.19	Tim Benjamin	Cardiff AAC	Ancey, France	31.07.1998
U15	22.13	Andrew Watkins	Pontypridd AC	Brecon	06.07.2002
U13	<b>24.71</b>	<b>P Jacob BARNES</b>	<b>Cardiff Athletics</b>	<b>Swansea (Uni)</b>	<b>11.08.2024</b>
U13	<b>24.94</b>	<b>old Arthur Powell</b>	<b>Maldwyn Harriers</b>	<b>Wrexham</b>	<b>20.08.2017</b>
<b>300 Metres</b>					
U15	35.29	Zico Jones	Shaftesbury Barnet Harriers	Manchester	11.07.2021
<b>400 Metres</b>					
AC	45.29	Phil Brown	England	Cwmbran	26.05.1986
WN	44.36	Iwan Thomas	Newham & Essex Beagles	Birmingham	13.07.1997
U23	44.66	Iwan Thomas	Newham & Essex Beagles	Johannesburg, S Africa	14.04.1996
U20	46.10	Tim Benjamin	Cardiff AAC	Edinburgh	25.08.2001
U18	47.62	Joe Brier	Swansea Harriers	Cardiff (C.I.S.S.)	20.07.2016
U17	47.85	Bruce Tasker	Carmarthen Harriers	Birmingham	15.08.2004
U15	50.3 [HT]	Malcolm James	Cardiff AAC	Cwmbran	29.08.1977
<b>800 Metres</b>					
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	Oordegem, Belgium	26.07.2008
U20	1:47.92	Matthew Harding	Colwyn Bay AC	Lexington, USA	26.05.2017
U18	1:48.42	Paul Williams	Barry & Vale Harriers	Copenhagen, Denmark	22.07.1984
U17	1:51.6 [HT]	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
<b>1500 Metres</b>					
AC	3:35.74	Rob Harrison	England	Cwmbran	26.05.1986
WN	3:31.08	Jake Heyward	Cardiff Athletics	Birmingham	06.08.2022
U23	3:32.82	Jake Heyward	Cardiff Athletics	Tokyo, JPN	05.08.2021
U20	3:36.90	Jake Heyward	Cardiff AAC	QE Stadium, London	22.07.2018
U18	3:46.50	Jake Heyward	Cardiff AAC	Watford	15.06.2016
U17	3:50.19	Ben Reynolds	Cardiff AAC	Stretford	20.08.2019
U15	4:07.49	Matthew Willis	Wrexham AAC	Birmingham	12.07.2014
U13	4:31.3 [HT]	David Powell	Wolverhampton	Manchester	26.07.1977

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Event/Category	Performance	Athlete	Country /Club	Venue	Date
<b>One Mile</b>					
AC	3:55.8 [HT]	Geoff Smith	England	Cwmbran	18.08.1981
WN	3:51.99	Jake Heyward	Cardiff Athletics	Eugene OR, USA	28.05.2022
U23	3:52.15	Jake Heyward	Cardiff Athletics	Eugene OR, USA	21.08.2021
U20	4:01.7 [HT]	Neil Horsfield	Newport Harriers	Cheltenham	06.09.1985
U18	4:06.7 [HT]	Barrie Williams	Swansea Harriers	Arcadia, USA	22.04.1972

### 2000 Metres

AC					
WN	<b>5:05.32</b>	<b>P Tony Simmons</b>	<b>Luton</b>	<b>Crystal Palace</b>	<b>04.07.1975</b>
U23					
U20					
U18					
U17					

### 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 [HT]	John Davies	Thames Valley Harriers	Oslo, Norway	21.08.1974
U20	7:55.17	Jake Heyward	Cardiff AAC	Watford	25.07.2018
U18	8:18.72	Jac Hopkins	Swansea Harriers	Bedford	21.06.2014
U17	8:23.64	Osian Perrin	Menai T&F	Swansea	30.07.2019
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 [HT]	Adrian Leek	Cardiff AAC	Knoxville, USA	14.04.1979
U20	13:49.26	Osian Perrin	Menai T&F	Watford	11.06.2022

### 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	16.06.1979
U20	30:03.9 [HT]	Simon Lawson	Cardiff AAC	Neath	03.06.2009

### Sprint Hurdles

AC	110H (107cm)	13.10	Colin Jackson	Wales	Cardiff (Leckwith)	03.06.1990
WN	110H (107cm)	12.91	Colin Jackson	Brecon AC	Stuttgart, Germany	20.08.1993
U23	110H (107cm)	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
U18	110H (91cm)	13.77	Tomos Slade	Swansea Harriers	Lee Valley	20.06.2018
U17	100h (91cm)	12.94	David Guest	Bridgend AC	Newport	21.07.2007
U15	80H (84cm)	11.02	Harry Hillman	Cardiff AAC	Bedford	01.09.2013
U13	75H (76cm)	11.90	Harry Hillman	Cardiff AAC	Cardiff (C.I.S.S.)	23.07.2011

### 400 Metres Hurdles

AC	91cm	49.38	Rhys Williams	Wales	Cardiff (C.I.S.S.)	13.06.2009
WN	91cm	47.84	David Greene	Swansea Harriers	Paris, France	06.07.2012
U23	91cm	49.09	Rhys Williams	Cardiff AAC	Melbourne, Australia	23.03.2006
U20	91cm	51.14	David Greene	Swansea Harriers	Kaunas, Lithuania	23.07.2005
U18	84cm	53.30	Mark Rowlands	Swansea Harriers	Birmingham	31.07.1994
U17	84cm	53.30	Mark Rowlands	Swansea Harriers	Birmingham	31.07.1994

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<b>1500m Steeplechase</b>						
U17	1500m (91)	4:11.2 (HT)	Steve Evans	Abertillery	Edinburgh	15.07.1974
U17	1500m (84)	4:25.04	Tristan Cumberland	Brecon AC	Loughborough	03.09.2022
<b>2000m Steeplechase</b>						
WN	2000m (91)	5:23.6 (HT)	Roger Hackney	Aldershot & Farnham	Birmingham	10.06.1982
U23	2000m (91)	5:34.8 (HT)	Micky Morris	Cwmbran Harriers	Athens, Greece	24.08.1975
U20	2000m (91)	5:34.8 (HT)	Micky Morris	Cwmbran Harriers	Athens, Greece	24.08.1975
U18	2000m (91)	5:49.7 (HT)	Andrew Rodgers	Leeds City	Birmingham	10.07.1982
U18	2000m (83)	5:49.17	P Iwan THOMAS	Carmarthen Harriers	Cardiff (C.I.S.C.)	16.06.2024
<b>3000m Steeplechase</b>						
AC	3000m (91)	8:31.0 (HT)	Tony Staynings	England	Cwmbran	12.06.1977
WN	3000m (91)	8:18.91	Roger Hackney	Aldershot & Farnham	Hechtel, Belgium	30.07.1988
U23	3000m (91)	8:22.48	John Davies	Thames Valley Harriers	Crystal Palace	13.09.1974
U20	3000m (91)	8:54.6 (HT)	Micky Morris	Cwmbran Harriers	Bristol	07.09.1975
<b>High Jump</b>						
AC		2.28	Robbie Grabarz	England	Cardiff (C.I.S.S.)	28.08.2010
WN		2.25	Robert Mitchell	Shaftesbury Barnet Harriers	Bedford	28.07.2001
U23		2.25	Robert Mitchell	Shaftesbury Barnet Harriers	Bedford	28.07.2001
U20		2.24	John Hill	Solihull	Cottbus, Germany	23.08.1985
U18		2.18	Chuka Enih-Snell	Swansea Harriers	Walnut, USA	21.04.2001
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
<b>Pole Vault</b>						
AC		5.80	Grigory Yegorov	Kazakhstan	Cwmbran	12.07.1992
WN		5.60	Neil Winter	Shaftesbury Barnet Harriers	Enfield	19.08.1995
U23		5.60	Neil Winter	Shaftesbury Barnet Harriers	Enfield	19.08.1995
U20		5.50	Neil Winter	Shaftesbury Barnet Harriers	San Giuliano, Italy	09.08.1992
U18		5.20	Neil Winter	Shaftesbury Barnet Harriers	Birmingham	02.09.1990
U17		5.20	Neil Winter	Shaftesbury Barnet Harriers	Birmingham	02.09.1990
U15		4.40	Neil Winter	Shaftesbury Barnet Harriers	Krefeld, Germany	01.10.1988
U13		2.80	William Trott	Swansea Harriers	Swansea	26.04.2017
U13		2.80	William Trott	Swansea Harriers	Wrexham	26.04.2017
<b>Long Jump</b>						
AC		8.18	Ralph Boston	USA	Cardiff (Maindy)	24.07.1965
WN		8.23	Lynn Davies	Roath Harriers, Cardiff	Berne, Switzerland	30.06.1968
U23		8.07	Lynn Davies	Roath Harriers, Cardiff	Tokyo, Japan	18.10.1964
U20		7.56	Colin Jackson	Cardiff AAC	Tel Aviv, Israel	31.08.1985
U18		7.15	Luca Phillips	Cardiff Archers	Grangemouth	15.07.2023
U17		7.15	Luca Phillips	Cardiff Archers	Grangemouth	15.07.2023
U15		6.63	Ian Strange	Newbridge High School	Cwmbran	19.07.1977
U13		5.31	Clive Woolmer	Milford Haven School	Swansea (Morfa)	1982
<b>Triple Jump</b>						
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
U18		15.14	Steven Shalders	Cardiff AAC	Ayr	18.07.1998
U17		15.14	Steven Shalders	Cardiff AAC	Ayr	18.07.1998
U15		13.55	Darren Yeo	Swansea Harriers	Dublin, Ireland	15.07.1989

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<b>Shot</b>						
<b>AC</b>	7.26kg	21.68	Geoff Capes	England	Cwmbran	18.05.1980
<b>WN</b>	7.26kg	20.45	Shaun Pickering	Haringey	Crystal Palace	17.08.1997
<b>U23</b>	7.26kg	17.90	Gareth Winter	Sheffield	Oxford	01.06.2014
<b>U20</b>	7.26kg	15.20	Clayton Turner	Crawley	Gottingen, Germany	16.08.1986
<b>U20</b>	6.00kg	17.22	Nicholas Young	Deeside AAC	Almada, Portugal	02.06.2018
<b>U18</b>	5.00kg	17.76	Dafydd Pawlett	Pembrokeshire Harriers	Manchester	18.08.2021
<b>U17</b>	5.00kg	17.76	Dafydd Pawlett	Pembrokeshire Harriers	Manchester	18.08.2021
<b>U15</b>	4.00kg	17.36	Mathew Evans	Carmarthen Harriers	Sheffield	16.08.2003
<b>U13</b>	3.00kg	12.92	Salem Kiambi	Cardiff Athletics	Swansea	25.08.2019

<b>Discus</b>						
<b>AC</b>	2.00kg	66.84	Brett Morse	Wales	Cardiff (C.I.S.S.)	30.06.2013
<b>WN</b>	2.00kg	66.84	Brett Morse	Birchfield Harriers	Cardiff (C.I.S.S.)	30.06.2013
<b>U23</b>	2.00kg	66.06	Brett Morse	Birchfield Harriers	Helsingborg, Sweden	27.07.2011
<b>U20</b>	2.00kg	56.87	Brett Morse	Cardiff AAC	Loughborough	18.05.2008
<b>U20</b>	1.75kg	61.64	James Tomlinson	Pembrokeshire Harriers	Cardiff (C.I.S.S.)	20.08.2019
<b>U18</b>	1.50kg	63.48	James Tomlinson	Pembrokeshire Harriers	Loughborough	21.05.2017
<b>U17</b>	1.50kg	59.13	James Tomlinson	Pembrokeshire Harriers	Swansea	31.07.2016
<b>U15</b>	1.25kg	50.50	James Tomlinson	Pembrokeshire Harriers	Wrexham	27.09.2014
<b>U13</b>	1.00kg	38.92	Chris Hughes	Swansea Harriers	Barry	28.07.1991

<b>Hammer</b>						
<b>AC</b>	7.26kg	74.49	Markus Esser	Germany	Newport	20.07.2002
<b>WN</b>	7.26kg	73.89	Osian Jones	Liverpool Harriers	Birmingham	25.08.2019
<b>U23</b>	7.26kg	68.23	Jac Palmer	Cardiff AAC	Almada, Portugal	02.06.2018
<b>U20</b>	7.26kg	63.25	Jac Palmer	Cardiff AAC	Bedford	04.05.2015
<b>U20</b>	6.00kg	70.88	Jac Palmer	Cardiff AAC	Yate	18.04.2015
<b>U18</b>	5.00kg	66.32	Thomas Williams	Wrexham AC	Templemore, Ireland	05.08.2023
<b>U17</b>	5.00kg	66.32	Thomas Williams	Wrexham AC	Templemore, Ireland	05.08.2023
<b>U15</b>	4.00kg	61.50	Thomas Williams	Wrexham AC	Templemore, Ireland	07.08.2022

<b>Javelin</b>						
<b>AC</b>	800g	88.46	Steve Backley	England	Cardiff (Leckwith)	03.06.1990
<b>WN</b>	800g	81.70	Nigel Bevan	Belgrave Harriers	Birmingham	28.06.1992
<b>U23</b>	800g	79.70	Nigel Bevan	Belgrave Harriers	Auckland, New Zealand	03.02.1990
<b>U20</b>	800g	70.80	Tom Hewson	Andover AC	Birmingham	13.07.2019
<b>U18</b>	700g	74.06	Tom Hewson	Andover AC	Dublin, Ireland	05.08.2017
<b>U17</b>	700g	74.06	Tom Hewson	Andover AC	Dublin, Ireland	05.08.2017
<b>U15</b>	600g	56.98	Lewie Jones	Swansea Harriers	Newport	04.09.2021
<b>U13</b>	400g	44.80	Tom Norton	Cwmbran Harriers	Aberdare	02.09.2007

### Multi Events

<b>Decathlon</b>						
<b>AC</b>		7856 pts	Brad McStravick	Scotland	Cwmbran	28.05.1984
<b>WN</b>		7882 pts	Ben Gregory	Birchfield Harriers	Azusa, USA	14.04.2016
<b>U23</b>	Senior Implements	7727 pts	David Guest	Bridgend AC	Bedford	06.06.2010
<b>U20</b>	Senior Implements	7727 pts	David Guest	Bridgend AC	Bedford	06.06.2010
<b>U20</b>	U20 Implements	7691 pts	David Guest	Bridgend AC	Moncton, Canada	21.07.2010
<b>U18</b>	U18 Implements	pending	TBC	TBC	TBC	TBC
<b>U17</b>		6530 pts	David Guest	Bridgend AC	Stoke on Trent	19.08.2007

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

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<b>Pentathlon</b>					
<b>U15</b>	3163 pts	Kevin Drury	Oswestry Olympians	Wrexham	27.08.1994
<b>U13</b>	1930	Aiden Angiletta	Deeside AC	Stretford	11.09.2022
<b>Quadrathlon</b>					
<b>U13</b>	1813 pts	Nikita Neary	Carmarthen Harriers	Newport	26.06.2010
<b>4x100 Metres Relay</b>					
<b>AC</b>	39.43		Wales	Cardiff (CISC)	14.08.2021
<i>Dewi HAMMOND, Dan BEADSLEY, Arron OWEN, Jeremiah AZU</i>					
<b>WN</b>	38.73		Wales	Kuala Lumpur, Malaysia	21.09.1998
<i>[Kevin WILLIAMS, Doug TURNER, Christian MALCOLM, Jamie HENTHORN]</i>					
<b>U23</b>	41.60		Wales	Utrecht, Netherlands	09.07.1995
<i>[Neil POWELL, Christian MALCOLM, Jamie HENTHORN, David O'HARE]</i>					
<b>U23</b>	41.60		Welsh Schools	Derby	25.09.2021
<i>(Callum WEBB, Dylan MORGAN, Jac PATTERSON, Joseph BERRY)</i>					
<b>U20</b>	41.60		Wales	Utrecht, Netherlands	09.07.1995
<i>[Neil POWELL, Christian MALCOLM, Jamie HENTHORN, David O'HARE]</i>					
<b>U20</b>	41.60		Welsh Schools	Derby	25.09.2021
<i>(Callum WEBB, Dylan MORGAN, Jac PATTERSON, Joseph BERRY)</i>					
<b>U17</b>	41.60		Welsh Schools	Derby	25.09.2021
<i>(Callum WEBB, Dylan MORGAN, Jac PATTERSON, Joseph BERRY)</i>					
<b>U15</b>	45.42		Cardiff & Vale Schools	Brecon	05.07.2003
<i>[Lloyd REFELL, Jamie JONES, Dale ATWELL, Adam FOLEY]</i>					
<b>U13</b>	51.0 (HT)		Cardiff AAC	Crystal Palace	xxxx
TEAM TBC					
<b>4x300 Metres Relay</b>					
<b>U15</b>	2:37.9 (HT)		Cardiff AAC	Cheltenham	xxxx
TEAM TBC					
<b>4x400 Metres Relay</b>					
<b>AC</b>	3:05.11		Trinidad & Tobago	Cwmbran	12.07.1992
TEAM-TBC					
<b>WN</b>	3:00.41		Wales	Manchester	31.07.2002
<i>[Tim BENJAMIN, Iwan THOMAS, Jamie BAULCH, Matt ELIAS]</i>					
<b>U23</b>	3:14.38		Wales U23	Derby	08.08.2004
TEAM-TBC					
<b>U20</b>	3:17.05		Wales	Bergen op Zoom, Neth	24.08.1997
<i>[Huw BANNISTER, Steve EVANS, Lee FARMER, Matt ELIAS]</i>					
<b>U17</b>	3:19.76		Welsh Schools	Grangemouth	18.07.2015
<i>[Thomas ARNOLD, Joe BRIER, Jake HEYWARD, George THOMAS]</i>					
<b>Marathon</b>					
<b>WN</b>	2:07:13	Steve Jones	Newport Harriers	Chicago, USA	20.10.1985