

WELSH OUTDOOR RECORDS & BEST PERFORMANCES

WOMEN

August-2025

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	P	Athlete	Country /Club	Venue	Date
100 Metres						
AC	11.16	P	Nia WEDDERBURN-GOODISON	England	Cardiff (C.I.S.C)	28.06.2025
AC	11.27	OLD	Heather OAKES	England	Cwmbran	27.05.1984
WN	11.26	P	Hannah BRIER	Swansea Harriers	Stretford, London	17.08.2025
WN	11.33	OLD	Hannah BRIER	Swansea Harriers	Manchester	24.06.2022
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
U18	11.39		Hannah BRIER	Swansea Harriers	Cali, Colombia	16.07.2015
U17	11.57		Hannah BRIER	Swansea Harriers	Cardiff (CISS)	31.05.2014
U15	11.77		Nell DESIR	Cardiff Archers	Newport	13.08.2022
U13	12.34		Nell DESIR	Cardiff Archers	Worthing	11.08.2020
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	Loughborough	17.05.2015
U18	23.59		Hannah BRIER	Swansea Harriers	Loughborough	17.05.2015
U17	23.60		Michelle PROBERT	Sale Harriers	Bremen, Germany	12.09.1976
U15	24.06		Aliyah AFOLABI	Cardiff Archers	C.I.S.C.	16.06.2024
U13	25.66		Aliyah AFOLABI	Cardiff Archers	Bedford	28.08.2022
300 Metres						
U17	38.22		Darcy COSLETT	Llanelli AC	Swansea (Uni)	11.08.2024
U15	39.64		Aliyah AFOLABI	Cardiff Archers	Aberdare	11.05.2024
400 Metres						
AC	50.63		Michelle SCUTT	Wales	Cwmbran	31.05.1982
WN	50.63		Michelle SCUTT	Sale Harriers Manchester	Cwmbran	31.05.1982
U23	50.63		Michelle SCUTT	Sale Harriers Manchester	Cwmbran	31.05.1982
U20	52.80		Sian MORRIS	Port Talbot Harriers	Lappeenranta, Finland	18.06.1983
U18	54.60		Amanda PRITCHARD	Cardiff AAC	Cwmbran	21.06.1997
U17	54.29		Darcy COSLETT	Llanelli AC	C.I.S.C.	15.06.2024
800 Metres						
AC	2:00.21		Christiane WILDSHECK	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
U18	2:04.80		Kirsty MCDERMOTT	Brecon AC	Bydgoszcz, Poland	18.08.1979
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 (HT)		Lisa LANINI	Wrexham AAC	Wrexham	05.08.2000
1500 Metres						
AC	4:04.39		Zola BUDD	England	Cwmbran	28.05.1984
WN	3:58.01		Melissa COURTNEY-BRYANT	Poole AC	Chorzow, Poland	16.07.2023
U23	4:09.56		Rhianwedd PRICE	Cardiff AAC	Eugene, USA	13.06.2015
U20	4:17.46		Libby HALE	Swansea Harriers	Carmarthen	20.07.2024
U18	4:17.46		Libby HALE	Swansea Harriers	Carmarthen	20.07.2024
U17	4:17.46		Libby HALE	Swansea Harriers	Carmarthen	20.07.2024
U15	4:26.75		Libby HALE	Swansea Harriers	Cardiff (CISM)	24.06.2023
U13	4:44.35		Libby HALE	Swansea Harriers	Newport	31.07.2021

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Event/Category	Performance	P	Athlete	Country /Club	Venue	Date
One Mile						
AC	4:29.48		Bev NICHOLSON	England	Cardiff (Leckwith)	17.07.1989
WN	4:16.38		Melissa COURTNEY-BRYANT	Poole AC	Monaco, France	21.07.2023
U23	4:39.03		Annmarie FOX	Swansea Harriers	Cwmbran	09.07.1983
U20	4:51.31		Non STANFORD	Swansea Harriers	Oxford	06.05.2004
U18	4:51.31		Non STANFORD	Swansea Harriers	Oxford	06.05.2004

2000 Metres						
AC						
WN	5:26.08		Melissa COURTNEY-BRYANT	Poole AC	Monaco, France	12.07.2024
U23						
U20	6:07.81		Sian EDWARDS	Kettering	Crystal Palace	08.07.2006
U18						
U17						
U15						

3000 Metres						
AC	8:52.88		Paula FUDGE	England	Cwmbran	30.05.1982
WN	8:39.20		Melissa COURTNEY	Shaftesbury Barnet Harriers	Birmingham	18.08.2018
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
U18	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	9:54.75		Bryony BOYCE	Cardiff Athletics	Birmingham	26.07.2024

5000 Metres						
AC	15:27.56		Angela TOOBY	Wales	Cwmbran	28.05.1984
WN	14:48.20	P	Melissa COURTNEY-BRYANT	Poole AC	Sound, California	24.05.2025
WN	14:53.82	OLD	Melissa COURTNEY-BRYANT	Poole AC	Stockholm, Sweden	30.05.2019
U23	16:13.45		Melissa COURTNEY	Shaftesbury Barnet	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

Sprint Hurdles							
AC	100m (84)	13.02		Kay MORLEY	Wales	Wrexham	28.07.1990
WN	100m (84)	12.91		Kay MORLEY	Cardiff AAC	Auckland, New Zealand	02.02.1990
U23	100m (84)	12.94	P	Abigail PAWLETT	Traffors AC	Gotzis, Austria	31.05.2025
U23	100m (84)	13.52	OLD	Rachel KING	Cardiff AAC	Budapest, Hungary	26.07.1997
U20	100m (84)	13.57		Bethan EDWARDS	Cardiff AAC	Horsham	29.08.1992
U18	100m (76)	14.11		Lauren EVANS	Cardiff AAC	Loughborough	10.05.2017
U17	80m (76)	11.22		Grace MORGAN	Newport Harriers	Newport	24.07.2018
U15	75m (76)	10.86		Heather JONES	Carmarthen Harriers	Cardiff (Leckwith)	17.06.2001
U13	70m (68)	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	58.09	Lauren WILLIAMS	Swansea Harriers	Berlin, Germany	05.08.2018
U20	58.09	Ophelia PYE	Marlborough	Jerusalem, Israel	07.07.2022
U18	58.09	Ophelia PYE	Marlborough	Jerusalem, Israel	07.07.2022
U17	60.06	Faye HARDING	Wrexham AAC	Debrecen, Hungary	13.07.2001

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1500 Metres Steeplechase						
U17	4:58.50		Millie GOLD	Swansea Harriers	Carmarthen	20.07.2024
2000 Metres Steeplechase						
AC	6:48.53	P	Millie GOLD	Swansea Harriers	Swansea Bay Sports Park	15.06.2025
AC	6:55.93	OLD	Olivia MCGHEE	Rugby & Northampton AC	C.I.S.C.	16.06.2024
WN	6:36.56	P	Kate SEARY	Cardiff Athletics/Central Park TC	New Jersey, NY USA	22.07.2025
WN	6:38.76	OLD	Jade WILLIAMS	Amman Valley Harriers	Solihull	13.05.2017
U23	6:48.53	p	Millie GOLD	Swansea Harriers	Swansea Bay Sports Park	15.06.2025
U23	6:57.08	old	Rhianwedd PRICE	Brecon AC	Cardiff (C.I.S.S.)	03.06.2012
U20	6:48.53	P	Millie GOLD	Swansea Harriers	Swansea Bay Sports Park	15.06.2025
U20	6:57.08	OLD	Rhianwedd PRICE	Brecon AC	Cardiff (C.I.S.S.)	03.06.2012
U18	7:06.64		Ellen-Mary KEARNEY	Wirral AC	Manchester	25.05.2019
U17	7:06.64		Ellen-Mary KEARNEY	Wirral AC	Manchester	25.05.2019

3000 Metres Steeplechase						
AC	09:52.7	P	Emily PARKER	England	C.I.S.C.	29.06.2025
AC	10:16.5 [HT]	OLD	Elizabeth HALL	England	Cardiff (Leckwith)	29.08.2005
WN	9:41.66	P	Cari HUGHES	Cardiff Athletics	Birmingham	02.08.2025
WN	9:55.96	OLD	Kate SEARY	Cardiff Athletics	Raleigh, USA	25.03.2022
U23	9:56.80	P	Gwenno GOODE	Cardiff Athletics/Le Salle University	Raleigh, NC, USA	28.03.2025
U23	10:12.82		Emily CHASTON	Colorado	Fresno, USA	13.05.2022
U20	10:18.44		Gwenno GOODE	Cardiff Athletics/Le Salle University	Princeton, NJ, USA	12.04.2024

High Jump						
AC	1.93		Andrea MATAY	Hungary	Cwmbran	18.05.1980
WN	1.89		Julie CRANE	Sale	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
U18	1.83		Rebecca JONES	Wrexham AAC	Arles, France	03.06.2000
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	4.60		Holly BRADSHAW	England	Cardiff (C.I.S.C)	15.08.2021
WN=	4.40		Sally PEAKE	Birchfield Harriers	Glasgow	12.07.2014
WN=	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
U18	3.72		Isabel THOMAS	Cardiff Athletics	Manchester	18.08.2021
U17	3.65		Rebecca DAVIES	Deeside AAC	Carmarthen	01.08.2009
U15	3.21		Ellie-Mae WAINWRIGHT	Newport Harriers	Wrexham	15.06.2019
U13	2.40		Rhianwydd LLEWELLYN	Bridgend AC	Cardiff, Leckwith	27.08.2006
U13	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
U18	6.21		Emily WRIGHT	Bristol & West AC	Cali, Colombia	09.07.2015
U17	6.01		Lisa ARMSTRONG	Torfaen AC	Corby	19.08.1990
U17	6.06w		Jessica LEE	Carmarthen Harriers	Belfast	16.07.2022
U15	5.95		Olivia SCHRIMSHAW	Deeside AAC	Stretford	10.09.2023
U13	5.18		Olivia SCHRIMSHAW	Deeside AAC	Manchester	25.09.2021
NB; w = wind reading unknown						

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	12.43		Reese Robinson	Shaftesbury Barnet Harriers	Cambridge, Mass, USA	08.04.2023
U20	12.24		Sally Peake	Liverpool Harriers	Bedford	02.07.2005
U18	12.14		Jayne Ludlow	Cardiff AAC	Istanbul, Turkey	21.05.1994
U17	12.22 (+3.1)		Olivia SCHRIMSHAW	Deeside AAC	Deeside	11.05.2024
U15	12.12		Olivia SCHRIMSHAW	Deeside AC	Grangemouth	15.07.2023

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Event/Category	Performance	P	Athlete	Country /Club	Venue	Date
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
U18	3.00kg	16.74	Sarah Omoregie	Cardiff AAC	Nassau, Bahamas	20.07.2017
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
U18	1.00kg	49.12	Philippa Roles	Swansea Harriers	Cwmbran	09.07.1995
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

Hammer						
AC	4.00kg	69.14	Jennifer Dahigren	Argentina	Cardiff (C.I.S.S.)	18.07.2012
WN	4.00kg	70.21	Amber SIMPSON	Deeside AAC	Illinois, (USA)	13.04.2024
U23	4.00kg	64.65	Amber Simpson	Deeside AAC	Auburn, (USA)	16.04.2021
U20	4.00kg	56.95	Amber Simpson	Deeside AAC	Loughborough	20.05.2018
U18	3.00kg	59.09	Jade Williams	Wrexham AAC	Tullamore, Ireland	05.06.2016
U17	3.00kg	59.09	Jade Williams	Wrexham AAC	Tullamore, Ireland	05.06.2016
U15	3.00kg	54.00	Jade Williams	Wrexham AAC	Dublin, Ireland	15.07.2015

Javelin						
AC		54.41	Shelly Holroyd	England	Cardiff (Leckwith)	29.08.2005
WN	600gr	56.84	P Freya JONES	Newham & Essex Beagles	Birmingham	03.08.2025
WN	600gr	53.74	OLD Freya JONES	Newham & Essex Beagles	Loughborough	19.05.2024
U23	600gr	52.78	Tesni Ward	City of Sheffield	Bedford	29.05.2011
U20	600gr	51.27	Bethany Moule	Neath Harriers	Manchester	05.09.2020
U18	500gr	52.91	Bethany Moule	Neath Harriers	Swansea	08.04.2018
U17	500gr	52.91	Bethany Moule	Neath Harriers	Swansea	08.04.2018
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 pts	Kim Hagger	England	Cwmbran	28.05.1984
WN		6320pts	P Abigail PAWLETT	Trafford AC	Bergen, (NOR)	20.07.2025
WN		6315 pts	P Abigail PAWLETT	Trafford AC	Götzis (AUT)	31.05.2025
WN		6011pts	OLD Abigail PAWLETT	Trafford AC	Götzis (AUT)	19.05.2024
WN		6315 pts	P Abigail PAWLETT	Trafford AC	Götzis (AUT)	31.05.2025
U23		6320pts	P Abigail PAWLETT	Trafford AC	Bergen, (NOR)	20.07.2025
U23		6315 pts	P Abigail PAWLETT	Trafford AC	Götzis (AUT)	31.05.2025
U23		6011pts	OLD Abigail PAWLETT	Trafford AC	Götzis (AUT)	19.05.2024
U20		5648 pts	P Eden ROBINSON	Cardiff Archers	Tampere, FIN	01.08.2025
U20		5642 pts	OLD Sarah Rowe	Gloucester AC	Utrecht, (NED)	23.08.1981
U18	U18 implements	4406 pts	Lauren Evans	Cardiff AAC	Street	30.04.2017
U17	U17 implements	5213 pts	Eden Robinson	North Devon AC	Bedford	17.09.2023

Hexathlon						
U15		3326 pts	Nia Powell	Cardiff Archers	Manchester	29.09.2021

Pentathlon						
U17		3126	Lauren EVANS	Cardiff AAC		20.06.2015
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

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RELAY RECORDS CAN ONLY BE SET BY U20, U23 OR SENIOR AGE GROUPS AND S.I.A.B INTERNATIONAL U17/U18

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>						

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	3:49.83			Wales	Eton	18.08.2024
<i>Anna BABIS, Chloe FARMER, Darcy COSLETT, Sophie LISK</i>						
U20	3:49.83			Wales	Eton	18.08.2024
<i>Anna BABIS, Chloe FARMER, Darcy COSLETT, Sophie LISK</i>						

Marathon

WN	2:25:01		Clara Evans	Pontypridd Roadents	Valencia, Spain	03.12.2023
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