

All dates are linked to the external results

Discipline	Male	Performance	Country / Club	Event	Date
100 Metres	Jeremiah Azu	10.19	Cardiff Athletics	Run With The Wind & Field Events 1	04.05.2022
100 Metres	Sam GORDON	10.08 (+4.3)	Cardiff Athletics	Welsh Championships	13.07.2019
200 Metres	Tommy Ramdhan	20.48	Bexley AC	Welsh Championships	14.08.2021
400 Metres	Brodie Young	45.62	Airdrie Harriers	Welsh Championships	28.06.2025
800 Metres	Andrew OSAGIE	1:47.15	Harlow AC	BMC Nike Grand Prix	15.08.2009
1500 Metres	Nick BROMLEY	3:41.18	Australia	BMC Nike Grand Prix	15.08.2009
One Mile	Chris GOWELL	3:58.25	Swansea Harriers	Welsh Athletics International	15.07.2014
3000 Metres	Stephen DAVIES	8:28.18	Belgrave Harriers	Welsh Championships	13.06.2009
5000 Metres	Moumin GALA	13:34.66	Newham & Essex Beagles AC	BMC Nike Grand Prix	15.08.2009
10000 Metres	Matt JANES	30:32.71	Bedford & County AC	Welsh Championships	12.06.2010
110m Hurdles	Daniel Goriola	13.67	Blackheath & Bromley Harriers AC	Welsh Championships	29.06.2025
400 Metres Hurdles	Rhys WILLIAMS	49.38	Cardiff AAC	Welsh Championships	13.06.2009
3000m Steeplechase	Sameter FARAH	8:50.93	Newham & Essex Beagles AC	BMC Nike Grand Prix	15.08.2009
4x100 Metres Relay		39.79	Australia	Welsh Athletics International	18.07.2012
4x400 Metres Relay		3:07.11	Trinidad & Tobago	Welsh Athletics International	18.07.2012
5k Walk	Cameron Corbishley	19:40.10	Medway & Maidstone AC	Welsh Championships	15.06.2024
10k Walk	Christopher Snook	42:11.42	Aldershot Farnham & District	Welsh Championships	11.06.2022
High Jump	Robbie GRABARZ	2.28	Newham & Essex Beagles AC	McCain Challenge Final	28.08.2010
Pole Vault	Max EVES	5.40	Newham & Essex Beagles AC	British Athletics League Premiership	04.06.2011
Long Jump	Chris TOMLINSON	7.96	Newham & Essex Beagles AC	UKA Super 8	10.06.2009
Triple Jump	Trevor OKOROFOR	15.83	Croydon Harriers	McCain Challenge Final	28.08.2010
Shot	Carl MYERSCOUGH	20.26	Blackpool Wyre & Fylde AC	UKA Super 8	10.06.2009
Discus	Nicholas PERCY	64.95	Shaftesbury Barnet Harriers	Welsh Championships	11.06.2022
Hammer	Osian JONES	71.77	Liverpool Harriers & AC	Welsh Athletics International	24.07.2019
Javelin	Lee DORAN	77.99	City of Sheffield AC	Welsh Championships	03.06.2012

Discipline	Female	Performance	Country / Club	Event	Date
100 Metres	Nia Wedderburn-Goodison	11.16	Harrow AC	Welsh Championships	28.06.2025
200 Metres	Success Eduan	22.69	Sale Harriers Manchester	Welsh Championships	29.06.2025
400 Metres	Yemi Mary John	51.57	Woodford Green AC with Essex Ladies	Welsh Championships	28.06.2025
800 Metres	Claire GIBSON	2:01.34	Kilbarchan AAC	BMC Nike Grand Prix	15.08.2009
1500 Metres	Ingvil MAKESTAD BOVIM	4:10.58	Norway	BMC Nike Grand Prix	15.08.2009
One Mile	Julia Cooke	4:38.37	Birchfield Harriers	Welsh Athletics International	29.07.2015
3000 Metres	Brace BROCK	9:37.94	Cornwall AC	Welsh Athletics International	24.07.2019
5000 Metres	Charlotte PURDUE	15:23.20	Aldershot Farnham & District	BMC Nike Grand Prix	28.08.2010
10000 Metres	Gina PALETTA	35:22.93	Wrexham AAC	Welsh Championships	04.06.2012
100m Hurdles	Marli Jessop	13.36	Harrow AC	Welsh Championships	29.06.2025
400 Metres Hurdles	Jessica Tappin	57.74	Thames Valley Harriers	National Athletics League Premiership Round 1B	07.05.2022
3000m Steeplechase	Emily Parker	9:52.72	Poole Athletic Club	Welsh Championships	29.06.2025
4x100 Metres Relay		44.70	Trinidad & Tobago	Welsh Athletics International	18.07.2012
4x400 Metres Relay		3:40.79	Thames Valley Harriers	National Athletics League Premiership Round 1B	07.05.2022
5k Walk	Heather LEWIS	21:41.34	Pembrokeshire Harriers	Welsh Championships	13.07.2019
10k Walk	Bethan Davies	45:21.70	Cardiff Athletics	Welsh Championships	14.07.2021
High Jump	Vicki HUBBARD	1.84	England	McCain UK Challenge Final	15.08.2009
Pole Vault	Holly BRADSHAW	4.60	Blackburn Harriers	Welsh Championships	14.07.2019
Long Jump	Phyllis AGBO	6.40	Thames Valley Harriers	UKA Super 8	10.06.2009
Triple Jump	Nadia WILLIAMS	13.53	Shaftesbury Barnet Harriers	McCain UK Challenge Final	15.08.2009
Shot	Adele NICOLL	17.79	Birchfield Harriers	Welsh Championships	15.06.2024
Discus	Kirsty LAW	53.86	Sale Harriers Manchester	Welsh Championships	28.06.2025
Hammer	Jennifer DAHLGREN	69.14	Argentina	Welsh Athletics International	18.07.2012
Javelin	Laura WHITTINGHAM	53.75	Sale Harriers Manchester	McCain Challenge Final	28.08.2010