

Discipline	Male	Performance	Raza Pts	Weight	Country / Club	Event	Date
100 Metres	James LEDGER (T11)	13.52	161		Swansea Harriers	#RunWithTheWind Open Meeting	11.07.2021
100 Metres	Zac SHAW (T12)	11.11	903		Cleethorpes AC	Run With The Wind & Field Events 1	01.05.2024
100 Metres	Calum COLES (T20)	12.38	422		City Of Salisbury AC & RC	#RunWithTheWind Open Meeting	11.07.2021
100 Metres	Kyle KEYWORTH (T35)	12.41	901		Manchester Harriers & AC	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	28.06.2025
100 Metres	Rhys JONES (T37)	12.00	845		DSW Para Athletics	Welsh Athletics Run With The Wind & Field Events	05.05.2021
100 Metres	Thomas YOUNG (T38)	11.19	941		Loughborough Students AC	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	28.06.2025
100 Metres	Simon PATMORE (T46)	11.45	10.32		Australia	Cardiff Open Meeting	22.08.2012
100 Metres	John BRIDGE (T47)	11.41	813		Cardiff Athletics	Run With The Wind & Field Events 1	04.05.2022
100 Metres	Walid SALEH (T63)	15.64	10		London Heathside	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
100 Metres	Corey BROWN (T64)	13.37	153		DSW Para Athletics	Welsh 105th Senior & U15 T&F Championships 2023	24.06.2023
100 Metres WC	Toby RICHARDSON (T54)	16.17	965		Yate & District AC	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
100 Metres FR	Finlay MENZIES (T72)	16.02	804		Corstorphine AAC	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
200 Metres	Zac SHAW (T12)	23.21	839		Cleethorpes AC	Run With The Wind & Field Events 1	01.05.2024
200 Metres	Calum COLES (T20)	25.73	375		City Of Salisbury AC & RC	#RunWithTheWind Open Meeting	11.07.2021
200 Metres	Rhys JONES (T37)	24.30	845		Rhondda AC	Welsh Championships	11.06.2022
200 Metres	Evan O'HANLON (T38)	22.18	1029		Australia	Welsh Athletics Graded Open	05.08.2012
200 Metres	John BRIDGE (T47)	22.98	853		Cardiff Athletics	Run With The Wind & Field Events 1	04.05.2022
200 Metres WC	Toby RICHARDSON (T54)	31.30	723		Yate & District AC	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	29.06.2025
200 Metres FR	Finlay MENZIES (T72)	34.05	831		Corstorphine AAC	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
400 Metres	John BRIDGE (T47)	52.33	739		Cardiff Athletics	Cardiff Open Meeting & Welsh Endurance Championships	13.07.2022
400 Metres	Francis KAMPAON (T46)	53.95	617		Papua New Guinea	Cardiff Open Meeting	22.08.2012
400 Metres WC	Owain TERRELL (T54)	1:06.72	10		Newport Harriers	Run With The Wind & Field Events 1	11.04.2026
400 Metres FR	Aneurin CLARK (T72)	2:15.66	0		Gloucester Athletic Club	Run With The Wind & Field Events 1	11.04.2026
600 Metres	Stephen MORRIS (T20)	1:24.30	880		DSW Para Academy	Welsh Athletics Open Meeting	20.04.2013
800 Metres	Stephen MORRIS (T20)	1:56.06	880		Cardiff Athletics	Welsh Night of Endurance	27.07.2016
800 Metres	Michael ROEGER (T46)	1:57.60	891		Australia	Cardiff Open Meeting	22.08.2012
1500 Metres	Stephen MORRIS (T20)	4:00.07	862		Cardiff Athletics	Cardiff Night of Endurance	14.09.2019
1500 Metres WC	Toby RICHARDSON (T54)	3:47.05	676		Yate & District AC	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
One Mile	Stephen MORRIS (T20)	4:20.99			Cardiff Athletics	Welsh Athletics International	24.07.2019
One Mile	Matthew SILCOCKS (T46)	4:23.72			Australia	Cardiff Open Meeting	22.08.2012
Long Jump	Samuel JOSE (T20)	6.31	715		Cornwall Athletic Club	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
Long Jump	William BISHOP (T35)	4.39	677		Welsh Schools Association	Welsh Athletics U20 International	26.08.2023
Long Jump	Barney CORRALL (T37)	5.49	664		Charmwood Athletic Club	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
Long Jump	Nils REHM (T47)	5.31	334		Bristol and West AC	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
Shot	Patrick SWAN (F20)	17.22	995	7.26kg	Cornwall Athletic Club	Run With The Wind & Field Events 1	04.05.2022
Shot	Adam HARCOMBE (F37)	8.91	211	5.00kg	Rhondda AAC	Run With The Wind & Field Events 1	01.05.2024
Shot	Michael JENKINS (F38)	14.34	842	7.26kg	Pembrokeshire Harriers	Welsh Championships	11.06.2022
Shot	Michael JENKINS (F38)	13.67	945	5.00kg	Pembrokeshire Harriers	#RunWithTheWind Open Meeting	11.07.2021
Shot	Joshua GRIST (F40)	7.26	473	4.00kg	DSW Para Athletics	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	28.06.2025
Shot	Kyron DUKE (F41)	12.55	908	4.00kg	DSW Para Academy	Welsh Championships	11.06.2022
Shot	Aled DAVIES (F42)	16.10	1028	6.00kg	Cardiff Athletics	Run With The Wind & Field Events 1	10.05.2023
Shot	Adam Rutter (F44)	14.30	843	6.00kg	England	Welsh Athletics U20 International	26.08.2023
Seated Shot	Jac SHEEHAN (F34)	8.61	730	4.00kg	DSW Para Athletics	Run With The Wind & Field Events 2	05.06.2024
Seated Shot	Adam DONNACHIE (F57)	9.00	373	4.00kg	Central Athletic Club	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	29.06.2025
Discus	Logan MURRAY (F20)	28.59	416	1.00kg	Cornwall Athletic Club	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	28.06.2026
Discus	Michael JENKINS (F37)	37.58	717	1.00kg	Pembrokeshire Harriers	Cardiff Throws 2	31.03.2019
Discus	Michael JENKINS (F38)	55.92	1109	1.50kg	Pembrokeshire Harriers	Welsh Championships	11.06.2022
F38 WORLD REC & EUROPEAN RECORD							
Discus	Joshua GRIST (F40)	19.56	803	1.00kg	Cardiff Archers	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	29.06.2025
Discus	Aled DAVIES (F42)	54.56	1101	1.50kg	Cardiff Athletics	Cardiff Open Meeting & Welsh Endurance Championships	13.07.2022
Discus	Daniel GREAVES (F44)	57.01	945	1.50kg	Unattached	Welsh Championships	14.08.2021
Seated Discus	Jac SHEEHAN (F34)	23.85	468	1.00kg	Aberystwyth AC	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	28.06.2026
Hammer	Jason ELWORTHY (F38)	8.64	0	7.26kg	Barry & Vale Harriers	Welsh Championships	13.07.2019
Javelin	Michael JENKINS (F38)	32.39	338	800g	Pembrokeshire Harriers	Run With The Wind & Field Events 1	10.05.2023
Javelin	Daniel PEMBROKE (F13)	67.89	944	800g	Windsor Slough Eton & Hounslow AC	Welsh Championships	24.06.2023

Discipline	Female	Performance		Country / Club	Event	Date
100 Metres	Amirah PECKHAM (T37)	17.11	168	DSW Para Athletics	Welsh 105th Senior & U15 T&F Championships 2023	24.06.2023
100 Metres	Maria LYLE (T35)	31.54	746	Team East Lothian AC	Run With The Wind & Field Events 2	10.06.2023
100 Metres	Ali SMITH (T38)	13.60	804	Guildford & Godalming AC	Run With The Wind & Field Events 1	01.05.2024
100 Metres WC	Imogen ASHWELL-RICE (T34)	23.60	451	Newport Harriers	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
100 Metres WC	Lily BIGNELL (T34)	24.53	14	Charnwood Athletic Club	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
100 Metres FR	Charlie PRICE (T72)	18.51	810	Gloucester Athletic Club	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
200 Metres	Erinn WALTERS (T35)	36.30	239	Australia	Cardiff Open Meeting	22.08.2012
200 Metres	Ali SMITH (T38)	28.63	784	Guildford & Godalming AC	Run With The Wind & Field Events 1	01.05.2024
200 Metres WC	Imogen ASHWELL-RICE (T34)	47.53	131	Newport Harriers	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	28.06.2026
200 Metres FR	Charlie PRICE (T72)	36.88	911	Gloucester Athletic Club	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	28.06.2026
1500 Metres WC	Lily BIGNELL (T34)	6:18.15	2	Charnwood Athletic Club	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	28.06.2025
Long Jump	Sienna ALLEN-CHAPLIN (T36)	3.05	490	Swansea Harriers	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
Long Jump	Olivia BREEN (T38)	4.97	950	City of Portsmouth AC	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	27.06.2026
Shot	Julie ROGERS (F46)	7.72	424	4.00kg DSW Para Athletics	Run With The Wind & Field Events 1	10.05.2023
Shot	Oluwafunmilola ODUWAIYE (F44)	11.94	872	4.00kg Cardiff Athletics	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	29.06.2025
Shot	Julie ROGERS (F63)	7.70	557	4.00kg DSW Para Athletics	Run With The Wind & Field Events 2	05.06.2024
Shot	Sara JONES (F40)	3.23	56	3.00kg Carmarthen Harriers	Welsh 105th Senior & U15 T&F Championships 2023	24.06.2023
Seated Shot	Ellie BOWEN (F56)	6.41	844	3.00kg DSW Para Athletics	Run With The Wind & Field Events 2	05.06.2024
Discus	Julie ROGERS (F63)	20.75	510	1.00kg DSW Para Athletics	Cardiff Open Meeting & Welsh Endurance Championships	13.07.2022
Discus	Sara JONES (F40)	7.16	32	1.00kg Carmarthen Harriers	Welsh 105th Senior & U15 T&F Championships 2023	24.06.2023
Discus	Amy TTHOMPSON (F41)	21.84	478	0.75kg England U18	Welsh Athletics U20 International	26.08.2023
Discus	Bree CRONIN (F44)	39.83	963	1.00kg Cardiff Athletics	107th Welsh Senior, U17 & Para Outdoor T&F Championships (Incor	28.06.2025
Seated Discus	Ellie BOWEN (F56)	18.43	879	1.00kg Cardiff Archers	108th Welsh Senior, U18 & Para Outdoor T&F Championships (Incor	28.06.2026
Javelin	Hollie ARNOLD (F46)	36.71	836	600g Blackheath & Bromley Harriers AC	Welsh 105th Senior & U15 T&F Championships 2023	25.06.2023