

Welsh Schools Athletics Association

Outdoor Championship Best Performances



Jul-25

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Event/Category	Performance	Athlete	School	District	Year
100 Metres					
U15G-JG	12.06	Neil DESIR	Radyr	Cardiff & The Vale	2022
U15B-JB	11.09	Andrew WATKINS	Coedylan	Glamorgan Valleys	2002
U17W-MG	11.95	Hannah BRIER	Ystalefera	Afan Nedd Tawe	2013
U17M-MB	10.72	Max EVANS	Llanidloes	Powys	2024
U20W-SG	12.0 (HT)	Lisa ARMSTRONG	St.Albans	Gwent	1991
U20W-SG	12.00 (ET)	Rachel JOHNCOCK	Dyffryn Conwy	Eryri	2011
U20M-SB	10.5 (HT)	Peter MAITLAND	Qe Cambria	Dyfed	1992
200 Metres					
U15G-JG	24.91	Neil DESIR	Radyr	Cardiff & The Vale	2022
U15B-JB	22.13	Andrew WATKINS	Coedylan	Glamorgan Valleys	2002
U17W-MG	24.47	Aliyah AFOLABI	St. Illtyd's	Cardiff & The Vale	2025
U17M-MB	21.73	Andrew WATKINS	Coedylan	Glamorgan Valleys	2004
U20W-SG	24.32	Rachel JOHNCOCK	Dyffryn Conwy	Eryri	2011
U20M-SB	21.82	Kristian JONES	Cowbridge	Cardiff & The Vale	2016
300 Metres					
U15G-JG	40.93	Gabby FAKANDE	Brynmaur	South East Wales	2015
U15B-JB	36.36	Will LOVEJOY	Monmouth Comp	South East Wales	2018
U17W-MG	38.89	Darcy COSLETT	Bryngwyn	Dyfed	2025
400 Metres					
U17M-MB	48.82	Bruce TASKER	Greenhill	Dyfed	2004
U20W-SG	56.49	Sarah ROBERTS	Monmouth Girls	Gwent	1996
U20M-SB	48.61	Joseph BRIER	Ystalyfera	Afan Nedd Tawe	2016
800 Metres					
U15G-JG	2:14.0 (HT)	Julie GARRETT	Rumney	South Glamorgan	1987
U15B-JB	2:01.52	Jamie FENAROLI	Llangatwg	Afan Nedd Tawe	2003
U17W-MG	2:11.69	Izzy PARRY-JONES	King Henry Viii	South East Wales	2015
U17M-MB	1:56.5 (HT)	Jason MURPHY	Amman Valley	Dyfed	1990
U20W-SG	2:13.68	Naomi REID	Y Pant	Glamorgan Valleys	2018
U20M-SB	1:51.66	Elliott SLADE	Bishop Of Llandaff	Cardiff & The Vale	2012
1500 Metres					
U15G-JG	4:35.61	Non STANFORD	St. Joseph'S	Afan Nedd Tawe	2003
U15B-JB	4:13.94	Jacob REYNOLDS	Cwm Rhymni	Glamorgan Valleys	2018
U17W-MG	4:26.00	Libby HALE	Bishopston Comprehensive	Afan Nedd Tawe	2024
U17M-MB	4:01.29	Ben REYNOLDS	Y Gwyndy	Glamorgan Valleys	2019
U20W-SG	4:42.59	Elinor KIRK	Gwyr	Afan Nedd Tawe	2007
U20M-SB	3:54.50	Matthew JONES	Llanfyllin	Powys	2000
3000 Metres					
U17W-MG	9:59.63	Millie GOLD	St. Illtyd's	Cardiff & The Vale	2023
U17M-MB	8:47.99	Osian PERRIN	St Gerrard's	Eryri	2019
U20W-SG	10:06.55	Natasha COCKRAM	Croesyceiliog	South East Wales	2011
U20M-SB	8:34.37	Andres JONES	Aberaeron	Dyfed	1996

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Race Walking					
U15G-JG 1000m Walk	5:03.74	Megan STRATTON-THOMAS	Olchfa	Afan Nedd Tawe	2014
U15B-JB 1000m Walk	4:20.05	Antonio CIRILLO	Bishop Vaughan	Afan Nedd Tawe	2005
U17W-MG 2000m Walk	9:56.18	Heather LEWIS	Sir Thomas Picton	Dyfed	2009
U17M-MB 2000m Walk	9:07.85	Antonio CIRILLO	Bishop Vaughan	Afan Nedd Tawe	2007
U20W-SG 2000m Walk	9:37.31	Heather LEWIS	Pembrokeshire College	Dyfed	2011
U20M-SB 2000m Walk	8:22.8 (HT)	Cameron SMITH	Llanishen	Cardiff & The Vale	2001
U17W-MG 3000m Walk	14:47.37	Gracie GRIFFITHS	Haverfordwest HS	Dyfed	2022
U17M-MB 3000m Walk	17:01.96	Fraser HIGGINSON	Llangynnydd	Glamorgan Valleys	2024
U20W-SG 3000m Walk	16:01.11	Megan STRATTON-THOMAS	Gower College	Afan Ned Tawe	2018
U20M-SB 3000m Walk	15:22.09	Fraser HIGGINSON	Llangynnydd	Glamorgan Valleys	2025
Sprint Hurdles					
U15G-JG 75m Hurdles	11.2 (HT)	Jane BUTTRESS	Chepstow	Gwent	1978
U15B-JB 80m Hurdles	11.21	Aidan ANGILLET	Connah's Quay High	North East Wales	2024
U17W-MG 80m Hurdles	11.34	Heather JONES	Tregib	Dyfed	2003
U17M-MB 100m Hurdles	13.19	David GUEST	Bryntirion	Glamorgan Valleys	2007
U20W-SG 100m Hurdles	14.4 (HT)	Norma EVANS	Yale College	Clwyd	1978
U20M-SB 110m Hurdles	13.91	David OMOREGIE	Bishop Of Llandaff	Cardiff & The Vale	2013
Distance Hurdles					
U17W-MG 300m Hurdles	43.40	Lucy FLIGELSTONE	Bishopston	Afan Nedd Tawe	2013
U17M-MB 400m Hurdles	54.42	Mark ROWLANDS	Bishop Vaughan	West Glamorgan	1994
U20W-SG 400m Hurdles	61.2 (HT)	Alyson EVANS	Cardigan	Dyfed	1985
U20M-SB 400m Hurdles	53.0 (HT)	Mark ROWLANDS	Bishop Vaughan	Afan Nedd Tawe	1996
Steeple Chase					
U17W-MG 1500m	5:04.79	Millie PIERCE	Olchfa	Afan Nedd Tawe	2025
U20W-SG 1500m	4:58.40	Millie GOLD	St. David's College	Cardiff & The Vale	2025
U17M-MB 1500m (84.0)	4:21.8 (HT)	Marcus THOMAS	Bishop Of Llandaff	South Glamorgan	1979
U20M-SB 2000m	5:59.0 (HT)	Marcus THOMAS	Bishop Of Llandaff	South Glamorgan	1981
4 x 100m Relay					
U15G-JG	49.17			Cardiff & The Vale	2024
U15B-JB	45.42			Cardiff & The Vale	2003
U17M-MB	43.13			South East Wales	2024
U20W-SG	49.7 (HT)			Gwent	1991
U17W-MG	48.00			Cardiff & The Vale	2023
U20M-SB	42.5 (HT)			Gwent	1991

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High Jump					
U15G-JG	1.70	Julia CHARLTON	Tasker Milward	Dyfed	1979 & 1980
U15B-JB	1.92	Miles KELLAR-JENKINS	Flynone	Afan Nedd Tawe	2012
U17W-MG	1.72	Sarah NICHOLLS	St Clare'S	Mid Glamorgan	1980
U17M-MB	2.06	Chuka ENIH-SNELL	Bishop Vaughan	Afan Nedd Tawe	2000
U20W-SG	1.76	Rebecca JONES	Yale College	North East Wales	2000
U20M-SB	2.10	Chuka ENIH-SNELL	Bishop Vaughan	Afan Nedd Tawe	2001
Pole Vault					
U15G-JG	3.15	Megan HODGSON	Cowbridge	Cardiff & The Vale	2015
U15G-JG	3.15	Ellie-Mae WAINWRIGHT	Bassaleg	South East Wales	2015
U15B-JB	4.10	William TROTT	Gwyr	Afan Nedd Tawe	2019
U17W-MG	3.55	Isabel THOMAS	Cardiff High	Cardiff & The Vale	2019
U17M-MB	4.80	Neil WINTER	Monmouth	Gwent	1990
U20W-SG	3.74	Elinor LEWIS	Bro Morgannwg	Cardiff & The Vale	2009
U20M-SB	4.65	David GUEST	Bryntirion	Glamorgan Valleys	2009
Long Jump					
U15G-JG	5.73	Olivia SCRIMSHAW	Brynhyfryd	North East Wales	2023
U15B-JB	6.19	Ian STRANGE	Newbridge	Gwent	1977
U15B-JB	6.20	Kaleem ISLAM	Stanwell School	Cardiff & The Vale	2024
U17W-MG	5.90	Olivia SCHRIMSHAW	Brynhyfryd school	North East Wales	2024
U17M-MB	7.11	Benjamin PARKER	St. Illtyds	Glamorgan Valleys	2023
U20W-SG	6.04	Jess LEE	Dyffryn Taf	Dyfed	2024
U20M-SB	7.34	John ELIAS	Maesteg	Glamorgan	1967
Triple Jump					
U15G-JG	11.69	Olivia SCRIMSHAW	Brynhyfryd	North East Wales	2023
U15B-JB	13.37	Osaze AGHEDO	Bishop Vaughan	Afan Nedd Tawe	2013
U17W-MG	11.97	Olivia SCHRIMSHAW	Brynhyfryd school	North East Wales	2024
U17M-MB	15.06	Steven SHALDERS	Cynffig	Glamorgan Valleys	1998
U20W-SG	11.85	Macey JONES	Usk College	South East Wales	2017
U20M-SB	14.90	David WOOD	Tregaron	Dyfed	1979

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Shot Put					
U15G-JG 3.00kg	11.32	Sarah OMOREGIE	Bishop Of Llandaff	Cardiff & The Vale	2014
U15B-JB 3.25kg	15.75	Thomas HANSON	Dyffryn	Afan Nedd Tawe.	2015
U17W-MG 3.00kg	14.23	Sarah OMOREGIE	Bishop Of Llandaff	Cardiff & The Vale	2016
U17M-MB 5.00kg	16.63	Mark HEWER	St Cenydd'S	Mid Glamorgan	1980
U20W-SG 4.00kg	13.90	Jayne BERRY	Brecon	Powys	1988
U20M-SB 6.00kg	16.15	Dafydd PAWLETT	Pembroke College	Dyfed	2022
Discus					
U15G-JG 1.00kg	38.44	Sandra LEE	Friars	Gwynedd	1978
U15B-JB 1.25kg	45.75	Jay MORSE	Stanwell	Cardiff & The Vale	2015
U17W-MG 1.00kg	43.80	Philippa ROLES	Dwr-Y-Felin	West Glamorgan	1994
U17M-MB 1.50kg	58.05	James TOMLINSON	Pembroke	Dyfed	2016
U20W-SG 1.00kg	50.48	Philippa ROLES	Neath College	Afan Nedd Tawe	1997
U20M-SB 1.75kg	56.52	Brett MORSE	St Cyres	Cardiff & The Vale	2007
Hammer					
U15G-JG 3.00kg	52.11	Amber RIMMINGTON	Flint	North East Wales	2013
U15B-JB 3.25kg	55.26	Rhys HODNETT	Cathedral School	Cardiff & The Vale	2006
U17W-MG 3.00kg	55.53	Ffion PALMER	Cwm Rhymni	Glamorgan Valleys	2016
U17M-MB 5.00kg	62.03	Nathan THOMASON	John Bright	Eryri	2014
U20W-SG 4.00kg	53.82	Amelia FETTIS	Gwent Is Coed	South East Wales	2024
U20M-SB 6.00kg	63.35	Jac PALMER	Cwn Rhymni	Glamorgan Valleys	2014
Javelin					
U15G-JG 500g	38.94	Bethany MOULE	Dwr-Y-Felin	Afan Nedd Tawe	2016
U15B-JB 600g	55.44	Garth LOUGHRAN	Dyffryn Taf	Dyfed	2003
U17W-MG 500g	48.69	Bethany MOULE	Dwr-Y-Felin	Afan Nedd Tawe	2018
U17M-MB 700g	59.12	Linton BADDELEY	Cardiff High	South Glamorgan	1989
U20W-SG 600g	43.50	Hilary DAVIES	Afon Taf	Mid Glamorgan	1994
U20M-SB 800g	67.34	Jonathan CLARKE	Neath College	West Glamorgan	1986