

# WELSH OUTDOOR CHAMPIONSHIP BEST PERFORMANCES

**October-2023**

## WOMEN

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Event	Category	Performance	P Athlete	Club	Venue	Year
<b>100m</b>						
Senior		11.3w (HT)	Michelle Probert	Sale Harriers	Cwmbran	07.06.1980
Senior		11.36w (ET)	Sallyanne Short	Torfaen AC	Cardiff (Leckwith)	26.08.1989
U20		11.66	Helen Miles	Cardiff AAC	Swansea (Morfa)	08.06.1985
U17		11.77	Nell Desir	Cardiff Archers	Newport	13.08.2022
U15		11.74w	Nell Desir	Cardiff Archers	Cardiff (CISS)	12.06.2022
U13		12.43w	Aliyah Afolabi	Cardiff Archers	Newport	13.08.2022
<b>200m</b>						
Senior		23.3w (HT)	Sallyanne Short	Torfaen AC	Swansea (Morfa)	25.06.1988
Senior		23.35 W (ET)	Catherine Murphy	Shaftesbury	Cardiff (Leckwith)	17.06.2001
U20		24.2 (HT)	Sallyanne Short	Torfaen AC	Swansea (Morfa)	21.06.1986
U20		24.50 (ET)	Hannah Thomas	Wrexham AAC	Wrexham	11.06.2011
U17		24.4w (HT)	Sallyanne Short	Torfaen AC	Swansea (Morfa)	15.07.1984
U17		24.4w (HT)	Jane Bradbeer	Cardiff AAC	Swansea (Morfa)	15.07.1984
U17		24.53 (ET)	Lisa Armstrong	Torfaen AC	Cwmbran	09.07.1989
U15		24.30w	Nell Desir	Cardiff Archers	Cardiff (CISS)	11.06.2022
U13		26.34	Olivia Gillespie	Newport Harriers	Wrexham	16.06.2019
<b>300m</b>						
U17		39.45	Eve Williams	Cwmbran Harriers	Wrexham	14.06.2014
U15		40.60	Macey Morris	Newport Harriers	Wrexham	20.08.2017
<b>400m</b>						
Senior		53.08	Michelle Scutt	Sale Harriers	Cwmbran	02.06.1984
U20		55.80	Amanda Pritchard	Cardiff AAC	Carmarthen	30.06.1996
<b>800m</b>						
Senior		2:02.3 (HT)	Kirsty McDermott	Bristol & West AC	Swansea (Morfa)	08.06.1985
U20		2:08.28	Amanda Pritchard	Cardiff AAC	Colwyn Bay	24.05.1997
U17		2:11.18	Naomi Reid	Cardiff AAC	Cardiff (CISC)	11.06.2016
U15		2:11.33	Libby Hale	Swansea Harriers	Cardiff (CISC)	25.06.2023
U13		2:19.97	Rosa Yates	Bridgend AC	(Cardiff (CISC)	13.06.2010
<b>1500m</b>						
Senior		4:17.61	Melissa Courtney	Shaftesbury Barnet Harriers	Cardiff (CISC)	01.06.2014
U20		4:32.04	Georgina Outten	Birchfield Harriers	Wrexham	14.06.2014
U17		4:33.21	Non Stanford	Swansea Harriers	Colwyn Bay	19.06.2004
U15		4:26.75	Libby Hale	Swansea Harriers	Cardiff (CISC)	24.06.2023
U13		4:44.35	Libby Hale	Swansea Harriers	Newport	31.07.2021
<b>3000m</b>						
Senior		9:07.8	Susan Tooby	Cardiff AAC	Swansea (Morfa)	25.06.1988
U20		9:47.77	Carol Hayward	Newport Harriers	Cwmbran	09.07.1989
U17		9:56.26	Ffion Price	Brecon AC	Neath	11.08.2010
U15		10:17.46	Millie Gold	Cardiff AAC	Cardiff (CISC)	12.06.2022
<b>5000m</b>						
Senior		15:44.84	Caryl Jones	Swansea Harriers	Cardiff (CISS)	02.06.2012
<b>10000m</b>						
Senior		33:41.40	Angela Tooby	Cardiff AAC	Cardiff (Leckwith)	26.08.1989
<b>3000 Metres Steeplechase</b>						
Senior		10:39.8	Clare Martin	Newport Harriers	Cardiff (Leckwith)	29.08.2005
<b>2000 Metres Steeplechase</b>						
Senior		6:57.52	Emily Brown	Cardiff AAC	Cardiff (CISS)	03.06.2012
U20		6:57.08	Rhianwedd Price	Brecon AC	Cardiff (CISS)	03.06.2012

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<b>1500 Metres Steeplechase</b>						
Senior		5:10.0	Sian Pritchard	Brecon AC	Colwyn Bay	19.06.2004
U20		5:24.59	Rhianwedd Price	Brecon AC	Wrexham	11.06.2011
U17		5:09.96	Ellen Mary Kearney	Wirral AC	Wrexham	16.06.2019
<b>Sprint Hurdles</b>						
Senior	100m	13.24	Kay Morley	Cardiff AAC	Cardiff (Leckwith)	26.08.1989
U20	100m	13.8w (HT)	Bethan Edwards	Cardiff AAC	Wrexham	01.08.1992
U20	100m	14.46 (ET)	Bethan Edwards	Cardiff AAC	Cardiff (Leckwith)	26.05.1990
U17	80m	11.22	Grace Morgan	Cardiff Archers	Newport	24.06.2018
U15	75m	10.86	Heather Jones	Carmarthen Harriers	Cardiff (Leckwith)	17.06.2001
U13	70m	11.43	Hannah Davies	Swansea Harriers	Cardiff (CISS)	29.06.2013
<b>300m Hurdles</b>						
U17		43.7 (HT)	Caryl Granville	Carmarthen Harriers	Cardiff (Leckwith)	18.06.2005
<b>400m Hurdles</b>						
Senior		58.49	Caryl Granville	Swansea Harriers	Cardiff (CISS)	30.06.2013
U20		59.98	Faye Harding	Sale Harriers	Colwyn Bay	20.06.2004
<b>High Jump</b>						
Senior		1.82	Julie Crane	Sale Harriers	Cwmbran	18.06.2000
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U20		1.77	Rebecca Jones	Wrexham AAC	Cwmbran	17.06.2000
U17		1.70	Sarah Nicholls	Bridgend AC	Cwmbran	06.06.1981
U17		1.70	Teresa Andrews	Preseli Harriers	Wrexham	01.08.1992
U15		1.75	Julia Charlton	Carmarthen Harriers	Cwmbran	07.06.1980
U13		1.52	Sarah Omoregie	Pembrokeshire Harriers	Cardiff (CISS)	02.06.2012
<b>Pole Vault</b>						
Senior		4.32	Sally Peake	Birchfield Harriers	Cardiff (CISS)	11.06.2016
U20		3.60	Jessica Abraham	Cardiff AAC	Deeside	12.07.2008
U17		3.50	Christina Hughes	Deeside AAC	Deeside	12.07.2008
U15		3.21	Ellie-Mae Wainwright	Newport Harriers	Wrexham	15.06.2019
<b>Long Jump</b>						
Senior		6.34w	Rebecca Chapman	Cardiff AAC	Cardiff (CISC)	14.06.2018
U20		6.19w	Lisa Armstrong	Torfaen AC	Wrexham	01.08.1992
U17		5.82	Jessica Lee	Carmarthen Harriers	Newport	14.08.2022
U15		5.81w	Olivia Scrimshaw	Deeside AAC	Cardiff (CISC)	25.06.2023
U13		4.82	Sarah Lane	Torfaen AC	Brecon	19.06.1993
U13		4.82	Aimee Cutler	Torfaen AC	Brecon	19.06.1994
U13		4.82	Olivia Scrimshaw	Deeside AAC	Newport	01.08.2021
<b>Triple Jump</b>						
Senior		12.62w	Sara Barry	Cardiff AAC	Cardiff (CISC)	12.06.2010
U20		12.02	Sally Peake	Liverpool Harriers	Cardiff (Leckwith)	18.06.2005
U17		12.11	Jayne Ludlow	Cardiff AAC	Cardiff (Leckwith)	27.05.1995
U15		11.77	Olivia Scrimshaw	Deeside AAC	Cardiff (CISC)	24.06.2023
<b>Shot</b>						
Senior	4.00kg	18.03	Venissa Head	Cardiff AAC	Cwmbran	11.06.1983
U20	4.00kg	14.21	Sally Hinds	Swansea Harriers	Cardiff (Leckwith)	18.06.2005
U17	3.00kg	13.95	Sarah Omoregie	Cardiff AAC	Cardiff (CISS)	11.06.2016
U15	3.00kg	11.04	Jasmine Hale	Neath Harriers	Cardiff (CISS)	14.07.2019
U13	2.72kg	10.29	Nicola Stevenson	Bridgend AC	Cardiff (Leckwith)	17.06.2001

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<b><u>Discus</u></b>						
Senior	1.00kg	61.41	Philippa Roles	Swansea Harriers	Swansea (Uni)	15.06.2008
U20	1.00kg	46.62	Philippa Roles	Swansea Harriers	Carmarthen	30.06.1996
U17	1.00kg	45.04	Sandra Lee	Friars School	Cwmbran	02.06.1979
U15	1.00kg	40.66	Philippa Roles	Swansea Harriers	Barry	26.07.1992
U13	0.75kg	28.34	Natalie Owen	Menai T&F	Newport	13.08.2016
<b><u>Hammer</u></b>						
Senior	4.00kg	66.30	Carys Parry	Rhondda AC	Swansea (Uni)	15.06.2008
U20	4.00kg	54.54	Amber Simpson	Deeside AAC	Newport	24.06.2018
U17	3.00kg	53.85	Jade Williams	Wrexham AAC	Newport	14.08.2016
U15	3.00kg	50.81	Evie Cooper	Neath Harriers	Cardiff (CISC)	25.06.2023
U15	3.00kg	47.53	Jade Williams	Wrexham AAC	Newport	15.08.2015
<b><u>Javelin</u></b>						
Senior	600g	52.26	Lianne Clarke	Cardiff AAC	Cardiff (CISS)	18.06.2011
U20	600g	47.95	Lianne Clarke	Neath Harriers	Colwyn Bay	19.06.2004
U17	500g	45.90	Bethany Moule	Neath Harriers	Newport	23.06.2018
U15	500g	43.12	Bethan Rees	Cannock & Stafford AC	Swansea (Uni)	03.08.2014
U13	400g	33.15	Bethany Moule	Neath Harriers	Swansea (Uni)	03.08.2014
<b><u>Multi Events</u></b>						
<b><u>Heptathlon</u></b>						
Senior		5424 pts	Lisa Gibbs	Torfaen AC	Wrexham	01.08.1993
U20		4814 pts	Rebecca Jones	Wrexham AAC	Aberdare	24.06.2001
U17		4657 pts	Rebecca Jones	Wrexham AAC	Cardiff (Leckwith)	04.07.1999
<b><u>Hexathlon</u></b>						
U15		3326 pts	Nia Powell	Cardiff Archers	Manchester	30.08.2021
<b><u>Pentathlon (75H/HJ/LJ/SP/800)</u></b>						
U15		2706 pts	Alaw Evans	Cardiff Archers	Swansea (Uni)	25.06.2016
<b><u>Quadrathlon (70H/LJ/SP/800)</u></b>						
U13		2111 pts	Hannah Davies	Swansea Harriers	Newport	30.06.2013