

# WELSH WALKING RECORDS - WOMEN

## WOMEN

DECEMBER 2022

**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

### TRACK

#### 1000m

<b>U15</b>	5:11.2	Megan Stratton-Thomas	Swansea Harriers	Newport	15.06.2013
<b>U15</b>	04:51.7	i Megan Stratton-Thomas	Swansea Harriers	NIA, Birmingham	16.02.2014
<b>U13</b>	5:44.4	Molly Dainton	Llanelli AAC	Newport	15.06.2013

#### 2000m

<b>U20</b>	11:58.35	Charlene Ball	Glan Hafren School	Brecon	02.07.2005
<b>U17</b>	12:08.11	Sarah Pickard	Llanishen School	Newport	29.06.2002
<b>U15</b>	11:34.57	Megan Stratton-Thomas	Swansea Harriers	Birchfield Open	21.04.2013
<b>U13</b>	14:02.10	Molly Dainton	Llanelli AC	Birchfield Open	21.04.2013

#### 3000m

<b>SW</b>	12:24.70	Bethan Davies	Cardiff AAC	Cardiff	11.06.2016
<b>U20</b>	13:51.03	Heather Lewis	Pembrokeshire Harriers	Cork, Ireland	17.07.2012
<b>U17</b>	14:30.20	Grace Griffiths	Pembrokeshire Harriers	Belfast	16.07.2022
<b>U15</b>	15:40.60	Grace Griffiths	Pembrokeshire Harriers	Swansea	20.09.2020

#### 5000m

<b>SW</b>	21:21.52	Bethan Davies	Cardiff AAC	Birmingham	02.07.2017
<b>U20</b>	24:02.13	Heather Lewis	Pembrokeshire Harriers	Birmingham	24.06.2012
<b>U17</b>	25:18.40	Gracie Griffiths	Pembrokeshire Harriers	Manchester	26.06.2022

#### 10000m

<b>SW</b>	45:09.19	Heather Lewis	Pembrokeshire Harriers	Birmingham	06.08.2022
<b>U20</b>	50:25.0	Lisa Simpson	Mitcham	Hornchurch	01.04.1987

#### 20000m

<b>SW</b>	96:36.70	Bethan Davies	Cardiff AAC	Bedford	21.06.2015
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#### Noteworthy track performances, not ratified

#### 1000m

<b>U15</b>	5:04.65	* Heather Lewis	Pembrokeshire Harriers	Carmarthen	28.06.2008
	5:23.95	* Heather Lewis	Pembrokeshire Harriers	Brecon	05.07.2008

#### 2000m

<b>U17</b>	9:56.18	* Heather Lewis	Pembrokeshire Harriers	Brecon	03.07.2010
		* only one walking judge present			

### ROAD

#### 5km

<b>SW</b>	23:14	Bethan Davies	Cardiff AAC	Lugano, Switz	19.03.2017
<b>U20</b>	24:25	Lisa Simpson	Roath WC	London(VP)	29.03.1986
<b>U17</b>	25:26	Karen Nipper	Roath WC	London(BP)	06.12.1980
<b>U15</b>	28:29	Kerry Woodcock	Lakeland AAC	Redditch	01.11.1986

#### 10km

<b>SW</b>	44:56	Heather Lewis	Pembrokeshire Harriers	Leeds	30.04.2022
<b>U20</b>	49:33	Lisa Simpson	Mitcham	Ham	14.03.1987

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### 20km

SW	1:31:53	Bethan Davies	Cardiff AAC	Lugano, Switz	11.03.2018
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