

Welsh Schools Athletic Association
Indoor Championship Best Performances



October-23

Welsh Schools Athletics Association - Indoor Championship Best Performances

All the records set are during the **Indoor Combined Events Championships**

For track events (HT) = Hand Timing, (ET) = Electronic/Photofinish timing.

Event/Category	Performance	Athlete	School	Club	Year	
200 Metres						
JG/U14G	Not Held for this age group					
JB/U14B	Not Held for this age group					
MG/U16G	Not Held for this age group					
MB/U16B	23.10	Ben PARIS	Bishop of Llandaff	Cardiff Archers	2015	
SG/U18G	Not Held for this age group					
SB/U18B	22.65	Thomas WILLIAMS	Stanwell	Barry & Vale Harriers	2012	
800 Metres						
JG/U14G	2:31.97	Anna BROOKS	Bryn Cellynog	Cardiff Archers	2018	
JB/U14B	2:18.38	Ben PARKER	Aberdare Community School	Aberdare VAAC	2019	
MG/U16G	2:24.97	Taiya JONES	Stanwell	Cardiff Archers	2015	
MB/U16B	2:05.95	Jake HEYWARD	Llanishen	Cardiff AAC	2014	
SG/U18G	2:23.49	Taiya JONES	Stanwell	Cardiff Archers	2015	
SB/U18B	2:09.35	Jordan FENDER	Cardiff High	Cardiff AAC	2016	
60m Hurdles						
JG/U14G	9.39	Carys POOLE	YG Gwyr	Swansea Harriers	2017	
JB/U14B	9.49	Kai SENGUL	Y Gwyndi	Cardiff Archers	2019	
MG/U16G	8.96	Grace MORGAN	Radyr	Cardiff Archers	2017	
MB/U16B	8.43	Harry HILLMAN	St Teilos	Cardiff AAC	2014	
SG/U18G	8.90	Grace MORGAN	Radyr	Cardiff Archers	2018	
SB/U18B	7.94	David OMOREGIE	Bishop of Llandaff	Cardiff AAC	2013	
High Jump						
JG/U14G	Not Held for this age group					
JB/U14B	Not Held for this age group					
MG/U16G	1.65	Lauren EVANS	Cardiff High	Cardiff AAC	2015	
MB/U16B	Not Held for this age group					
SG/U18G	1.68	Annabel CURLE	Howell's College	Bridgend AC	2015	
SB/U18B	Not Held for this age group					
Long Jump						
JG/U14G	5.16	Nia POWELL	Ysgol Llanhari	Pontyclun AC	2019	
JB/U14B	5.25	Ben PARKER	Aberdare Community School	Aberdare VAAC	2019	
MG/U16G	5.26	Jessica LEE	Dyffryn Taf	Carmarthen Harriers	2019	
MB/U16B	6.04	Kellen JONES	St Josephs Newport	Newport Harriers	2015	
SG/U18G	5.32	Jodie BEYNON/Lauren EVANS	Ebbw Vale College/Cardiff High	Blaenau Gwent AC/Cardiff AAC	2014/2015	
SB/U18B	6.86	David OMOREGIE	Bishop of Llandaff	Cardiff AAC	2013	
Shot Put						
JG/U14G	2.72kg	9.63	Jamie HOLLAND	YG Gwyr	Swansea Harriers	2016
JB/U14B	3.00kg	10.87	George DUN	Bishopston	Swansea Harriers	2016
MG/U16G	3.00kg	13.11	Sarah OMOREGIE	Bishop of Llandaff	Cardiff AAC	2015
MB/U16B	4.00kg	12.54	Rhys GEALY	YG Gwyr	Swansea Harriers	2012
SG/U18G	3.00kg	12.97	Sarah OMOREGIE	Howells College	Cardiff AAC	2017
SB/U18B	5.00kg	13.50	David OMOREGIE	Sir Thomas Picton	Pembrokeshire Harriers	2012