

# WELSH OUTDOOR RECORDS & BEST PERFORMANCES

## WOMEN

**OCTOBER 2023**

**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

| Event/Category     | Performance | P | Athlete              | Country/Club         | Venue                    | Date       |
|--------------------|-------------|---|----------------------|----------------------|--------------------------|------------|
| <b>100 Metres</b>  |             |   |                      |                      |                          |            |
| AC                 | 11.27       |   | Heather Oakes        | England              | Cwmbran                  | 27.05.1984 |
| WN                 | 11.33       |   | Hannah Brier         | Swansea Harriers     | Manchester               | 24.06.2022 |
| U23                | 11.39       |   | Elaine O'Neill       | Woodford Green       | La Chaux-de-Fonds, Switz | 04.07.2010 |
| U23                | 11.39       |   | Hannah Brier         | Swansea Harriers     | Cali, Colombia           | 16.07.2015 |
| U23                | 11.39       |   | Hannah Brier         | Swansea Harriers     | Bydgoszcz, Poland        | 21.07.2016 |
| U20                | 11.39       |   | Hannah Brier         | Swansea Harriers     | Cali, Colombia           | 16.07.2015 |
| U20                | 11.39       |   | Hannah Brier         | Swansea Harriers     | Bydgoszcz, Poland        | 21.07.2016 |
| U18                | 11.39       |   | Hannah Brier         | Swansea Harriers     | Cali, Colombia           | 16.07.2015 |
| U17                | 11.57       |   | Hannah Brier         | Swansea Harriers     | Cardiff (CISS)           | 31.05.2014 |
| U15                | 11.77       |   | Nell Desir           | Cardiff Archers      | Newport                  | 13.08.2022 |
| U13                | 12.34       |   | Nell Desir           | Cardiff Archers      | Worthing                 | 11.08.2020 |
| <b>200 Metres</b>  |             |   |                      |                      |                          |            |
| AC                 | 22.58       |   | Sonia Lannaman       | England              | Cwmbran                  | 18.05.1980 |
| WN                 | 22.80       |   | Michelle Scutt       | Sale Harriers        | Antrim                   | 12.06.1982 |
| U23                | 22.80       |   | Michelle Scutt       | Sale Harriers        | Antrim                   | 12.06.1982 |
| U20                | 23.59       |   | Hannah Brier         | Swansea Harriers     | Loughborough             | 17.05.2015 |
| U18                | 23.59       |   | Hannah Brier         | Swansea Harriers     | Loughborough             | 17.05.2015 |
| U17                | 23.60       |   | Michelle Probert     | Sale Harriers        | Bremen, Germany          | 12.09.1976 |
| U15                | 24.54       |   | Hannah Brier         | Swansea Harriers     | Manchester               | 01.09.2012 |
| U13                | 25.66       |   | Aliyah Afolabi       | Cardiff Archers      | Bedford                  | 28.08.2022 |
| <b>300 Metres</b>  |             |   |                      |                      |                          |            |
| U17                | 38.78       |   | Amelia Reynolds      | Cardiff AAC          | Bedford                  | 30.08.2015 |
| U15                | 39.7 (HT)   |   | Hannah Brier         | Swansea Harriers     | Swansea (Uni)            | 24.06.2012 |
| <b>400 Metres</b>  |             |   |                      |                      |                          |            |
| AC                 | 50.63       |   | Michelle Scutt       | Wales                | Cwmbran                  | 31.05.1982 |
| WN                 | 50.63       |   | Michelle Scutt       | Sale Harriers        | Cwmbran                  | 31.05.1982 |
| U23                | 50.63       |   | Michelle Scutt       | Sale Harriers        | Cwmbran                  | 31.05.1982 |
| U20                | 52.80       |   | Sian Morris          | Port Talbot Harriers | Lappeenranta, Finland    | 18.06.1983 |
| U18                | 54.60       |   | Amanda Pritchard     | Cardiff AAC          | Cwmbran                  | 21.06.1997 |
| U17                | 55.53       |   | Sian Waters          | Cardiff AAC          | Crystal Palace           | 20.08.1977 |
| <b>800 Metres</b>  |             |   |                      |                      |                          |            |
| AC                 | 2:00.21     |   | Christiane Wildschek | Austria              | Cwmbran                  | 01.07.1979 |
| WN                 | 1:57.42     |   | Kirsty McDermott     | Bristol & West AC    | Belfast                  | 24.06.1985 |
| U23                | 2:00.56     |   | Kirsty McDermott     | Bristol & West AC    | Crystal Palace           | 17.09.1982 |
| U20                | 2:04.01     |   | Kirsty McDermott     | Brecon AC            | Budapest, Hungary        | 29.07.1981 |
| U18                | 2:04.80     |   | Kirsty McDermott     | Brecon AC            | Bydgoszcz, Poland        | 18.08.1979 |
| U17                | 2:07.32     |   | Amanda Pritchard     | Cardiff AAC          | Belfast                  | 22.06.1996 |
| U15                | 2:10.66     |   | Amanda Pritchard     | Cardiff AAC          | Crystal Palace           | 15.07.1994 |
| U13                | 2:16.1 (HT) |   | Lisa Lanini          | Wrexham AAC          | Wrexham                  | 05.08.2000 |
| <b>1500 Metres</b> |             |   |                      |                      |                          |            |
| AC                 | 4:04.39     |   | Zola Budd            | England              | Cwmbran                  | 28.05.1984 |
| WN                 | 3:58.01     |   | M Courtney-Bryant    | Poole AC             | Chorzow, Poland          | 16.07.2023 |
| U23                | 4:09.56     |   | Rhianwedd Price      | Cardiff AAC          | Eugene, USA              | 13.06.2015 |
| U20                | 4:17.51     |   | Cari Hughes          | Menai T&F            | Stretford                | 18.08.2018 |
| U18                | 4:23.55     |   | Non Stanford         | Swansea Harriers     | Watford                  | 12.06.2004 |
| U17                | 4:23.55     |   | Non Stanford         | Swansea Harriers     | Watford                  | 12.06.2004 |
| U15                | 4:26.75     |   | Libby Hale           | Swansea Harriers     | Cardiff (CISM)           | 24.06.2023 |
| U13                | 4:44.35     |   | Libby Hale           | Swansea Harriers     | Newport                  | 31.07.2021 |

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| Event/Category                  | Performance  | P     | Athlete            | Country/Club                | Venue                 | Date       |
|---------------------------------|--------------|-------|--------------------|-----------------------------|-----------------------|------------|
| <b>One Mile</b>                 |              |       |                    |                             |                       |            |
| AC                              | 4:29.48      |       | Bev Nicholson      | England                     | Cardiff (Leckwith)    | 17.07.1989 |
| WN                              | 4:16.38      |       | M Courtney-Bryant  | Poole AC                    | Monaco, France        | 21.07.2023 |
| U23                             | 4:39.03      |       | Annmarie Fox       | Swansea Harriers            | Cwmbran               | 09.07.1983 |
| U20                             | 4:51.31      |       | Non Stanford       | Swansea Harriers            | Oxford                | 06.05.2004 |
| U18                             | 4:51.31      |       | Non Stanford       | Swansea Harriers            | Oxford                | 06.05.2004 |
| <b>3000 Metres</b>              |              |       |                    |                             |                       |            |
| AC                              | 8:52.88      |       | Paula Fudge        | England                     | Cwmbran               | 30.05.1982 |
| WN                              | 8:39.20      |       | Melissa Courtney   | Shaftesbury Barnet Harriers | Birmingham            | 18.08.2018 |
| U23                             | 9:12.96      |       | Stevie Stockton    | Vale Royal                  | Watford               | 28.07.2010 |
| U20                             | 9:22.84      |       | Non Stanford       | Swansea Harriers            | Crystal Palace        | 30.07.2004 |
| U18                             | 9:22.84      |       | Non Stanford       | Swansea Harriers            | Crystal Palace        | 30.07.2004 |
| U17                             | 9:22.84      |       | Non Stanford       | Swansea Harriers            | Crystal Palace        | 30.07.2004 |
| U15                             | 10:00.6      |       | Louise Silva       | Melbourne                   | West London           | 07.03.1979 |
| <b>5000 Metres</b>              |              |       |                    |                             |                       |            |
| AC                              | 15:27.56     |       | Angela Tooby       | Wales                       | Cwmbran               | 28.05.1984 |
| WN                              | 14:53.82     |       | Melissa Courtney   | Poole AC                    | Stockholm, Sweden     | 30.05.2019 |
| U23                             | 16:13.45     |       | Melissa Courtney   | Shaftesbury Barnet          | Manchester            | 30.05.2015 |
| U20                             | 16:21.86     |       | Bronwen Owen       | Scarborough                 | Manchester            | 30.05.2015 |
| <b>10000 Metres</b>             |              |       |                    |                             |                       |            |
| AC                              | 32:59.59     |       | Liz Lynch          | Scotland                    | Cwmbran               | 26.05.1986 |
| WN                              | 31:55.30     |       | Angela Tooby       | Cardiff AAC                 | Rome, Italy           | 04.09.1987 |
| U23                             | 34:46.07     |       | Caryl Jones        | Carmarthen Harriers         | Neath                 | 05.08.2009 |
| <b>3000 Metres Steeplechase</b> |              |       |                    |                             |                       |            |
| AC                              | 10:16.5 [HT] |       | Elizabeth Hall     | England                     | Cardiff (Leckwith)    | 29.08.2005 |
| WN                              | 9:55.96      |       | Kate Seary         | Cardiff Athletics           | Raleigh, USA          | 25.03.2022 |
| U23                             | 10:12.82     |       | Emily Chaston      | Colorado                    | Fresno, USA           | 13.05.2022 |
| <b>2000 Metres Steeplechase</b> |              |       |                    |                             |                       |            |
| AC                              | 6:57.36      |       | Robin Ellerbrock   | USA                         | Cardiff (Leckwith)    | 18.06.2006 |
| WN                              | 6:38.76      |       | Jade Williams      | Amman Valley Harriers       | Solihull              | 13.05.2017 |
| U23                             | 6:57.08      |       | Rhianwedd Price    | Brecon AC                   | Cardiff (C.I.S.S.)    | 03.06.2012 |
| U20                             | 6:57.08      |       | Rhianwedd Price    | Brecon AC                   | Cardiff (C.I.S.S.)    | 03.06.2012 |
| U18                             | 7:06.64      |       | Ellen-Mary Kearney | Wirral AC                   | Manchester            | 25.05.2019 |
| U17                             | 7:06.64      |       | Ellen-Mary Kearney | Wirral AC                   | Manchester            | 25.05.2019 |
| <b>1500 Metres Steeplechase</b> |              |       |                    |                             |                       |            |
| U17                             | 4:58.99      |       | Lucy Davies        | Pembrokeshire Harriers      | Cardiff (C.I.S.S.)    | 16.07.2016 |
| <b>High Hurdles</b>             |              |       |                    |                             |                       |            |
| AC                              | 100m (84)    | 13.02 | Kay Morley         | Wales                       | Wrexham               | 28.07.1990 |
| WN                              | 100m (84)    | 12.91 | Kay Morley         | Cardiff AAC                 | Auckland, New Zealand | 02.02.1990 |
| U23                             | 100m (84)    | 13.52 | Rachel King        | Cardiff AAC                 | Budapest, Hungary     | 26.07.1997 |
| U20                             | 100m (84)    | 13.57 | Bethan Edwards     | Cardiff AAC                 | Horsham               | 29.08.1992 |
| U18                             | 100m (76)    | 14.11 | Lauren Evans       | Cardiff AAC                 | Loughborough          | 10.05.2017 |
| U17                             | 80m (76)     | 11.22 | Grace Morgan       | Newport Harriers            | Newport               | 24.07.2018 |
| U15                             | 75m (76)     | 10.86 | Heather Jones      | Carmarthen Harriers         | Cardiff (Leckwith)    | 17.06.2001 |
| U13                             | 70m (68)     | 11.13 | Carys Poole        | Swansea Harriers            | Newport               | 21.08.2016 |
| <b>300 Metres Hurdles</b>       |              |       |                    |                             |                       |            |
| U17                             |              | 42.52 | Lauren Williams    | Maldwyn Harriers            | Bedford               | 30.08.2015 |

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|---------------------------|-------------|---|------------------------------|-----------------------------|----------------------|------------|
| <b>400 Metres Hurdles</b> |             |   |                              |                             |                      |            |
| AC                        | 54.69       |   | Kim Batten                   | USA                         | Cwmbran              | 12.07.1992 |
| WN                        | 56.43       |   | Alyson Layzell               | Cheltenham                  | Birmingham           | 16.06.1996 |
| U23                       | 57.61       |   | Caryl Granville              | Swansea Harriers            | Birmingham           | 20.08.2011 |
| U20                       | 58.09       |   | Lauren Williams              | Swansea Harriers            | Berlin, Germany      | 05.08.2018 |
| U20                       | 58.09       |   | Ophelia Pye                  | Marlborough                 | Jerusalem, Israel    | 07.07.2022 |
| U18                       | 58.09       |   | Ophelia Pye                  | Marlborough                 | Jerusalem, Israel    | 07.07.2022 |
| U17                       | 60.06       |   | Faye Harding                 | Wrexham AAC                 | Debrecen, Hungary    | 13.07.2001 |
| <b>High Jump</b>          |             |   |                              |                             |                      |            |
| AC                        | 1.93        |   | Andrea Matay                 | Hungary                     | Cwmbran              | 18.05.1980 |
| WN                        | 1.89        |   | Julie Crane                  | Sale                        | Glasgow              | 15.08.2004 |
| U23                       | 1.88        |   | Rebecca Jones                | Wrexham AAC                 | Arles, France        | 01.06.2002 |
| U20                       | 1.88        |   | Rebecca Jones                | Wrexham AAC                 | Arles, France        | 01.06.2002 |
| U18                       | 1.83        |   | Rebecca Jones                | Wrexham AAC                 | Arles, France        | 03.06.2000 |
| U17                       | 1.81        |   | Lea Haggett                  | Herne Hill Harriers         | Birmingham           | 06.06.1986 |
| U15                       | 1.81        |   | Lea Haggett                  | Herne Hill Harriers         | Birmingham           | 06.06.1986 |
| U13                       | 1.68        |   | Julia Charlton               | Carmarthen Harriers         | Dublin, Ireland      | 06.08.1978 |
| <b>Pole Vault</b>         |             |   |                              |                             |                      |            |
| AC                        | 4.60        |   | Holly Bradshaw               | England                     | Cardiff (C.I.S.C)    | 15.08.2021 |
| WN                        | 4.40        |   | Sally Peake                  | Birchfield Harriers         | Glasgow              | 12.07.2014 |
| WN                        | 4.40        |   | Sally Peake                  | Birchfield Harriers         | Chuta Vista, USA     | 21.04.2016 |
| U23                       | 4.00        |   | Jessica Abraham              | Cardiff AAC                 | Bedford              | 03.07.2010 |
| U20                       | 3.74        |   | Elinor Lewis                 | Cardiff AAC                 | Cardiff (C.I.S.S.)   | 04.07.2009 |
| U18                       | 3.72        |   | Isabel Thomas                | Cardiff Athletics           | Manchester           | 18.08.2021 |
| U17                       | 3.65        |   | Rebecca Davies               | Deeside AAC                 | Carmarthen           | 01.08.2009 |
| U15                       | 3.21        |   | Ellie-Mae Wainwright         | Newport Harriers            | Wrexham              | 15.06.2019 |
| U13                       | 2.40        |   | Rhianwydd Llewellyn          | Bridgend AC                 | Cardiff, Leckwith    | 27.08.2006 |
| U13                       | 2.40        |   | Carys Jones                  | Carmarthen Harriers         | Stoke Gifford        | 03.08.2011 |
| <b>Long Jump</b>          |             |   |                              |                             |                      |            |
| AC                        | 6.69        |   | Jade Johnson                 | England                     | Newport              | 20.07.2002 |
| WN                        | 6.54        |   | Rebecca Chapman              | Cardiff AAC                 | Birmingham           | 02.07.2017 |
| U23                       | 6.25        |   | Lisa Armstrong               | Torfaen AC                  | Brecon               | 15.07.1992 |
| U20                       | 6.25        |   | Lisa Armstrong               | Torfaen AC                  | Brecon               | 15.07.1992 |
| U18                       | 6.21        |   | Emily Wright                 | Bristol & West AC           | Cali, Colombia       | 09.07.2015 |
| U17                       | 6.01        |   | Lisa Armstrong               | Torfaen AC                  | Corby                | 19.08.1990 |
| U17                       | 6.06w       |   | Jessica Lee                  | Carmarthen Harriers         | Belfast              | 16.07.2022 |
| U15                       | 5.95        |   | Olivia Schrimshaw            | Deeside AAC                 | Stretford            | 10.09.2023 |
| U13                       | 5.18        |   | Olivia Schrimshaw            | Deeside AAC                 | Manchester           | 25.09.2021 |
|                           |             |   | NB; w = wind reading unknown |                             |                      |            |
| <b>Triple Jump</b>        |             |   |                              |                             |                      |            |
| AC                        | 13.53       |   | Nadia Williams               | England                     | Cardiff (C.I.S.S.)   | 15.08.2009 |
| WN                        | 12.95       |   | Hannah Frankson              | Woodford Green              | Alphen, Netherlands  | 09.06.2013 |
| U23                       | 12.43       |   | Reese Robinson               | Shaftesbury Barnet Harriers | Cambridge, Mass, USA | 08.04.2023 |
| U20                       | 12.24       |   | Sally Peake                  | Liverpool Harriers          | Bedford              | 02.07.2005 |
| U18                       | 12.14       |   | Jayne Ludlow                 | Cardiff AAC                 | Istanbul, Turkey     | 21.05.1994 |
| U17                       | 12.14       |   | Jayne Ludlow                 | Cardiff AAC                 | Istanbul, Turkey     | 21.05.1994 |
| U15                       | 12.12       |   | Olivia Schrimshaw            | Deeside AC                  | Grangemouth          | 15.07.2023 |

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|---------------------|----------------|----------|-------------------|---------------------|----------------------|------------|
| <b>Shot</b>         |                |          |                   |                     |                      |            |
| AC                  | 4.00kg         | 19.69    | Zhu Xinmei        | China               | Cwmbran              | 14.07.1991 |
| WN                  | 4.00kg         | 18.93    | Venissa Head      | Cardiff AAC         | Haverfordwest        | 13.05.1984 |
| U23                 | 4.00kg         | 16.34    | Adele Nicoll      | Birchfield Harriers | Lee Valley           | 02.07.2016 |
| U20                 | 4.00kg         | 15.55    | Adele Nicoll      | Birchfield Harriers | Eskilstuna, Sweden   | 18.07.2015 |
| U18                 | 3.00kg         | 16.74    | Sarah Omoregie    | Cardiff AAC         | Nassau, Bahamas      | 20.07.2017 |
| U17                 | 3.00kg         | 16.00    | Adele Nicoll      | Birchfield Harriers | Bedford              | 01.06.2013 |
| U15                 | 3.00kg         | 12.67    | Sarah Omoregie    | Cardiff AAC         | Bedford              | 31.08.2014 |
| U13                 | 2.72kg         | 11.81    | Adele Nicoll      | Oswestry Olympians  | Birmingham           | 31.08.2009 |
| <b>Discus</b>       |                |          |                   |                     |                      |            |
| AC                  | 1.00kg         | 62.09    | Beatrice Faumuina | New Zealand         | Newport              | 20.07.2002 |
| WN                  | 1.00kg         | 64.68    | Venissa Head      | Cardiff AAC         | Athens, Greece       | 18.07.1983 |
| U23                 | 1.00kg         | 60.00    | Philippa Roles    | Sale Harriers       | Neath                | 09.05.1999 |
| U20                 | 1.00kg         | 51.60    | Philippa Roles    | Swansea Harriers    | Ljubljana, Slovenia  | 24.07.1997 |
| U18                 | 1.00kg         | 49.12    | Philippa Roles    | Swansea Harriers    | Cwmbran              | 09.07.1995 |
| U17                 | 1.00kg         | 48.88    | Philippa Roles    | Swansea Harriers    | Dublin, Ireland      | 13.08.1994 |
| U15                 | 1.00kg         | 44.12    | Philippa Roles    | Swansea Harriers    | Swansea (Morfa)      | 30.08.1992 |
| U13                 | 0.75kg         | 31.68    | Adele Nicoll      | Oswestry Olympians  | Colwyn Bay           | 05.09.2009 |
| <b>Hammer</b>       |                |          |                   |                     |                      |            |
| AC                  | 4.00kg         | 69.14    | Jennifer Dahigren | Argentina           | Cardiff (C.I.S.S.)   | 18.07.2012 |
| WN                  | 4.00kg         | 68.13    | Amber Simpson     | Wrexham AC          | Memphis, Tenn, USA   | 28.04.2023 |
| U23                 | 4.00kg         | 64.65    | Amber Simpson     | Deeside AAC         | Auburn, USA          | 16.04.2021 |
| U20                 | 4.00kg         | 56.95    | Amber Simpson     | Deeside AAC         | Loughborough         | 20.05.2018 |
| U18                 | 3.00kg         | 59.09    | Jade Williams     | Wrexham AC          | Tullamore, Ireland   | 05.06.2016 |
| U17                 | 3.00kg         | 59.09    | Jade Williams     | Wrexham AC          | Tullamore, Ireland   | 05.06.2016 |
| U15                 | 3.00kg         | 54.00    | Jade Williams     | Wrexham AC          | Dublin, Ireland      | 15.07.2015 |
| <b>Javelin</b>      |                |          |                   |                     |                      |            |
| AC                  | 600gr          | 54.41    | Shelly Holroyd    | England             | Cardiff (Leckwith)   | 29.08.2005 |
| WN                  | 600gr          | 52.78    | Tesni Ward        | City of Sheffield   | Bedford              | 29.05.2011 |
| U23                 | 600gr          | 52.78    | Tesni Ward        | City of Sheffield   | Bedford              | 29.05.2011 |
| U20                 | 600gr          | 51.27    | Bethany Moule     | Neath Harriers      | Manchester           | 05.09.2020 |
| U18                 | 500gr          | 52.91    | Bethany Moule     | Neath Harriers      | Swansea              | 08.04.2018 |
| U17                 | 500gr          | 52.91    | Bethany Moule     | Neath Harriers      | Swansea              | 08.04.2018 |
| U15                 | 500gr          | 48.84    | Bethany Moule     | Neath Harriers      | Ashford              | 16.07.2016 |
| U13                 | 400gr          | 37.38    | Bethan Rees       | Cannock & Staffs    | Bedford              | 08.09.2012 |
| <b>Multi Events</b> |                |          |                   |                     |                      |            |
| <b>Heptathlon</b>   |                |          |                   |                     |                      |            |
| AC                  |                | 6100 pts | Kim Hagger        | England             | Cwmbran              | 28.05.1984 |
| WN                  |                | 5642 pts | Sarah Rowe        | Gloucester AC       | Utrecht, Netherlands | 23.08.1981 |
| U23                 |                | 5642 pts | Sarah Rowe        | Gloucester AC       | Utrecht, Netherlands | 23.08.1981 |
| U20                 |                | 5642 pts | Sarah Rowe        | Gloucester AC       | Utrecht, Netherlands | 23.08.1981 |
| U18                 | U18 implements | 4406 pts | Lauren Evans      | Cardiff AAC         | Street               | 30.04.2017 |
| U17                 | U17 implements | 5213 pts | Eden Robinson     | North Devon AC      | Bedford              | 17.09.2023 |
| <b>Hexathlon</b>    |                |          |                   |                     |                      |            |
| U15                 |                | 3326 pts | Nia Powell        | Cardiff Archers     | Manchester           | 29.09.2021 |
| <b>Pentathlon</b>   |                |          |                   |                     |                      |            |
| U15                 |                | 3441 pts | Jane Shepherd     | Chester AC          | Swansea (Morfa)      | 14.05.1983 |
| U13                 |                | 2608     | Jane Shepherd     | Chester AC          | Cwmbran              | 10.05.1981 |
| <b>Quadrathlon</b>  |                |          |                   |                     |                      |            |
| U13                 |                | 2079 pts | Carys Poole       | Swansea Harriers    | Swansea              | 25.06.2016 |

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|---------------------------|-------------|---|--|---------------------|-----------------|------------|
| <b>4x100 Metres Relay</b> |             |   |  |                     |                 |            |
| <b>AC</b>                 | 43.99       |   |  | Germany             | Cwmbran         | 01.07.1979 |
|                           |             |   | <i>(Petra SHARP, Dagmar SCHENTEN, Annegret RICHTER, Elke VOLLMER)</i>    |                     |                 |            |
| <b>WN</b>                 | 44.51       |   |  | Wales               | Glasgow         | 02.08.2014 |
|                           |             |   | <i>(Hannah BRIER, Hannah THOMAS, Mica MOORE, Rachel JOHNSON)</i>         |                     |                 |            |
| <b>U23</b>                | 44.51       |   |  | Wales               | Glasgow         | 02.08.2014 |
|                           |             |   | <i>(Hannah BRIER, Hannah THOMAS, Mica MOORE, Rachel JOHNSON)</i>         |                     |                 |            |
| <b>4x400 Metres Relay</b> |             |   |  |                     |                 |            |
| <b>AC</b>                 | 3:31:22     |   |  | Great Britain       | Cwmbran         | 01.07.1979 |
|                           |             |   | <i>(Karen WILLIAMS, Joslyn HOYTE-SMITH, Verona ELDER, Donna HARTLEY)</i> |                     |                 |            |
| <b>WN</b>                 | 3:35.60     |   |  | Wales               | Dublin, Ireland | 04.07.1982 |
|                           |             |   | <i>(Carmen SMART, Kirsty MCDERMOTT, Diane FRYAR, Michelle SCUTT)</i>     |                     |                 |            |
| <b>U23</b>                | 3:53.54     |   |  | Wales               | Cardiff         | 15.07.2014 |
| <b>TBC</b>                |             |   |  |                     |                 |            |
| <b>U20</b>                | 3:53.54     |   |  | Wales               | Cardiff         | 15.07.2014 |
| <b>TBC</b>                |             |   |  |                     |                 |            |
| <b>Marathon</b>           |             |   |  |                     |                 |            |
| <b>WN</b>                 | 2:29:27     |   | Clara Evans  | Pontypridd Roadents | Seville, Spain  | 19.02.2023 |