

# MEN: Outdoor Records & Best Performances

**OCTOBER 2023**

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Event/Category	Performance	Athlete	Country /Club	Venue	Date
<b>100 Metres</b>					
AC	10.24	Craig Pickering	England	Cardiff (C.I.S.S.)	10.06.2009
WN	10.04	Jeremiah Azu	Cardiff AAC	Espoo, Finland	13.07.2023
U23	10.04	Jeremiah Azu	Cardiff AAC	Espoo, Finland	13.07.2023
U20	10.12	Christian Malcolm	Cardiff AAC	Anancy, France	29.07.1998
U18	10.52	Tim Benjamin	Cardiff AAC	Bedford	03.07.1999
U17	10.70	Joseph Berry	Newport Harriers	Cardiff (C.I.S.C.)	12.06.2022
U17	10.70	Joseph Berry	Newport Harriers	Cardiff (C.I.S.C.)	10.06.2023
U15	10.99	Andrew Watkins	Pontypridd AC	Glasgow	20.07.2002
U13	12.04	Reagan McCarthy	Cardiff AC	Newport	13.08.2022

## 200 Metres

AC	20.36	Todd Bennett	England	Cwmbran	28.05.1984
WN	20.08	Christian Malcolm	Cardiff AAC	Edmonton, Canada	08.08.2001
U23	20.08	Christian Malcolm	Cardiff AAC	Edmonton, Canada	08.08.2001
U20	20.29	Christian Malcolm	Cardiff AAC	Kuala Lumpur, Malaysia	19.09.1998
U18	20.72	Tim Benjamin	Cardiff AAC	Bydgoszcz, Poland	16.07.1999
U17	21.19	Tim Benjamin	Cardiff AAC	Anancy, France	31.07.1998
U15	22.13	Andrew Watkins	Pontypridd AC	Brecon	06.07.2002
U13	24.94	Arthur Powell	Maldwyn Harriers	Wrexham	20.08.2017

## 300 Metres

U15	35.29	Zico Jones	Shaftesbury H	Manchester	11.07.2021
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## 400 Metres

AC	45.29	Phil Brown	England	Cwmbran	26.05.1986
WN	44.36	Iwan Thomas	Newham & Essex Beagles	Birmingham	13.07.1997
U23	44.66	Iwan Thomas	Newham & Essex Beagles	Johannesburg, S Africa	14.04.1996
U20	46.10	Tim Benjamin	Cardiff AAC	Edinburgh	25.08.2001
U18	47.62	Joe Brier	Swansea Harriers	Cardiff (C.I.S.S.)	20.07.2016
U17	47.85	Bruce Tasker	Carmarthen Harriers	Birmingham	15.08.2004
U15	50.3 [HT]	Malcolm James	Cardiff AAC	Cwmbran	29.08.1977

## 800 Metres

AC	1:44.65	William Tanui	Kenya	Wrexham	28.07.1990
WN	1:44.98	Gareth Warburton	Cardiff AAC	Oslo, Norway	07.06.2012
U23	1:46.20	Joe Thomas	Cardiff AAC	Oordegem, Belgium	26.07.2008
U20	1:47.92	Matthew Harding	Colwyn Bay AC	Lexington, USA	26.05.2017
U18	1:48.42	Paul Williams	Barry & Vale Harriers	Copenhagen, Denmark	22.07.1984
U17	1:51.6 [HT]	Neil Horsfield	Newport Harriers	Cwmbran	31.08.1983
U15	1:58.65	Nikita Neary	Carmarthen Harriers	Exeter	31.07.2012
U13	2:11.91	Nikita Neary	Carmarthen Harriers	Newport	26.06.2010

## 1500 Metres

AC	3:35.74	Rob Harrison	England	Cwmbran	26.05.1986
WN	3:31.08	Jake Heyward	Cardiff Athletics	Birmingham	06.08.2022
U23	3:32.82	Jake Heyward	Cardiff Athletics	Tokyo, JPN	05.08.2021
U20	3:36.90	Jake Heyward	Cardiff AAC	QE Stadium, London	22.07.2018
U18	3:46.50	Jake Heyward	Cardiff AAC	Watford	15.06.2016
U17	3:50.19	Ben Reynolds	Cardiff AAC	Stretford	20.08.2019
U15	4:07.49	Matthew Willis	Wrexham AAC	Birmingham	12.07.2014
U13	4:31.3 [HT]	David Powell	Wolverhampton	Manchester	26.07.1977

## One Mile

AC	3:55.8 [HT]	Geoff Smith	England	Cwmbran	18.08.1981
WN	3:51.99	Jake Heyward	Cardiff Athletics	Eugene OR, USA	28.05.2022
U23	3:52.15	Jake Heyward	Cardiff Athletics	Eugene OR, USA	21.08.2021
U20	4:01.7 [HT]	Neil Horsfield	Newport Harriers	Cheltenham	06.09.1985
U18	4:06.7 [HT]	Barrie Williams	Swansea Harriers	Arcadia, USA	22.04.1972

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<b>3000 Metres</b>					
AC	7:46.95	David James	Wales	Cwmbran	26.05.1980
WN	7:46.40	Ian Hamer	Edinburgh	Auckland, New Zealand	20.01.1990
U23	7:54.0 [HT]	John Davies	Thames Valley Harriers	Oslo, Norway	21.08.1974
U20	7:55.17	Jake Heyward	Cardiff AAC	Watford	25.07.2018
U18	8:18.72	Jac Hopkins	Swansea Harriers	Bedford	21.06.2014
U17	8:23.64	Osian Perrin	Menai T&F	Swansea	30.07.2019
U15	8:57.25	Matthew Willis	Wrexham AAC	Cardiff (CISS)	15.07.2014

<b>5000 Metres</b>					
AC	13:13.01	Thomas Nyariki	Kenya	Cardiff (Leckwith)	25.05.1996
WN	13:09.80	Ian Hamer	Swansea Harriers	Rome, Italy	09.06.1992
U23	13:34.5 [HT]	Adrian Leek	Cardiff AAC	Knoxville, USA	14.04.1979
U20	13:49.26	Osian Perrin	Menai T&F	Watford	11.06.2022

<b>10000 Metres</b>					
AC	27:51.30	Ian Stewart	Scotland	Cwmbran	11.06.1977
WN	27:39.14	Steve Jones	Newport Harriers	Oslo, Norway	09.07.1983
U23	29:04.97	Adrian Leek	Cardiff AAC	Cwmbran	16.06.1979
U20	30:03.9 [HT]	Simon Lawson	Cardiff AAC	Neath	03.06.2009

<b>High Hurdles</b>						
AC	110H (107cm)	13.10	Colin Jackson	Wales	Cardiff (Leckwith)	03.06.1990
WN	110H (107cm)	12.91	Colin Jackson	Brecon AC	Stuttgart, Germany	20.08.1993
U23	110H (107cm)	13.11	Colin Jackson	Cardiff AAC	Crystal Palace	14.07.1989
U20	110H (107cm)	13.44	Colin Jackson	Cardiff AAC	Athens, Greece	19.07.1986
U20	110H (99cm)	13.17	David Omoregie	Cardiff AAC	Bedford	22.06.2014
U18	110H (91cm)	13.77	Tomos Slade	Swansea Harriers	Lee Valley	20.06.2018
U17	100h (91cm)	12.94	David Guest	Bridgend AC	Newport	21.07.2007
U15	80H (84cm)	11.02	Harry Hillman	Cardiff AAC	Bedford	01.09.2013
U13	75H (76cm)	11.90	Harry Hillman	Cardiff AAC	Cardiff (C.I.S.S.)	23.07.2011

<b>400 Metres Hurdles</b>						
AC	91cm	49.38	Rhys Williams	Wales	Cardiff (C.I.S.S.)	13.06.2009
WN	91cm	47.84	David Greene	Swansea Harriers	Paris, France	06.07.2012
U23	91cm	49.09	Rhys Williams	Cardiff AAC	Melbourne, Australia	23.03.2006
U20	91cm	51.14	David Greene	Swansea Harriers	Kaunas, Lithuania	23.07.2005
U18	84cm	53.30	Mark Rowlands	Swansea Harriers	Birmingham	31.07.1994
U17	84cm	53.30	Mark Rowlands	Swansea Harriers	Birmingham	31.07.1994

<b>Steeplechase</b>						
AC	3000m (91)	8:31.0 (HT)	Tony Staynings	England	Cwmbran	12.06.1977
WN	3000m (91)	8:18.91	Roger Hackney	Aldershot & Farnham	Hechtel, Belgium	30.07.1988
U23	3000m (91)	8:22.48	John Davies	Thames Valley Harriers	Crystal Palace	13.09.1974
U20	3000m (91)	8:54.6 (HT)	Micky Morris	Cwmbran Harriers	Bristol	07.09.1975
WN	2000m (91)	5:23.6 (HT)	Roger Hackney	Aldershot & Farnham	Birmingham	10.06.1982
U23	2000m (91)	5:34.8 (HT)	Micky Morris	Cwmbran Harriers	Athens, Greece	24.08.1975
U20	2000m (91)	5:34.8 (HT)	Micky Morris	Cwmbran Harriers	Athens, Greece	24.08.1975
U18	2000m (91)	5:49.7 (HT)	Andrew Rodgers	Leeds City	Birmingham	10.07.1982
U18	2000m (84)	pending				
U17	1500m (91)	4:11.2 (HT)	Steve Evans	Abertillery	Edinburgh	15.07.1974
U17	1500m (84)	4:25.04	Tristan Cumberland	Brecon AC	Loughborough	03.09.2022

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<b>High Jump</b>					
AC	2.28	Robbie Grabarz	England	Cardiff (C.I.S.S.)	28.08.2010
WN	2.25	Robert Mitchell	Shaftesbury Barnet Harriers	Bedford	28.07.2001
U23	2.25	Robert Mitchell	Shaftesbury Barnet Harriers	Bedford	28.07.2001
U20	2.24	John Hill	Solihull	Cottbus, Germany	23.08.1985
U18	2.18	Chuka Enih-Snell	Swansea Harriers	Walnut, USA	21.04.2001
U17	2.15	Chuka Enih-Snell	Swansea Harriers	Abingdon	10.09.2000
U15	1.97	Miles Keller-Jenkins	Swansea Harriers	Cardiff (C.I.S.S.)	17.06.2012
U13	1.67	Jamie Dalton	Preseli Harriers	Brecon	28.06.1992

## **Pole Vault**

AC	5.80	Grigory Yegorov	Kazakhstan	Cwmbran	12.07.1992
WN	5.60	Neil Winter	Shaftesbury Barnet Harriers	Enfield	19.08.1995
U23	5.60	Neil Winter	Shaftesbury Barnet Harriers	Enfield	19.08.1995
U20	5.50	Neil Winter	Shaftesbury Barnet Harriers	San Giuliano, Italy	09.08.1992
U18	5.20	Neil Winter	Shaftesbury Barnet Harriers	Birmingham	02.09.1990
U17	5.20	Neil Winter	Shaftesbury Barnet Harriers	Birmingham	02.09.1990
U15	4.40	Neil Winter	Shaftesbury Barnet Harriers	Krefeld, Germany	01.10.1988
U13	2.80	William Trott	Swansea Harriers	Swansea	26.04.2017
U13	2.80	William Trott	Swansea Harriers	Wrexham	26.04.2017

## **Long Jump**

AC	8.18	Ralph Boston	USA	Cardiff (Maindy)	24.07.1965
WN	8.23	Lynn Davies	Roath Harriers, Cardiff	Berne, Switzerland	30.06.1968
U23	8.07	Lynn Davies	Roath Harriers, Cardiff	Tokyo, Japan	18.10.1964
U20	7.56	Colin Jackson	Cardiff AAC	Tel Aviv, Israel	31.08.1985
U18	7.15	Luca Phillips	Cardiff Archers	Grangemouth	15.07.2023
U17	7.15	Luca Phillips	Cardiff Archers	Grangemouth	15.07.2023
U15	6.63	Ian Strange	Newbridge High School	Cwmbran	19.07.1977
U13	5.31	Clive Woolmer	Milford Haven School	Swansea (Morfa)	0/0/1982

## **Triple Jump**

AC	16.88	Bela Bakosi	Hungary	Cwmbran	18.05.1980
WN	16.71	Steven Shalders	Cardiff AAC	Manchester	03.09.2005
U23	16.41	Steven Shalders	Cardiff AAC	Manchester	15.06.2002
U20	15.99	Steven Shalders	Cardiff AAC	Santiago, Chile	20.10.2000
U18	15.14	Steven Shalders	Cardiff AAC	Ayr	18.07.1998
U17	15.14	Steven Shalders	Cardiff AAC	Ayr	18.07.1998
U15	13.55	Darren Yeo	Swansea Harriers	Dublin, Ireland	15.07.1989

## **Shot**

AC	7.26kg	21.68	Geoff Capes	England	Cwmbran	18.05.1980
WN	7.26kg	20.45	Shaun Pickering	Haringey	Crystal Palace	17.08.1997
U23	7.26kg	17.90	Gareth Winter	Sheffield	Oxford	01.06.2014
U20	7.26kg	15.20	Clayton Turner	Crawley	Gottingen, Germany	16.08.1986
U20	6.00kg	17.22	Nicholas Young	Deeside AAC	Almada, Portugal	02.06.2018
U18	5.00kg	17.76	Dafydd Pawlett	Pembrokeshire H	Manchester	18.08.2021
U17	5.00kg	17.76	Dafydd Pawlett	Pembrokeshire H	Manchester	18.08.2021
U15	4.00kg	17.36	Mathew Evans	Cardiff Harriers	Sheffield	16.08.2003
U13	3.00kg	12.92	Salem Kiambi	Cardiff Athletics	Swansea	25.08.2019

## **Discus**

AC	2.00kg	66.84	Brett Morse	Wales	Cardiff (C.I.S.S.)	30.06.2013
WN	2.00kg	66.84	Brett Morse	Birchfield Harriers	Cardiff (C.I.S.S.)	30.06.2013
U23	2.00kg	66.06	Brett Morse	Birchfield Harriers	Helsingborg, Sweden	27.07.2011
U20	2.00kg	56.87	Brett Morse	Cardiff AAC	Loughborough	18.05.2008
U20	1.75kg	61.64	James Tomlinson	Pembrokeshire Harriers	Cardiff (C.I.S.S.)	20.08.2019
U18	1.50kg	63.48	James Tomlinson	Pembrokeshire Harriers	Loughborough	21.05.2017
U17	1.50kg	59.13	James Tomlinson	Pembrokeshire Harriers	Swansea	31.07.2016
U15	1.25kg	50.50	James Tomlinson	Pembrokeshire Harriers	Wrexham	27.09.2014
U13	1.00kg	38.92	Chris Hughes	Swansea Harriers	Barry	28.07.1991

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<b>Hammer</b>						
AC	7.26kg	74.49	Markus Esser	Germany	Newport	20.07.2002
WN	7.26kg	73.89	Osian Jones	Liverpool Harriers	Birmingham	25.08.2019
U23	7.26kg	68.23	Jac Palmer	Cardiff AAC	Almada, Portugal	02.06.2018
U20	7.26kg	63.25	Jac Palmer	Cardiff AAC	Bedford	04.05.2015
U20	6.00kg	70.88	Jac Palmer	Cardiff AAC	Yate	18.04.2015
U18	5.00kg	66.32	Thomas Williams	Wrexham AC	Templemore, Ireland	05.08.2023
U17	5.00kg	66.32	Thomas Williams	Wrexham AC	Templemore, Ireland	05.08.2023
U15	4.00kg	61.50	Thomas Williams	Wrexham AC	Templemore, Ireland	07.08.2022

<b>Javelin</b>						
AC	800g	88.46	Steve Backley	England	Cardiff (Leckwith)	03.06.1990
WN	800g	81.70	Nigel Bevan	Belgrave Harriers	Birmingham	28.06.1992
U23	800g	79.70	Nigel Bevan	Belgrave Harriers	Auckland, New Zealand	03.02.1990
U20	800g	70.80	Tom Hewson	Andover AC	Birmingham	13.07.2019
U18	700g	74.06	Tom Hewson	Andover AC	Dublin, Ireland	05.08.2017
U17	700g	74.06	Tom Hewson	Andover AC	Dublin, Ireland	05.08.2017
U15	600g	56.98	Lewie Jones	Swansea Harriers	Newport	04.09.2021
U13	400g	44.80	Tom Norton	Cwmbran Harriers	Aberdare	02.09.2007

## Multi Events

<b>Decathlon</b>						
AC		7856 pts	Brad McStravick	Scotland	Cwmbran	28.05.1984
WN		7882 pts	Ben Gregory	Birchfield Harriers	Azusa, USA	14.04.2016
U23	Senior Implements	7727 pts	David Guest	Bridgend AC	Bedford	06.06.2010
U20	Senior Implements	7727 pts	David Guest	Bridgend AC	Bedford	06.06.2010
U20	U20 Implements	7691 pts	David Guest	Bridgend AC	Moncton, Canada	21.07.2010
U18	U18 Implements	pending	TBC	TBC	TBC	TBC
U17		6530 pts	David Guest	Bridgend AC	Stoke on Trent	19.08.2007

<b>Octathlon</b>						
U17	IAAF	5276 pts	David Guest	Bridgend AC	Woodford Green	20.05.2007
U17	UK	5423 pts	Ben Gregory	Vale of Aylesbury	Exeter	16.09.2007
U15		4336 pts	Ben Hillman	Cardiff AAC	Manchester	13.08.2017

<b>Pentathlon</b>						
U15		3163 pts	Kevin Drury	Oswestry Olympians	Wrexham	27.08.1994
U13		1930	Aiden Angiletta	Deeside AC	Stretford	11.09.2022

<b>Quadrathlon</b>						
U13		1813 pts	Nikita Neary	Carmarthen Harriers	Newport	26.06.2010

<b>4x100 Metres Relay</b>						
AC		39.43		Wales	Cardiff (CISC)	14.08.2021
<i>Dewi HAMMOND, Dan BEADSLEY, Arron OWEN, Jeremiah AZU</i>						
WN		38.73		Wales	Kuala Lumpur, Malaysia	21.09.1998
<i>[Kevin WILLIAMS, Doug TURNER, Christian MALCOLM, Jamie HENTHORN]</i>						
U23		41.60		Wales	Utrecht, Netherlands	09.07.1995
<i>[Neil POWELL, Christian MALCOLM, Jamie HENTHORN, David O'HARE]</i>						
U23		41.60		Welsh Schools	Derby	25.09.2021
<i>(Callum WEBB, Dylan MORGAN, Jac PATTERSON, Joseph BERRY)</i>						
U20		41.60		Wales	Utrecht, Netherlands	09.07.1995
<i>[Neil POWELL, Christian MALCOLM, Jamie HENTHORN, David O'HARE]</i>						
U20		41.60		Welsh Schools	Derby	25.09.2021
<i>(Callum WEBB, Dylan MORGAN, Jac PATTERSON, Joseph BERRY)</i>						
U17		41.60		Welsh Schools	Derby	25.09.2021
<i>(Callum WEBB, Dylan MORGAN, Jac PATTERSON, Joseph BERRY)</i>						
U15		45.42		Cardiff & Vale Schools	Brecon	05.07.2003
<i>[Lloyd REFELL, Jamie JONES, Dale ATWELL, Adam FOLEY]</i>						
U13		51.0 (HT)		Cardiff AAC	Crystal Palace	xxxx

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TEAM TBC					
<b>4x300 Metres Relay</b>					
U15	2:37.9 (HT)		Cardiff AAC	Cheltenham	xxxx
TEAM TBC					
<b>4x400 Metres Relay</b>					
AC	3:05.11		Trinidad & Tobago	Cwmbran	12.07.1992
TEAM-TBC					
WN	3:00.41		Wales	Manchester	31.07.2002
<i>[Tim BENJAMIN, Iwan THOMAS, Jamie BAULCH, Matt ELIAS]</i>					
U23	3:14.38		Wales U23	Derby	08.08.2004
TEAM-TBC					
U20	3:17.05		Wales	Bergen op Zoom, Neth	24.08.1997
<i>[Huw BANNISTER, Steve EVANS, Lee FARMER, Matt ELIAS]</i>					
U17	3:19.76		Welsh Schools	Grangemouth	18.07.2015
<i>[Thomas ARNOLD, Joe BRIER, Jake HEYWARD, George THOMAS]</i>					
<b>Marathon</b>					
WN	2:07:13	Steve Jones	Newport H	Chicago,USA	20.10.1985