

Welsh Schools Athletic Association
Outdoor Championship Best Performances



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Oct-23

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Event/Category	Performance	Athlete	School	District	Year
100 Metres					
JG 100m	12.06	Neil DESIR	Radyr	Cardiff & The Vale	2022
JB 100m	11.09	Andrew WATKINS	Coedylan	Glamorgan Valleys	2002
MG 100m	11.95	Hannah BRIER	Ystalefera	Afan Nedd Tawe	2013
MB 100m	10.90	Andrew WATKINS	Coedylan	Glamorgan Valleys	2004
SG 100m	12.0 (HT)	Lisa ARMSTRONG	St.Albans	Gwent	1991
SG 100m	12.00 (ET)	Rachel JOHNSCOCK	Dyffryn Conwy	Eryri	2011
SB 100m	10.5 (HT)	Peter MAITLAND	Qe Cambria	Dyfed	1992
200 Metres					
JG 200m	24.91	Neil DESIR	Radyr	Cardiff & The Vale	2022
JB 200m	22.13	Andrew WATKINS	Coedylan	Glamorgan Valleys	2002
MG 200m	24.47	Hannah BRIER	Ystalefera	Afan Nedd Tawe	2013
MB 200m	21.73	Andrew WATKINS	Coedylan	Glamorgan Valleys	2004
SG 200m	24.32	Rachel JOHNSCOCK	Dyffryn Conwy	Eryri	2011
SB 200m	21.82	Kristian JONES	Cowbridge	Cardiff & The Vale	2016
300 Metres					
JG 300m	40.93	Gabby FAKANDE	Brynmawr	South East Wales	2015
JB 300m	36.36	Will LOVEJOY	Monmouth Comp	South East Wales	2018
MG 300m	39.37	Eve WILLIAMS	Cwmcarn	South East Wales	2014
400 Metres					
MB 400m	48.82	Bruce TASKER	Greenhill	Dyfed	2004
SG 400m	56.49	Sarah ROBERTS	Monmouth Girls	Gwent	1996
SB 400m	48.61	Joseph BRIER	Ystalyfera	Afan Nedd Tawe	2016
800 Metres					
JG 800m	2:14.0 (HT)	Julie GARRETT	Rumney	South Glamorgan	1987
JB 800m	2:01.52	Jamie FENAROLI	Llangatwg	Afan Nedd Tawe	2003
MG 800m	2:11.69	Izzy PARRY-JONES	King Henry Viii	South East Wales	2015
MB 800m	1:56.5 (HT)	Jason MURPHY	Amman Valley	Dyfed	1990
SG 800m	2:13.68	Naomi REID	Y Pant	Glamorgan Valleys	2018
SB 800m	1:51.66	Elliott SLADE	Bishop Of Llandaff	Cardiff & The Vale	2012
800 Metres					
JG 1500m	4:35.61	Non STANFORD	St. Joseph'S	Afan Nedd Tawe	2003
JB 1500m	4:13.94	Jacob REYNOLDS	Cwm Rhymni	Glamorgan Valleys	2018
MG 1500m	4:30.62	Non STANFORD	St. Joseph'S	Afan Nedd Tawe	2004
MB 1500m	4:01.29	Ben REYNOLDS	Y Gwyndy	Glamorgan Valleys	2019
SG 1500m	4:42.59	Elinor KIRK	Gwyr	Afan Nedd Tawe	2007
SB 1500m	3:54.50	Matthew JONES	Llanfyllin	Powys	2000
3000 Metres					
MG 3000m	10:10.62	Issy MORRIS	Christ College	Powys	2014
MB 3000m	8:47.99	Osian PERRIN	St Gerrard's	Eryri	2019
SG 3000m	10:06.55	Natasha COCKRAM	Croesyceiliog	South East Wales	2011
SB 3000m	8:34.37	Andres JONES	Aberaeron	Dyfed	1996

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Race Walking					
JG 1000m Walk	5:03.74	Megan STRATTON-THOMAS	Olchfa	Afan Nedd Tawe	2014
JB 1000m Walk	4:20.05	Antonio CIRILLO	Bishop Vaughan	Afan Nedd Tawe	2005
MG 2000m Walk	9:56.18	Heather LEWIS	Sir Thomas Picton	Dyfed	2009
MB 2000m Walk	9:07.85	Antonio CIRILLO	Bishop Vaughan	Afan Nedd Tawe	2007
SG 2000m Walk	9:37.31	Heather LEWIS	Pembrokeshire College	Dyfed	2011
SB 2000m Walk	8:22.8 (HT)	Cameron SMITH	Llanishen	Cardiff & The Vale	2001
MG 3000m Walk	14:47.37	Gracie GRIFFITHS	Haverfordwest HS	Dyfed	2022
MB 3000m Walk	18:12.30	Owain NICHOLAS	Bro Gwaun	Dyfed	2017
SG 3000m Walk	16:01.11	Megan STRATTON-THOMAS	Gower College	Afan Ned Tawe	2018
SB 3000m Walk	15:37.09	Jordan PRICE	Crickhowell High School	Powys	2017
Sprint Hurdles					
JG 75m Hurdles	11.2 (HT)	Jane BUTTRESS	Chepstow	Gwent	1978
JB 80m Hurdles	11.4 (HT)	Wyn HARRIES	Llandeilo	Dyfed	1978
MG 80m Hurdles	11.34	Heather JONES	Tregib	Dyfed	2003
MB 100m Hurdles	13.19	David GUEST	Bryntirion	Glamorgan Valleys	2007
SG 100m Hurdles	14.4 (HT)	Norma EVANS	Yale College	Clwyd	1978
SB 110m Hurdles	13.91	David OMOREGIE	Bishop Of Llandaff	Cardiff & The Vale	2013
Distance Hurdles					
MG 300m Hurdles	43.40	Lucy FLIGELSTONE	Bishopston	Afan Nedd Tawe	2013
MB 400m Hurdles	54.42	Mark ROWLANDS	Bishop Vaughan	West Glamorgan	1994
SG 400m Hurdles	61.2 (HT)	Alyson EVANS	Cardigan	Dyfed	1985
SB 400m Hurdles	53.0 (HT)	Mark ROWLANDS	Bishop Vaughan	Afan Nedd Tawe	1996
Steeple Chase					
MG 1500m	5:05.47	Lucy DAVIES	Dyffryn Taf	Dyfed	2016
SG 1500m	5:07.26	Rhianwedd PRICE	Llandrindod	Powys	2012
MB 1500m	4:21.8 (HT)	Marcus THOMAS	Bishop Of Llandaff	South Glamorgan	1979
SB 2000m	5:59.0 (HT)	Marcus THOMAS	Bishop Of Llandaff	South Glamorgan	1981
4 x 100m Relay					
JG	49.30			South East Wales	2015
JB	45.42			Cardiff & The Vale	2003
MB	43.14			Cardiff & The Vale	2015
SG	49.7 (HT)			Gwent	1991
MG	48.62			South East Wales	1999
SB	42.5 (HT)			Gwent	1991
High Jump					
JG High Jump	1.70	Julia CHARLTON	Tasker Milward	Dyfed	1979 & 1980
JB High Jump	1.92	Miles KELLAR-JENKINS	Flynone	Afan Nedd Tawe	2012
MG High Jump	1.72	Sarah NICHOLLS	St Clare'S	Mid Glamorgan	1980
MB High Jump	2.06	Chuka ENIH-SNELL	Bishop Vaughan	Afan Nedd Tawe	2000
SG High Jump	1.76	Rebecca JONES	Yale College	North East Wales	2000
SB High Jump	2.10	Chuka ENIH-SNELL	Bishop Vaughan	Afan Nedd Tawe	2001
Pole Vault					
JG Pole Vault	3.15	Megan HODGSON	Cowbridge	Cardiff & The Vale	2015
JB Pole Vault	3.15	Ellie-Mae WAINWRIGHT	Bassaleg	South East Wales	2015
MB Pole Vault	4.10	Mark MELLOR	Cardiff High	Cardiff & The Vale	2019
MG Pole Vault	3.55	Isabel THOMAS	Cardiff High	Cardiff & The Vale	2019
MB Pole Vault	4.80	Neil WINTER	Monmouth	Gwent	1990
SG Pole Vault	3.74	Elinor LEWIS	Bro Morgannwg	Cardiff & The Vale	2009
SB Pole Vault	4.65	David GUEST	Bryntirion	Glamorgan Valleys	2009

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Long Jump					
JG Long Jump	5.59	Megan TAYLOR	Cardiff High	Cardiff & The Vale	2022
JB Long Jump	6.19	Ian STRANGE	Newbridge	Gwent	1977
JB Long Jump	6.19	John FURNHAM	Bishop Hannon	South Glamorgan	1977
MG Long Jump	5.76	Jessica LEE	Ysgol Dyffryn Taf	Dyfed	2022
MB Long Jump	6.72	Daniel MURATHODZIC	St. Illtyds	Cardiff & The Vale	2018
SG Long Jump	5.80	Lisa ARMSTRONG	Pontypool College	Gwent	1993
SB Long Jump	7.34	John ELIAS	Maesteg	Glamorgan	1967
Triple Jump					
JG Triple Jump	11.04	Olivia SCHRIMSHAW	Brynhyfryd	North East Wales	2022
JB Triple Jump	13.37	Osaze AGHEDO	Bishop Vaughan	Afan Nedd Tawe	2013
MG Triple Jump	11.41	Sally PEAKE	Hawarden	North East Wales	2002
MB Triple Jump	15.06	Steven SHALDERS	Cynffig	Glamorgan Valleys	1998
SG Triple Jump	11.85	Macey JONES	Usk College	South East Wales	2017
SB Triple Jump	14.90	David WOOD	Tregaron	Dyfed	1979
Shot Put					
JG 3.00kg	11.32	Sarah OMOREGIE	Bishop Of Llandaff	Cardiff & The Vale	2014
JB 3.25kg	15.75	Thomas HANSON	Dyffryn	Afan Nedd Tawe.	2015
MG 3.00kg	14.23	Sarah OMOREGIE	Bishop Of Llandaff	Cardiff & The Vale	2016
MB 5.00kg	16.63	Mark HEWER	St Cenydd'S	Mid Glamorgan	1980
SG 4.00kg	13.90	Jayne BERRY	Brecon	Powys	1988
SB 6.00kg	16.15	Dafydd PAWLETT	Pembroke College	Dyfed	2022
Discus					
JG 1.00kg	38.44	Sandra LEE	Friars	Gwynedd	1978
JB 1.25kg	45.75	Jay MORSE	Stanwell	Cardiff & The Vale	2015
MG 1.00kg	43.80	Philippa ROLES	Dwr-Y-Felin	West Glamorgan	1994
MB 1.50kg	58.05	James TOMLINSON	Pembroke	Dyfed	2016
SG 1.00kg	50.48	Philippa ROLES	Neath College	Afan Nedd Tawe	1997
SB 1.75kg	56.52	Brett MORSE	St Cyres	Cardiff & The Vale	2007
Hammer					
JG 3.00kg	52.11	Amber RIMMINGTON	Flint	North East Wales	2013
JB 3.25kg	55.26	Rhys HODNETT	Cathedral School	Cardiff & The Vale	2006
MG 3.00kg	55.53	Ffion PALMER	Cwm Rhymni	Glamorgan Valleys	2016
MB 5.00kg	62.03	Nathan THOMASON	John Bright	Eryri	2014
SG 4.00kg	50.27	Amber RIMMINGTON	Flint High	North East Wales	2016
SB 6.00kg	63.35	Jac PALMER	Cwn Rhymni	Glamorgan Valleys	2014
Javelin					
JG 500g	38.94	Bethany MOULE	Dwr-Y-Felin	Afan Nedd Tawe	2016
JB 600g	55.44	Garth LOUGHRAN	Dyffryn Taf	Dyfed	2003
MG 500g	48.69	Bethany MOULE	Dwr-Y-Felin	Afan Nedd Tawe	2018
MB 700g	59.12	Linton BADDELEY	Cardiff High	South Glamorgan	1989
SG 600g	43.50	Hilary DAVIES	Afon Taf	Mid Glamorgan	1994
SB 800g	67.34	Jonathan CLARKE	Neath College	West Glamorgan	1986