

NASUWT CUP & PLATE CBP

BEST PERFORMANCES – The Cup Final

2026

[There were no qualified timekeepers at the 2005 event. With concern over the validity of times, no new cup bests were accepted on the track. Three new field bests were accepted.] Photofinish was used for the first time at the 2010 Finals.

Under 14 Girls

100 metres	Olivia THOMAS	Ysgol Gyfun Bro Edern	Cardiff & the Vale	12.40	2026
200 metres	Hannah BRIER	Ystalyfera	Afan Nedd Tawe	25.54	2011
300 metres	Ella WINTLE	Ysgol y Preseli	Dyfed	42.05	2018
800 metres	Caroline MUNDAY	Chepstow	Gwent	2:24.06 (HT)	1994
1500 metres	Samia JONES	Ysgol Syr Hugh Owen	Eryri	4:50.65	2017
70m Hurdles	Elina DINEEN	Ysgol Glantaf	Cardiff & the Vale	11.02	2017
High Jump	Rosie DOMICAN	Ysgol Glantaf	Cardiff & the Vale	1.55	2017
Long Jump	Sophie NEWINGTON	Olchfa	Afan Nedd Tawe	5.13	1999
Triple Jump	Miriam WILLIAMS	Bro Myrddin	Dyfed	9.65	2024
Shot (2.72Kg)	Adele NICOLL	Welshpool	Powys	11.12	2009
Discus (0.75Kg)	Adele NICOLL	Welshpool	Powys	35.92	2010
Javelin (400g)	Stephanie RICHARDS	Cefn Hengoed	Afan Nedd Tawe	35.09	2005
4 x 100m.Relay		Olchfa	Afan Nedd Tawe	52.52	2024

Under 16 Girls

100 metres	Katriel UDOH	Olchfa	Afan Nedd Tawe	12.0	2026
200 metres	Mia JOHNSON	Brynhyfryd	North East Wales	24.7	2026
300 metres	Beca ELFYN	Bro Myrddin	Dyfed	41.90	2026
800 metres	Melanie DAVIES	YG Gwyr	Afan Nedd Tawe	2:17.3 (HT)	2003
1500 metres	Amy THOMAS	YG Gwyr	Afan Nedd Tawe	4:50.76	2023
75m Hurdles	Lydia THOMAS	Sir Thomas Picton	Dyfed	11.23	2014
High Jump	Katriel UDOH	Olchfa	Afan Nedd Tawe	1.70	2026
Long Jump	Caitlyn MAPPS	Islwyn High School	South East Wales	5.39	2018
Long Jump	Carys POOLE	Ysgol Gyfun Gwyr	South East Wales	5.39	2018
Triple Jump	Amara-Chukwu HERBERT	Glantaf	Cardiff & the Vale	10.47	2025
Shot (3.00kg) 2014	Ariana NWAIWU	Gwent Is Coed	Gwent	9.79	2023
Discus (1.00Kg)	Adele NICOLL	Welshpool	Powys	43.87	2012
Javelin (500g) 2014	Rhian EVANS	YG Gwyr	Afan Nedd Tawe	36.62	2015
4 x 100m.Relay		Olchfa	Afan Nedd Tawe	50.49	2026

Under 14 Boys

100 metres	Kristian PHILLIPS	Ystalyfera	Afan Nedd Tawe	11.6 (HT)	2004
200 metres	Max EVANS	Llanidloes	Powys	23.7	2022
300 metres	Ryan DAVIES	Dyffryn Taf	Dyfed	37.03	2013
800 metres	Jake HEYWARD	Llanishen	Cardiff & the Vale	2:09.1 (HT)	2012
1500 metres	Charlie HARRIS	YG Cwm Rhymni - Gellihaf	Glamorgan Valleys	4:34.22	2019
75m Hurdles	Immanuel FEYI-WABOSO	Corpus Christi High School	Cardiff & the Vale	11.35	2016
High Jump	Tom TROTMAN	Cowbridge	Cardiff & the Vale	1.70	2011
Long Jump	Jamie JONES	Barry	Cardiff & the Vale	5.91	2003
Triple Jump	Josh RAMSEY	Cwm Rhymni	Glamorgan Valleys	11.32	2006
Shot (3 Kg)	Kristian PHILLIPS	Ystalyfera	Afan Nedd Tawe	13.29	2004
Shot (3.25 Kg)	Kristian PHILLIPS	Ystalyfera	Afan Nedd Tawe	13.29	2004
Discus (1.0Kg)	Issac LECKI	Castell Alun High School	North East Wales	35.25	2016
Javelin (400g)	James EVANS	Whitchurch	Cardiff & the Vale	48.41	2000
4x100m.Relay		Barry	Cardiff & the Vale	48.8 (HT)	2003
400 metres	Karl Davies	Gwernyfed	Powys	58.7 (HT)	1991

Under 16 Boys

100 metres	Jeremiah AZU	Llanishen High	Cardiff & the Vale	11.08	2016
200 metres	Tom BRADBURY	Croesyceiliog	South East Wales	22.5 (HT)	2004
300 metres	Toby EVANS	Whitchurch High School	Cardiff & the Vale	36.37	2026
800 metres	Neil WYNNE	Alun, Mold	North East Wales	2:01.4 (HT)	1997
1500 metres	Louis SPENCER	Stanwell	Cardiff & the Vale	4:19.99	2017
80m Hurdles	Nathan PALMER	Whitchurch	Cardiff & the Vale	11.0 (HT)	1997
&	Alec PORTER	Chepstow	South East Wales	11.0 (HT)	2000
High Jump	James ANTHONY	Dwr-y-Felin	Afan Nedd Tawe	1.92	1997
Long Jump	Rhys WILLIAMS	YG Cwm Rhymni	Glamorgan Valleys	6.22	2009
Triple Jump	Owen JONES	Amman Valley	Dyfed	13.25	2003
Shot (4 Kg)	Josh LEWIS	YG Cwm Rhymni	Glamorgan Valleys	14.17	2014
Discus (1.25Kg)	Justin JONES	Myrddin	Dyfed	43.56	1991
Javelin (600g)	Chris THOMAS	West Mon	Gwent	56.58	1995
4 x 100m Relay		Radyr	Cardiff & the Vale	45.22	2013

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Under 14 Girls

100 metres	Tiwaah BOATENG	Caerleon Comprehensive	South East Wales	12.79	2019
200 metres	Macey MORRIS	Caldicot School	South East Wales	26.17	2016
300 metres	Beatrice Morgan	Bro Dinefwr	Dyfed	42.40	2022
800 metres	Lora Roberts	Porthcawl	Glamorgan Valleys	2:22.7 (HT)	2008
1500 metres	Nia CLATWORTHY	Porthcawl	Glamorgan Valleys	4:58.65	2016
70m Hurdles	Sophie LISK	Cardiff High	Cardiff & the Vale	10.93	2019
High Jump	Macey MORRIS	Caldicot School	South East Wales	1.55	2016
High Jump	Marnie MUSGRAVE	Olchfa	Afan Nedd Tawe	1.55	2016
Long Jump	Lily PARSONS	Cardiff High	Cardiff & Vale	4.88	2024
Triple Jump	Mali WINDSOR	Gwyndy	Glamorgan Valleys	9.47	2025
Shot (2.72Kg)	Nia WILLIAMS	Bro Dinefwr	Dyfed	10.19	2017
Discus (0.75Kg)	Ella JACKSON	Radyr Comprehensive	Cardiff & the Vale	26.41	2017
Javelin(400g)	Bethany MOULE	Dwr-yr-Felin	Afan Nedd Tawe	40.69	2015
4 x 100m.Relay		Cardiff High	Cardiff & the Vale	53.28	2019

Under 16 Girls

100 metres	Abbi BEADLE	Llanishen High School	Cardiff & the Vale	12.31	2026
200 metres	Carys HIGGS	Risca	South East Wales	25.71	2022
300 metres	Isabel DAVIES	Bassaleg	South East Wales	41.86	2016
800 metres	Nia RILEY	Radyr Comprehensive	Cardiff & the Vale	2:22.33	2017
1500 metres	Samia JONES	Syr Hugh Owen	Eryri	4:50.01	2019
75m Hurdles	Stacey COLLINS	Dwr-y-Felin	Afan Nedd Tawe	11.70	2009
High Jump	Erin WALTERS	Bro Myrddin	Dyfed	1.60	2011
Long Jump	Megan TAYLOR	Cardiff High	Cardiff & the Vale	5.49	2023
Triple Jump	Olivia STEWART	Bishopston	Afan Nedd Tawe	9.92	2022
Shot (3kg) 2014	Molly GREENMAN	Radyr Comprehensive	Cardiff & the Vale	10.62	2017
Discus (1.0Kg)	Stephanie NICHOLAS	YG Gwyr	Afan Nedd Tawe	33.65	2012
Javelin (500g) 2014	Holly PEMBERTON	Darland	North East Wales	38.16	2018
4 x100m.Relay		Llanishen High School	Cardiff & Vale	51.60	2026
Shot (3.25 Kg)	Adele NICOLL	Welshpool	Powys	13.23	2011
Javelin (600g)	Nicole DAVENPORT	Porthcawl	Glamorgan Valleys	34.52	2011

Under 14 Boys

100 metres	Dylan FAYE	Bishopston	Dyfed	11.72	2025
200 metres	Joseph WAYTE	Monmouth	South East Wales	24.20	2017
300 metres	Toby JONES	Bishopston	Afan Nedd Tawe	39.36	2022
800 metres	Charlie HOLLAND	Bishopston	Afan Nedd Tawe	2:05.78	2017
1500 metres	Zac MUNN	Ysgol Glantaf	Cardiff & the Vale	4:31.34	2026
75m Hurdles	Aidan ANGILLET	Connah's Quay High	North East Wales	11.34	2023
High Jump	Iolo GRANT	Ysgol Glantaf	Cardiff & the Vale	1.60	2019
Long Jump	Ben VINCENT	Whitchurch High	Cardiff & the Vale	5.44	2017
Triple Jump	Ebenezer MARANGO	Cardiff High	Cardiff & the Vale	10.88	2010
Shot (3.00 Kg)	Rhodri JONES	Caereinion High	Powys	13.65	2019
Discus (1.0Kg)	Brynmor CLEMENTS	YG Gwyr	Afan Nedd Tawe	37.25	2014
Javelin (400g)	Ben METCALF	YG Cwm Rhymni	Glamorgan Valleys	40.17	2012
4x100m.Relay		Llanishen	Cardiff & Vale	49.68	2024

Under 16 Boys

100 metres	Callum DAVIES	YG Gwyr	Afan Nedd Tawe	11.1 (HT)	2014
200 metres	Josh NOTT	Corpus Christ	Cardiff & the Vale	23.26	2018
300 metres	Luke BROWN	Afon Taf	Glamorgan Valleys	36.58	2013
800 metres	Oliver PATTERSON	Olchfa School	Afan Nedd Tawe	2:02.37	2023
1500 metres	Ben REYNOLDS	Y Gwyndy	Glamorgan Valleys	4:14.34	2018
80m Hurdles	Immanuel FEYI-WABOSO	Corpus Christ	Cardiff & the Vale	11.1	2018
High Jump	Regan WILTON	Afon Taf	Glamorgan Valleys	1.79	2014
Long Jump	Ben VINCENT	Whitchurch High School	Cardiff & the Vale	5.99	2019
Triple Jump	Josh BALL	Afon Taf	Glamorgan Valleys	12.45	2013
Shot (4 Kg)	Matthew WILLIAMKS	Maelor	North East Wales	13.54	2011
Discus (1.25Kg)	Jay MORSE	Stanwell	Cardiff & the Vale	45.27	2015
Javelin (600g)	Lewie JONES	Olchfa	Afan Nedd Tawe	48.30	2022
4 x 100m Relay		YG Gwyr	Afan Nedd Tawe	45.38	2014

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Records per district

Records by year

Afan Nedd Tawe	26	1991	2	2013	4
Cardiff & the Vale	30	1994	1	2014	6
Dyfed	12	1995	1	2015	3
Eryri	2	1997	3	2016	8
Glamorgan Valleys	12	1999	1	2017	11
North East Wales	6	2000	2	2018	7
Powys	7	2003	4	2019	8
South East Wales	10	2004	4	2020	0
		2005	1	2021	0
		2007	0	2022	6
		2008	1	2023	5
		2009	3	2024	4
		2010	2	2025	3
		2011	6	2026	10
		2012	4		