

## CHAMPIONSHIP BEST PERFORMANCES/PERFFORMIADAU GORAU'R BENCAMPWRIAETH

### Junior Girls:

100 metres	2011	Hannah Brier, Ystalyfera, Afan Nedd Tawe	12.23 secs
200 metres	2011	Hannah Brier, Ystalyfera, Afan Nedd Tawe	25.05 secs
300 metres	2015	Gabby Fakande, Brynmawr, South East Wales	40.93 secs
800 metres	1987	Julie Garrett, Rumney, South Glamorgan	2 m 14.0 s
<b>1500 metres</b>	<b>2018</b>	<b>Samia Jones, Syr Hugh Owen, Eryri</b>	<b>4 m 33.15s</b>
75m Hurdles	1978	Jane Buttress, Chepstow, Gwent	11.2 secs
1000m Walk	2014	Megan Stratton-Thomas, Olchfa, Afan Nedd Tawe	5 m 03.74 s
4x100m Relay	2015	SouthEast Wales	49.30 secs
High Jump	1979 & 1980	Julia Charlton, Tasker Milward, Dyfed	1.70 metres
Pole Vault	2015	Megan Hodgson, Cowbridge, Cardiff & The Vale	3.15 metres
Long Jump	2017	Caitlin Mapps, Islwyn High, South East Wales	5.49 metres
<b>T Jump (10m)</b>	<b>2018</b>	<b>Lowri Broughton, Glantaf, Cardiff &amp; the Vale</b>	<b>10. 31 metres</b>
Shot	2014	Sarah Omeregie, Bishop of Llandaff, Cardiff & the Vale	11.32 metres
Discus	1978	Sandra Lee, Friars, Gwynedd	38.44 metres
Hammer	2013	Amber Rimmington, Flint, North East Wales	52.11 metres
Javelin	2016	Bethany Moule, Dwr y Felin, Afan Nedd Tawe	38.94 metres

### Junior Boys:

100 metres	2002	Andrew Watkins, Coedylan, Glamorgan Valleys	11.09 secs
200 metres	2002	Andrew Watkins, Coedylan, Glamorgan Valleys	22.13 secs
<b>300 metres</b>	<b>2018</b>	<b>Will Lovejoy, Monmouth Comprehensive, SE Wales</b>	<b>36.36 secs</b>
800 metres	2003	Jamie Fenaroli, Llangatwg, Afan Nedd Tawe	2 m 01.52 s
<b>1500 metres</b>	<b>2018</b>	<b>Jacob Reynolds, Y Gwyndy, Glamorgan Valleys</b>	<b>4 m 13.94 s</b>
80m Hurdles	1978	Wyn Harries, Llandeilo, Dyfed	11.4 secs
1000m Walk	2005	Antonio Cirillo, Bishop Vaughan, Afan Nedd Tawe	4 m 20.05 s
4x100m Relay	2003	Cardiff & the Vale	45.42 secs
High Jump	2012	Miles Keller-Jenkins, Ffynone, Afan Nedd Tawe	1.92 metres
Pole Vault	2016	Mark Mellor, Cardiff High, Cardiff & the Vale	3.55 metres
Long Jump	1977	Ian Strange, Newbridge, Gwent	6.19 metres
	1977	John Furnham, Bishop Hannon, South Glamorgan	6.19 metres
<b>T Jump (10m)</b>	<b>2018</b>	<b>Ryan Jenkins, Friars, Eryri</b>	<b>11.56 metres</b>
Shot	2015	Thomas Hanson, Dyffryn, Afan Nedd Tawe.	15.75 metres.
Discus	2015	Jay Morse, Stanwell, Cardiff & the Vale	45.75 metres
Hammer	2006	Rhys Hodnett, Cathedral School, Cardiff & the Vale	55.26 metres
Javelin	2003	Garth Loughran, Dyffryn Taf, Dyfed	55.44 metres

### Middle Girls:

100 metres	2013	Hannah Brier, Ystalefera, Afan Nedd Tawe	11.95 secs
200 metres	2013	Hannah Brier, Ystalefera, Afan Nedd Tawe	24.47 secs
300 metres	2014	Eve Williams, Cwmcarn, South East Wales	39.37 secs
800 metres	2015	Izzy Parry-Jones, King Henry VIII, South East Wales	2 mins 11.69 secs
1500 metres	2004	Non Stanford, St. Joseph's, Afan Nedd Tawe	4 mins 30.62 secs
3000 metres	2017	Mia Roberts, Brynhyfyd, North East Wales	10 mins 09.59 secs
80m Hurdles	2003	Heather Jones, Tregib, Dyfed	11.34 secs
300m Hurdles	2013	Lucy Fligelstone, Bishopston, Afan Nedd Tawe	43.40 secs
1500m S/C	2016	Lucy Davies, Dyffryn Taf, Dyfed	5mins 05.47 secs
2000m Walk	2009	Heather Lewis, Sir Thomas Picton, Dyfed	9 mins 56.18 secs
3000m Walk	2017	Mollie Dainton, Coedcae, Dyfed	18 mins 10.50 secs
4x100m. Relay	1999	South East Wales	48.62 secs
High Jump	1980	Sarah Nicholls, St Clare's, Mid Glamorgan	1.72 metres
Pole Vault	2016	Ffion Llywellyn, Bryntirion, Glamorgan Valleys	3.40 metres
Long Jump	1998	Aimee Cutler, Fairwater, South East Wales	5.77 metres
Triple Jump	2002	Sally Peake, Hawarden, North East Wales	11.41 metres
Shot	2016	Sarah Omeregie, Bishop of Llandaff, Cardiff & Vale	14.23 metres
Discus	1994	Philippa Roles, Dwr-y-Felin, West Glamorgan	43.80 metres
Hammer	2016	Ffion Palmer, Cwm Rhymni, Glamorgan Valleys	55.53 metres
Javelin	2018	<b>Bethany Moule, Dwr-y-Felin, Afan Nedd Tawe</b>	<b>48.69 metres</b>

### Middle Boys:

100 metres	2004	Andrew Watkins, Coedylan, Glamorgan Valleys	10.90 secs
200 metres	2004	Andrew Watkins, Coedylan, Glamorgan Valleys	21.73 secs
400 metres	2004	Bruce Tasker, Greenhill, Dyfed	48.82 sec.
800 metres	1990	Jason Murphy, Amman Valley, Dyfed	1 min 56.5 secs
1500 metres	2015	Matthew Williams, Milford Haven, Dyfed	4 mins 02.70 secs
3000 metres	1990	Colin Jones, Brynrefail, Gwynedd	8 mins 48.7 secs
1500m S/chase	1979	Marcus Thomas, Bishop of Llandaff, South Glamorgan	4 mins 21.8 secs
100m Hurdles	2007	David Guest, Bryntirion, Glamorgan Valleys	13.19 secs
400m Hurdles	1994	Mark Rowlands, Bishop Vaughan, West Glamorgan	54.42 secs
2000m Walk	2007	Antonio Cirillo, Bishop Vaughan, Afan Nedd Tawe	9 mins 07.85 secs
3000m Walk	2017	Owen Nicholas, Bro Gwaun, Dyfed	18 mins 12.30 secs
4x100m Relay	2015	Cardiff & the Vale	43.14 secs
High Jump	2000	Chuka Enih-Snell, Bishop Vaughan, Afan Nedd Tawe	2.06 metres
Pole Vault	1990	Neil Winter, Monmouth, Gwent	4.80 metres
<b>Long Jump</b>	<b>2018</b>	<b>Daniel Murathodzic, St Illtyd's, Cardiff &amp; the Vale</b>	<b>6.72 metres</b>
Triple Jump	1998	Steven Shalders, Cynffig, Glamorgan Valleys	15.06 metres
Shot	1980	Mark Hewer, St Cenydd's, Mid Glamorgan	16.63 metres
Discus	2016	James Tomlinson, Pembroke, Dyfed	58.05 metres
Hammer	2014	Nathan Thomason, John Bright, Eryri	62.03 metres
Javelin	1989	Linton Baddeley, Cardiff High, South Glamorgan	59.12 metres

## Senior Girls

100 metres	1991	Lisa Armstrong, St.Albans, Gwent	12.0 secs
	2011	Rachel Johncock, Dyffryn Conwy, Eryri	12.00 secs
200 metres	2011	Rachel Johncock, Dyffryn Conwy, Eryri	24.32 secs
400 metres	1996	Sarah Roberts, Monmouth Girls, Gwent	56.49 secs
<b>800 metres</b>	<b>2018</b>	<b>Naomi Reid, Y Pant, Glamorgan Valleys</b>	<b>2mins 13.68 secs</b>
1500 metres	2007	Elinor Kirk, Gwyr, Afan Nedd Tawe	4mins 42.59 secs
3000 metres	2011	Natasha Cockram, Croesyceiliog, South East Wales	10mins 06.55secs
100m Hurdles	1978	Norma Evans, Yale College, Clwyd	14.4 secs
400m Hurdles	1985	Alyson Evans, Cardigan, Dyfed	61.2 secs
1500m S/Ch	2012	Rhianwedd Price, Llandrindod, Powys	5mins 07.26 secs
2000m Walk	2011	Heather Lewis, Pembrokeshire College, Dyfed	9 mins 37.31 secs
<b>3000m Walk</b>	<b>2018</b>	<b>Megan Stratton-Thomas, Gower College, ANT</b>	<b>16 mins 01.11 secs</b>
4x100m Relay	1991	Gwent	49.7 secs
High Jump	2000	Rebecca Jones, Yale College, North East Wales	1.76 metres
Pole Vault	2009	Elinor Lewis, Bro Morgannwg, Cardiff & the Vale	3.74 metres
Long Jump	1993	Lisa Armstrong, Pontypool College, Gwent	5.80 metres
Triple Jump	2007	Macey Jones, Usk College, South East Wales	11.85 metres
Shot	1988	Jayne Berry, Brecon, Powys	13.90 metres
Discus	1997	Philippa Roles, Neath College, Afan Nedd Tawe	50.48 metres
Hammer	2017	Amber Simpson, Flint High, North East Wales	53.68 metres
Javelin	1994	Hilary Davies, Afon Taf, Mid Glamorgan	43.50 metres

## Senior Boys

100 metres	1992	Peter Maitland, QE Carnbri, Dyfed	10.5 secs
200 metres	2016	Kristian Jones, Cowbridge, Cardiff & the Vale	21.82 secs
400 metres	2016	Joseph Brier, Ystalyfera, Afan Nedd Tawe	48.61 secs
800 metres	2012	Elliott Slade, Bishop of Llandaff, Cardiff & the Vale	1 mins 51.66 secs
1500 metres	2000	Matthew Jones, Llanfyllin, Powys	3 mins 54.50 secs
3000 metres	1996	Andres Jones, Aberaeron, Dyfed	8 mins 34.37 secs
5000 metres	1972	Gareth Morgan, Lewis School, Glamorgan	15 mins 00.0secs
2000m S/chase	1981	Marcus Thomas, Bishop of Llandaff, South Glamorgan	5 mins 59.0 secs
110m Hurdles	2013	David Omoregie, Bishop of Llandaff, Cardiff & the Vale	13.91 secs
400m Hurdles	1996	Mark Rowlands, Bishop Vaughan, Afan Nedd Tawe	53.0 secs
2000m Walk	2001	Cameron Smith, Llanishen, Cardiff & the Vale	8 mins 22.8 secs
3000m Walk	2017	Jordan Price, Crickhowell, Powys	15 mins 37.09 secs
4x100m Relay	1991	Gwent.	42.5 secs
High Jump	2001	Chuka Enih-Snell, Bishop Vaughan, Afan Nedd Tawe	2.10 metres
Pole Vault	2009	David Guest, Bryntirion, Glamorgan Valleys	4.65 metres
Long Jump	1967	John Elias, Maesteg, Glamorgan	7.34 metres
Triple Jump	1979	David Wood, Tregaron, Dyfed	14.90 metres
Shot	2006	Mathew Evans, Coleg Sir Gar, Dyfed	15.75 metres
Discus	2007	Brett Morse, St Cyres, Cardiff & the Vale	56.52 metres
Hammer	2014	Jac Palmer, Cwn Rhymini, Glamorgan Valleys	63.35 metres
Javelin	1986	Jonathan Clarke, Neath College, West Glamorgan	67.34 metres