

WELSH INDOOR CHAMPIONSHIPS BEST PERFORMANCES

WOMEN

April-2023

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Event/Category	Performance	Athlete	Club	Year
<u>60 Metres</u>				
Senior St Athan	7.2 [HT]	Michele Smith	Cardiff AAC	18.03.1973
Senior	7.37 [HT]	Hannah Brier	Swansea Harriers	31.01.2016
U20	7.37	Hannah Brier	Swansea Harriers	11.02.2017
U17	7.57	Nell Desir	Cardiff Archers	06.02.2022
U15	7.68	Nell Desir	Cardiff Archers	29.01.2022
U13	7.93	Aliyah Afolabi	Cardiff Archers	06.02.2022
<u>200 Metres</u>				
Senior	24.15	ht Hannah Brier	Swansea Harriers	30.01.2022
U20	24.35	Hannah Brier	Swansea Harriers	17.01.2016
U17	24.87	Emily Wright	Yate & District AC	27.01.2013
U15	25.42	Hannah Brier	Swansea Harriers	22.01.2012
U13	26.08	Aliyah Afolabi	Cardiff Archers	06.02.2022
<u>300 Metres</u>				
U17	40.23	Brigid Eades	Newport Harriers	27.01.2007
U15	41.51	Macey Morris	Newport Harriers	28.01.2017
<u>400 Metres</u>				
Senior	55.36	Seren Bundy Davies	Trafford AC	25.01.2014
U20	56.63	Amelia Reynolds	Cardiff AAC	11.02.2017
<u>800 Metres</u>				
Senior	2:06.59	Emma Davies	Belgrave Harriers	30.01.2002
U20	2:13.50	Ffion Price	Brecon AC	26.01.2013
U17	2:11.90	Isobel Parry-Jones	Cwmbran Harriers	24.01.2015
U15	2:13.42	Lois Codling	Newport Harriers	29.01.2023
U13	2:24.99	Lora Roberts	Bridgend AC	27.01.2007
<u>1500 Metres</u>				
Senior	4:15.07	Melissa Courtney	Shaftesbury Barnet	26.01.2014
U20	4:35.57	Katie Seary	Cardiff AAC	26.01.2014
U17	4:36.85	Isobel Parry-Jones	Cwmbran Harriers	25.01.2015
U15	4:33.20	Libby Hale	Swansea Harriers	28.01.2023
U13	4:59.27	Bryony Boyce	Cardiff AC	06.02.2022
<u>3000 Metres</u>				
Senior	9:37.04	Olivia Gwynn	Swansea Harriers	11.01.2015
U20	10:06.21	Natasha Cockram	Cwmbran Harriers	09.01.2011
U17	10:05.66	Mia Roberts	Deeside AAC	11.02.2017
U15	10:23.64	Bryony Boyce	Cardiff Athletics	29.01.2023
<u>60 Metres Hurdles</u>				
Senior	8.31	Rachel King	Cardiff AAC	08.01.2005
U20	8.77	Lauren McLoughlin	Cardiff AAC	20.01.2001
U20	8.77	Heather Jones	Carmarthen Harriers	25.01.2004
U17	8.69	Grace Morgan	Cardiff Archers	11.02.2018
U15	9.07	Heather Jones	Carmarthen Harriers	20.01.2001
U13	9.85	Evie Huelwy	Rhymney Valley	01.02.2020

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High Jump

Senior	1.86	Julie Crane	Sale Harriers	24.01.2004
U20	1.86	Rebecca Jones	Wrexham AAC	19.01.2002
U17	1.75	Julia Charlton	Carmarthen Harriers	27.03.1982
U15	1.65	Lea Haggett	Herne Hill Harriers	12.04.1986
U13	1.56	Marnie Musgrave	Swansea Harriers	24.01.2015

Pole Vault

Senior	4.27	Sally Peake	Birchfield Harriers	27.01.2018
U20	3.77	Isabel Thomas	Cardiff AAC	06.02.2022
U17	3.75	Isabel Thomas	Cardiff AAC	01.02.2020
U15	3.15	Ffion Llewellyn	Bridgend AC	16.02.2014

Long Jump

Senior	6.42	Sarah Abrams	Blackheath & Bromley	25.01.2020
U20	5.90	Emily Wright	Bristol & West	17.01.2016
U17	5.67	Jessica Lee	Carmarthen Harriers	06.02.2022
U15	5.53	Olivia Schrimshaw	Deeside AAC	29.01.2023
U13	4.71	Aliyah Afolabi	Cardiff Archers	05.06.2022

Triple Jump

Senior	12.53	Sara Barry	Cardiff AAC	24.01.2009
U20	11.78	Sally Peake	Liverpool H & AC	12.01.2003
U17	11.48	Sally Peake	Wirral	19.01.2002

Shot

Senior	(4.00kg) St Athan	19.06	Venissa Head	Cardiff AAC	07.04.1984
U20	(4.00kg)	14.53	Sarah Omoregie	Cardiff AAC	03.02.2019
U17	(3.00kg)	13.54	Sarah Omoregie	Cardiff AAC	31.01.2016
U15	(3.00kg)	11.03	Evie Cooper	Neath Harriers	29.01.2023
U13	(2.72kg)	10.32	Adele Nicoll	Oswestry Olympians	08.02.2009

Pentathlon (60H/HJ/LJ/SP/800)

Senior	Sheffield	3944 pts	Katia Lannon	Sale Harriers	14.01.2007
U20	Sheffield	3555 pts	Caryl Granville	Carmarthen Harriers	13.01.2008
U17	Sheffield	3605 pts	Sarah Omoregie	Cardiff AAC	13.03.2016
U15	Sheffield	3034 pts	Matilda Quick	Swansea Harriers	13.03.2022
U13	Sheffield	3004 pts	Carys Poole	Swansea Harriers	11.03.2018

Quadrathlon (60H/LJ/SP/800)

U13	2286 pts	Carys Poole	Swansea Harriers	06.11.2016
4x200m				
U15	1:48.84	Cardiff AAC		08.07.1905
U13	1:57.02	Cardiff Archers		08.07.1905

WSAA Combined Events

Age Group	Performance	Name	School/Club	Year
Under 18 Girls	3413	Jodie Beynon	Ebbw Vale College	07.07.1905
Under 16 Girls	3272	Sarah Omoregie	Bishop of Llandaff	07.07.1905

All performances at NIAC unless otherwise indicated