

WELSH INDOOR RECORDS & BEST PERFORMANCES

April-2023

WOMEN

Records

These are recognised for All Comers (AC), Welsh National (WN) and Under 20 (U20)

An All Comers Record

can be set by any athlete provided it is achieved in competition within Wales

A Welsh National Record

can be set by any athlete with Welsh Qualification in worldwide competition

Best Performances

These are recognised for athletes who at the time were Under 17, Under 15 and Under 13

Note - a 'p' alongside a performance indicates that its recognition as a Record or Best Performance is subject to confirmation

Event/Category	Performance	Athlete	Country /Club	Venue	Date
50 Metres					
WN	6.4 [HT]	Elizabeth Gill	Barry	Berlin, Germany	20.02.1966
WN	6.80 [ET]	Dawn Oliver	Stretford	Paris, France	25.01.1981
60 Metres					
AC	7.21	Asha Philip	England	NIAC, Cardiff	31.01.2016
WN	7.24	Rachel Johncock	Swansea Harriers	NIA, Birmingham	21.02.2015
U20	7.31	Hannah Brier	Swansea Harriers	Sheffield	17.02.2017
U17	7.47	Hannah Brier	Swansea Harriers	NIAC, Cardiff	09.03.2014
U15	7.51	Nell Desir	Cardiff Archers	Sheffield	12.02.2022
U13	7.83	Nell Desir	Cardiff Archers	Sheffield	22.02.2020
200 Metres					
AC	23.74	Amy Spencer	England	NIAC, Cardiff	02.02.2002
WN	23.35	Catherine Murphy	Shaftesbury	NIA, Birmingham	28.01.2001
U20	24.04	Amelia Reynolds	Cardiff AAC	Sheffield	26.02.2017
U17	24.20	Hannah Brier	Swansea Harriers	NIA, Birmingham	24.02.2013
U15	24.39	Nell Desir	Cardiff Archers	Sheffield	13.02.2022
U13	25.56	Aliyah Afolabi	Cardiff Archers	Sheffield	12.02.2022
300 Metres					
AC	40.01	Emma Pullen	England	NIAC, Cardiff	00.00.2010
WN (400m)	37.1+	Catherine Murphy	Shaftesbury	NIA, Birmingham	17.02.2002
U20	39.75	Rowi Mortimer	Bristol & West AC	NIA, Birmingham	24.02.2002
U17	39.75	Rowi Mortimer	Bristol & West AC	NIA, Birmingham	24.02.2002
U15	41.03	Ella Wintle	Pembrokeshire Harriers	Sheffield	24.02.2019
400 Metres					
AC	52.54	Catherine Murphy	Wales	NIAC, Cardiff	03.02.2002
WN	51.60	Seren Bundy-Davies	Trafford	Vienna, Austria	30.01.2016
U20	55.75	Faye Harding	Sale Harriers Manchester	NIA, Birmingham	29.02.2004
U17	56.45	Faye Harding	Wrexham AAC	NIAC, Cardiff	16.02.2002
600 Metres					
AC	1:32.08	Loren Bleaken	England	NIAC, Cardiff	08.12.2012
WN	1:30.16	Kirsty McDermott	Bristol & West AC	Cosford	09.02.1985
U20	1:29.82	Seren Bundy Davies	Macclesfield	Manchester	15.12.2013
U17	1:38.10	Rebecca Nuttall	Deeside AAC	Manchester	19.03.2006
U15	1:42.7 [ht]	Mari Prys Jones	Carmarthen Harriers	St Athan	09.04.1988
U13	1:47.26	Hannah Kinane	Swansea Harriers	Stockholm	18.02.2018
800 Metres					
AC	2:03.66	Jemma Simpson	England	NIAC, Cardiff	02.02.2008
WN	2:01.52	Hayley Parry	Swansea Harriers	NIA, Birmingham	15.02.1998
U20	2:02.88	Kirsty McDermott	Brecon AC	Grenoble, France	22.02.1981
U17	2:11.68	Jade Williams	Amman Valley	NIAC, Cardiff	22.02.2009
U15	2:13.42	Lois Codling	Newport Harriers	NIAC, Cardiff	29.01.2023
U13	2:23.07	Lois Codling	Newport Harriers	NIAC, Cardiff	20.02.2022

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1000 Metres					
WN	2:38.95	Kirsty Wade	Blaydon	Stuttgart, Germany	01.02.1987
U20	3:00.72	Lucy Thomas	Neath Harriers	NIA, Birmingham	14.02.1999
U17	3:00.72	Lucy Thomas	Neath Harriers	NIA, Birmingham	14.02.1999
U15	3:00.72	Lucy Thomas	Neath Harriers	NIA, Birmingham	14.02.1999
U13	3:18.5 [HT]	Julie Garrett	Cardiff AAC	St Athan	13.04.1985
1500 Metres					
AC	4:14.06	Gemma Turtle	England	NIAC, Cardiff	23.01.2010
WN	4:04.79	Melissa Courtney-Bryant	Poole AC	Lieven, France	09.02.2021
U20	4:27.66	Non Stanford	Swansea Harriers	NIAC, Cardiff	07.01.2006
U17	4:30.42	Ellie Atkinson	Cardiff AAC	NIAC, Cardiff	10.03.2013
U15	4:33.20	Libby Hale	Swansea Harriers	NIAC, Cardiff	28.01.2023
U13	4:59.27	Bryony Boyce	Cardiff AAC	NIAC, Cardiff	06.02.2022
One Mile					
WN	4:23.86	Kirsty Wade	Blaydon	New York, USA	05.02.1988
3000 Metres					
AC	8:56.23	Gemma Turtle	England	NIAC, Cardiff	10.01.2010
WN	8:38.22	Melissa Courtney	Poole AC	Glasgow	01.03.2019
U20	9:22.98	Non Stanford	Swansea Harriers	Sheffield	12.02.2006
U17	10:05.66	Mia Roberts	Deeside AAC	NIAC, Cardiff	11.02.2017
U15	10:23.64	Bryony Boyce	Cardiff Athletics	NIAC, Cardiff	29.01.2023
60 Metres Hurdles					
AC	8.01	Diane Allagreen	England	NIAC, Cardiff	03.02.2002
WN	8.16	Kay Morley Brown	Cardiff AAC	Glasgow	08.02.1992
U20	8.47	Bethan Edwards	Cardiff AAC	NIA, Birmingham	23.02.1992
U17	8.63	Sophie Lisk	Cardiff Archers	Sheffield	13.02.2022
U15	8.79	Heather Jones	Carmarthen Harriers	NIA, Birmingham	25.02.2001
U13	9.7 [HT]	Carys Poole	Swansea Harriers	NIAC, Cardiff	08.11.2015
4x200 Metres					
AC	1:37.48			Ireland	NIAC, Cardiff
<i>(Ciara SHEEHEY, Martina MCCARTHY, Derval O'ROURKE, Claire BERGIN)</i>					
WN	1:39.29			Cardiff Met	Sheffield
<i>(Melissa ROBERTS, Mica MOORE, Catherine HARDY, Amy ODUNAIYA)</i>					
U20	1:39.50			Wales	NIAC, Cardiff
<i>(Melissa ROBERTS, Eve WILLIAMS, Amelia REYNOLDS, Hannah BRIER)</i>					
U17	1:47.93			Wales Schools	NIAC, Cardiff
<i>(Chloe JONES, Rachel O'CONNOR, Eleanor ROWLAND, Jamie LEIGH-BOWEN)</i>					
4x400 Metres					
AC	3:42.35			Ireland	NIAC, Cardiff
<i>(Marian ANDREWS, Brona FURLONG, Christine MCMAHON, Claire BERGIN)</i>					
WN	3:52.51			Wales	NIAC, Cardiff
<i>(Bryony TURNBULL, Lucy LOUGHER, Rhianne JONES, Rebecca WILLIAMS)</i>					
1600 Metres Medley					
AC					
WN	4:04.11			Wales	NIA, Birmingham
<i>(Bryony TURNBULL, Lucy LOUGHER, Rhianne JONES, Rebecca WILLIAMS)</i>					

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High Jump						
AC	1.90	Susan Jones	England	NIAC, Cardiff	02.02.2002	
WN	1.90	Julie Crane	Sale Harriers Manchester	Otterberg, Germany	28.02.2004	
WN	1.90	Julie Crane	Sale Harriers Manchester	Loughborough	19.02.2005	
U20	1.86	Rebecca Jones	Wrexham AAC	NIAC, Cardiff	19.01.2002	
U17	1.79	Julia Charlton	Carmarthen Harriers	St Athan	24.02.1980	
U15	1.79	Julia Charlton	Carmarthen Harriers	St Athan	24.02.1980	
U13	1.56	Marnie Musgrave	Swansea Harriers	NIAC, Cardiff	24.01.2015	
Pole Vault						
AC	4.58	Holly Bradshaw	England	NIAC, Cardiff	10.03.2019	
WN	4.42	Sally Peake	Birchfield Harriers	Nevers, France	18.02.2012	
U20	3.81	Isabel Thomas	Cardiff AAC	NIAC, Cardiff	25.01.2020	
U17	3.81	Isabel Thomas	Cardiff AAC	NIAC, Cardiff	25.01.2020	
U15	3.42	Nyree Perry	North Somerset	NIAC, Cardiff	08.03.2020	
Long Jump						
AC	6.43	Gillian Cooke	Scotland	NIAC, Cardiff	03.02.2008	
WN	6.51	Ruth Martin Jones	Birchfield Harriers	Cosford	23.02.1974	
U20	6.19	Emily Wright	Bristol & West	NIAC, Cardiff	08.03.2015	
U17	5.79	Jessica Lee	Carmarthen Harriers	Glasgow	04.12.2021	
U15	5.74	Olivia Schrimshaw	Deeside AAC	Connahs Quay	15.01.2023	
U13	4.96	Gabrielle Fakande	Cwmbran Harriers	NIAC, Cardiff	21.12.2013	
Triple Jump						
AC	14.11	Yamile Aldama	Cuba	NIAC, Cardiff	09.02.2003	
WN	12.53	Sara Barry	Cardiff AAC	NIAC, Cardiff	24.01.2009	
U20	11.86	Megan O'Sullivan	Cardiff AAC	NIAC, Cardiff	03.02.2013	
U17	11.74	Jayne Ludlow	Cardiff AAC	NIA, Birmingham	13.02.1994	
Shot						
AC	(4.00kg)	19.06	Venissa Head	Wales	St Athan	07.04.1984
WN	(4.00kg)	19.06	Venissa Head	Cardiff AAC	St Athan	07.04.1984
U20	(4.00kg)	14.88	Sarah Omoregie	Cardiff AAC	NIA, Birmingham	18.02.2018
U17	(3.00kg)	14.86	Sarah Omoregie	Cardiff AAC	Sheffield	12.03.2016
U15	(3.00kg)	11.35	Amelia Fettes	Newport Harriers	NIAC, Cardiff	02.03.2019
U13	(2.72kg)	11.39	Adele Nicoll	Oswestry Olympians	Manchester	28.03.2009
Pentathlon (60H/HJ/LJ/SP/800)						
AC	4544	Niamh Emerson	England	NIAC, Cardiff	27.01.2019	
WN	4082	Katia Lannon	Sale Harriers Manchester	Zaragoza, Spain	28.01.2007	
U20	3905	Rebecca Jones	Wrexham AAC	Eaubonne, France	24.02.2002	
U17	3605	Sarah Omoregie	Cardiff AAC	Sheffield	13.03.2016	
U15	3229	Danielle Selley	Preseli Harriers	NIA, Birmingham	31.01.1998	
U13	3251	Danielle Selley	Preseli Harriers	Glasgow	13.12.1997	
Quadathlon (60H/LJ/SP/800)						
U13	1975	Carys Poole	Swansea Harriers	NIAC, Cardiff	08.11.2015	