

# WELSH OUTDOOR RECORDS & BEST PERFORMANCES

## WOMEN

**DECEMBER 2022**

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

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Event/Category	Performance	P	Athlete	Country /Club	Venue	Date
<b><u>100 Metres</u></b>						
AC	11.27		Heather Oakes	England	Cwmbran	27.05.1984
WN	11.33		Hannah Brier	Swansea Harriers	Manchester	24.06.2022
U23	11.39		Elaine O'Neill	Woodford Green	La Chaux-de Fonds, Switz	04.07.2010
U23	11.39		Hannah Brier	Swansea Harriers	Cali, Colombia	16.07.2015
U23	11.39		Hannah Brier	Swansea Harriers	Bydgoszcz, Poland	21.07.2016
U20	11.39		Hannah Brier	Swansea Harriers	Cali, Colombia	16.07.2015
U20	11.39		Hannah Brier	Swansea Harriers	Bydgoszcz, Poland	21.07.2016
U18	11.39		Hannah Brier	Swansea Harriers	Cali, Colombia	16.07.2015
U17	11.57		Hannah Brier	Swansea Harriers	Cardiff (CISS)	31.05.2014
U15	11.77		Nell Desir	Cardiff Archers	Newport	13.08.2022
U13	12.34		Nell Desir	Cardiff Archers	Worthing	11.08.2020
<b><u>200 Metres</u></b>						
AC	22.58		Sonia Lannaman	England	Cwmbran	18.05.1980
WN	22.80		Michelle Scutt	Sale Harriers	Antrim	12.06.1982
U23	22.80		Michelle Scutt	Sale Harriers	Antrim	12.06.1982
U20	23.59		Hannah Brier	Swansea Harriers	Loughborough	17.05.2015
U18	23.59		Hannah Brier	Swansea Harriers	Loughborough	17.05.2015
U17	23.60		Michelle Probert	Sale Harriers	Bremen, Germany	12.09.1976
U15	24.54		Hannah Brier	Swansea Harriers	Manchester	01.09.2012
U13	25.66		Aliyah Afolabi	Cardiff Archers	Bedford	28.08.2022
<b><u>300 Metres</u></b>						
U17	38.78		Amelia Reynolds	Cardiff AAC	Bedford	30.08.2015
U15	39.7 (HT)		Hannah Brier	Swansea Harriers	Swansea (Uni)	24.06.2012
<b><u>400 Metres</u></b>						
AC	50.63		Michelle Scutt	Wales	Cwmbran	31.05.1982
WN	50.63		Michelle Scutt	Sale Harriers	Cwmbran	31.05.1982
U23	50.63		Michelle Scutt	Sale Harriers	Cwmbran	31.05.1982
U20	52.80		Sian Morris	Port Talbot Harriers	Lappeenranta, Finland	18.06.1983
U18	54.60		Amanda Pritchard	Cardiff AAC	Cwmbran	21.06.1997
U17	55.53		Sian Waters	Cardiff AAC	Crystal Palace	20.08.1977
<b><u>800 Metres</u></b>						
AC	2:00.21		Christiane Wildschek	Austria	Cwmbran	01.07.1979
WN	1:57.42		Kirsty McDermott	Bristol & West AC	Belfast	24.06.1985
U23	2:00.56		Kirsty McDermott	Bristol & West AC	Crystal Palace	17.09.1982
U20	2:04.01		Kirsty McDermott	Brecon AC	Budapest, Hungary	29.07.1981
U18	2:04.80		Kirsty McDermott	Brecon AC	Bydgoszcz, Poland	18.08.1979
U17	2:07.32		Amanda Pritchard	Cardiff AAC	Belfast	22.06.1996
U15	2:10.66		Amanda Pritchard	Cardiff AAC	Crystal Palace	15.07.1994
U13	2:16.1 (HT)		Lisa Lanini	Wrexham AAC	Wrexham	05.08.2000
<b><u>1200 Metres</u></b>						
U13	03:41.83		Rosa Yates	Bridgend AC	Cardiff	18.07.2010
<b><u>1500 Metres</u></b>						
AC	4:04.39		Zola Budd	England	Cwmbran	28.05.1984
WN	3:59.95		Hayley Tullett	Swansea Harriers	Paris, France	31.08.2003
U23	4:09.56		Rhianwedd Price	Cardiff AAC	Eugene, USA	13.06.2015
U20	4:17.51		Cari Hughes	Menai T&F	Stretford	18.08.2018
U18	4:23.55		Non Stanford	Swansea Harriers	Watford	12.06.2004
U17	4:23.55		Non Stanford	Swansea Harriers	Watford	12.06.2004
U15	4:33.15		Samia Jones	Menai T&F	Cardiff (C.I.S.S.)	07.07.2018
U13	4:44.35		Libby Hale	Swansea Harriers	Newport	31.07.2021

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Event/Category	Performance	P	Athlete	Country /Club	Venue	Date
<b>One Mile</b>						
AC	4:29.48		Bev Nicholson	England	Cardiff (Leckwith)	17.07.1989
WN	4:19.41		Kirsty McDermott	Bristol & West AC	Oslo, Norway	27.07.1985
U23	4:39.03		Anmarie Fox	Swansea Harriers	Cwmbran	09.07.1983
U20	4:51.31		Non Stanford	Swansea Harriers	Oxford	06.05.2004
U18	5:11.63		Bethan Evans	Cardiff AAC	Cardiff	20.07.2016
<b>3000 Metres</b>						
AC	8:52.88		Paula Fudge	England	Cwmbran	30.05.1982
WN	8:39.20		Melissa Courtney	Shaftesbury Barnet	Birmingham	18.08.2018
U23	9:12.96		Stevie Stockton	Vale Royal	Watford	28.07.2010
U20	9:22.84		Non Stanford	Swansea Harriers	Crystal Palace	30.07.2004
U18	9:22.84		Non Stanford	Swansea Harriers	Crystal Palace	30.07.2004
U17	9:22.84		Non Stanford	Swansea Harriers	Crystal Palace	30.07.2004
U15	10:00.6		Louise Silva	Melbourne	West London	07.03.1979
<b>5000 Metres</b>						
AC	15:27.56		Angela Tooby	Wales	Cwmbran	28.05.1984
WN	14:53.82		Melissa Courtney	Poole AC	Stockholm, Sweden	30.05.2019
U23	16:13.45		Melissa Courtney	Shaftesbury Barnet	Manchester	30.05.2015
U20	16:21.86		Bronwen Owen	Scarborough	Manchester	30.05.2015
<b>10000 Metres</b>						
AC	32:59.59		Liz Lynch	Scotland	Cwmbran	26.05.1986
WN	31:55.30		Angela Tooby	Cardiff AAC	Rome, Italy	04.09.1987
U23	34:46.07		Caryl Jones	Carmarthen Harriers	Neath	05.08.2009
<b>1500 Metres Steeplechase</b>						
U17	4:58.99		Lucy Davies	Pembrokeshire Harriers	Cardiff (C.I.S.S.)	16.07.2016
<b>2000 Metres Steeplechase</b>						
AC	6:57.36		Robin Ellerbrock	USA	Cardiff (Leckwith)	18.06.2006
WN	6:38.76		Jade Williams	Amman Valley	Solihull	13.05.2017
U23	6:57.08		Rhianwedd Price	Brecon AC	Cardiff (C.I.S.S.)	03.06.2012
U20	6:57.08		Rhianwedd Price	Brecon AC	Cardiff (C.I.S.S.)	03.06.2012
U18	7:06.64		Ellen-Mary Kearney	Wirral AC	Manchester	25.05.2019
U17	7:06.64		Ellen-Mary Kearney	Wirral AC	Manchester	25.05.2019
<b>3000 Metres Steeplechase</b>						
AC	10:16.5 [HT]		Elizabeth Hall	England	Cardiff (Leckwith)	29.08.2005
WN	9:55.96		Kate Seary	Cardiff Athletics	Raleigh, USA	25.03.2022
U23	10:12.82		Emily Chaston	Colorado	Fresno, USA	13.05.2022
<b>High Hurdles</b>						
AC	100m (84)	13.02	Kay Morley	Wales	Wrexham	28.07.1990
WN	100m (84)	12.91	Kay Morley	Cardiff AAC	Auckland, New Zealand	02.02.1990
U23	100m (84)	13.52	Rachel King	Cardiff AAC	Budapest, Hungary	26.07.1997
U20	100m (84)	13.57	Bethan Edwards	Cardiff AAC	Horsham	29.08.1992
U18	100m (76)	14.11	Lauren Evans	Cardiff AAC	Loughborough	10.05.2017
U17	80m (76)	11.22	Grace Morgan	Newport Harriers	Newport	24.07.2018
U15	75m (76)	10.86	Heather Jones	Carmarthen Harriers	Cardiff (Leckwith)	17.06.2001
U13	70m (68)	11.13	Carys Poole	Swansea Harriers	Newport	21.08.2016
<b>300 Metres Hurdles</b>						
U17		42.52	Lauren Williams	Maldwyn Harriers	Bedford	30.08.2015

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<b>400 Metres Hurdles</b>						
AC	54.69		Kim Batten	USA	Cwmbran	12.07.1992
WN	56.43		Alyson Layzell	Cheltenham	Birmingham	16.06.1996
U23	57.61		Caryl Granville	Swansea Harriers	Birmingham	20.08.2011
U20	58.09		Lauren Williams	Swansea Harriers	Berlin, Germany	05.08.2018
U20	58.09		Ophelia Pye	Marlborough	Jerusalem, Israel	07.07.2022
U18	58.09		Ophelia Pye	Marlborough	Jerusalem, Israel	07.07.2022
U17	60.06		Faye Harding	Wrexham AAC	Debrecen, Hungary	13.07.2001
<b>High Jump</b>						
AC	1.93		Andrea Matay	Hungary	Cwmbran	18.05.1980
WN	1.89		Julie Crane	Sale	Glasgow	15.08.2004
U23	1.88		Rebecca Jones	Wrexham AAC	Arles, France	01.06.2002
U20	1.88		Rebecca Jones	Wrexham AAC	Arles, France	01.06.2002
U18	1.83		Rebecca Jones	Wrexham AAC	Arles, France	03.06.2000
U17	1.81		Lea Haggett	Herne Hill Harriers	Birmingham	06.06.1986
U15	1.81		Lea Haggett	Herne Hill Harriers	Birmingham	06.06.1986
U13	1.68		Julia Charlton	Carmarthen Harriers	Dublin, Ireland	06.08.1978
<b>Pole Vault</b>						
AC	4.60		Holly Bradshaw	England	Cardiff (C.I.S.C)	15.08.2021
WN	4.40		Sally Peake	Birchfield Harriers	Glasgow	12.07.2014
WN	4.40		Sally Peake	Birchfield Harriers	Chuta Vista, USA	21.04.2016
U23	4.00		Jessica Abraham	Cardiff AAC	Bedford	03.07.2010
U20	3.74		Elinor Lewis	Cardiff AAC	Cardiff (C.I.S.S.)	04.07.2009
U18	3.72		Isabel Thomas	Cardiff Athletics	Manchester	18.08.2021
U17	3.65		Rebecca Davies	Deeside AAC	Carmarthen	01.08.2009
U15	3.21		Ellie-Mae Wainwright	Newport Harriers	Wrexham	15.06.2019
U13	2.40		Rhianwydd Llewellyn	Bridgend AC	Cardiff, Leckwith	27.08.2006
U13	2.40		Carys Jones	Carmarthen Harriers	Stoke Gifford	03.08.2011
<b>Long Jump</b>						
AC	6.69		Jade Johnson	England	Newport	20.07.2002
WN	6.54		Rebecca Chapman	Cardiff AAC	Birmingham	02.07.2017
U23	6.25		Lisa Armstrong	Torfaen AC	Brecon	15.07.1992
U20	6.25		Lisa Armstrong	Torfaen AC	Brecon	15.07.1992
U18	6.21		Emily Wright	Bristol & West AC	Cali, Colombia	19.07.2015
U17	6.01		Lisa Armstrong	Torfaen AC	Corby	19.08.1990
U17	<b>6.06</b>	p	<b>Jessica Lee</b>	<b>Carmarthen Harriers</b>	<b>Belfast</b>	<b>16.07.2022</b>
U15	5.57		Ceri Jenkins	Cleddau	Haverfordwest	01.07.1972
U15	<b>5.65</b>	p	<b>Megan Taylor</b>	<b>Cardiff Archers</b>	<b>Belfast</b>	<b>16.07.2022</b>
U13	5.18		Olivia Schrimshaw	Deeside AAC	Manchester	25.09.2021
<b>Triple Jump</b>						
AC	13.53		Nadia Williams	England	Cardiff (C.I.S.S.)	15.08.2009
WN	12.95		Hannah Frankson	Woodford Green	Alphen, Netherlands	09.06.2013
U23	12.24		Sally Peake	Liverpool Harriers	Bedford	02.07.2005
U20	12.24		Sally Peake	Liverpool Harriers	Bedford	02.07.2005
U18	12.14		Jayne Ludlow	Cardiff AAC	Istanbul, Turkey	21.05.1994
U17	12.14		Jayne Ludlow	Cardiff AAC	Istanbul, Turkey	21.05.1994
U15	11.49		Olivia Schrimshaw	Deeside AAC	Bedford	27.08.2022

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Event/Category	Performance	P	Athlete	Country /Club	Venue	Date
<b>Shot</b>						
<b>AC</b>	4.00kg	19.69	Zhu Xinmei	China	Cwmbran	14.07.1991
<b>WN</b>	4.00kg	18.93	Venissa Head	Cardiff AAC	Haverfordwest	13.05.1984
<b>U23</b>	4.00kg	16.34	Adele Nicoll	Birchfield Harriers	Lee Valley	02.07.2016
<b>U20</b>	4.00kg	15.55	Adele Nicoll	Birchfield Harriers	Eskilstuna, Sweden	18.07.2015
<b>U18</b>	3.00kg	16.74	Sarah Omoregie	Cardiff AAC	Nassau, Bahamas	20.07.2017
<b>U17</b>	3.00kg	16.00	Adele Nicoll	Birchfield Harriers	Bedford	01.06.2013
<b>U15</b>	3.00kg	12.67	Sarah Omoregie	Cardiff AAC	Bedford	31.08.2014
<b>U13</b>	2.72kg	11.81	Adele Nicoll	Oswestry Olympians	Birmingham	31.08.2009
<b>Discus</b>						
<b>AC</b>	1.00kg	62.09	Beatrice Faumuina	New Zealand	Newport	20.07.2002
<b>WN</b>	1.00kg	64.68	Venissa Head	Cardiff AAC	Athens, Greece	18.07.1983
<b>U23</b>	1.00kg	60.00	Philippa Roles	Sale Harriers	Neath	09.05.1999
<b>U20</b>	1.00kg	51.60	Philippa Roles	Swansea Harriers	Ljubljana, Slovenia	24.07.1997
<b>U18</b>	1.00kg	49.12	Philippa Roles	Swansea Harriers	Cwmbran	09.07.1995
<b>U17</b>	1.00kg	48.88	Philippa Roles	Swansea Harriers	Dublin, Ireland	13.08.1994
<b>U15</b>	1.00kg	44.12	Philippa Roles	Swansea Harriers	Swansea (Morfa)	30.08.1992
<b>U13</b>	0.75kg	31.68	Adele Nicoll	Oswestry Olympians	Colwyn Bay	05.09.2009
<b>Hammer</b>						
<b>AC</b>	4.00kg	69.14	Jennifer Dahigren	Argentina	Cardiff (C.I.S.S.)	18.07.2012
<b>WN</b>	4.00kg	66.80	Carys Parry	Rhondda AC	Cardiff (C.I.S.S.)	15.07.2014
<b>U23</b>	4.00kg	64.65	Amber Simpson	Deeside AAC	Auburn, USA	16.04.2021
<b>U20</b>	4.00kg	56.95	Amber Simpson	Deeside AAC	Loughborough	20.05.2018
<b>U18</b>	3.00kg	59.09	Jade Williams	Wrexham AC	Tullamore, Ireland	05.06.2016
<b>U17</b>	3.00kg	59.09	Jade Williams	Wrexham AC	Tullamore, Ireland	05.06.2016
<b>U15</b>	3.00kg	54.00	Jade Williams	Wrexham AC	Dublin, Ireland	15.07.2015
<b>Javelin</b>						
<b>AC</b>	600gr	54.41	Shelly Holroyd	England	Cardiff (Leckwith)	29.08.2005
<b>WN</b>	600gr	52.78	Tesni Ward	City of Sheffield	Bedford	29.05.2011
<b>U23</b>	600gr	52.78	Tesni Ward	City of Sheffield	Bedford	29.05.2011
<b>U20</b>	600gr	51.27	Bethany Moule	Neath Harriers	Manchester	05.09.2020
<b>U18</b>	500gr	52.91	Bethany Moule	Neath Harriers	Swansea	08.04.2018
<b>U17</b>	500gr	52.91	Bethany Moule	Neath Harriers	Swansea	08.04.2018
<b>U15</b>	500gr	48.84	Bethany Moule	Neath Harriers	Ashford	16.07.2016
<b>U13</b>	400gr	37.38	Bethan Rees	Cannock & Staffs	Bedford	08.09.2012

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### Multi Events

#### Heptathlon

<b>AC</b>	6100 pts		Kim Hagger	England	Cwmbran	28.05.1984
<b>WN</b>	5642 pts		Sarah Rowe	Gloucester AC	Utrecht, Netherlands	23.08.1981
<b>U23</b>	5642 pts		Sarah Rowe	Gloucester AC	Utrecht, Netherlands	23.08.1981
<b>U20</b>	5642 pts		Sarah Rowe	Gloucester AC	Utrecht, Netherlands	23.08.1981
<b>U18</b>	U18 implements 4406 pts		Lauren Evans	Cardiff	Street	30.04.2017
<b>U17</b>	U17 implements 4657 pts		Rebecca Jones	Wrexham AAC	Cardiff (Leckwith)	04.07.1999

#### Hexathlon

<b>U15</b>	3326 pts		Nia Powell	Cardiff Archers	Manchester	29.09.2021
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#### Pentathlon

<b>U15</b>	3441 pts		Jane Shepherd	Chester AC	Swansea (Morfa)	14.05.1983
<b>U13</b>	2608		Jane Shepherd	Chester AC	Cwmbran	10.05.1981

#### Quadrathlon

<b>U13</b>	2079 pts		Carys Poole	Swansea Harriers	Swansea	25.06.2016
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#### 4x100 Metres Relay

<b>AC</b>	43.99			Germany	Cwmbran	01.07.1979
<i>(Petra SHARP, Dagmar SCHENTEN, Annegret RICHTER, Elke VOLLMER)</i>						
<b>WN</b>	44.51			Wales	Glasgow	02.08.2014
<i>(Hannah BRIER, Hannah THOMAS, Mica MOORE, Rachel JOHNSON)</i>						
<b>U23</b>	44.51			Wales	Glasgow	02.08.2014
<i>(Hannah BRIER, Hannah THOMAS, Mica MOORE, Rachel JOHNSON)</i>						

#### 4x400 Metres Relay

<b>AC</b>	3:31:22			Great Britain	Cwmbran	01.07.1979
<i>(Karen WILLIAMS, Joslyn HOYTE-SMITH, Verona ELDER, Donna HARTLEY)</i>						
<b>WN</b>	3:35.60			Wales	Dublin, Ireland	04.07.1982
<i>(Carmen SMART, Kirsty MCDERMOTT, Diane FRYAR, Michelle SCUTT)</i>						
<b>U23</b>	3:53.54			Wales	Cardiff	15.07.2014
<i>TBC</i>						
<b>U20</b>	3:53.54			Wales	Cardiff	15.07.2014
<i>TBC</i>						

#### Marathon

<b>WN</b>	2:30:03		Natasha Cockram	Micky Morris RT	Kew Gardens	26.03.2021
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