

# WELSH WALKING RECORDS - WOMEN

## WOMEN

August-2024

**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

A **Welsh U20 Record** can be set by any athlete with Welsh Qualification in worldwide competition who at the time was classified as being in the Under 20 age group

**Best Performances** These are recognised for athletes who at the time were classified as being in the Under 17, 15 or 13 age groups

TRACK						
<b>1000m</b>						
U15	5:11.2		Megan Stratton-Thomas	Swansea Harriers	Newport	15.06.2013
U15	4:51.72	i	Megan Stratton-Thomas	Swansea Harriers	NIA, Birmingham	16.02.2014
U13	5:44.4		Molly Dainton	Llanelli AAC	Newport	15.06.2013
<b>2000m</b>						
U20	11:58.35		Charlene Ball	Glan Hafren School	Brecon	02.07.2005
U17	12:08.11		Sarah Pickard	Llanishen School	Newport	29.06.2002
U15	11:34.57		Megan Stratton-Thomas	Swansea Harriers	Birchfield Open	21.04.2013
U13	14:02.10		Molly Dainton	Llanelli AC	Birchfield Open	21.04.2013
<b>3000m</b>						
SW	12:24.70		Bethan Davies	Cardiff AAC	Cardiff	11.06.2016
U20	13:51.03		Heather Lewis	Pembrokeshire Harriers	Cork, Ireland	17.07.2012
U17	<b>19:52.39</b>	p	<b>Megan Chantrell</b>	<b>Aberdare VAAC</b>	<b>Swansea (Uni)</b>	<b>11.08.2024</b>
U15	<b>19:52.39</b>	p	<b>Megan Chantrell</b>	<b>Aberdare VAAC</b>	<b>Swansea (Uni)</b>	<b>11.08.2024</b>
<b>5000m</b>						
SW	21:21.52		Bethan Davies	Cardiff AAC	Birmingham	02.07.2017
U20	24:02.13		Heather Lewis	Pembrokeshire Harriers	Birmingham	24.06.2012
U17	25:18.40		Gracie Griffiths	Pembrokeshire Harriers	Manchester	26.06.2022
<b>10000m</b>						
SW	45:09.19		Heather Lewis	Pembrokeshire Harriers	Birmingham	06.08.2022
U20	50:25.0		Lisa Simpson	Mitcham	Hornchurch	01.04.1987
<b>20000m</b>						
SW	96:36.70		Bethan Davies	Cardiff AAC	Bedford	21.06.2015
<b>Noteworthy track performances, not ratified</b>						
<b>1000m</b>						
U15	5:04.65	*	Heather Lewis	Pembrokeshire Harriers	Carmarthen	28.06.2008
	5:23.95	*	Heather Lewis	Pembrokeshire Harriers	Brecon	05.07.2008
<b>2000m</b>						
U17	9:56.18	*	Heather Lewis	Pembrokeshire Harriers	Brecon	03.07.2010
		*	only one walking judge present			
<b>ROAD</b>						
<b>5km</b>						
SW	23:14		Bethan Davies	Cardiff AAC	Lugano, Switz	19.03.2017
U20	24:25		Lisa Simpson	Roath WC	London(VP)	29.03.1986
U17	25:26		Karen Nipper	Roath WC	London(BP)	06.12.1980
U15	28:29		Kerry Woodcock	Lakeland AAC	Redditch	01.11.1986

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### 10km

<b>SW</b>	44:56	Heather Lewis	Pembrokeshire Harriers	Leeds	30.04.2022
<b>U20</b>	49:33	Lisa Simpson	Mitcham	Ham	14.03.1987

### 20km

<b>SW</b>	1:31:53	Bethan Davies	Cardiff AAC	Lugano, Switz	11.03.2018
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