

Welsh Schools Athletic Association Championship Best Performances

Junior Girls:	Perf	Year	First Name	Surname	School	District
100m	12.06	2022	Nell	DESIR	Radyr	Cardiff & The Vale
200m	25.05	2011	Hannah	BRIER	Ystalyfera	Afan Nedd Tawe
300m	40.93	2015	Gabby	FAKANDE	Brynmaur	South East Wales
800m	2:14.0 (HT)	1987	Julie	GARRETT	Rumney	South Glamorgan
1500m	4:35.61	2003	Non	STANFORD	St. Joseph's	Afan Nedd Tawe
75m Hurdles	11.20	1978	Jane	BUTTRESS	Chepstow	Gwent
1000m Walk	5:03.74	2014	Megan	STRATTON-THOMAS	Olchfa	Afan Nedd Tawe
4x100m Relay	49.30	2015				South East Wales
High Jump	1.70	1979 & 1980	Julia	CHARLTON	Tasker Milward	Dyfed
Pole Vault	3.15	2015	Megan	HODGSON	Cowbridge	Cardiff & The Vale
Long Jump	5.59	2022	Megan	TAYLOR	Cardiff High	Cardiff & The Vale
Triple Jump	11.04	2022	Olivia	SCHRIMSHAW	Brynhyfryd School	North East Wales
Shot	11.32	2014	Sarah	OMOREGIE	Bishop Of Llandaff	Cardiff & The Vale
Discus	38.44	1978	Sandra	LEE	Friars	Gwynedd
Hammer	52.11	2013	Amber	RIMMINGTON	Flint	North East Wales
Javelin	38.94	2016	Bethany	MOULE	Dwr-Y-Felin	Afan Nedd Tawe

Middle Girls:	Perf	Year	First Name	Surname	School	District
100m	11.95	2013	Hannah	BRIER	Ystalefera	Afan Nedd Tawe
200m	24.47	2013	Hannah	BRIER	Ystalefera	Afan Nedd Tawe
300m	39.37	2014	Eve	WILLIAMS	Cwmcarn	South East Wales
800m	2:11.69	2015	Izzy	PARRY-JONES	King Henry VIII	South East Wales
1500m	4:30.62	2004	Non	STANFORD	St. Joseph's	Afan Nedd Tawe
3000m	10:10.62	2014	Issy	MORRIS	Christ College	Powys
80m Hurdles	11.34	2003	Heather	JONES	Tregib	Dyfed
300m Hurdles	43.40	2013	Lucy	FLIGELSTONE	Bishopston	Afan Nedd Tawe
1500m S/C	5:05.47	2016	Lucy	DAVIES	Dyffryn Taf	Dyfed
2000m Walk	9:56.18	2009	Heather	LEWIS	Sir Thomas Picton	Dyfed
3000m Walk	14:47.37	2022	Gracie	GRIFFITHS	Haverford West High Sch	Dyfed
4x100m. Relay	48.62	1999				South East Wales
High Jump	1.72	1980	Sarah	NICHOLLS	St Clare's	Mid Glamorgan
Pole Vault	3.40	2016	Ffion	LLEWELLYN	Bryntirion	Glamorgan Valleys
Long Jump	5.77	1998	Aimee	CUTLER	Fairwater	South East Wales
Triple Jump	11.41	2002	Sally	PEAKE	Hawarden	North East Wales
Shot	14.23	2016	Sarah	OMOREGIE	Bishop Of Llandaff	Cardiff & The Vale
Discus	43.80	1994	Philippa	ROLES	Dwr-Y-Felin	West Glamorgan
Hammer	55.53	2016	Ffion	PALMER	Cwm Rhymini	Glamorgan Valleys
Javelin	48.69	2018	Bethany	MOULE	Dwr-Y-Felin	Afan Nedd Tawe

Senior Girls	Perf	Year	First Name	Surname	School	District
100m	12.0 (HT)	1991	Lisa	ARMSTRONG	St.Albans	Gwent
100m	12.00 (ET)	2011	Rachel	JOHNSON	Dyffryn Conwy	Eryri
200m	24.32	2011	Rachel	JOHNSON	Dyffryn Conwy	Eryri
400m	56.49	1996	Sarah	ROBERTS	Monmouth Girls	Gwent
800m	2:13.68	2018	Naomi	REID	Y Pant	Glamorgan Valleys
1500m	4:42.59	2007	Elinor	KIRK	Gwyr	Afan Nedd Tawe
3000m	10:06.55	2011	Natasha	COCKRAM	Croesyceiliog	South East Wales
2000m Walk	9:37.31	2011	Heather	LEWIS	Pembrokeshire College	Dyfed
3000m Walk	16:01.11	2018	Megan	STRATTON-THOMAS	Gower College	Afan Ned Tawe
100m Hurdles	14.4 (HT)	1978	Norma	EVANS	Yale College	Clwyd
400m Hurdles	61.2 (HT)	1985	Alyson	EVANS	Cardigan	Dyfed
1500m S/Ch	5:07.26	2012	Rhianwedd	PRICE	Llandrindod	Powys
4x100m Relay	49.7 (HT)	1991				Gwent
High Jump	1.76	2000	Rebecca	JONES	Yale College	North East Wales
Pole Vault	3.74	2009	Elinor	LEWIS	Bro Morgannwg	Cardiff & The Vale
Long Jump	5.80	1993	Lisa	ARMSTRONG	Pontypool College	Gwent
Triple Jump	11.85	2017	Macey	JONES	Usk College	South East Wales
Shot	13.90	1988	Jayne	BERRY	Brecon	Powys
Discus	50.48	1997	Philippa	ROLES	Neath College	Afan Nedd Tawe
Hammer	50.27	2016	Amber	RIMMINGTON	Flint High	North East Wales
Javelin	43.50	1994	Hilary	DAVIES	Afon Taf	Mid Glamorgan