

# WELSH INDOOR RECORDS AND BEST PERFORMANCES

## MEN

February-2026

**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

**NEW UPDATED RECORDS ARE HIGHLIGHTED RED - LINKS ON THE RECORD DATE TO THE ONLINE RESULTS**

| Event             | Performance    | Athlete                 | Country / Club              | Venue                    | Date             |
|-------------------|----------------|-------------------------|-----------------------------|--------------------------|------------------|
| <b>50 Metres</b>  |                |                         |                             |                          |                  |
| WN                | 5.81           | Christian MALCOLM       | Cardiff AAC                 | Lievin, France           | 28-Feb-04        |
| <b>60 Metres</b>  |                |                         |                             |                          |                  |
| AC                | 6.52           | Jason GARDENER          | England                     | N.I.A.C. Cardiff         | 03-Feb-02        |
| WN                | 6.49           | Colin JACKSON           | Cardiff AAC                 | Paris, France            | 11-Mar-94        |
| WN                | 6.49           | Jeremiah AZU            | Cardiff AAC                 | Appledorn, Netherlands   | 08-Mar-25        |
| WN                | 6.49           | Jeremiah AZU            | Cardiff AAC                 | Nanjing, China           | 21-Mar-25        |
| U20               | 6.65           | Jeremiah AZU            | Cardiff AAC                 | N.I.A. Birmingham        | 16-Feb-19        |
| U17               | 6.93           | Tim BENJAMIN            | Cardiff AAC                 | N.I.A. Birmingham        | 21-Feb-98        |
| U17               | 6.93           | Aron TUGWELL            | Cardiff Archers             | E.I.S. Sheffield         | <b>11-Feb-23</b> |
| U15               | 7.06           | Andrew WATKINS          | Pontypridd AC               | N.I.A. Birmingham        | 23-Feb-02        |
| U13               | 7.88           | Lucca TARDIVEL          | Deeside AAC                 | Deeside                  | 20-Feb-22        |
| <b>200 Metres</b> |                |                         |                             |                          |                  |
| AC                | 20.92          | Doug TURNER             | Wales                       | N.I.A.C. Cardiff         | 10-Feb-02        |
| WN                | 20.54          | Christian MALCOLM       | Cardiff AAC                 | Ghent, Belgium           | 26-Feb-00        |
| U20               | 20.78          | Tim BENJAMIN            | Cardiff AAC                 | N.I.A. Birmingham        | 24-Feb-01        |
| U17               | 21.51          | Tim BENJAMIN            | Cardiff AAC                 | N.I.A. Birmingham        | 22-Feb-98        |
| U15               | 22.43          | Max EVANS               | Maldwyn Harriers            | E.I.S. Sheffield         | <b>12-Feb-23</b> |
| U13               | 25.92          | Sion ROBERTS            | Wrexham AAC                 | N.I.A.C. Cardiff         | 30-Jan-10        |
| <b>300 Metres</b> |                |                         |                             |                          |                  |
| AC                | 33.99          | Sebastian ROGER         | England                     | N.I.A.C. Cardiff         | 10-Mar-13        |
| WN                | 32.7 (HT)      | Jamie BAULCH            | Cardiff AAC                 | N.I.A. Birmingham        | 23-Feb-17        |
| U20               | 34.56          | Kristian JONES          | Cardiff AAC                 | E.I.S. Sheffield         | <b>02-Dec-17</b> |
| U17               | 36.22          | Zico JONES              | Shaftesbury Barnet Harriers | Lee Valley               | <b>12-Mar-23</b> |
| U15               | 37.50          | Zico JONES              | Shaftesbury Barnet Harriers | E.I.S. Sheffield         | <b>23-Feb-20</b> |
| <b>400 Metres</b> |                |                         |                             |                          |                  |
| AC                | 47.39          | Matt ELIAS              | Wales                       | N.I.A.C. Cardiff         | 10-Feb-02        |
| WN                | 45.39          | Jamie BAULCH            | Cardiff AAC                 | N.I.A. Birmingham        | 09-Feb-97        |
| U20               | <b>46.95</b>   | <b>P Harry BRADLEY</b>  | <b>Newport Harriers</b>     | <b>E.I.S. Sheffield</b>  | <b>08-Feb-26</b> |
| U20               | <b>47.51</b>   | <b>P Harry BRADLEY</b>  | <b>Newport Harriers</b>     | <b>E.I.S. Sheffield</b>  | <b>07-Feb-26</b> |
| U20               | <b>47.74</b>   | <b>OLD Bruce TASKER</b> | <b>Carmarthen Harriers</b>  | <b>N.I.A. Birmingham</b> | <b>05-Mar-06</b> |
| U17               | 48.85          | Bruce TASKER            | Carmarthen Harriers         | N.I.A. Birmingham        | 29-Feb-04        |
| U15               | 52.24          | Gerwyn MORGAN           | Bridgend AC                 | N.I.A. Birmingham        | 25-Feb-07        |
| <b>600 Metres</b> |                |                         |                             |                          |                  |
| AC                | 1:18.06        | Joe THOMAS              | Cardiff AAC                 | N.I.A.C. Cardiff         | <b>08-Dec-12</b> |
| WN                | 1:16.22        | Dai GREENE              | Swansea Harriers            | Emirates Arena, Glasgow  | <b>26-Jan-13</b> |
| U20               | 1:19.56        | Jack ORGAN              | Brecon AC                   | N.I.A.C. Cardiff         | <b>14-Dec-25</b> |
| U17               | 1:23.21        | Scott EDWARDS           | Cardiff AAC                 | N.I.A.C. Cardiff         | <b>11-Dec-10</b> |
| U15               | 1:30.4 [HT]    | Huw DAVIES              | Newport Harriers            | St Athan                 | 12-Apr-86        |
| U13               | 1:44.21        | Scott EDWARDS           | Derby AC                    | Manchester               | 25-Feb-07        |
| <b>800 Metres</b> |                |                         |                             |                          |                  |
| AC                | 1:47.82        | Joe THOMAS              | Wales                       | N.I.A.C. Cardiff         | 21-Jan-12        |
| WN                | 1:45.78        | Justin DAVIES           | Team Bath                   | N.I.A. Birmingham        | <b>15-Feb-25</b> |
| U20               | 1:50.11        | Elliott SLADE           | Cardiff AAC                 | Linz, Austria            | 31-Jan-13        |
| U17               | 1:55.46        | Rhys GRANVILLE          | Carmarthen Harriers         | N.I.A. Birmingham        | 26-Feb-12        |
| U15               | 2:04.2 [HT]    | Jake HEYWARD            | Cardiff AAC                 | N.I.A.C. Cardiff         | 06-Jan-13        |
| U13               | <b>2:12.71</b> | <b>P Rowan CARSON</b>   | <b>Bridgend AC</b>          | <b>N.I.A.C. Cardiff</b>  | <b>11-Jan-26</b> |
| U13               | <b>2:14.59</b> | <b>OLD Rowan CARSON</b> | <b>Bridgend AC</b>          | <b>N.I.A.C. Cardiff</b>  | <b>02-Feb-25</b> |

WELSH INDOOR RECORDS AND BEST PERFORMANCES

MEN

February-2026

**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

NEW UPDATED RECORDS ARE HIGHLIGHTED RED - LINKS ON THE RECORD DATE TO THE ONLINE RESULTS

| Event       | Performance | Athlete       | Country /Club     | Venue            | Date             |
|-------------|-------------|---------------|-------------------|------------------|------------------|
| 1000 Metres |             |               |                   |                  |                  |
| WN          | 2:21.25     | Tom MARSHALL  | Cardiff AAC       | N.I.A.C. Cardiff | <b>04-Feb-18</b> |
| U20         | 2:26.6 [HT] | Neil Emberton | Wrexham AAC       |                  | 00.00.1992       |
| U17         | 2:40.2 [HT] | Tony Dyke     | Swansea Harriers  | St Athan         | 12-Mar-72        |
| U17         | 2:40.2 [HT] | Mike Powell   | Cardiff AAC       | St Athan         | 27-Feb-83        |
| U15         | 2:44.9 [HT] | Peter Wyatt   | Bristol & West AC | St Athan         | 11-Apr-87        |
| U13         | 3:08.5 [HT] | Ian Gould     | Torfaen           | St Athan         | 28.03.1981       |

|             |                |                              |                           |                         |                  |
|-------------|----------------|------------------------------|---------------------------|-------------------------|------------------|
| 1500 Metres |                |                              |                           |                         |                  |
| AC          | 3:41.25        | Stephen DAVIES               | Wales                     | N.I.A.C. Cardiff        | 24-Jan-09        |
| WN          | 3:36.12        | Piers COPELAND               | Pontypridd AC             | N.I.A. Birmingham       | 19-Feb-22        |
| U20         | 3:43.35        | Jake HEYWARD                 | Cardiff AAC               | Glasgow                 | 25-Feb-18        |
| U17         | 3:57.31        | Jake HEYWARD                 | Cardiff AAC               | N.I.A.C. Cardiff        | 15-Feb-15        |
| U15         | <b>4:15.61</b> | <b>P Lewis DURSTON</b>       | <b>Bridgend Athletics</b> | <b>E.I.S. Sheffield</b> | <b>08-Feb-26</b> |
| U15         | <b>4:15.61</b> | <b>OLD Elliott HARDEE</b>    | <b>Newport Harriers</b>   | <b>N.I.A.C. Cardiff</b> | <b>03-Feb-08</b> |
| U13         | <b>4:40.26</b> | <b>P Rowan CARSON</b>        | <b>Cardiff Archers</b>    | <b>N.I.A.C. Cardiff</b> | <b>17-Jan-26</b> |
| U13         | <b>4:43.24</b> | <b>OLD BENJAMIN REYNOLDS</b> | <b>Cardiff Archers</b>    | <b>N.I.A.C. Cardiff</b> | <b>25-Jan-15</b> |

|          |         |                |                     |                  |                  |
|----------|---------|----------------|---------------------|------------------|------------------|
| One Mile |         |                |                     |                  |                  |
| AC       | 3:59.31 | Ieuan THOMAS   | Wales               | N.I.A.C. Cardiff | 05-Feb-17        |
| WN       | 3:54.42 | Piers COPELAND | Pontypridd Roadents | Boston, USA      | <b>01-Feb-25</b> |

|             |         |            |             |                  |           |
|-------------|---------|------------|-------------|------------------|-----------|
| 2000 Metres |         |            |             |                  |           |
| WN          | 5:09.60 | James THIE | Cardiff AAC | N.I.A.C. Cardiff | 14-Mar-04 |

|             |         |              |                     |                  |           |
|-------------|---------|--------------|---------------------|------------------|-----------|
| 3000 Metres |         |              |                     |                  |           |
| AC          | 7:53.63 | Rob WHALLEY  | England             | N.I.A.C. Cardiff | 06-Feb-00 |
| WN          | 7:48.83 | Jake HEYWARD | Cardiff AAC         | Washington, USA  | 11-Feb-22 |
| U20         | 7:54.41 | Osian PERRIN | Menai T&F           | Manchester       | 22-Jan-22 |
| U17         | 8:42.34 | Iwan THOMAS  | Carmarthen Harriers | N.I.A.C. Cardiff | 18-Dec-22 |
| U15         | 9:25.19 | James JONES  | Deeside AAC         | N.I.A.C. Cardiff | 05-Mar-17 |

|             |          |              |                                       |                    |                   |
|-------------|----------|--------------|---------------------------------------|--------------------|-------------------|
| 5000 Metres |          |              |                                       |                    |                   |
| AC          |          |              |                                       |                    |                   |
| WN          | 14:52.65 | Alex JACKSON | Cardiff Athletics/Charleston (WV) Uni | Huntington WV, USA | <b>17.02.2024</b> |
| U20         |          |              |                                       |                    |                   |
| U17         |          |              |                                       |                    |                   |

| 60 Metres Hurdles |           |      |                    |                 |                       |                  |
|-------------------|-----------|------|--------------------|-----------------|-----------------------|------------------|
| AC                | (106.7cm) | 7.56 | Andrew POZZI       | England         | N.I.A.C. Cardiff      | 28-Jan-17        |
| WN                | (106.7cm) | 7.30 | Colin JACKSON      | Brecon AC       | Sindelfingen, Germany | 06-Mar-94        |
| U20               | (106.7cm) | 7.78 | Colin JACKSON      | Cardiff AAC     | Cosford               | 26-Jan-85        |
| U20               | (106.7cm) | 7.78 | David Omoregie     | Cardiff AAC     | E.I.S. Sheffield      | 08-Feb-14        |
| U20               | (99.0 cm) | 7.50 | David Omoregie     | Cardiff AAC     | N.I.A.C. Cardiff      | 09-Mar-14        |
| U17               | (91.4cm)  | 8.03 | Luca PHILLIPS      | Cardiff Archers | E.I.S. Sheffield      | <b>11-Feb-24</b> |
| U15               | (84.0cm)  | 8.42 | Aidan ANGILLETТА   | Deeside AAC     | E.I.S. Sheffield      | <b>11-Feb-24</b> |
| U13               | (76.2cm)  | 9.62 | Daniel MURATHODZIC | Cardiff Archers | N.I.A.C. Cardiff      | 26-Jan-14        |

|           |      |                  |                          |                   |            |
|-----------|------|------------------|--------------------------|-------------------|------------|
| High Jump |      |                  |                          |                   |            |
| AC        | 2.28 | Tom GALE         | England                  | N.I.A.C. Cardiff  | 25.01.2020 |
| WN        | 2.24 | Robert MITCHELL  | Sale Harriers Manchester | N.I.A.C. Cardiff  | 24-Jan-09  |
| U20       | 2.15 | Andrew MCIVER    | Cardiff AAC              | Cosford           | 26-Jan-80  |
| U20       | 2.15 | John HILL        | Solihull                 | Cosford           | 11-Jan-85  |
| U17       | 2.07 | Chuka ENIH-SNELL | Swansea Harriers         | N.I.A. Birmingham | 05-Feb-00  |
| U15       | 1.91 | Chuka ENIH-SNELL | Swansea Harriers         | N.I.A. Birmingham | 21-Feb-98  |
| U13       | 1.55 | Jamie DALTON     | Preseli Harriers         | Swansea           | 26-Jan-92  |

WELSH INDOOR RECORDS AND BEST PERFORMANCES

MEN

February-2026

**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

NEW UPDATED RECORDS ARE HIGHLIGHTED RED - LINKS ON THE RECORD DATE TO THE ONLINE RESULTS

| Event             | Performance | Athlete       | Country /Club               | Venue             | Date      |
|-------------------|-------------|---------------|-----------------------------|-------------------|-----------|
| <b>Pole Vault</b> |             |               |                             |                   |           |
| AC                | 5.70        | Luke CUTTS    | England                     | N.I.A.C. Cardiff  | 07-Feb-16 |
| WN                | 5.45        | Paul WALKER   | Sale Harriers Manchester    | N.I.A.C. Cardiff  | 02-Mar-14 |
| U20               | 5.10        | Neil WINTER   | Shaftesbury Barnet Harriers | N.I.A. Birmingham | 08-Feb-92 |
| U17               | 4.85        | Neil WINTER   | Shaftesbury Barnet Harriers | Cosford           | 17-Feb-90 |
| U15               | 4.15        | William TROTT | Swansea Harriers            | Swansea           | 10-Sep-19 |

|                  |      |                        |                         |                   |           |
|------------------|------|------------------------|-------------------------|-------------------|-----------|
| <b>Long Jump</b> |      |                        |                         |                   |           |
| AC               | 8.01 | Gable GARENAMOTSE      | Botswana                | N.I.A.C. Cardiff  | 03-Feb-02 |
| WN               | 7.97 | Lynn DAVIES            | Roath Harriers, Cardiff | Los Angeles, USA  | 12-Feb-66 |
| U20              | 7.36 | Luca PHILLIPS          | Cardiff Archers         | N.I.A.C. Cardiff  | 04-Feb-24 |
| U17              | 7.36 | Luca PHILLIPS          | Cardiff Archers         | N.I.A.C. Cardiff  | 04-Feb-24 |
| U15              | 6.16 | Lloyd ROBBINS          | Deeside AAC             | N.I.A. Birmingham | 29/2/10   |
| U13              | 5.08 | P Jayden JONES         | Rhymney Valley AC       | Lee Valley        | 20-Dec-25 |
| U13              | 5.02 | OLD Daniel MURATHODZIC | Cardiff Archers         | N.I.A.C. Cardiff  | 03-Nov-13 |

|                    |       |                  |             |                   |           |
|--------------------|-------|------------------|-------------|-------------------|-----------|
| <b>Triple Jump</b> |       |                  |             |                   |           |
| AC                 | 16.05 | Julian GOLLEY    | England     | N.I.A.C. Cardiff  | 11-Feb-01 |
| WN                 | 16.39 | Steven SHALDERS  | Cardiff AAC | E.I.S. Sheffield  | 19-Feb-06 |
| U20                | 15.45 | Steven SHALDERS  | Cardiff AAC | N.I.A. Birmingham | 20-Feb-99 |
| U17                | 14.42 | Steven SHALDERS  | Cardiff AAC | N.I.A. Birmingham | 22-Feb-98 |
| U15                | 12.42 | Aidan ANGILLETTA | Deeside AAC | E.I.S. Sheffield  | 10-Feb-24 |

| Shot |          |       |                 |                     |                   |           |
|------|----------|-------|-----------------|---------------------|-------------------|-----------|
| AC   | (7.26kg) | 19.00 | Garrett JOHNSON | USA                 | N.I.A.C. Cardiff  | 20-Jan-07 |
| WN   | (7.26kg) | 19.10 | Shaun PICKERING | Haringey AC         | N.I.A. Birmingham | 27-Jan-96 |
| U20  | (7.26kg) | 15.56 | Brett MORSE     | Cardiff AAC         | N.I.A.C. Cardiff  | 26-Jan-08 |
| U20  | (6.00kg) | 17.51 | Brett MORSE     | Cardiff AAC         | N.I.A.C. Cardiff  | 14-Dec-08 |
| U17  | (5.00kg) | 16.73 | Clayton TURNER  | Crawley AC          | Cosford           | 08-Dec-85 |
| U15  | (4.00kg) | 15.69 | Mathew EVANS    | Carmarthen Harriers | N.I.A.C. Cardiff  | 11-Jan-03 |
| U13  | (3.00k)  | 10.46 | Macsen HOLLAND  | Swansea Harriers    | N.I.A.C. Cardiff  | 21-Oct-18 |

|                                                                   |         |  |               |                  |           |
|-------------------------------------------------------------------|---------|--|---------------|------------------|-----------|
| <b>4x200 Metres</b>                                               |         |  |               |                  |           |
| AC                                                                | 1:26.29 |  | Wales         | N.I.A.C. Cardiff | 10-Feb-02 |
| (Kevin WILLIAMS, Dominic PAPURA, Doug TURNER, Christian MALCOLM)  |         |  |               |                  |           |
| WN                                                                | 1:26.29 |  | Wales         | N.I.A.C. Cardiff | 10-Feb-02 |
| (Kevin WILLIAMS, Dominic PAPURA, Doug TURNER, Christian MALCOLM)  |         |  |               |                  |           |
| U20                                                               | 1:28.88 |  | Wales         | N.I.A.C. Cardiff | 09-Mar-14 |
| (Anax DA SILVA, Tom WILLIAMS, Ryan JAMES, Kristian JONES)         |         |  |               |                  |           |
| U17                                                               | 1:34.37 |  | Wales Schools | N.I.A.C. Cardiff | 22-Feb-09 |
| (Rhys L WILLIAMS, Matthew DAVIES, Matthew RICHARDS, Jamaul WHITE) |         |  |               |                  |           |

|                                                                  |         |  |          |                  |            |
|------------------------------------------------------------------|---------|--|----------|------------------|------------|
| <b>4x400 Metres</b>                                              |         |  |          |                  |            |
| AC                                                               | 3:16.40 |  | Scotland | N.I.A.C. Cardiff | 22.02.2009 |
| (Jamie BOWIE, Donald MCLEOD, Graeme OUDNEY, Kris ROBERTSON)      |         |  |          |                  |            |
| WN                                                               | 3:16.71 |  | Wales    | N.I.A.C. Cardiff | 21.02.2010 |
| (Rhys SMITH, Adebowale ADEMUYEWO, Gareth Warburton, David GUEST) |         |  |          |                  |            |

|                           |         |  |       |                   |            |
|---------------------------|---------|--|-------|-------------------|------------|
| <b>1600 Metres Medley</b> |         |  |       |                   |            |
| WN                        | 3:25.41 |  | Wales | N.I.A. Birmingham | 15.03.1992 |
| TBC                       |         |  |       |                   |            |

|                   |          |             |                     |                  |             |
|-------------------|----------|-------------|---------------------|------------------|-------------|
| <b>Heptathlon</b> |          |             |                     |                  |             |
| AC                | 6124 pts | Jorge Urena | Spain               | N.I.A.C. Cardiff | 26-27.01.19 |
| WN                | 5834 pts | Ben Gregory | Birchfield Harriers | Glasgow          | 05-Mar-17   |
| U20               | 5793 pts | David Guest | Bridgend AC         | Bompas, France   | 06-Mar-10   |
| U17               | 4903 pts | Ben HILLman | Cardiff AAC         | E.I.S. Sheffield | 9-10.03.19  |

# WELSH INDOOR RECORDS AND BEST PERFORMANCES

## MEN

February-2026

**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

**NEW UPDATED RECORDS ARE HIGHLIGHTED RED - LINKS ON THE RECORD DATE TO THE ONLINE RESULTS**

| Event                                        | Performance   | Athlete              | Country /Club    | Venue            | Date       |
|----------------------------------------------|---------------|----------------------|------------------|------------------|------------|
| <b><u>Pentathlon (60H/HJ/LJ/SP/800)</u></b>  |               |                      |                  |                  |            |
| [HT]=hand timing, [ET]=automatic timing      |               |                      |                  |                  |            |
| <b>WN</b>                                    | [HT] 3494 pts | Tony Pithers         | Cardiff AAC      | Cosford          | 02.03.1985 |
| <b>WN</b>                                    | [ET] 3487 pts | Daniel Leonard       | Milton Keynes    | Carshalton       | 08-Jan-06  |
| <b>U20</b>                                   | 3418 pts      | Nigel Skinner        | Cardiff AAC      | Vittel, France   | 04-Feb-84  |
| <b>U17</b>                                   | 3758 pts      | David Guest          | Bridgend AC      | Manchester       | 17-Mar-07  |
| <b>U15</b>                                   | 3087 pts      | David Guest          | Bridgend AC      | E.I.S. Sheffield | 07-Jan-06  |
| <b>U13</b>                                   | 2197 pts      | David Guest          | Bridgend AC      | N.I.A.C. Cardiff | 25-Sep-04  |
| <b><u>Pentathlon (60H/200/LJ/SP/800)</u></b> |               |                      |                  |                  |            |
| <b>U17</b>                                   | 3856 pts      | David Guest          | Bridgend AC      | Glasgow          | 08-Dec-07  |
| <b>U15</b>                                   | 3150 pts      | David Guest          | Bridgend AC      | Glasgow          | 10-Dec-05  |
| <b>U13</b>                                   | 1094 pts      | Kieron White         | Swansea Harriers | N.I.A.C. Cardiff | 25-Nov-06  |
| <b><u>Quadrathlon (60H/LJ/SP/800)</u></b>    |               |                      |                  |                  |            |
| <b>U13</b>                                   | 1459 pts      | Immanuel Feyi-Waboso | Cardiff Archers  | N.I.A.C. Cardiff | 02.11.2014 |