

WELSH INDOOR RECORDS AND BEST PERFORMANCES

MEN

15-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
50 Metres					
WN	5.81	Christian MALCOLM	Cardiff AAC	Lievin, France	28-Feb-04
60 Metres					
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	11-Feb-23
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
200 Metres					
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	12-Feb-23
U13	25.92	Sion ROBERTS	Wrexham AAC	N.I.A.C. Cardiff	30-Jan-10
300 Metres					
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	02-Dec-17
U17	36.22	Zico JONES	Shaftesbury Barnet Harriers	Lee Valley	12-Mar-23
U15	37.50	Zico JONES	Shaftesbury Barnet Harriers	E.I.S. Sheffield	23-Feb-20
400 Metres					
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	46.95	P Harry BRADLEY	Newport Harriers	E.I.S. Sheffield	08-Feb-26
U20	47.51	P Harry BRADLEY	Newport Harriers	E.I.S. Sheffield	07-Feb-26
U20	47.74	OLD Bruce TASKER	Carmarthen Harriers	N.I.A. Birmingham	05-Mar-06
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
600 Metres					
AC	1:18.06	Joe THOMAS	Cardiff AAC	N.I.A.C. Cardiff	08-Dec-12
WN	1:16.22	Dai GREENE	Swansea Harriers	Emirates Arena, Glasgow	26-Jan-13
U20	1:19.56	Jack ORGAN	Brecon AC	N.I.A.C. Cardiff	14-Dec-25
U17	1:23.21	Scott EDWARDS	Cardiff AAC	N.I.A.C. Cardiff	11-Dec-10
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
800 Metres					
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	15-Feb-25
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	2:12.71	P Rowan CARSON	Bridgend AC	N.I.A.C. Cardiff	11-Jan-26
U13	2:14.59	OLD Rowan CARSON	Bridgend AC	N.I.A.C. Cardiff	02-Feb-25

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Event	Performance	Athlete	Country /Club	Venue	Date
1000 Metres					
WN	2:21.25	Tom MARSHALL	Cardiff AAC	N.I.A.C. Cardiff	04-Feb-18
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	4:15.61	P Lewis DURSTON	Bridgend Athletics	E.I.S. Sheffield	08-Feb-26
U15	4:15.61	OLD Elliott HARDEE	Newport Harriers	N.I.A.C. Cardiff	03-Feb-08
U13	4:40.26	P Rowan CARSON	Cardiff Archers	N.I.A.C. Cardiff	17-Jan-26
U13	4:43.24	OLD BENJAMIN REYNOLDS	Cardiff Archers	N.I.A.C. Cardiff	25-Jan-15

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	01-Feb-25

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	17.02.2024
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	11-Feb-24
U15	(84.0cm)	8.42	Aidan ANGILLETTA	Deeside AAC	E.I.S. Sheffield	11-Feb-24
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

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Pole Vault					
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

Long Jump					
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	7.37	P Ben PARKER	Aberdare VAAC/Loughborough Uni	N.I.A.C. Cardiff	15-Feb-26
U20	7.36	OLD 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

Triple Jump					
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	(3.00kg)	10.46	Macsen HOLLAND	Swansea Harriers	N.I.A.C. Cardiff	21-Oct-18

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

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

1600 Metres Medley					
WN	3:25.41		Wales	N.I.A. Birmingham	15.03.1992
TBC					

Heptathlon					
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

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