

WELSH INDOOR CHAMPIONSHIPS BEST PERFORMANCES

WOMEN

February-2026

Note - a 'p' alongside a performance indicates that its recognition as a Best Performance is subject to confirmation by the Track & Field Committee of Welsh Athletics

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

Event/Category	Performance	Athlete	Club	Year
60 Metres				
Senior	7.2 [HT]	Michele SMITH	Cardiff AAC (St Athan)	18.03.1973
Senior	7.37 [HT]	Hannah BRIER	Swansea Harriers	31.01.2016
U20	7.37	Hannah BRIER	Swansea Harriers	11.02.2017
U17	7.57	Nell DESIR	Cardiff Archers	06.02.2022
U15	7.62	Aliyah AFOLABI	Cardiff Archers	28.01.2024
U13	7.93	Aliyah AFOLABI	Cardiff Archers	06.02.2022
200 Metres				
Senior	23.73	P Hannah BRIER	Swansea Harriers	08.02.2026
Senior	23.97	P Hannah BRIER	Swansea Harriers	08.02.2026
Senior	24.15 (HT)	OLD Hannah BRIER	Swansea Harriers	30.01.2022
U20	24.35	Hannah BRIER	Swansea Harriers	17.01.2016
U17	24.87	Emily WRIGHT	Yate & District AC	27.01.2013
U15	24.62	Aliyah AFOLABI	Cardiff Archers	29.01.2024
U13	26.08	Aliyah AFOLABI	Cardiff Archers	06.02.2022
300 Metres				
U17	40.23	Brigid EADES	Newport Harriers	27.01.2007
U15	41.51	Macey MORRIS	Newport Harriers	28.01.2017
400 Metres				
Senior	54.14	P Ffion Mair ROBERTS	Menai Track & Field	08.02.2026
Senior	54.16	OLD Hannah BRIER	Swansea Harriers	28.01.2024
U20	55.18	Darcy COSLETT	Llanelli AC	02.02.2025
800 Metres				
Senior	2:06.59	Emma DAVIES	Belgrave Harriers	30.01.2002
U20	2:13.50	Ffion PRICE	Brecon AC	26.01.2013
U17	2:11.90	Isobel PARRY-JONES	Cwmbran Harriers	24.01.2015
U15	2:13.42	Lois CODLING	Newport Harriers	29.01.2023
U13	2:24.99	Lora ROBERTS	Bridgend AC	27.01.2007
1500 Metres				
Senior	4:15.07	Melissa COURTNEY	Shaftesbury Barnet	26.01.2014
U20	4:35.57	Katie SEARY	Cardiff AAC	26.01.2014
U17	4:36.85	Isobel PARRY-JONES	Cwmbran Harriers	25.01.2015
U15	4:33.20	Libby Hale	Swansea Harriers	28.01.2023
U13	4:59.27	Bryony BOYCE	Cardiff AC	06.02.2022
3000 Metres				
Senior	9:37.04	Olivia GWYNN	Swansea Harriers	11.01.2015
U20	10:06.21	Natasha COCKRAM	Cwmbran Harriers	09.01.2011
U17	10:05.66	Mia ROBERTS	Deeside AAC	11.02.2017
U15	10:23.64	Bryony BOYCE	Cardiff Athletics	29.01.2023

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60 Metres Hurdles					
Senior		8.14	P Abigail PAWLETT	Trafford AC	07.02.2026
Senior		8.22	P Abigail PAWLETT	Trafford AC	07.02.2026
Senior		8.31	OLD Rachel KING	Cardiff AAC	08.01.2005
U20		8.61	Menna GRANT	Cardiff Archers	01.02.2025
U17		8.59	Menna GRANT	Cardiff Archers	03.02.2024
U15		9.07	Heather JONES	Carmarthen Harriers	20.01.2001
U13		9.85	Evie HUELWY	Rhymney Valley	01.02.2020
High Jump					
Senior		1.86	Julie CRANE	Sale Harriers	24.01.2004
U20		1.86	Rebecca JONES	Wrexham AAC	19.01.2002
U17		1.75	Julia CHARLTON	Carmarthen Harriers (St Athan)	27.03.1982
U15		1.65	Lea HAGGETT	Herne Hill Harriers St Athan)	12.04.1986
U13		1.56	Marnie MUSGRAVE	Swansea Harriers	24.01.2015
Pole Vault					
Senior		4.27	Sally PEAKE	Birchfield Harriers	27.01.2018
U20		3.77	Isabel THOMAS	Cardiff AAC	06.02.2022
U17		3.75	Isabel THOMAS	Cardiff AAC	01.02.2020
U15		3.15	Ffion LLEWELLYN	Bridgend AC	16.02.2014
Long Jump					
Senior		6.42	Sarah ABRAMS	Blackheath & Bromley	25.01.2020
U20		5.90	Emily WRIGHT	Bristol & West	17.01.2016
U17		5.67	Jessica LEE	Carmarthen Harriers	06.02.2022
U15		5.53	Olivia SCHRIMSHAW	Deeside AAC	29.01.2023
U13		4.71	Aliyah AFOLABI	Cardiff Archers	05.06.2022
Triple Jump					
Senior		12.53	Sara BARRY	Cardiff AAC	24.01.2009
U20		11.78	Sally PEAKE	Liverpool H & AC	12.01.2003
U17		11.48	Sally PEAKE	Wirral	19.01.2002
U15		9.57	Mae GRANT	West Cheshire	27.01.2024
Shot					
Senior	(4.00kg)	19.06	Venissa HEAD	Cardiff AAC (St Athan)	07.04.1984
U20	(4.00kg)	14.53	Sarah OMOREGIE	Cardiff AAC	03.02.2019
U17	(3.00kg)	13.54	Sarah OMOREGIE	Cardiff AAC	31.01.2016
U15	(3.00kg)	11.03	Evie COOPER	Neath Harriers	29.01.2023
U13	(2.72kg)	10.32	Adele NICOLL	Oswestry Olympians	08.02.2009