

WELSH INDOOR RECORDS & BEST PERFORMANCES

WOMEN

March-2025

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

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Best Performances

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

Event/Category	Performance	Athlete	Country /Club	Venue	Date
50 Metres					
WN	6.4 [HT]	Elizabeth Gill	Barry	Berlin, Germany	20.02.1966
WN	6.80 [ET]	Dawn Oliver	Stretford	Paris, France	25.01.1981
60 Metres					
AC	7.21	Asha PHILIP	England	N.I.A.C. Cardiff	31.01.2016
WN	7.24	Rachel Johncock	Swansea Harriers	N.I.A. Birmingham	21.02.2015
U20	7.31	Hannah Brier	Swansea Harriers	E.I.S. Sheffield	17.02.2017
U17	7.47	Hannah Brier	Swansea Harriers	N.I.A.C. Cardiff	09.03.2014
U15	7.51	Nell Desir	Cardiff Archers	E.I.S. Sheffield	12.02.2022
U13	7.83	Nell Desir	Cardiff Archers	E.I.S. Sheffield	22.02.2020
200 Metres					
AC	23.74	Amy Spencer	England	N.I.A.C. Cardiff	02.02.2002
WN	23.35	Catherine Murphy	Shaftesbury	N.I.A. Birmingham	28.01.2001
U20	23.91	Aliyah AFOLABI	Cardiff Archers	E.I.S. Sheffield	09.02.2025
U17	23.91	Aliyah AFOLABI	Cardiff Archers	E.I.S. Sheffield	09.02.2025
U15	24.13	Aliyah AFOLABI	Cardiff Archers	E.I.S. Sheffield	11.02.2024
U13	25.56	Aliyah Afolabi	Cardiff Archers	E.I.S. Sheffield	12.02.2022
300 Metres					
AC	38.19	Hannah BRIER	Wales	N.I.A.C. Cardiff	12.01.2025
WN (400m)	37.1+	Catherine Murphy	Shaftesbury	N.I.A. Birmingham	17.02.2002
U20	38.69	Darcy COSLETT	Llanelli AC	E.I.S. Sheffield	08.02.2025
U17	38.69	Darcy COSLETT	Llanelli AC	E.I.S. Sheffield	08.02.2025
U15	41.03	Ella Wintle	Pembrokeshire Harriers	Sheffield	24.02.2019
400 Metres					
AC	51.54	Katharine MERRY	England	N.I.A.C. Cardiff	11.02.2001
WN	51.60	Seren Bundy-Davies	Trafford	Vienna, Austria	30.01.2016
U20	54.50	Darcy COSLETT	Llanelli AC	N.I.A. Birmingham	22.02.2025
U17	54.50	Darcy COSLETT	Llanelli AC	N.I.A. Birmingham	22.02.2025
U17	56.45	Faye Harding	Wrexham AAC	N.I.A.C. Cardiff	16.02.2002
600 Metres					
AC	1:31.60	Eleanor McINTOSH	England	N.I.A.C. Cardiff	15.12.2024
WN	1:30.16	Kirsty McDermott	Bristol & West AC	Cosford	09.02.1985
U20	1:29.82	Seren Bundy Davies	Macclesfield	Manchester	15.12.2013
U17	1:33.39	Darcy COSLETT	Llanelli AC	N.I.A.C. Cardiff	15.12.2024
U15	1:42.7 [HT]	Mari Prys Jones	Carmarthen Harriers	St Athan	09.04.1988
U13	1:47.26	Hannah Kinane	Swansea Harriers	Stockholm	18.02.2018

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800 Metres					
AC	2:03.66	Jemma Simpson	England	N.I.A.C. Cardiff	02.02.2008
WN	2:01.52	Hayley Parry	Swansea Harriers	N.I.A. Birmingham	15.02.1998
U20	2:02.88	Kirsty McDermott	Brecon AC	Grenoble, France	22.02.1981
U17	2:11.68	Jade Williams	Amman Valley Harriers	N.I.A.C. Cardiff	22.02.2009
U15	2:13.42	Lois Codling	Newport Harriers	N.I.A.C. Cardiff	29.01.2023
U13	2:23.07	Lois Codling	Newport Harriers	N.I.A.C. Cardiff	20.02.2022
1000 Metres					
WN	2:38.95	Kirsty Wade	Blaydon	Stuttgart, Germany	01.02.1987
U20	3:00.72	Lucy THOMAS	Neath Harriers	N.I.A. Birmingham	14.02.1999
U17	3:00.72	Lucy THOMAS	Neath Harriers	N.I.A. Birmingham	14.02.1999
U15	3:00.72	Lucy THOMAS	Neath Harriers	N.I.A. Birmingham	14.02.1999
U13	3:18.5 [HT]	Julie Garrett	Cardiff AAC	St Athan	13.04.1985
1500 Metres					
AC	4:14.06	Gemma Turtle	England	N.I.A.C. Cardiff	23.01.2010
WN	4:04.79	Melissa COURTNEY-BRYANT	Poole AC	Lieven, France	09.02.2021
U20	4:27.66	Non Stanford	Swansea Harriers	N.I.A.C. Cardiff	07.01.2006
U17	4:30.42	Ellie Atkinson	Cardiff AAC	N.I.A.C. Cardiff	10.03.2013
U15	4:33.20	Libby Hale	Swansea Harriers	N.I.A.C. Cardiff	28.01.2023
U13	4:59.27	Bryony Boyce	Cardiff Athletics	N.I.A.C. Cardiff	06.02.2022
One Mile					
WN	4:23.86	Kirsty Wade	Blaydon	New York, USA	05.02.1988
3000 Metres					
AC	8:34.39	Laura MUIR	Scotland/Dundee	N.I.A.C. Cardiff	17.12.2023
WN	8:28.69	Melissa COURTNEY-BRYANT	Poole AC	Boston, USA	02.02.2025
U20	9:22.98	Gwenno GOODE	Cardiff Athletics/Le Salle Univ	New York, U.S.A	24.04.2025
U17	9:59.00	Amelia WILLIAMS	Carmarthen Harriers	N.I.A.C. Cardiff	17.12.2023
U15	10:23.64	Bryony Boyce	Cardiff Athletics	N.I.A.C. Cardiff	29.01.2023
5000 Metres					
AC					
WN	15;10.19	Jennifer Nesbitt	Pontypridd Roadents	Boston, USA	09.10.2024
U20	15:59.92	Gwenno GOODE	Cardiff Athletics/La Salle	Boston, USA	15.02.2025
U17					
60 Metres Hurdles					
AC	8.01	Diane Allagreen	England	N.I.A.C. Cardiff	03.02.2002
WN	8.09	Abigail PAWLETT	Trafford AC	N.I.A. Birmingham	22.02.2025
U20	8.47	Bethan Edwards	Cardiff AAC	N.I.A. Birmingham	23.02.1992
U17	8.54	Menna GRANT	Cardiff Archers	E.I.S. Sheffield	11.02.2024
U15	8.79	Heather Jones	Carmarthen Harriers	N.I.A. Birmingham	25.02.2001
U13	9.7 [HT]	Carys Poole	Swansea Harriers	N.I.A.C. Cardiff	08.11.2015

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High Jump						
AC	1.90	Susan Jones	England	N.I.A.C. Cardiff	02.02.2002	
WN	1.90	Julie Crane	Sale Harriers Manchester	Otterberg, Germany	28.02.2004	
WN	1.90	Julie Crane	Sale Harriers Manchester	Loughborough	19.02.2005	
U20	1.86	Rebecca Jones	Wrexham AAC	N.I.A.C. Cardiff	19.01.2002	
U17	1.79	Julia Charlton	Carmarthen Harriers	St Athan	24.02.1980	
U15	1.79	Julia Charlton	Carmarthen Harriers	St Athan	24.02.1980	
U13	1.56	Marnie Musgrave	Swansea Harriers	N.I.A.C. Cardiff	24.01.2015	
Pole Vault						
AC	4.58	Holly Bradshaw	England	N.I.A.C. Cardiff	10.03.2019	
WN	4.42	Sally Peake	Birchfield Harriers	Nevers, France	18.02.2012	
U20	3.81	Isabel THOMAS	Cardiff AAC	N.I.A.C. Cardiff	25.01.2020	
U17	3.81	Isabel THOMAS	Cardiff AAC	N.I.A.C. Cardiff	25.01.2020	
U15	3.42	Nyree Perry	North Somerset	N.I.A.C. Cardiff	08.03.2020	
Long Jump						
AC	6.43	Gillian Cooke	Scotland	N.I.A.C. Cardiff	03.02.2008	
WN	6.51	Ruth Martin Jones	Birchfield Harriers	Cosford	23.02.1974	
U20	6.19	Emily Wright	Bristol & West AC	N.I.A.C. Cardiff	08.03.2015	
U17	5.92	Olivia SCHRIMSHAW	Deeside AAC	E.I.S. Sheffield	11.02.2024	
U15	5.74	Olivia Schrimshaw	Deeside AAC	Connahs Quay	15.01.2023	
U13	4.96	Gabrielle Fakande	Cwmbran Harriers	N.I.A.C. Cardiff	21.12.2013	
Triple Jump						
AC	14.11	Yamile Aldama	Cuba	N.I.A.C. Cardiff	09.02.2003	
WN	12.53	Sara Barry	Cardiff AAC	N.I.A.C. Cardiff	24.01.2009	
WN	12.53	Olivia SCHRIMSHAW	Deeside AAC	E.I.S. Sheffield	11.02.2024	
U20	12.53	Olivia SCHRIMSHAW	Deeside AAC	E.I.S. Sheffield	11.02.2024	
U17	12.53	Olivia SCHRIMSHAW	Deeside AAC	E.I.S. Sheffield	11.02.2024	
U15	10.87	Olivia Schrimshaw	Deeside AAC	E.I.S. Sheffield	12.02.2023	
Shot						
AC	(4.00kg)	19.06	Venissa Head	Wales	St Athan	07.04.1984
WN	(4.00kg)	19.06	Venissa Head	Cardiff AAC	St Athan	07.04.1984
U20	(4.00kg)	14.88	Sarah Omoregie	Cardiff AAC	N.I.A. Birmingham	18.02.2018
U17	(3.00kg)	14.86	Sarah Omoregie	Cardiff AAC	E.I.S. Sheffield	12.03.2016
U15	(3.00kg)	11.35	Amelia Fettis	Newport Harriers	N.I.A.C. Cardiff	02.03.2019
U13	(2.72kg)	11.39	Adele Nicoll	Oswestry Olympians	Manchester	28.03.2009

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4x200 Metres					
AC	1:37.48		Ireland	N.I.A.C. Cardiff	10.02.2002
<i>(Ciara SHEEHEY, Martina MCCARTHY, Derval O'ROURKE, Claire BERGIN)</i>					
WN	1:39.29		Cardiff Met	E.I.S. Sheffield	16.02.2019
<i>(Melissa ROBERTS, Mica MOORE, Catherine HARDY, Amy ODUNAIYA)</i>					
U20	1:39.50		Wales	N.I.A.C. Cardiff	09.03.2014
<i>(Melissa ROBERTS, Eve WILLIAMS, Amelia REYNOLDS, Hannah BRIER)</i>					
U17	1:47.93		Wales Schools	N.I.A.C. Cardiff	22.02.2009
<i>(Chloe JONES, Rachel O'CONNOR, Eleanor ROWLAND, Jamie LEIGH-BOWEN)</i>					
4x400 Metres					
AC	3:42.35		Ireland	N.I.A.C. Cardiff	22.02.2009
<i>(Marian ANDREWS, Brona FURLONG, Christine MCMAHON, Claire BERGIN)</i>					
WN	3:52.51		Wales	N.I.A.C. Cardiff	22.02.2009
<i>(Bryony TURNBULL, Lucy LOUGHER, Rhianne JONES, Rebecca WILLIAMS)</i>					
1600 Metres Medley					
AC					
WN	4:04.11		Wales	N.I.A. Birmingham	15.03.1992
Pentathlon (60H/HJ/LJ/SP/800)					
AC	4544	Niamh Emerson	England	N.I.A.C. Cardiff	27.01.2019
WN	4082	Katia Lannon	Sale Harriers Manchester	Zaragoza, Spain	28.01.2007
U20	3905	Rebecca Jones	Wrexham AAC	Eaubonne, France	24.02.2002
U17	3629	Matilda QUICK	Swansea Harriers	E.I.S. Sheffield	10.03.2024
U15	3244	Beatrice MORGAN	Carmarthen Harriers	N.I.A.C. Cardiff	02.12.2023
U13	3251	Danielle Selley	Preseli Harriers	Glasgow	13.12.1997
Quadrathlon (60H/LJ/SP/800)					
U13	1975	Carys Poole	Swansea Harriers	N.I.A.C. Cardiff	08.11.2015