

WELSH INDOOR CHAMPIONSHIPS BEST PERFORMANCES

MEN

April-2024

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| Event | Category | Performance | Athlete | Club | Year |
|---|----------|-------------|-------------------|---------------------|------------|
| NEW RECORDS ARE HIGHLIGHTED RED - LINKS ON THE RECORD DATE TO THE ONLINE RESULTS | | | | | |
| 60 Metres | | | | | |
| Senior | | 6.69 | Sam Gordon | Cardiff AAC | 25.01.2020 |
| U20 | | 6.79 | Jeremiah Azu | Cardiff AAC | 02.02.2019 |
| U17 | | 6.94 | Aron Tugwell | Cardiff Archers | 05.02.2023 |
| U15 | | 7.20 | Andrew Watkins | Pontypridd AC | 19.01.2002 |
| U13 | | 7.95 | Joseph Berry | Newport Harriers | 02.02.2019 |
| 200 Metres | | | | | |
| Senior | | 21.93 | Kristian Jones | Cardiff AAC | 31.01.2016 |
| U20 | | 21.75 | Kristian Jones | Cardiff AAC | 17.01.2016 |
| U17 | | 22.29 | Joseph Berry | Newport Harriers | 04.02.2023 |
| U15 | | 23.10 | Max Evans | Maldwyn Harriers | 29.01.2023 |
| U13 | | 25.92 | Sion Roberts | Wrexham AAC | 30.01.2010 |
| 300 Metres | | | | | |
| U15 | | 38.23 | Gerwyn Morgan | Bridgend AC | 27.01.2007 |
| 400 Metres | | | | | |
| Senior | | 48.39 | Gareth Warburton | Cardiff AAC | 09.01.2005 |
| U20 | | 49.08 | Owen Smith | Deeside AAC | 17.02.2013 |
| U17 | | 49.35 | George Thomas | Brecon AC | 31.01.2016 |
| U15 | | 55.13 | Scott Edwards | Derby AC | 08.02.2009 |
| U15 | | 55.13 | Ryan James | Cardiff AAC | 21.01.2012 |
| 800 Metres | | | | | |
| Senior | | 1:47.82 | Joe Thomas | Cardiff AAC | 21.01.2012 |
| U20 | | 1:51.94 | Joe Thomas | Cardiff AAC | 28.01.2007 |
| U17 | | 1:56.16 | Benjamin Reynolds | Cardiff AAC | 03.02.2019 |
| U15 | | 2:04.30 | Nikita Neary | Carmarthen Harriers | 21.01.2012 |
| U13 | | 2:22.04 | Scott Edwards | Derby AC | 27.01.2007 |
| 1500 Metres | | | | | |
| Senior | | 3:41.25 | Stephen Davies | Belgrave Harriers | 24.01.2009 |
| U20 | | 3:56.09 | Ben Reynolds | Cardiff AAC | 01.02.2020 |
| U17 | | 4:05.34 | Jacob Reynolds | Cardiff AAC | 01.02.2020 |
| U15 | | 4:16.92 | Jake Heyward | Cardiff AAC | 27.01.2013 |
| U13 | | 4:43.24 | Benjamin Reynolds | Cardiff Archers | 25.01.2015 |
| 3000 Metres | | | | | |
| Senior | | 8:00.93 | Jake Heyward | Cardiff AAC | 04.02.2018 |
| U20 | | 8:37.58 | Matthew Jones | City of Stoke AC | 20.02.2000 |
| U17 | | 8:57.78 | Elliott Hardee | Newport Harriers | 14.02.2010 |
| U15 | | 9:25.19 | James Jones | Deeside AAC | 05.03.2017 |

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| 60 Metres Hurdles | | | | | |
| Senior | | 7.63 | David Omoregie | Cardiff AAC | 22.01.2017 |
| U20 | | 7.94 | Iolo GRANT | Cardiff Archers | 03.02.2024 |
| U17 | | 8.30 | Kyle Arnold | Newport Harriers | 26.01.2013 |
| U15 | | 8.58 | Harry Hillman | Cardiff AAC | 17.02.2013 |
| U13 | | 9.62 | Daniel Murathodzic | Cardiff Archers | 26.01.2014 |
| High Jump | | | | | |
| Senior | | 2.24 | Rob Mitchell | Sale Harriers | 24.01.2009 |
| U20 | | 2.05 | William Edwards | Carmarthen | 11.02.2017 |
| U17 | | 2.05 | Chuka Enih-Snell | Swansea Harriers | 20.02.2000 |
| U15 | | 1.88 | Osian Roberts | Carmarthen H | 01.02.2020 |
| U13 | | 1.48 | Miles Keller-Jenkins | Swansea Harriers | 30.01.2010 |
| Pole Vault | | | | | |
| Senior | | 5.35 | Scott Simpson | Birchfield Harriers | 13.01.2007 |
| U20 | | 4.60 | Andrew Penk | Cardiff AAC (Milford Haven) | 09.02.1997 |
| U20 | | 4.60 | Cameron Johnston | Croydon Harriers | 19.02.2000 |
| U17 | | 4.21 | Ben Gregory | Vale of Aylesbury | 27.01.2007 |
| U15 | | 3.63 | William Trott | Swansea Harriers | 02.02.2019 |
| Long Jump | | | | | |
| Senior | | 7.41 | Richardo Childs | Brecon AC | 24.01.2009 |
| U20 | | 7.36 | Luca PHILLIPS | Cardiff Archers | 04-Feb-24 |
| U17 | | 7.36 | Luca PHILLIPS | Cardiff Archers | 04-Feb-24 |
| U15 | | 5.98 | Ben Hillman | Cardiff AAC | 11.02.2017 |
| U13 | | 4.92 | Kierran Cooper | Wrexham AAC | 12.01.2008 |
| Triple Jump | | | | | |
| Senior | | 15.13 | Osaze Aghedo | Swansea Harriers | 22.01.2017 |
| U20 | | 14.24 | Alex Ezechi-Obiako | Cardiff AAC | 07.02.2009 |
| U20 | | 14.24 | Thomas Walley | Wrexham AC | 11.02.2017 |
| U17 | | 13.77 | Lee Harris | Bristol & West AC | 20.02.2000 |
| U15 | | 12.18 | Aidan ANGILLETTA | Deeside AAC | 27.01.2024 |
| Shot | | | | | |
| Senior | (7.26kg) | 17.87 | Ryan Spencer-Jones | Birchfield Harriers | 21.01.2012 |
| U20 | (6.00kg) | 16.56 | Dafydd Pawlett | Yate & District | 05.02.2023 |
| U17 | (5.00kg) | 15.62 | Nathan Thomason | Colwyn Bay AC | 26.01.2014 |
| U15 | (4.00kg) | 15.69 | Mathew Evans | Carmarthen Harriers | 11.01.2003 |
| U13 | (3.00kg) | 9.55 | Lachlan Robbie | Cardiff Archers | 05.02.2022 |
| U13 | (3.25kg) | 12.59 | Mathew Evans | Carmarthen Harriers | 21.01.2001 |

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| Heptathlon | | | | | |
| Senior | Sheffield | 5663 pts | Ben Gregory | Vale of Aylesbury | 11.01.2015 |
| U20 | Sheffield | 5372 pts | David Guest | Bridgend AC | 11.01.2009 |
| U17 | Sheffield | 4903 pts | Ben Hillman | Cardiff AAC | 10.03.2019 |
| Pentathlon (60H/HJ/LJ/SP/800) | | | | | |
| U17 | | 2873 pts | David Price | Deeside AAC | 23.03.2003 |
| U15 | | 2615 pts | David Guest | Bridgend AC | 12.03.2005 |
| U13 | | 2197 pts | David Guest | Bridgend AC | 25.09.2004 |
| Pentathlon (60H/200/LJ/SP/800) | | | | | |
| U17 | | 3410 pts | David Guest | Bridgend AC | 25.11.2006 |
| U15 | | 3042 pts | David Guest | Bridgend AC | 20.11.2005 |
| U13 | | 1094 pts | Kieron White | Swansea Harriers | 25.11.2006 |
| Quadrathlon (60H/LJ/SP/800) | | | | | |
| U13 | | 1459 pts | Immanuel Waboso | Cardiff Archers | 02.11.2014 |
| WSAA Combined Events | | | | | |
| | Age Group | Performance | Name | School/Club | Year |
| | Under 18 Boys | 3731 | David Omoregie | Bishop of Llandaff | 05.07.1905 |
| | Under 16 Boys | 3121 | Harry Hillman | St Teilo's | 06.07.1905 |
| 4x200m relay | | | | | |
| U15 | | 1:43.47 | Cardiff AAC | | 08.07.1905 |
| U13 | | 1:54.53 | Cardiff Archers | | 06.07.1905 |