

WELSH INDOOR CHAMPIONSHIPS BEST PERFORMANCES

MEN

April-2023

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Event Category	Performance	Athlete	Club	Year
<u>60 Metres</u>				
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
<u>200 Metres</u>				
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
<u>300 Metres</u>				
U15	38.23	Gerwyn Morgan	Bridgend AC	27.01.2007
<u>400 Metres</u>				
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
<u>800 Metres</u>				
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
<u>1500 Metres</u>				
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
<u>3000 Metres</u>				
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
<u>60 Metres Hurdles</u>				
Senior	7.63	David Omoregie	Cardiff AAC	22.01.2017
U20	8.04	David Omoregie	Cardiff AAC	17.02.2013
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

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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	Milford Haven	4.60	Andrew Penk	Cardiff AAC	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		7.14	Ceirion Hopkins	Neath Harriers	10.02.2018
U17		6.65	Josh Davies	Pembrokeshire Harriers	27.01.2013
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
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
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

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<u>Pentathlon (60H/200/LJ/SP/800)</u>				
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
<u>Quadrathlon (60H/LJ/SP/800)</u>				
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
<u>4x200m relay</u>				
U15	1:43.47	Cardiff AAC		08.07.1905
U13	1:54.53	Cardiff Archers		06.07.1905