

# WELSH INDOOR RECORDS AND BEST PERFORMANCES

## MEN

October-2023

**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

Event	Performance	Athlete	Country /Club	Venue	Date
<b>50 Metres</b>					
WN	5.81	Christian Malcolm	Cardiff AAC	Lievin, France	28.02.2004
<b>60 Metres</b>					
AC	6.52	Jason Gardener	England	NIAC, Cardiff	03.02.2002
WN	6.49	Colin Jackson	Cardiff AAC	Paris, France	11.03.1994
U20	6.65	Jeremiah Azu	Cardiff AAC	NIA, Birmingham	16.02.2019
U17	6.93	Tim Benjamin	Cardiff AAC	NIA, Birmingham	21.02.1998
U17	6.93	Aron Tugwell	Cardiff Archers	Sheffield	11.02.2023
U15	7.06	Andrew Watkins	Pontypridd AC	NIA, Birmingham	23.02.2002
U13	7.88	Lucca Tardivel	Deeside AAC	Deeside	20.02.2022
<b>200 Metres</b>					
AC	20.92	Doug Turner	Wales	NIAC, Cardiff	10.02.2002
WN	20.54	Christian Malcolm	Cardiff AAC	Ghent, Belgium	26.02.2000
U20	20.78	Tim Benjamin	Cardiff AAC	NIA, Birmingham	24.02.2001
U17	21.51	Tim Benjamin	Cardiff AAC	NIA, Birmingham	22.02.1998
U15	22.43	Max Evans	Maldwyn Harriers	Sheffield	12.02.2023
U13	25.92	Sion Roberts	Wrexham AAC	NIAC, Cardiff	30.01.2010
<b>300 Metres</b>					
AC	33.99	Sebastian Roger	England	NIAC, Cardiff	10.03.2013
WN	32.7 (400m)	Jamie Baulch	Cardiff AAC	NIA, Birmingham	23.02.2017
U20	35.00	Haydn Wood	Cardiff AAC	Cosford	31.03.1984
U17	37.7 (HT)	Haydn Wood	Newport Harriers	St Athan	27.03.1982
U15	37.50	Zico Jones	Shaftesbury Barnet Harriers	Sheffield	23.02.2020
<b>400 Metres</b>					
AC	47.39	Matt Elias	Wales	NIAC, Cardiff	10.02.2002
WN	45.39	Jamie Baulch	Cardiff AAC	NIA, Birmingham	09.02.1997
U20	47.74	Bruce Tasker	Carmarthen Harriers	NIA, Birmingham	05.03.2006
U17	48.85	Bruce Tasker	Carmarthen Harriers	NIA, Birmingham	29.02.2004
U15	52.24	Gerwyn Morgan	Bridgend AC	NIA, Birmingham	25.02.2007
<b>600 Metres</b>					
WN	1:17.70	Bob Adams	Polytechnic	Cosford	20.12.1969
U20	1:22.8 [HT]	Bedwyr Huws	Eryri Harriers	Cosford	18.02.1989
U17	1:26.2 [HT]	Shaun Whelan	Port Talbot Harriers	St Athan	24.02.1980
U17	1:26.20	Rhys Granville	Carmarthen Harriers	NIAC, Cardiff	11.12.2011
U15	1:30.4 [HT]	Huw Davies	Newport Harriers	St Athan	12.04.1986
U13	1:44.21	Scott Edwards	Derby AC	Manchester	25.02.2007
<b>800 Metres</b>					
AC	1:47.82	Joe Thomas	Wales	NIAC, Cardiff	21.01.2012
WN	1:46.33	Joe Thomas	Cardiff AAC	Stockholm, Sweden	23.02.2012
U20	1:50.11	Elliott Slade	Cardiff AAC	Linz, Austria	31.01.2013
U17	1:55.46	Rhys Granville	Carmarthen Harriers	NIA, Birmingham	26.02.2012
U15	2:04.2 [HT]	Jake Heyward	Cardiff AAC	NIAC, Cardiff	06.01.2013
U13	2:20.52	Jacob Reynolds	Cardiff AAC	NIAC, Cardiff	09.01.2016
<b>1000 Metres</b>					
WN	2:22.1 (HT)	Malcolm Edwards	Andover	Cosford	20.02.1987
U20	2:26.6 [HT]	Neil Emberton	Wrexham AAC		00.00.1992
U17	2:40.2 [HT]	Tony Dyke	Swansea Harriers	St Athan	12.03.1972
U17	2:40.2 [HT]	Mike Powell	Cardiff AAC	St Athan	27.02.1983
U15	2:44.9 [HT]	Peter Wyatt	Bristol & West AC	St Athan	11.04.1987
U13	3:08.5 [HT]	Ian Gould	Torfaen	St Athan	28.03.1981

# WELSH INDOOR RECORDS AND BEST PERFORMANCES

## MEN

October-2023

**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

Event	Performance	Athlete	Country /Club	Venue	Date
<b>1500 Metres</b>					
AC	3:41.25	Stephen Davies	Wales	NIAC, Cardiff	24.01.2009
WN	3:36.12	Piers Copeland	Pontypridd AC	NIA, Birmingham	19.02.2022
U20	3:43.35	Jake Heyward	Cardiff AAC	Glasgow	25.02.2018
U17	3:57.31	Jake Heyward	Cardiff AAC	NIAC, Cardiff	15.02.2015
U15	4:15.61	Elliott Hardee	Newport Harriers	NIAC, Cardiff	03.02.2008
U13	4:43.24	Benjamin Reynolds	Cardiff Archers	NIAC, Cardiff	25.01.2015

<b>One Mile</b>					
AC	3:59.31	Ieuan Thomas	Wales	NIAC, Cardiff	05.02.2017
WN	3:57.29	Chris Gowell	Swansea Harriers	Boston, USA	08.02.2014

<b>2000 Metres</b>					
WN	5:09.60	James Thie	Cardiff AAC	NIAC, Cardiff	14.03.2004

<b>3000 Metres</b>					
AC	7:53.63	Rob Whalley	England	NIAC, Cardiff	06.02.2000
WN	7:48.83	Jake Heyward	Cardiff AAC	Washington, USA	11.02.2022
U20	7:54.41	Osian Perrin	Menai T&F	Manchester	22.01.2022
U17	8:42.34	Iwan Thomas	Carmarthen Harriers	NIAC, Cardiff	18.12.2022
U15	9:25.19	James Jones	Deeside AAC	NIAC, Cardiff	05.03.2017

<b>60 Metres Hurdles</b>						
AC	(106.7cm)	7.56	Andrew Pozzi	England	NIAC, Cardiff	28.01.2017
WN	(106.7cm)	7.30	Colin Jackson	Brecon AC	Sindelfingen, Germany	06.03.1994
U20	(106.7cm)	7.78	Colin Jackson	Cardiff AAC	Cosford	26.01.1985
U20	(106.7cm)	7.78	David Omoregie	Cardiff AAC	Sheffield	08.02.2014
U20	(99.0 cm)	7.50	David Omoregie	Cardiff AAC	NIAC, Cardiff	09.03.2014
U17	(91.4cm)	8.09	David Omoregie	Pembrokeshire Harriers	Glasgow	03.10.2011
U15	(84.0cm)	8.58	Harry Hillman	Cardiff AAC	Glasgow	01.12.2012
U13	(76.2cm)	9.62	Daniel Murathodzic	Cardiff Archers	NIAC, Cardiff	26.01.2014

<b>High Jump</b>					
AC	2.28	Tom Gale	England	NIAC, Cardiff	25.01.2020
WN	2.24	Robert Mitchell	Sale Harriers Manchester	NIAC, Cardiff	24.01.2009
U20	2.15	Andrew McIver	Cardiff AAC	Cosford	26.01.1980
U20	2.15	John Hill	Solihull	Cosford	11.01.1985
U17	2.07	Chuka Enih-Snell	Swansea Harriers	NIA, Birmingham	05.02.2000
U15	1.91	Chuka Enih-Snell	Swansea Harriers	NIA, Birmingham	21.02.1998
U13	1.55	Jamie Dalton	Preseli Harriers	Swansea	26.01.1992

<b>Pole Vault</b>					
AC	5.70	Luke Cutts	England	NIAC, Cardiff	07.02.2016
WN	5.45	Paul Walker	Sale Harriers Manchester	NIAC, Cardiff	02.03.2014
U20	5.10	Neil Winter	Shaftesbury Barnet Harriers	NIA, Birmingham	08.02.1992
U17	4.85	Neil Winter	Shaftesbury Barnet Harriers	Cosford	17.02.1990
U15	4.15	William Trott	Swansea Harriers	Swansea	10.09.2019

<b>Long Jump</b>					
AC	8.01	Gable Garenamotse	Botswana	NIAC, Cardiff	03.02.2002
WN	7.97	Lynn Davies	Roath Harriers, Cardiff	Los Angeles, USA	12.02.1966
U20	7.33	David Guest	Bridgend AC	Bompas, France	06.03.2010
U17	6.90	Scott Herbert	Milton Keynes	Cosford	10.02.1990
U17	6.90	Ryan Edwards	Maldwyn Harriers	Sheffield	23.02.2020
U15	6.16	Lloyd Robbins	Deeside AAC	NIA, Birmingham	29.02.2010
U13	5.02	Daniel Murathodzic	Cardiff Archers	NIAC, Cardiff	03.11.2013

# WELSH INDOOR RECORDS AND BEST PERFORMANCES

**MEN**

**October-2023**

**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

Event	Performance	Athlete	Country /Club	Venue	Date
<b>Triple Jump</b>					
AC	16.05	Julian Golley	England	NIAC, Cardiff	11.02.2001
WN	16.39	Steven Shalders	Cardiff AAC	Sheffield	19.02.2006
U20	15.45	Steven Shalders	Cardiff AAC	NIA, Birmingham	20.02.1999
U17	14.42	Steven Shalders	Cardiff AAC	NIA, Birmingham	22.02.1998

## Shot

AC	(7.26kg)	19.00	Garrett Johnson	USA	NIAC, Cardiff	20.01.2007
WN	(7.26kg)	19.10	Shaun Pickering	Haringey AC	NIA, Birmingham	27.01.1996
U20	(7.26kg)	15.56	Brett Morse	Cardiff AAC	NIAC, Cardiff	26.01.2008
U20	(6.00kg)	17.51	Brett Morse	Cardiff AAC	NIAC, Cardiff	14.12.2008
U17	(5.00kg)	16.73	Clayton Turner	Crawley AC	Cosford	08.12.1985
U15	(4.00kg)	15.69	Mathew Evans	Carmarthen Harriers	NIAC, Cardiff	11.01.2003
U13	(3.00k)	10.46	Macsen Holland	Swansea Harriers	NIAC, Cardiff	21.10.2018

## 4x200 Metres

AC	1:26.29			Wales	NIAC, Cardiff	10.02.2002
<i>(Kevin WILLIAMS, Dominic PAPURA, Doug TURNER, Christian MALCOLM)</i>						
WN	1:26.29			Wales	NIAC, Cardiff	10.02.2002
<i>(Kevin WILLIAMS, Dominic PAPURA, Doug TURNER, Christian MALCOLM)</i>						
U20	1:28.88			Wales	NIAC, Cardiff	09.03.2014
<i>(Anax DA SILVA, Tom WILLIAMS, Ryan JAMES, Kristian JONES)</i>						
U17	1:34.37			Wales Schools	NIAC, Cardiff	22.02.2009
<i>(Rhys L WILLIAMS, Matthew DAVIES, Matthew RICHARDS, Jamaul WHITE)</i>						

## 4x400 Metres

AC	3:16.40			Scotland	NIAC, Cardiff	22.02.2009
<i>(Jamie BOWIE, Donald MCLEOD, Graeme OUDNEY, Kris ROBERTSON)</i>						
WN	3:16.71			Wales	NIAC, Cardiff	21.02.2010
<i>(Rhys SMITH, Adebowale ADEMUYEWO, Gareth WARBURTON, David GUEST)</i>						

## 1600 Metres Medley

WN	3:25.41			Wales	NIA, Birmingham	15.03.1992
TBC						

## Multi Events

### Heptathlon

AC	6124 pts	Jorge Urena	Spain	NIAC, Cardiff	26-27.01.19
WN	5834 pts	Ben Gregory	Birchfield Harriers	Glasgow	05.03.2017
U20	5793 pts	David Guest	Bridgend AC	Bompas, France	06.03.2010
U17	4903 pts	Ben Hillman	Cardiff AAC	Sheffield	9-10.03.19

### 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	08.01.2006
U20		3418 pts	Nigel Skinner	Cardiff AAC	Vittel, France	04.02.1984
U17		3758 pts	David Guest	Bridgend AC	Manchester	17.03.2007
U15		3087 pts	David Guest	Bridgend AC	Sheffield	07.01.2006
U13		2197 pts	David Guest	Bridgend AC	NIAC, Cardiff	25.09.2004

### Pentathlon (60H/200/LJ/SP/800)

U17	3856 pts	David Guest	Bridgend AC	Glasgow	08.12.2007
U15	3150 pts	David Guest	Bridgend AC	Glasgow	10.12.2005
U13	1094 pts	Kieron White	Swansea Harriers	NIAC, Cardiff	25.11.2006

### Quadrathlon (60H/LJ/SP/800)

U13	1459 pts	Immanuel Feyi-Waboso	Cardiff Archers	NIAC, Cardiff	02.11.2014
-----	----------	----------------------	-----------------	---------------	------------