

# WELSH OUTDOOR CHAMPIONSHIP BEST PERFORMANCES

## MEN

December-2022

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Event	Category	Performance	Athlete	Club	Venue	Year
<b>100m</b>						
Senior		10.08 W	Sam Gordon	Cardiff AC	Cardiff (CISS)	14.07.2019
U20		10.54	Jamie Henthorn	Carmarthen Harriers	Carmarthen	30.06.1996
U17		10.87	Tim Benjamin	Cardiff AAC	Carmarthen	23.05.1998
U15		11.0w (HT)	Malcolm James	Cardiff AAC	Cwmbran	26.06.1977
U15		11.0w (HT)	Ian Strange	Newbridge HS	Cwmbran	26.06.1977
U15		11.11 (ET)	Joseph Berry	Newport Harriers	Cardiff (CISC)	15.08.2021
U13		12.04	ht Reagan McCarthy	Cardiff AC	Newport	13.08.2022
<b>200m</b>						
Senior		20.54	Doug Turner	Cardiff AAC	Cardiff (Leckwith)	17.06.2001
U20		21.46	Jamie Henthorn	Carmarthen Harriers	Carmarthen	30.06.1996
U17		21.8 (HT)	Andrew Watkins	Cwmbran Harriers	Cwmbran	22.06.2003
U17		21.96 W (ET)	Tim Benjamin	Cardiff AAC	Colwyn Bay	24.05.1997
U15		22.45	Joseph Berry	Newport Harriers	Cardiff (CISC)	14.08.2021
U13		24.94	Arthur Powell	Maldwyn Harriers	Wrexham	20.08.2017
<b>300m</b>						
U15		36.45	George Thomas	Brecon AC	Swansea (Uni)	03.08.2014
<b>400m</b>						
Senior		45.45	Iwan Thomas	Newham & Essex B	Cwmbran	20.06.1998
U20		48.14	Bruce Tasker	Carmarthen Harriers	Cardiff (Leckwith)	09.07.2006
U17		48.82	Mark Ponting	Torfaen AC	Barry	31.05.1993
U15		52.5 (HT)	Lance Worthington	Ferndale CS	Barry	17.06.1989
U15		52.51 (ET)	Bruce Tasker	Carmarthen Harriers	Newport	08.06.2002
<b>800m</b>						
Senior		1:47.8 [HT]	Phil Norgate	Epsom	Swansea (Morfa)	26.06.1983
U20		1:52.0 [HT]	Tony Dyke	Swansea Harriers	Cardiff (Maindy)	23.06.1973
U17		1:53.43	Elliot Slade	Cardiff AAC	Wrexham	11.06.2011
U15		2:02.04	Tyler Pritchard	Cwmbran Harriers	Cardiff (CISS)	03.06.2012
U13		2:12.65	Roman Hodgson	Deeside	Wrexham	20.08.2017
<b>1500m</b>						
Senior		3:40.81	Mal Edwards	Andover	Cwmbran	14.06.1986
U20		3:52.7(HT)	Tony Blackwell	Wolverhampton	Cwmbran	25.06.1977
U17		3:58.3 (HT)	Kevin Glastonbury	Cardiff AAC	Cwmbran	29.06.1975
U15		4:10.50	Jacob Reynolds	Cardiff AAC	Cardiff (CISS)	14.06.2018
U13		4:40.18	Luke Davies	Brecon AC	Cardiff (CISS)	30.06.2013
<b>3000m</b>						
Senior		8:28.18	Stephen Davies	Belgrave Harriers	Cardiff (CISS)	13.06.2009
U20		8:16.7 (HT)	Colin Clarkson	Swansea Harriers	Cwmbran	17.06.1979
U17		8:31.8 (HT)	Colin Clarkson	Swansea Harriers	Cwmbran	20.06.1977
U15		8:57.25	Matthew Willis	Wrexham AAC	Cardiff (CISS)	15.07.2014
<b>5000m</b>						
Senior		13:35.0	Tony Simmons	Luton	Cwmbran	03.06.1978
U20		15:00.7	Andrew Jones	Newport Harriers	Barry	31.05.1987
<b>10000m</b>						
Senior		28:43.48	Steve Jones	Newport Harriers	Cardiff (Leckwith)	26.08.1989
U20		33:13.9 (HT)	Michael Kallenburg	Carmarthen Harriers	Neath	05.08.2009

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<b>Steeplechase</b>						
Senior	3000m	8:32.16	Roger Hackney	Aldershot	Cardiff (Leckwith)	26.08.1989
U20	2000m	5:45.1 [HT]	Andrew Rodgers	Leeds	Swansea (Morfa)	18.06.1983
U17	1500m	4:22.9 [HT]	Steve Evans	Abertillery	Cardiff (Maindy)	16.05.1974
<b>High Hurdles</b>						
Senior	110m	13.45	Colin Jackson	Brecon AC	Cardiff (Leckwith)	23.05.1992
U20	110m	13.8w (HT)	Colin Jackson	Cardiff AAC	Swansea (Morfa)	15.07.1984
U20	110m	14.14 (ET)	James Hughes	Cardiff AAC	Barry	31.05.1993
U17	100m	13.34w	Berian Davies	Swansea Harriers	Cwmbran	09.07.1989
U15	80m	11.27	Harry Hillman	Cardiff AAC	Cardiff (CISS)	29.06.2013
U13	75m	11.90	Harry Hillman	Cardiff AAC	Cardiff (CISS)	23.07.2011
<b>400m Hurdles</b>						
Senior		49.38	Rhys Williams	Cardiff AAC	Cardiff (CISS)	13.06.2009
U20		52.54	Rhys Williams	Cardiff AAC	Cwmbran	22.06.2003
U17		55.57	Gareth Lewis	Torfaen AC	Cardiff (Leckwith)	27.05.1995
<b>High Jump</b>						
Senior		2.20	Robert Mitchell	Sale H	Cardiff (Leckwith)	18.06.2006
U20		2.08	John Hill	Solihull	Swansea (Morfa)	15.07.1984
U17		2.11	Chuka Enih-Snell	Swansea Harriers	Cwmbran	17.06.2000
U15		1.87	Miles Keller-Jenkins	Swansea Harriers	Cardiff (CISS)	02.06.2012
U13		1.57	Aled Rees	Carmarthen Harriers	Cardiff (CISS)	23.07.2011
<b>Pole Vault</b>						
Senior		5.25	Neil Winter	Shaftesbury	Cwmbran	10.07.1993
Senior		5.25	Neil Winter	Shaftesbury	Newport	01.06.1996
U20		4.71	Andrew Penk	Cardiff AAC	Colwyn Bay	24.05.1997
U17		4.50	Neil Winter	Monmouth Sch	Cardiff (Leckwith)	27.05.1990
U15		3.70	William Trott	Swansea Harriers	Wrexham	15.06.2019
<b>Long Jump</b>						
Senior		7.91w	Steve Ingram	Swansea Harriers	Cwmbran	18.06.1994
U20		7.28w	Richardo Childs	Brecon AC	Cwmbran	21.06.2003
U17		6.77	Tom Hallett	Cleddau	Cwmbran	09.07.1989
U15		6.52	Ian Strange	Newbridge HS	Cwmbran	26.06.1977
U13		5.11	Paul Farmahan	Cleddau	Barry	17.06.1989
<b>Triple Jump</b>						
Senior		16.26w	Steven Shalders	Cardiff AAC	Cardiff (Leckwith)	17.06.2001
U20		15.47	Steven Shalders	Cardiff AAC	Brecon	29.05.1999
U17		14.33	Steven Shalders	Cardiff AAC	Carmarthen	23.05.1998

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<b>Shot</b>						
Senior	7.26kg	19.15	Shaun Pickering	Haringey	Cwmbran	21.06.1997
U20	6.00kg	16.64	Nicholas Young	Sale Harriers, Manchester	Newport	24.06.2018
U17	5.00kg	16.93	Mark Hewer	Cardiff AAC	Cwmbran	17.06.1979
U15	4.00kg	15.62	Thomas Hanson	Cardiff AAC	Newport	16.08.2015
U13	3.00kg	10.68	Lucca Tardivel	Deeside AC	Newport	13.08.2022
<b>Discus</b>						
Senior	2.00kg	66.84	Brett Morse	Birchfield Harriers	Cardiff (CISS)	30.06.2013
U20	1.75kg	53.39	Brett Morse	Cardiff AAC	Swansea (Uni)	16.06.2007
U17	1.50kg	52.49	James Tomlinson	Pembrokeshire Harriers	Newport	14.08.2016
U15	1.25kg	45.02	Jay Morse	Cardiff AAC	Newport	16.08.2015
U13	1.00kg	29.19	Cliff Schwabauer	Menai T&F	Cardiff (CISS)	03.06.2012
<b>Hammer</b>						
Senior	7.26kg	71.25	Osian Jones	Liverpool H	Cardiff (CISC)	15.08.2021
U20	6.00kg	67.25	Jac Palmer	Cardiff AAC	Newport	15.08.2015
U17	5.00kg	58.37	Jac Palmer	Cardiff AAC	Cardiff (CISS)	02.06.2012
U15	4.00kg	55.67	Thomas Williams	Wrexham AC	Cardiff (CISS)	11.06.2022
<b>Javelin</b>						
Senior	800g	77.99	Lee Doran	City of Sheffield	Cardiff (CISS)	04.06.2012
U20	800g	66.01	Tom Hewson	Andover AC	Wrexham	15.06.2019
U17	700g	65.18	Tom Hewson	Andover AC	Wrexham	20.08.2017
U15	600g	50.37	Garth Loughran	Carmarthen Harriers	Cwmbran	21.06.2003
U13	400g	40.19	Henry Gauntlett	Cardiff AAC	Swansea (Uni)	03.08.2014

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<b>Multi Events</b>						
<b>Decathlon</b>						
Senior		7727 pts	David Guest	Bridgend AC	Bedford	06.06.2010
U20		7409 pts	David Guest	Bridgend AC	Stoke	14.06.2009
U17		5674w pts	Kellen Jones	Newport Harriers	Bedford	21.08.2016
<b>Octathlon</b>						
U17		5323 pts	David Guest	Bridgend AC	Cwmbran	01.07.2007
U15		4336 pts	Ben Hillman	Cardiff AAC	Manchester	13.08.2017
<b>Pentathlon (80H/HJ/LJ/SP/800)</b>						
U15		3163 pts	Kevin Drury	Oswestry Olympians	Wrexham	27.08.1994
<b>Quadrathlon (75H/LJ/SP/800)</b>						
U13		1813 pts	Nikita Neary	Carmarthen Harriers	Newport	26.06.2010