

# WELSH OUTDOOR CHAMPIONSHIP BEST PERFORMANCES

**MEN**

**August-2024**

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| Event         | Category | Performance  | Athlete                   | Club                       | Venue                | Year              |
|---------------|----------|--------------|---------------------------|----------------------------|----------------------|-------------------|
| <b>100m</b>   |          |              |                           |                            |                      |                   |
| Senior        |          | 10.08 W      | Sam Gordon                | Cardiff AC                 | Cardiff (C.I.S.S.)   | 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 (C.I.S.C.)   | 15.08.2021        |
| U13           |          | 12.04        | Reagan McCarthy           | Cardiff AC                 | Newport              | 13.08.2022        |
| <b>200m</b>   |          |              |                           |                            |                      |                   |
| Senior        |          | 20.54        | Doug Turner               | Cardiff AAC                | Cardiff (Leckwith)   | 17.06.2001        |
| <b>U20</b>    |          | <b>21.34</b> | <b>P Joseph BERRY</b>     | <b>Newport Harriers</b>    | <b>Swansea (Uni)</b> | <b>11.08.2024</b> |
| <b>U20</b>    |          | <b>21.46</b> | <b>OLD Jamie Henthorn</b> | <b>Carmarthen Harriers</b> | <b>Carmarthen</b>    | <b>30.06.1996</b> |
| 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 (C.I.S.C.)   | 14.08.2021        |
| <b>U13</b>    |          | <b>24.71</b> | <b>P Jacob BARNES</b>     | <b>Cardiff Athletics</b>   | <b>Swansea (Uni)</b> | <b>11.08.2024</b> |
| <b>U13</b>    |          | <b>24.94</b> | <b>OLD Arthur Powell</b>  | <b>Maldwyn Harriers</b>    | <b>Wrexham</b>       | <b>20.08.2017</b> |
| <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 Beagles     | 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 Sch               | 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 (C.I.S.S.)   | 03.06.2012        |
| U13           |          | 2:12.65      | Roman Hodgson             | Deeside AAC                | 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 (C.I.S.S.)   | 14.06.2018        |
| U13           |          | 4:39.91      | Elliot Rowe               | Deeside AAC                | Newport              | 12.08.2023        |
| <b>3000m</b>  |          |              |                           |                            |                      |                   |
| Senior        |          | 8:28.18      | Stephen Davies            | Belgrave Harriers          | Cardiff (C.I.S.S.)   | 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 (C.I.S.S.)   | 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>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 (C.I.S.S.) | 29.06.2013        |
| U13                 | 75m          | 11.90        | Harry Hillman           | Cardiff AAC                 | Cardiff (C.I.S.S.) | 23.07.2011        |
| <b>400m Hurdles</b> |              |              |                         |                             |                    |                   |
| Senior              |              | 49.38        | Rhys Williams           | Cardiff AAC                 | Cardiff (C.I.S.S.) | 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>Steeplechase</b> |              |              |                         |                             |                    |                   |
| Senior              | 3000m        | 8:32.16      | Roger Hackney           | Aldershot & Farnham         | Cardiff (Leckwith) | 26.08.1989        |
| U20                 | 2000m        | 5:45.1 [HT]  | Andrew Rodgers          | Leeds City                  | Swansea (Morfa)    | 18.06.1983        |
| U17                 | 1500m (91cm) | 4:22.9 [HT]  | Steve Evans             | Abertillery                 | Cardiff (Maindy)   | 16.05.1974        |
| U17                 | 1500m (84cm) | 4:26.44      | Iwan Thomas             | Carmarthen Harriers         | Newport            | <b>12.08.2023</b> |
| <b>High Jump</b>    |              |              |                         |                             |                    |                   |
| Senior              |              | 2.20         | Robert Mitchell         | Sale Harriers Manchester    | 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 (C.I.S.S.) | 02.06.2012        |
| U13                 |              | 1.57         | Aled Rees               | Carmarthen Harriers         | Cardiff (C.I.S.S.) | 23.07.2011        |
| <b>Pole Vault</b>   |              |              |                         |                             |                    |                   |
| Senior              |              | 5.25         | Neil Winter             | Shaftesbury Barnet Harriers | Cwmbran            | 10.07.1993        |
| Senior              |              | 5.25         | Neil Winter             | Shaftesbury Barnet Harriers | 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        | Richard Childs          | Brecon AC                   | Cwmbran            | 21.06.2003        |
| U17                 |              | 6.95         | Benjamin Parker         | Aberdare Valley             | Newport            | 12.08.2023        |
| 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        |
| <b>U15</b>          |              | <b>12.04</b> | <b>P Aidan ANGIETTA</b> | <b>Deeside AAC</b>          | <b>C.I.S.C.</b>    | <b>15.06.2024</b> |
| <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 AAC                 | Newport            | 13.08.2022        |
| <b>Discus</b>       |              |              |                         |                             |                    |                   |
| Senior              | 2.00kg       | 66.84        | Brett Morse             | Birchfield Harriers         | Cardiff (C.I.S.S.) | 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 (C.I.S.S.) | 03.06.2012        |

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|--------------------------------------|----------|-------------|-----------------|---------------------|--------------------|------------|
| <b>Hammer</b>                        |          |             |                 |                     |                    |            |
| Senior                               | 7.26kg   | 71.25       | Osian Jones     | Liverpool H         | Cardiff (C.I.S.C.) | 15.08.2021 |
| U20                                  | 6.00kg   | 67.25       | Jac Palmer      | Cardiff AAC         | Newport            | 15.08.2015 |
| U17                                  | 5.00kg   | 65.57       | Thomas Williams | Wrexham AC          | Newport            | 12.08.2023 |
| U15                                  | 4.00kg   | 55.67       | Thomas Williams | Wrexham AC          | Cardiff (C.I.S.S.) | 11.06.2022 |
| <b>Javelin</b>                       |          |             |                 |                     |                    |            |
| Senior                               | 800g     | 77.99       | Lee Doran       | City of Sheffield   | Cardiff (C.I.S.S.) | 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 |
| <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 |