

Carmarthen Harriers Welsh All Time List (as at May 2020)

Carmarthen Harriers members hold two Welsh National Records (Over 20) and 10 Welsh best performances (under 20 as at November 2018)

Welsh Records and Welsh best performances are approved by Welsh Athletics on production of full documentation

Listed are the Carmarthen Harriers Welsh All Time Ranging lists from information provided by Alan and Brenda Currie

It is good to see that so many of the Harriers personal bests have been set at our home track in Carmarthen

WELSH RECORDS

AGE GROUP	EVENT	NAME	PERFORMANCE	VENUE	DATE
U23F	3000M STEEPLECHASE	CARYL JONES	10.33.74	BEDFORD	28.06.2009
U23F	10000M	CARYL JONES	34.46.07	NEATH	05.08.2009

WELSH BEST PERFORMANCES

AGE GROUP	EVENT	NAME	PERFORMANCE	VENUE	DATE
U13F	POLE VAULT	CARYS JONES	2.40M	STOKE GIFFORD	28.06.2009
U13F	HIGH JUMP	JULIA CHARLTON	1.68	DUBLIN IRE	96.08.1978
U13B	800M	NIKITA NEARY	2.11.91	NEWPORT	26.06.2010
U13B	QUADRATHLON	NIKITA NEARY	1813 POINTS	NEWPORT	26.06.2010
U15G	POLE VAULT	CARYS JONES	3.20M	BEDFORD	31.08.2013
U156	75M HURDLES	HEATHER JONES	10.86	CARDIFF	17.06.2001
U15B	800M	NIKITA NEARY	1.58.65	EXETER	31.07.2012
U15B	SHOT PUTT	MATTHEW EVANS	17.36	SHEFFIELD	16.08.2003
U15B	JAVELIN	GARTH LOUGHRAN	55.61	BELFAST NI	03.08.2003
U17M	400M	BRUCE TASKER	47.95	BIRMINGHAM	15.08.2004
		<u>RANKING LISTS</u>	Under 13 Girls		
		RANKING	LISTS		
Rank	Name		Performance	Venue	Date

Under 13 Girls 100m auto and legal				
6	Manon Richards	13.02	Crystal Palace	18.06.1978
18	Megan Roberts	13.20	Newport	23.06.2018
22	Emily Mitchell	13.26	Cwmbran	21.06.2003
33	Hannah Jones	13.34	Cwmbran	21.06.2003
42	Catrin Rees	13.40	Swansea	17.06.2007
44	Casi Gregson	13.41	Aberdare	04.08.2019
56	Thaia Davies	13.50	Swansea	09.07.2017
71	Sophia Reid Thomas	13.59	Neath	13.05.2018
79	Hannah Doel	13.61	Brecon	13.07.2011
Under 13 Girls 100m hand times and legal				
	Manon Richards	12.7		1978
	Emma Thomas	13.0	Carmarthen	05.05.1990
	Hayley Collis	13.2	Carmarthen	25.07.1999
	Emily Mitchell	13.2	Neath	24.05.2003
Under 13 Girls 200m Hand time				
5	Manon Richards	26.68	Crystal Palace	18.08.1978
15	Megan Roberts	27.35	Newport	24.06.2018
36	Emily Mitchell	27.79	Cwmbran	22.06.2003
43	Casi Gregson	27.93	ABERDARE	04.08.2019
45	Laura Penhallurick	27.99	Cardiff	18.06.2005
50	Hannah Jones	28.05	Cwmbran	22.06.2003
53	Ffion Walters	28.07	Cardiff	11.07.2009
56	Catrin Rees	28.11	Swansea	16.06.2077
61	Siwan Jones Evans	28.14	Brecon	12.07.2015
72	Keira Carmody	28.33	Brecon	11.07.2018
83	Holly Roderick	28.44	Colwyn Bay	20.06.2004
Superior 200m hand times				
	Hannah Jones	27.3	Neath	17.08.2003
	Ffion Walters	27.6	Carmarthen	24.06.2009
Under 13 Girls 800m				
16	Daisy Thompson	2.25.07	Cardiff	27.06.2015
18	Gemma Mounsey	2.25.7	Carmarthen	07.08.1994
24	Siwan Jones Evans	2.26.5	Haverfordwest	25.07.2015
57	Yvonne Evans	2.29.2	Carmarthen	14.07.1990
65	Kayleigh Brown	2.29.6	Barry	14.08.2002
68	Marie Humphreys	2.29.8	Barry	19.07.1987
Under 13 Girls 1500m				
8	Daisy Thompson	4.56.63	Exeter	26.07.2016
`13	Catrin Davies	4.58.8	Barry	26.07.1992
23	Jessica Parry Williams	5.01.9	Barry	26.07.1992
29	Heledd Gruffudd	5.03.5	Cardiff	18.05.1991

37	Gemma Mounsey	5.05.0	Swansea	20.07.1995
48	Kathryn Jones	5.07.1	Carmarthen	19.04.1990
54	Kayleigh Brown	5.08.5	Carmarthen	27.07.2002
57	Angharad Howells	5.08.6	Barry	17.06.1989
66	Catrin Lewis	5.09.5	Neath	14.05.2005
Under 13 Girls 70m Hurdles auto and legal				
18	Ffion Rees	11.77	Cardiff	25.06.2005
28	Emma Jones	11.89	Wrexham	27.05.1989
71	Sadie May Mason	12.24	Swansea	05.06.2016
Superior hand times legal				
	Ffion Rees	11.6	Carmarthen	10.07.2005
	Heather Jones	11.8	Carmarthen	07.08.1999
	Laura Lewis	11.9	Colwyn Bay	13.05.1990
	Sioned Rees	11.9		1996
U13 Girls 75m Hurdles				
	Julia Charlton	12.6		1978
	A Jenkins	13.1	Swansea	12.07.1981
	Sandra Fewtrell	13.3	Cwmbran	03.06.1978
	C Mercher	13.3	Cwmbran	29.06.1980
	Helen Gibby	13.4	Barry	05.08.1979
	Marguerite Davies	13.5		1982
	S Grudington	13.8		1977
Under 13 Girls High Jump				
1	Julia Charlton	1.68	Dublin IRE	06.08.1978
4	Kathryn Evans	1.57	Haverfordwest	05.08.1979
27	Hannah Jones	1.47	Brecon	10.08.2003
43	Lili Church	1.45	Haverfordwest	25.07.2015
69	Marie Humphreys	1.40	Barry	13.09.1987
71	Emma Jones	1.40	Carmarthen	03.09.1989
73	Rachel Williams	1.40	Swansea	25.04.1993
86	Ffion Rees	1.40	Dudley	05.06.2005
Under13 Girls Long Jump				
9	Emma Jones	4.85	Cwmbran	02.09.1989
21	Kathryn Evans	4.76		1979
34	Laura Lewis	4.67	Carmarthen	14.06.1990
37	Karina Williams	4.66	Carmarthen	24.05.1990
38	Manon Richards	4.65		1978
48	Mallt Roderick	4.60	Carmarthen	26.07.1987
55	Catherine James	4.59	Brecon	20.06.199258
58	Rhian Morgan	4.55		1977
Under 13 Girls Pole Vault				
1=	Carys Jones	2.40	Stoke Gifford	03.08.2011

Under 13 Girls Shot Putt2.72k				
5	Bethan Lewis	10.33	Carmarthen	15.05.2011
6	Elliw James	1016	Swansea	17.06.2007
12	Mair Jones	9.94	Carmarthen	03.08.1997
18	Bronwen Lewis	9.64	Brecon	16.08.2009
21	Awen Rosser	9.57	Swansea	29.06.2008
22	Jade Pearce	9.55	Yate	27.06.2004
23	Amy Humble	9.46	Neath	20.06.2010
30	Danielle Jones	9.30	Carmarthen	29.08.2013
31	Bethan Thomas	9.22	Carmarthen	29.06.1991
36	Emma Davies	9.18	Carmarthen	11.06.2006
44	Nicola Crocker	9.02	Brecon	06.08.1995
47	Llinos Jones	9.00	Carmarthen	15.08.1999
49	Kayleigh Jones	8.99	Carmarthen	07.06.2008
53	Cathy James	8.90	Carmarthen	31.05.1992
54	Mary Wilson	8.90	Bath	01.08.2004
Under 13 Girls Discus 3.25k				
8	Jade Pearce	28.71	Carmarthen	21.09.2004
16	Bethan Lewis	25.82	Carmarthen	30.06.2011
19	Kayleigh Jones	25.78	Haverfordwest	17.08.2008
21	Cordelia Walker	25.13	Carmarthen	19.08.2018
30	Bronwen Lewis	23.83	Brecon	16.08.2009
33	Llinos Jones	23.65	Brecon	10.09.1999
38	Elliw James	23.42	Carmarthen	28.05.2007
39	AMY HUMBLE	23.27	Cardiff	13.06.2010
43	Mair Jones	22.92		1997
54	Esther Jones	2.31	Carmarthen	06.04.2003
61	Delyth Jones	22.06	Carmarthen	14.06.1998
Under13 Girls Javelin				
2	Cordelia Walker	33.26	Carmarthen	26.07.2018
6	Mary Wilson	31.63	Newport	15.09.2004
17	Catrin Vaughan	28.17	Barry	31.08.2002
20	Danielle Hamer	26.83	Neath	24.05.2003
21	Natalie Griffiths	26.35	Carmarthen	14.06.1998
22	Lydia Jones	26.32	Carmarthen	30.08.2003
25	Emma Whitehead	26.02	Swansea	24.06.2012
28	Victoria Buxton	25.86	Neath	05.05.2001
31	Carys Mansfield	25.58	Brecon	07.05.2006
35	Amy Humble	25.25	Carmarthen	09.09.2010
49	Sara Siggery	24.10		1997
51	Catherine Goldsmith	23.83		2003
56	Bethan Lewis	23.60	Cardiff	23.07.2011
80	Alison Siggery	22.50		1996
	Under 15 Girls			
Under 15 Girls 100m auto legal				
4	Jessica Lee	12.20	Swansea	29.06.2019

25	Emily Mitchell	12.57	Brecon	02.07.2005
33	Hannah Jones	12.62	Birmingham	13.08.2005
48	Catrin Rees	12.73	Cardiff	11.07.2009
51	Alicia Samuel	12.74	Neath	24.05.2015
55	Erin Walters	12.76	Brecon	13.07.2011
56	Aimee John	12.77	Carmarthen	15.05.1998
59	Gail Evans	12.80	Colwyn Bay	02.07.1994
Superior 100m hand times legal				
	Anna Turner	12.4	Carmarthen	18.06.1988
	Aimee John	12.4	Carmarthen	13.06.1998
	Erin Walters	12.4	Carmarthen	19.06.2010
	Kathryn Evans	12.5	Haverfordwest	10.05.1981
	Emily Mitchell	12.5	Aberdare	30.04.2005
Under 15 Girls 200m auto legal				
16	Hannah Jones	25.59	Birmingham	14.08.2005
19	Jessica Lee	25.67	Cardiff	14.07.2019
32	Heather Jones	25.98	Deeside	04.08.2001
34	Emily Mitchell	26.05	Birmingham	14.08.2005
41	Aimee John	26.17	Cwmbran	21.06.1998
46	Laura Penhallurick	26.23	Brecon	07.07.2007
Superior 200m hand times legal				
	Hannah Jones	25.5	Brecon	21.08.2005
	Emily Mitchell	25.7	Aberdare	30.04.2005
	Heather Jones	25.8	Brecon	19.08.2001
	Anna Turner	26.0	Carmarthen	18.06.1988
	Gail Evans	26.1	Brecon	19.06.1994
	Kate Williams	26.2	Swansea	25.08.1991
Under 15 Girls 300m				
3	Hannah Jones	40.54	Tullamore IRE	16.07.2005
14	Holly Roderick Evans	41.59	Cardiff	18.06.2005
22	Rebecca Hartson	41.92	Cardiff	06.07.2013
29	Laura Penhallurick	42.29	Swansea	16.06.2007
38	Celyn Williams	42.58	Cardiff	04.07.2015
47	Ellie Tromans	42.83	Swansea	09.07.2017
51	Ellie Loweth	43.01	Cardiff	07.07.2018
63	Ffion Rees	43.27	Swansea	16.06.2007
68	Zara Evans	43.38	Aberdare	04.08.2019
Under 15 Girls 800m				
9	Mari Prys Jones	2.14.56	Birmingham	24.07.1987
12	Jackie Thomas	2.15.65	Crystal Palace	16.08.1980
42	Caryl Granville	2.18.78	Cardiff	31.05.2004
49	Daisy Thompson	2.18.87	Bedford	26.08.2017
70	Anwen Owen	2.19.9	Cardiff	25.06.1995
Under 15 Girls 1500m				

19	Heledd Gruffudd	4.45.5	Cwmbran	03.07.1993
22	Gillian Irvine	4.45.8	Carmarthen	02.07.1977
35	Mari Prys Jones	4.48.3	Barry	30.05.1987
65	Kayleigh Brown	4.51.53	Birmingham	14.08.2004
70	Daisy Thompson	4.52.06	Exeter	25.07.2017
75	Catrin Davies	4.52.26	Colwyn Bay	02.07.1994
Under 15 Girls 3000m				
8	Heledd Gruffudd	10.27.1	Carmarthen	07.09.1993
Under 15 Girls 75m Hurdles auto and legal				
1	Heather Jones	10.86	Cardiff	7.06.2001
18	Amy Bergiers	11.51	Birmingham	31.07.1994
39	Mari Prys Jones	11.76	Birmingham	06.08.1988
47	Bethany Randall	11.84	Brecon	09.07.2014
50	Samantha Jones	11.85	Tullamore IRE	03.08.2002
61	Jodi Lester	11.96	Antrim NI	10.08.1991
65	Alyce Phillips	11.97	Swansea	27.06.2009
68	Catrin Vaughan	12.01	Brecon	03.07.2004
Superior 75H hand times and legal				
	Samantha Jones	11.6	Neath	14.07.2002
	Mari Prys Jones	11.7	Cwmbran	02.07.1988
	Jodie Lester	11.7	Swansea	28.04.1991
Under 15 Girls High Jump				
2	Julia Charlton	1.78	Barry	13.07.1980
6	Lili Church	1.68	Brecon	26.08.2017
16	Erin Walters	1.65	Cardiff	23.07.2011
27	Rhiannon Plant	1.61	Carmarthen	20.07.2008
32	Sara Jones	1.60	Cwmbran	25.07.1976
33	Lisa Lewis	1.60	Brecon	28.08.1982
35	Eleri George	1.60	Carmarthen	01.07.2000
48	Carol Whiteway	1.58	Barry	19.08.1984
53	Lauryn Davey	1.58	Haverfordwest	11.08.2013
58	Kathryn Evans	1.57	Haverfordwest	05.08.1979
Under 15 Girls Long Jump				
7	Jessica Lee	5.51	Cardiff	06.07.2019
9	Julia Charlton	5.47	Cwmbran	10.05.1980
34	Lisa Lewis	5.30	Swansea	18.08.1982
37	Clare Williams	5.27	Llanelli	16.06.1979
39	Erin Walters	5.25	Haverfordwest	07.08.2011
45	Karina Williams	5.23	Carmarthen	22.06.1991
Under 15 Girls Triple Jump				
6	Zara Evans	9.92	Cardiff	06.07.2019
17	Megan Thomas	9.07	Cardiff	10.05.2011

32	Sophie Pick	8.66	Carmarthen	10.07.2005
Under 15 Girls Pole Vault				
2	Carys Jones	3.20	Bedford	31.08.2013
45	Enfys Jones	2.35	Carmarthen	25.07.2009
U15 Girls Shot Putt 3k since 2014				
12	Nia Williams	10.50	Carmarthen	05.05.2018
13	Danielle Jones	10.35	Carmarthen	06.06.2015
3.25k before 2014				
4	Delyth Evans	12.75	Coatbridge SCO	03.08.1980
5	Awen Rosser	12.34	Aberdare	26.06.2010
43	Bethan Lewis	10.66	Carmarthen	08.06.2013
52	Catherine Goldsmith	10.50	Brecon	02.07.2005
55	Michelle Everett	10.47	Llanelli	06.07.1978
Under 15 Girls Discus 1k				
7	Awen Rosser	34.78	Brecon	03.07.2010
10	Dwysli Lewis	33.76	Swansea	30.08.1992
34	Danielle Jones	30.93	Cardiff	13.06.2015
56	Natalie Parris	29.78	Carmarthen	02.07.1989
59	Elliw James	29.69	Carmarthen	20.07.2008
61	Donna James	29.64	Carmarthen	02.07.1994
Under 15 Girls Hammer 3k				
40	Elliw James	31.46	Carmarthen	13.06.2009
45	Ayla Phillips	31.03	Newport	29.07.2006
57	Emma Evans	27.35	Carmarthen	25.07.2009
Under 15 Girls Javelin 500g since 2014				
9	Cordelia Walker	32.54	Swansea	07.04.2019
27	Lili Church	28.25	Cardiff	01.07.2017
500g before 2014				
1	Danielle Hamer	38.15	Brierley Hill	05.06.2005
2	Kylie Clarke	37.22	Cardiff	26.08.2002
3	Carys Mansfield	37.20	Neath	23.05.2009
6	Mary Wilson	35.81	Carmarthen	08.07.2006
15	Carrie Williams	32.52	Carmarthen	09.06.2001
16	Victoria Buxton	32.43	Connahs Quay	25.08.2003
20	Catrin Vaughan	31.38	Neath	23.04.2004
21	Jessica Williams	31.32	Swansea	26.08.2012
22	Natalie Griffiths	30.88	Bedford	26.08.2000
24	Lydia Jones	30.60	Carmarthen	11.06.2005
28	Catherine Goldsmith	29.91	Carmarthen	06.09.2005
29	Sara Siggery	29.75	Cardiff	13.06.1999
39	Amy Humble	27.87	Haverfordwest	12.08.2012
40	Emma Woodhead	27.52	Carmarthen	30.06.2012

	600g javelin pre 1999 model			
3	Alison Siggery	40.19	Dublin IRE	08.08.1998
	Under 17 Women			
Under 17 Women 100m auto and legal				
17	Jessica Lee	12.20	Swansea	29.06.2019
39	Diane Thorne	12.39	Crystal Palace	20.08.1977
45	Gail Evans	12.46	Swansea	06.07.1996
46	Emily Mitchell	12.46	Cardiff	18.06.2006
60	Alison Rees	12.54	Lisbon PORT	16.06.1984
Superior 100m hand times and legal				
	Diane Thorne	12.0	Cwmbran	29.05.1976
	Allison Rees	12.2	Haverfordwest	12.05.1984
	Emily Mitchell	12.2	Yate	21.05.2006
	Anna Turner	12.4	Carmarthen	18.06.1988
	Gail Evans	12.4	Carmarthen	13.07.1996
	Aimee John	12.4	Carmarthen	13.06.1988
	Erin Walters	12.4	Carmarthen	19.06.2010
Under 17 Women 200m auto and legal				
38	Hannah Jones	25.43	Brecon	01.07.2006
43	Gail Evans	25.65	Swansea	06.07.1996
46	Jessica Lee	25.67	Cardiff	14.07.2019
50	Hannah Thomas	25.70	Brecon	02.07.2005
Superior 200m hand times and legal				
	Hannah Jones	25.2	Telford	04.06.2006
	Diane Thorne	25.4	Glenrothes SCO	12.07.1996
	Allison Rees	25.5	Haverfordwest	12.05.1984
	Emily Mitchell	25.5	Telford	04.06.2006
Under 17 Women 300m				
4	Hannah Jones	39.60	Birmingham	06.08.2006
20	Caryl Granville	40.44	Glasgow SCO	10.09.2006
24	Kate Williams	40.60	Carmarthen	14.08.1993
36	Sian Bradshaw	41.0	Carmarthen	06.06.1992
42	Celyn Williams	41.34	Cardiff	11.06.2016
57	Holly Roderick Evans	41.59	Cardiff	18.06.2005
72	Aimee John	41.8	Yate	01.08.1999
74	Hannah Thomas	41.8	Carmarthen	10.07.2005
Under 17 Women 400m				
12	Kate Williams	57.08	Cwmbran	10.07.1993
21	Alyson Evans	57.7	Colwyn Bay	13.07.1982

24	Bev Preece	57.87	Edinburgh SCO	26.07.1980
38	Michelle Cooke	58.9	Cwmbran	05.07.1980
48	Caryl Granville	59.0	Brecon	03.06.2006
50	Angela Pennington	59.1	Glenrothes SCO	12.07.1976
Under 17 Women 800m				
22	Jackie Thomas	2.13.8	Cwmbran	10.06.1981
39	Mari Prys Jones	2.14.56	Birmingham	24.07.1987
40	Caryl Granville	2.14.56	Cardiff	30.05.2005
Under 17 Women 1500m				
22	Gillian Irvine	4.38.7	Dublin IRE	06.08.1978
58	Nicola Morgan	4.43.79	Dublin IRE	09.08.1986
62	Kayleigh Brown	4.44.1	Solihull	25.06.2006
75	Heledd Gruffudd	4.45.5	Cwmbran	03.07.1993
77	Angharad Davies	4.45.52	Street	05.05.2008
Under 17 Women 3000m				
28	Vicky Harmer	10.18.0	Galashiels SCO	18.07.1987
37	Heledd Gruffudd	10.27.1	Carmarthen	07.09.1993
41	Kayleigh Brown	10.27.74	Waterford IRE	12.08.2006
48	Nicola Morgan	10.30.14	Cwmbran	28.06.1987
Under 17 Women 1500m steeplechase				
10	Angharad Davies	5.24.32	Antrim NI	04.08.2007
13	Aneura Phillips	5.28.17	Derby	09.09.2007
22	Kari O'Neill	5.40.80	Wrexham	11.06.2011
27	Rachel Marfleet	5.46.86	Cardiff	09.07.2006
33	Catrin Lewis	5.54.82	Cardiff	26.07.2009
34	Amber Howell	5.55.9	Yeovil	27.07.2014
36	Megan Thomas	5.56.62	Cardiff	18.06.2005
U17 Women 80m Hurdles auto and legal				
2	Heather Jones	11.27	Cwmbran	21.06.2003
25	Samantha Jones	11.95	Brecon	03.07.2004
30	Nia Maynard	11.99	Brecon	05.07.1997
31	Caryl Granville	11.99	Cardiff	09.07.2006
34	Rebecca Gatehouse	12.01	Glasgow SCO	10.09.2006
38	Elen Evans	12.07	Cardiff	16.06.2001
44	Marguerite Davies	12.11	Cwmbran	15.06.1986
49	Mari Prys Jones	12.17	Cwmbran	09.07.1989
60	Amy Bergiers	12.25	Carmarthen	30.06.1996
66	Carol Whiteway	12.30	Cwmbran	15.06.1986
Superior 80mH hand				
	Alyson Evans	11.7	Swansea	26.06.1982
	Carol Whiteway	11.7	Swansea	31.08.1986
	Julia Charlton	11.8	Swansea	08.08.1981

	Samantha Jones	11.9	Carmarthen	10.07.2004
Under 17 Women 300m Hurdles auto				
2	Caryl Granville	42.65	Glasgow SCO	10.09.2006
20	Heather Jones	44.35	Belfast NI	03.08.2003
30	Mari Prys Jones	45.40	Cardiff	27.05.1990
32	Michelle John	45.53	Aberdeen SCO	16.07.1994
40	Anwen Rees	46.40	Blackpool	15.07.2000
42	Megan Thomas	46.5	Carmarthen	15.05.2004
55	Sian Bradshaw	47.0	Cwmbran	31.08.1992
58	Beca Roberts	47.27	Neath	13.05.2018
Under 17 Women High Jump				
19	Lili Church	1.68	Aberdare	04.08.2019
39	Erin Walters	1.65	Swansea	23.07.2011
42	Carol Whiteway	1.64	Swansea	22.07.1986
51	Caryl Granville	1.62	Stoke	19.08.2006
51	Elen Evans	1.62	Brecon	19.08.2001
56	Rhiannon Plant	1.61	Carmarthen	20.07.2008
Under 17 Women Long Jump				
3	Julia Charlton	5.92	Haverfordwest	05.05.1982
6	Rose Tilson	5.77	Cwmbran	08.08.1976
13	Kathryn Evans	5.71	Swansea	24.07.1983
42	Jessica Lee	5.51	Cardiff	06.07.2019
46	Marie Humphries	5.49	Carmarthen	23.06.1990
46	Karina Williams	5.49	Dublin IRE	17.07.1993
Under 17 Women Triple Jump				
3	Caryl Granville	11.69	Cardiff	18.06.2005
7	Lauryn Davey	11.42	Grangemouth	18.07.2015
10	Beca Roberts	11.19	Swansea	20.07.2019
35	Ffion Rees	10.66	Swindon	01.06.2008
53	Olivia Haines	10.41	Cardiff	02.07.2016
68	Anwen Rees	10.29	Carmarthen	01.07.2000
Under 17 Women Pole Vault				
7	Carys Jones	3.40	Bedford	31.08.2014
35	Enfys Jones	2.75	Brecon	02.07.2011
57	Jacqui Lloyd	2.40	Newport	28.08.2000
85	Sioned Rees	2.30	Deeside	30.08.1999
Under 17 Women Shot 3k since 2014				
16	Nia Williams	11.88	Cardiff	06.07.2019

21	Danielle Jones	11.49	Carmarthen	26.06.2016
22	Bethan Lewis	11.43	Carmarthen	07.06.2014
30	Amy Humble	10.31	Carmarthen	07.06.2014
4k shot before 2014				
6	Delyth Evans	12.04	Edinburgh SCO	07.08.1982
8	Angharad Lloyd	11.85	Dublin IRE	19.07.1997
12	Awen Rosser	11.41	Wrexham	1.06.2011
21	Hayley Griffiths	11.00	Carmarthen	04.07.1992
27	Denise Lewis	10.81	Dublin IRE	06.08.1978
48	Catherine Goldsmith	10.29	Coventry	25.08.2007
Under 17 Women Discus 1k				
8	Awen Rosser	40.89	Swansea	26.08.2012
23	Claire Williams	36.36	Gateshead	28.08.2004
40	Danielle Jones	35.45	Cheltenham	28.05.2017
50	Dwysli Lewis	33.76	Swansea	30.08.1992.
57	Lyndsey Thomas	33.24	Swansea	23.03.1988
58	Samantha Thomas	33.20	Carmarthen	17.07.1999
Under 17 Women Hammer 3k				
	None			
4k before 2014				
22	Claire Williams	37.22	Gateshead	28.08.2004
30	Diana Lewis	33.44	Carmarthen	23.05.1998
34	Elliw James	32.02	Brecon	02.07.2011
40	Emma Evans	31.62	Brecon	03.07.2010
48	Angharad Lloyd	28.16	Wrexham	04.05.1997
53	Mair Jones	27.04	Carmarthen	26.05.2001
Under 17 Women Javelin 500g since 2014				
20	Cordelia Walker	32.54	Swansea	07.04.2019
24	Lili Church	31.86	Cardiff	07.07.2018
29	Amy Humble	31.42	Carmarthen	07.06.2014
30	Amy Evans	31.38	Brecon	18.06.2016
43	Jessica Williams	29.18	Newport	21.06.2014
600g model after 1999				
3	Carys Mansfield	45.09	Swindon	22.05.2011
9	Alison Siggery	41.11	Grangemouth	05.08.2000
10	Danielle Hamer	41.00	Swansea	16.06.2007
14	Carrie Williams	38.63	Newport	08.06.2002
15	Kylie Clarke	38.28	Chelmsford	17.07.2004
18	Victoria Buxton	37.42	Brecon	21.08.2005
19	Mary Wilson	37.09	Carmarthen	30.09.2007
20	Lydia Jones	36.94	Waterford IRE	12.08.2006
24	Claire Williams	36.10	Carmarthen	10.06.2006

28	Sara Siggery	34.98	Cardiff	07.07.2001
31	Catherine Goldsmith	33.98	Stoke	20.08.2006
34	Sadie Flint	33.57	Haverling	14.09.2008
	Under 20 Women			
Under 20 Women 100m auto and legal				
14	Alicia Samuel	12.04	Swansea	29.04.2018
27	Diane Thorne	12.20	Cwmbran	08.07.1978
31	Jessica Lee	12.20	Swansea	29.06.2019
38	Alison Rees	12.25	Swansea	08.06.1985
70	Gail Evans	12.46	Swansea	06.07.1996
70	Emily Mitchell	12.46	Cardiff	18.06.2006
Superior 100m hand times legal				
6	Diane Thorne	12.0	Cwmbran	29.05.1976
6	Alicia Samuel	12.0	Swansea	08.04.2018
33	Allison Rees	12.2	Haverfordwest	12.05.2004
38	Emily Mitchell	12.2	Yate	21.05.2006
42	Gail Evans	12.3	Carmarthen	14.06.1997
Under 20 Women 200m auto and legal				
22	Alicia Samuel	24.87	Brecon	25.08.2018
58	Hannah Jones	25.43	Brecon	01.07.2006
59	Caryl Granville	25.44	Stoke	09.06.2007
60	Heather Jones	25.46	Cardiff	12.07.2005
Superior 200m hand time legal				
	Diane Thorne	25.0	Cwmbran	03.06.1978
	Heather Jones	25.2	Telford	04.06.2006
Under 20 Women 400m				
15	Caryl Granville	55.89	Oordegem BEL	26.07.2008
16	Anwen Rees	55.9	Ashford	01.08.2004
40	Michelle Cooke	57.1	Barry	10.07.1982
45	Rachel Donnison	57.31	Cardiff	29.07.2015
50	Angela Pennington	57.7	Middlesborough	13.08.1977
57	Alyson Evans	57.7	Colwyn Bay	13.07.1982
Under 20 Women 800m				
25	Katie Parkes	2.11.91	Hendon	02.09.2007
50	Jackie Thomas	2.13.8	Cwmbran	10.06.1981
57	Mari Prys Jones	2.14.56	Birmingham	24.07.1987
58	Caryl Granville	2.14.59	Cwmbran	30.05.2005
Under 20 Women 1500m				
55	Gillian Irvine	4.38.7	Dublin IRE	06.08.1978
60	Alaw Beynon Thomas	4.40.59	Street	05.05.2008

Under 20 Women 3000m				
60	Vicky Harmer	10.18.0	Galashiels SCO	18.07.1987
Under 20 Women 1500m steeplechase				
12	Angharad Davies	5.24.32	Antrim NI	04.08.2007
15	Aneura Phillips	5.28.17	Derby	09.09.2007
19	Kayleigh Brown	5.32.67	Derby	14.09.2008
27	Kari O'Neill	5.40.80	Wrexham	11.06.2011
31	Alaw Beynon Thomas	5.42.2	Brecon	11.08.2011
37	Rachel Marfleet	5.46.86	Cardiff	09.07.2006
40	Catrin Lewis	5.54.92	Cardiff	26.07.2009
41	Amber Howell	5.55.9	Yeovil	27.07.2014
42	Megan Thomas	5.56.62	Cardiff	18.06.2005
Under 20 Women 2000m steeplechase				
7	Aneura Phillips	7.38.69	Hendon	02.09.2007
8	Alaw Beynon Thomas	7.40.60	Swansea	16.06.2007
12	Kayleigh Brown	7.46.97	Cardiff	18.06.2006
15	Megan Thomas	8.11.95	Swansea	16.06.2007
Under 20 Women 100m Hurdles auto				
2	Heather Jones	13.65	Loughborough	22.05.2005
10	Caryl Granville	14.53	Derby	14.09.2008
23	Carol Whiteway	15.01	Cwmbran	20.06.1987
26	Anwen Rees	15.06	Merksem BEL	04.09.2004
30	Rebecca Gatehouse	15.35	Carmarthen	11.05.2008
33	Amy Bergiers	15.38	Colwyn Bay	24.05.1997
40	Marie Humphries	15.58	Crystal Palace	08.08.1992
42	Samantha Jones	15.64	Cardiff	12.06.2005
60	Mari Prys Jones	15.88	Copeland	07.09.1991
Superior 100mH hand times				
	Carol Whiteway	14.2	Cleveland	05.09.1987
	Non Evans	15.0	Brecon	17.06.1984
	Marie Humphreys	15.1	Carmarthen	02.05.1992
	Amy Bergiers	15.2	Carmarthen	20.04.1997
	Emma Jones	15.3	Brecon	05.06.1994
	Samantha Jones	15.3	Brecon	03.07.2005
Under 20 Women 400m Hurdles				
5	Anwen Rees	60.35	Colwyn Bay	20.06.2004
10	Caryl Granville	60.89	Bedford	24.06.2007
20	Megan Thomas	62.7	Tamworth	25.05.2008
33	Mari Prys Jones	64.46	Copeland	07.09.1991
42	Angharad Davies	65.94	Carmarthen	10.07.2010

Under 20 Women High Jump				
7	Julia Charlton	1.78	Barry	13.07.1980
30	Carol Whiteway	1.70	Swansea	31.08.1987
35	Lili Church	1.69	Aberdare	04.08.2019
53	Erin Walters	1.65	Cardiff	23.07.2011
Under 20 Women Long Jump legal				
9	Julia Charlton	5.92	Haverfordwest	05.05.1982
20	Rose Tilson	5.77	Cwmbran	08.08.1976
30	Kathryn Evans	5.71	Swansea	24.07.1983
44	Caryl Granville	5.61	Grangemouth	31.07.2007
Under 20 Women Triple Jump				
7	Caryl Granville	11.69	Cardiff	18.06.2005
14	Lauryn Davey	11.42	Grangemouth	18.07.2015
19	Beca Roberts	11.19	Swansea	20.07.2019
53	Ffion Rees	10.66	Swindon	01.06.2008
Under 20 Women Pole Vault				
12	Carys Jones	3.45	Bedford	18.06.2016
30	Jacqui Lloyd	3.00	Neath	01.06.2002
39	Enfys Jones	2.76	Cardiff	04.06.2012
Under 20 Women Shot Putt 4k				
12	Delyth Evans	12.28	Edinburgh SCO	13.08.1983
17	Angharad Lloyd	12.01	Tilburg NED	22.08.1999
30	Frances Pincock	11.66	Belfast NI	19.06.1971
50	Hayley Griffiths	11.00	Carmarthen	04.07.1992
53	Ruth Thompson	10.88	Llanelli	25.06.1983
64	Catherine Goldsmith	10.81	Brecon	05.07.2008
64	Denise Laws	10.81	Dublin IRE	06.08.1978
Under 20 Women Discus 1k				
38	Claire Williams	36.36	Gateshead	28.08.2004
50	Danielle Jones	35.45	Cheltenham	28.05.2017
Under 20 Women Hammer 4k				
38	Claire Williams	38.61	Brecon	01.07.2006
55	Marie Hughes	33.56	Newport	17.08.1997
56	Diana Lewis	33.44	Carmarthen	23.05.1998
62	Elliw James	32.02	Brecon	02.07.2011
75	Emma Evans	31.62	Brecon	03.07.2010

Under20 Women javelin				
7	Carys Mansfield	45.09	Swindon	22.05.2011
13	Danielle Hamer	42.60	Carmarthen	11.05.2008
15	Alison Siggery	41.20	Brecon	06.07.2002
18	Sara Siggery	40.74	Aberdare	06.07.2002
24	Victoria Buxton	39.60	Mansfield	09.09.2006
25	Kylie Clarke	39.20	Newport	20.05.2006
32	Carrie Williams	38.63	Newport	08.06.2002
34	Mary Wilson	37.09	Carmarthen	30.09.2007
35	Lydia Jones	36.94	Waterford IRE	12.08.2006
43	Catherine Goldsmith	33.98	Stoke	20.08.2006
46	Sadie Flint	33.57	Havering	14.09.2008
	Under 13 Boys			
Under 13 Boys 100m auto legal				
11	Simon Davies	12.60	Cardiff	23.07.1995
25	Matthew Roderick	12.92	Cwmbran	23.06.1985
34	Tim Williams	12.99	Brecon	22.08.2010
35	Simon Lewis	13.00	Cwmbran	15.06.1986
41	Iestyn Gwilliam	13.03	Newport	21.08.2016
Superior 100m hand times legal				
	D Evans	12.7	Cwmbran	02.05.1993
	Matthew Roderick	12.8	Port Talbot	15.09.1985
	Philip Llewelyn	12.9	Swansea	26.06.1983
	Matthew Davies	12.9	Sutton Coldfield	22.07.2007
	Charlie Randall	12.9	Carmarthen	26.05.2008
	Eirian Rees	13.0		1988
	Sam Martin	13.0	Yate	19.07.1992
	David Gravelle	13.0		1996
	Bruce Tasker	13.0	Carmarthen	12.06.1999
	Chris Mathias	13.0	Carmarthen	20.06.1999
	Luke Morris	13.0	Carmarthen	20.07.2008
	Shaun Pearce	13.0	Brecon	16.08.2009
	Iestyn Gwilliam	13.0	Carmarthen	11.06.2016
Under 13 Boys 200m auto legal				
21	Bruce Tasker	26.29	Cwmbran	18.06.2000
22	Osian Dillon	26.32	Brecon	10.07.2013
32	Andrew Drakeley	6.70	Cardiff	18.06.2005
38	Dean Thomas	36.97	Cwmbran	15.06.1986
41	Simon Davies	26.98	Wrexham	06.08.1995
45	Matthew Davies	27.03	Swansea	17.06.2007
50	Ellis Lewis	27.13	Cardiff	04.06.2012
55	Lee Clarke	27.18	Brecon	24.08.2008
Superior 200m hand times legal				
	Matthew Davies	26.1	Brecon	19.08.2007
	Andrew Drakeley	26.4	Newport	31.07.2005

	Charlie Randall	26.4	Yate	26.08.2008
	Nikita Neary	26.4	Barry	11.07.2010
	Carwyn Phillips	26.5		1978
	Luke Morris	26.6	Carmarthen	20.07.2008
	David Gravelle	26.8		1996
Under 13 Boys 300m				
25	Dean Mead(d)	44.4	Carmarthen	28.08.2004
26	Huw Jones	44.5	Barry	15.07.2000
33	Daniel Williams	45.0	Carmarthen	15.08.1999
40	D William	45.8	Carmarthen	20.08.1995
45	Tomos Northcott	45.9	Newport	29.05.2004
Under 13 Boys 800m				
1	Nikita Neary	2.11.91	Newport	26.06.2010
22	Iwan Glynn	2.18.00	Haverfordwest	25.07.2015
37	Dean Mead(d)	2.19.50	Colwyn Bay	20.06.2004
58	Kyran Roberts	2.20.70	Carmarthen	28.06.2008
62	Macsen Toogood	2.20.72	Swansea	25.08.2019
Under 13 Boys 1500m				
3	Frank Morgan	4.33.32	Exeter	25.07.2017
4	Kyran Roberts	4.35.5	Carmarthen	07.06.2008
8	Nikita Neary	4.37.44	Cardiff	18.07.2010
32	Iwan Glynn	4.44.70	Newport	22.07.2015
48	Christian Lovatt	4.48.02	Street	04.05.2009
52	Finlay Tarling	4.48.09	Brecon	10.07.2019
74	Jordan Richards	4.50.80	Carmarthen	10.07.2010
Under 13 Boys 75m Hurdles auto legal				
14	Rhys Webb	12.56	Colwyn Bay	19.06.2004
32	Aled Price	13.03	Brecon	24.08.2008
50	Osian Roberts	13.17	Swansea	19.08.2018
60	Nikita Neary	13.29	Cardiff	18.07.2010
68	Tim Williams	13.32	Brecon	22.08.2010
73	Emyr Thomas	13.37	Cardiff	23.07.1995
90	Jason Evans	13.70	Cardiff	23.07.1995
91	Keith Davies	13.70	Cardiff	19.06.1999
Superior hand times				
	Rhys Webb	12.1	Carmarthen	10.07.2004
	Aled Rees	12.5	Brecon	09.07.2011
	Chris Harries	12.9	Barry	12.07.1994
	Osian Roberts	12.9	Haverfordwest	12.08.2018
	Antoine Woodman	13.0	Carmarthen	12.07.2004
	Aled Price	13.0	Neath	03.08.2008
	James Doran	13.1	Brecon	14.07.1985
	Steven Boyles	13.1	Carmarthen	12.06.1999
	Daniel Evans	13.1	Brecon	18.07.2001

	Glen Elsdon	13.1	Newport	29.05.2005
	Nikita Neary	13.1	Neath	20.06.2010
	Aled Phillips	13.1	Swansea	26.06.2011
	Emyr Thomas	13.2	Carmarthen	11.06.1995
	Huw Jones	13.2	Brecon	13.08.2000
Under 13 Boys High Jump				
7	Aled Rees	1.57	Cardiff	23.07.2011
13	Dean Mead(d)	1.55	Brecon	22.08.2004
`16	Rhodri Thomas	1.54		1989
18	James Griffiths	1.54	Carmarthen	22.06.1991
21	Graham Thomas	1.53	Carmarthen	14.07.1990
24	R Jenkins	1.52		1980
27	Osian Roberts	1.52	Swansea	19.08.2018
31	Glen Elsdon	1.51	Cardiff	17.07.2005
41	Aled Price	1.50	Carmarthen	04.05.2008
42	Charlie Randall	1.50	Newport	26.07.2008
60	Dafydd Adams	1.47	Carmarthen	25.07.2009
65	Martin Davies	1.46	Barry	06.08.1989
Under 13 Boys Long Jump				
3	Matthew Roderick	5.29	Swansea	01.09.1985
4	Philip Griffiths	5.25		1997
12	Gareth James	5.10	Carmarthen	18.06.1989
17	Bruce Tasker	5.07	Neath	27.05.2000
30	Dean Thomas	5.00	Barry	14.09.1986
Under 13 Boys Pole Vault				
18	Cai Allan	2.20	Swansea	07.04.2019
Under 13 Boys Triple Jump				
2	Paul Rainbow	10.62	Cwmbran	03.09.1986
5	Alistair Mason	10.55	Carmarthen	14.06.1990
20	Gareth James	9.80	Carmarthen	11.06.1989
40	Warren Leech	9.56	Swansea	26.06.1985
50	Jon Armstrong	9.50		1988
Under 13 Boys Shot 3k since 2014				
6	Kacper Krawcewicz	9.39	Haverfordwest	12.08.2018
3.25k shot since 1986				
1	Matthew Evans	14.47	Cardiff	22.07.2001
6	Charlie Randall	12.06	Carmarthen	07.06.2008
19	Rheon James	10.72	Neath	14.05.2005
27	Nikita Neary	10.53	Carmarthen	09.09.2010
35	Justin Jones	10.39	Swansea	25.06.1988
46	Owen Davies	10.13		2003
Under 13 Boys Discus 1k				

1	Chris Hughes	38.92	Barry	28.07.1991
3	Matthew Evans	35.35	Neath	28.07.2001
5	Nikita Neary	33.61	Carmarthen	09.09.2010
20	Rheon James	29.98	Neath	14.05.2005
Under 13 Boys javelin 400g				
2	Rheon James	41.37	Carmarthen	10.07.2005
8	Robert Smith	39.16	Carmarthen	12.06.1999
12	Carwyn Morris	37.96	Carmarthen	08.06.2013
17	George Gleeson	36.79	Carmarthen	28.08.2004
23	Gethin Long	35.66	Brecon	20.08.2006
24	Sam Bleach	35.52	Brecon	22.08.2010
29	Sion Lewis	34.43	Carmarthen	07.06.2008
32	James Stevenson	34.05	Haverfordwest	12.08.2007
32	Garth Loughran	34.05	Carmarthen	09.06.2001
33	Nikita Neary	34.04	Carmarthen	09.09.2010
38	Aled Price	33.59	Carmarthen	17.07.2008
43	Morgan Batten	33.39	Carmarthen	28.07.2016
50	Joshua Thomas	32.98	Haverfordwest	01.08.2013
55	Jack Evans	32.06	Brecon	23.08.2009
58	Huw Jones	31.73	Carmarthen	30.07.2000
Under 15 Boys				
Under15 Boys 100m auto				
6	Shaun Pearce	11.30	Brecon	02.07.2011
18	Thomas Coleman	11.44	Brecon	01.07.2006
27	Matthew Davies	11.56	Cardiff	11.07.2009
62	Iestyn Lewis	11.80	Colwyn Bay	02.07.1994
Superior hand times				
	Steve Perks	11.2		1972
	Richard Griffiths	11.4	Cardiff	23.06.1973
	Thomas Colman	11.4	Birmingham	05.08.2006
	Ken Jones	11.5y	Swansea	14.07.1956
	R Jones	11.5y	Bargoed	01.07.1961
	Jake Randall	11.5	Carmarthen	26.05.2008
	D Herbert	11.6y	Connahs Quay	08.07.1967
	Richard Bunyan	11.6	Carmarthen	18.06.1988
	A Edwards	11.7	Cwmbran	13.06.1970
Under 15 Boys 200m auto				
20	Thomas Coleman	23.39	Brecon	01.07.2006
30	Matthew Davies	23.57	Cardiff	04.07.2009
54	Shaun Pearce	23.89	Cardiff	23.07.2011
Superior hand times				
	Richard Griffiths	23.3	Cwmbran	07.07.1973
	Thomas Coleman	23.3	Birmingham	23.07.2006
	Matthew Davies	23.5	Swansea	31.05.2009
	Jake Randall	23.6	Yate	22.06.2008

	Matthew Roderick	23.8	Cwmbran	04.07.1987
	Iestyn Lewis	24.0	Brecon	19.06.1994
	Christian Davies	24.0	Yate	27.06.2004
	Richard Bunyan	24.1		1988
Under 15 Boys 300m				
21	Iwan Glynn	37.58	Swansea	09.07.2017
27	Antoine Woodman	37.9	Brecon	20.08.2006
36	Graham Thomas	38.1	Carmarthen	06.06.1992
37	Nikita Neary	38.1	Haverfordwest	12.08.2012
41	Zak Daly	38.16	Bedford	30.08.2015
53	Lewis Richards	38.5	Carmarthen	14.07.1990
75	Bruce Tasker	38.8	Carmarthen	08.07.2001
79	Eliott Wilson	38.9	Carmarthen	10.07.2004
95	Iestyn Lewis	39.1	Swansea	10.07.1994
105	Robert Smith	39.2	Aberdare	15.07.2001
Under 15 Boys 800m				
1	Nikita Neary	1.58.65	Exeter	31.07.2012
6	Kyran Roberts	2.00.97	Tipton	14.08.2010
19	Dafydd Jones	202.70	Newport	01.08.2018
21	Rhys Granville	2.02.78	Cardiff	29.08.2010
32	Iwan Glynn	2.03.9	Tipton	20.06.2017
53	Jason Murphy	2.04.9	Carmarthen	23.07.1988
55	Dewi Griffiths	2.04.95	Carmarthen	27.08.2005
61	Liam Edwards	2.05.3	Carmarthen	30.05.2018
Under 15 Boys 1500m				
4	Frank Morgan	4.10.38	Swansea	31.07.2019
7	Dafydd Jones	4.12.51	Cardiff	14.07.2018
11	Dewi Griffiths	4.14.09	Birmingham	14.08.2005
13	Nikita Neary	4.14.20	Cardiff	14.07.2012
25	Liam Edwards	4.17.19	Newport	01.08.2018
27	Kyran Roberts	4.18.04	Brecon	03.07.2010
60	Grant Howells	4.22.2	Cwmbran	07.07.1979
80	Charles Harvey	4.22.90	Newport	26.06.1999
Under 15 Boys 3000m				
5	Frank Morgan	9.12.65	Wrexham	16.06.2019
10	Dewi Griffiths	9.16.2	Cardiff	17.07.2005
61	Christian Lovatt	9.48.66	Neath	10.08.2011
Under 15 Boys 80m Hurdles auto				
11	Daniel Evans	11.50	Sheffield	17.08.2003
13	Rhys Webb	11.53	Brecon	01.07.2006
23	Owen Jones	11.79	Tullamore IRE	03.08.2002
25	Graham Thomas	11.81	Grangemouth	08.08.1992
29	Joshua Madden	11.83	Cardiff	25.06.2005

31	Gethin Morgan	11.84	Antrim NI	07.08.1999
38	Steven Boyles	11.88	Cardiff	07.07.2001
38	Aled Price	11.88	Brecon	22.08.2010
40	Daniel Blain	11.90	Brecon	23.08.2009
62	Haydn Davies	12.15	Swansea	02.08.2015
68	Antoine Woodman	12.19	Carmarthen	24.08.2006
Superior hand times				
	Wynne Harries	11.4	Colwyn Bay	01.07.1978
	Rhys Webb	11.5	Dublin IRE	12.08.2006
	Graham Thomas	11.6	Carmarthen	06.06.1992
	Gethin Morgan	11.7	Carmarthen	15.08.1999
	Dafydd Walters	11.7	Brecon	21.08.2005
	Daniel Blain	11.8	Yate	19.07.2009
	Aled Price	11.8	Carmarthen	02.05.2010
Under 15 Boys High Jump				
12	Simon Howells	1.83	Cardiff	28.08.1989
13	Chris Harries	1.83	Carmarthen	21.07.1996
18	Kim Harland	1.80	Carmarthen	08.08.1996
37	Rhodri Thomas	1.75	Carmarthen	29.06.1991
45	Josh Madden	1.75	Aberdare	30.04.2005
55	Osian Roberts	1.75	Wrexham	15.06.2019
Under 15 Boys Long Jump				
5	Kueni Igbagiri	6.30	Carmarthen	06.08.2005
42	Daniel Davis	5.99	Bath	01.08.2004
47	Graham Thomas	5.97		1992
57	Daniel Williams	5.92	Carmarthen	12.08.2001
64	Thomas Coleman	5.90	Brecon	01.07.2006
64	Aled Price	5.90	Cardiff	29.08.2010
Under 15 Boys Triple Jump				
14	Wynne Harries	12.53		1978
17	Owen Jones	12.50	Carmarthen	15.06.2002
17	Daniel Davis	12.50	Cardiff	06.07.2013
21	Rhodri Thomas	12.43	Carmarthen	11.06.1991
46	Jordan Evans	12.16	Carmarthen	13.06.2009
Under 15 Boys Pole Vault				
10	Robert Hughes	3.55		1977
18	Shane Swale	3.20	Cwmbran	13.07.1968
22	Emyr Jones	3.20	Cwmbran	24.06.2007
34	Craig Millard	3.10	Burton	28.06.1992
39	Islwyn Rees	3.05	Haverfordwest	10.07.1971
Under 15 Boys Shot Putt 4k				
	Matthew Evans	17.36	Sheffield	16.08.2003
13	Chris Hughes	14.73	Birmingham	08.08.1993
15	Rheon James	14.64	Swansea	01.07.2007

28	Michael John	14.02	Carmarthen	28.08.2004
40	Tomos Edwards	13.71	Telford	04.06.2006
44	Justin Jones	13.57	Cwmbran	08.09.1990
53	Joe Worrall	13.53	Swansea	02.08.2015
56	Jonathan Gardner	13.47	Brecon	19.08.2007
64	Trystan Davies	13.37	Brecon	21.08.2005
Under 15 Boys Discus 1.25k				
5	Matthew Evans	47.71	Connahs Quay	25.08.2003
7	Joe Worrall	46.36	Brecon	12.07.2015
10	Connor Evans	43.68	Newport	16.08.2015
11	Rheon James	43.06	Sheffield	12.08.2017
16	Tomos Edwards	41.40	Waterford IRE	12.08.2006
22	Chris Hughes	40.90	Carmarthen	14.08.1993
40	Lee Taylor	38.23	Carmarthen	20.08.2009
59	Paul Evans	37.12	Port Talbot	20.07.1986
60	Damon McGarvie	37.10	Carmarthen	18.06.1988
Under 15 Boys Hammer 4k				
6	Matthew Evans	52.14	Brecon	10.08.2003
44	William Mephram	40.13	Brecon	07.07.2012
52	Luke Hanna	39.04	Yate	09.07.1998
Under 15 Boys Javelin				
1	Garth Loughran	55.61	Belfast NI	03.08.2003
4	Joshua Madden	51.82	Carmarthen	11.06.2005
6	Michael John	50.94	Birmingham	15.08.2004
9	Rheon James	50.14	Sheffield	11.08.2007
16	Jon Llewelyn	45.96	Carmarthen	30.09.2007
19	Robert Smith	45.70	Brecon	19.08.2001
22	Joshua Turnbull	45.52	Brecon	06.07.2002
26	Aled Price	45.23	Carmarthen	02.05.2010
27	Joshua Thomas	45.13	Newport	15.08.2015
28	Gareth Thompson	44.94	Carmarthen	20.08.2009
29	Sion O'Keefe	44.82	Neath	27.07.2019
30	Sam Bleach	44.58	Swansea	20.05.2012
31	Carwyn Morris	44.46	Haverfordwest	25.07.2015
32	Nikita Neary	44.40	Carmarthen	31.05.2012
41	Morgan Batten	42.68	Carmarthen	28.06.2018
45	Huw Jones	42.31	Carmarthen	26.06.2002
Under 17 Men				
Under 17 Men 100m auto				
3	Shaun Pearce	10.73	Swansea	16.06.2013
8	Thomas Coleman	10.92	Bedford	19.07.2008
19	Steven Rees	11.06	Swansea	28.08.1988
20	Jamie Henthorn	11.06	Barry	31.05.1993
33	Ben Harland	11.20	Swansea	06.07.1996
46	Graham Thomas	11.24	Colwyn Bay	02.07.1994
49	Iestyn Lewis	11.25	Carmarthen	30.06.1996

57	Mathew Davies	11.28	Wrexham	11.06.2011
Superior Hand Times				
	Mike Walters	10.8y	Carmarthen	09.07.1966
	Jamie Henthorn	10.9	Cwmbran	12.05.1993
	Steven Rees	11.0	Carmarthen	18.06.1988
	John Arrowsmith	11.1y		1961
	David Thomas	11.1y	Carmarthen	22.08.1964
	Huw Summers	11.1	Carmarthen	18.06.1988
	Ben Harland	11.1	Haverfordwest	18.05.1996
	Bruce Tasker	11.1	Bath	01.08.2004
	Mathew Davies	11.1	Carmarthen	19.06.2010
Under17 Men 200m auto				
4	Shaun Pearce	21.62	Dublin IRE	20.07.2013
13	Bruce Tasker	22.13	Brecon	03.07.2004
20	Steven Rees	22.26	Crystal Palace	17.09.1988
30	Jamie Henthorn	22.47	Crystal Palace	12.09.1993
40	Paul Bennett	22.59	Swansea	28.06.2009
43	Ben Harland	22.60	Birmingham	17.08.1996
48	Mathew Davies	22.69	Brecon	02.07.2011
Superior Hand Times				
	Steven Rees	22.2	Carmarthen	18.06.1988
	Steve Perks	22.5	Swansea	22.06.1974
	James Archampong	22.6	Carmarthen	06.06.1992
	Matthew Roderick	22.8		1988
	Huw Summers	22.8	Swansea	27.08.1989
Under 17 Men 400m				
1	Bruce Tasker	47.85	Birmingham	15.08.2004
7	Paul Bennett	48.93	Bedford	09.08.2009
18	Peter Maitland	49.5	Dublin IRE	15.07.1989
32	Iwan Glynn	50.23	Grangemouth	04.08.2018
42	Rhys Granville	50.53	Cardiff	25.08.2012
50	Jason Murphy	50.6	Colwyn Bay	07.07.1990
Under 17 Men 800m				
4	Kyran Roberts	1.52.92	Stretford	07.08.2012
11	Rhys Granville	1.54.72	Birmingham	30.06.2012
21	Jason Murphy	1.55.91	Edinburgh	21.07.1990
24	John Williams	1.56.0y	Colwyn Bay	03.07.1957
53	Vince James	1.57.5y		17.09.1966
Under 17 Men 1500m				
2	Kyran Roberts	3.53.38	Bedford	19.08.2012
35	David Jones	4.01.83	Bedford	19.02.1984
Under 17 Men 3000m				
12	David Jones	8.40.00	Blackpool	15.07.2000

16	Dewi Griffiths	8.44.85	Street	07.05.2007
30	Christian Lovatt	8.52.58	Street	06.05.2013
39	Adam Bitchell	8.55.91	Swansea	17.06.2007
62	Lloyd Heckler	9.00.38	Sheffield	03.09.2011
Under 17 Men 1500m steeplechase				
9	Ben Thomas	4.22.51	Bedford	26.08.2017
14	Lee Ladd	4.25.01	Chelmsford	17.07.2004
35	Dafydd Jones	4.30.80	Milton Keynes	01.06.2019
53	Alan Jones	4.34.35	Dublin IRE	17.07.1993
57	Tobben Tymons	4.35.10	Colwyn Bay	15.07.1995
59	Tomos Rees	4.34.44	Grangemouth	21.07.2018
60	Tom Cairnes	4.35.45	`Aberdare	16.07.1994
Under 17 Men 100m Hurdles auto legal				
11	Daniel Blain	13.49	Connahs Quay	28.08.2011
13	Tim Williams	13.65	Newport	28.06.2014
14	Steven Edwards	13.66	Birmingham	08.08.1993
15	Dafydd Walters	13.66	Newport	21.07.2007
19	Daniel Evans	13.69	Birmingham	15.08.2004
26	Joshua Madden	13.80	Swansea	17.06.2007
38	Aled Price	13.96	Cardiff	14.07.2012
47	Peter Broom	14.12	Colwyn Bay	02.07.1994
50	Owen Jones	14.12	Colwyn Bay	19.06.2004
51	Steven Boyles	14.14	Cwmbran	21.06.2003
53	Gruffudd Jones	14.16	Brecon	05.07.1997
65	Tommy Scarr	14.29	Dublin IRE	04.07.1981
Superior Hand Times				
	Daniel Blain	13.4	Cheltenham	08.05.2011
	James Archampong	13.6	Cardiff	12.04.1992
	Wayne Proctor	13.9	Middlesborough	18.06.1988
	Peter Boom	14.0	Carmarthen	14.05.1994
	Owen Jones	14.0	Carmarthen	12.06.2004
	Gavin Jones	14.1	Carmarthen	14.06.1997
	Gruffudd Jones	14.1	Carmarthen	14.06.1997
	Tim Lewis	14.2	Glenrothes SCO	12.07.1976
Under 17 Men 400m Hurdles				
5	Graham Thomas	55.29	Dublin IRE	17.07.1993
11	Wayne Proctor	55.9	Carmarthen	18.06.1988
53	Dean Hood	57.70	Dublin IRE	19.07.1997
Under 17 Men High Jump				
15	Kim Harland	1.96	Dublin IRE	08.08.1998
36	Simon Howells	1.91	Carmarthen	22.06.1991
51	Alun Davies	1.90	Brecon	05.07.1997
56	Gareth Haines	1.90	Carmarthen	20.05.2001

56	Craig Davies	1.90	Carmarthen	10.07.2004
58	Joshua Madden	1.90	Newport	15.07.2007
Under 17 Men Long Jump				
7	Kueni Igbagiri	6.85	Coventry	26.08.2007
28	Simon Lewis	6.69	Edinburgh	21.07.1990
32	Steve Kohut	6.68		1971
36	Wayne Bannister	6.67	Swansea	13.07.1991
37	Nigel Jones	6.64	Carmarthen	14.08.1976
43	Julian Barrington	6.60	Yeovil	16.07.1977
48	Aled Price	6.58	Cwmbran	27.05.2012
51	Mark Harries	6.54	Swansea	06.07.1995
Under 17 Men Triple Jump				
2	Owen Jones	14.39	Chelmsford	17.07.2004
15	Charles Madeira Cole	13.73	Aberdare	16.07.1994
38	Matthew Jacobs	13.46	Cardiff	17.07.2001
41	Alun James	12.40		1965
50	R Hughes	13.31	Havering	10.07.1971
Under 17 Men Pole Vault				
19	Emyr Jones	4.05	Swansea	31.05.2009
26	Islwyn Rees	3.95	Wolverhampton	04.08.08.1973
27	Robert Hughes	3.92	Grangemouth	16.07.1979
55	Richard Davies	3.70	Swansea	26.06.1988
60	Mark Howells	3.60	Cwmbran	02.07.1977
Under 17 Men Shot Putt 5k				
3	Matthew Evans	16.48	Grangemouth	07.08.2004
9	Nigel Jones	16.01	Carmarthen	18.08.1976
10	Tomos Edwards	15.98	Bedford	19.07.2008
13	Peter Rees	15.55	Cwmbran	26.06.1977
18	Rheon James	15.41	Carmarthen	01.08.2009
23	John Daniels	14.72	Cwmbran	24.06.1978
38	Richard James	14.13	Lincoln	19.07.1980
43	Jake Evans	14.06	Cheltenham	19.05.2002
57	Gavin Elliott	13.82	Bristol	23.07.2000
Under 17 Men Discus 1.5k				
5	Joe Worrall	49.87	Yate	30.04.2017
9	Matthew Evans	47.83	Brecon	02.07.2005
17	Tomos Edwards	46.27	Bedford	19.07.2008
35	Rheon James	43.88	Carmarthen	01.08.2009
38	Lee Taylor	43.37	Brecon	02.07.2011
48	Peter Rees	42.77		1971
50	John Daniels	42.70		1978
51	Kallum Lee Evans	42.15	Carmarthen	30.08.2012
63	Justin Jones	41.40	Carmarthen	30.06.1991
Under 17 Men Hammer 5k				

35	David Proctor	50.48	Aberdeen SCO	15.07.2001
40	Matthew Evans	49.52	Brecon	02.07.2005
Under 17 Men Javelin 700g				
3	Jon Llewelyn	63.60	Swansea	31.05.2009
6	Stuart Loughran	61.20	Burton	28.06.1992
11	Garth Loughran	59.80	Aberdare	17.09.2005
21	Joshua Madden	57.91	Sheffield	12.08.2007
23	Julian Howells	57.52	Haverfordwest	08.08.1986
25	Michael John	57.39	Grangemouth	15.07.2006
38	Aled Price	5.09	Swansea	18.04.2012
49	Carwyn Morris	53.57	Newport	29.05.2016
55	Derek Hermann	53.14	Swansea	07.05.199556
56	Rhys Taylor	53.14	Carmarthen	12.06.1999
Under 20 Men				
Under 20 Men 100m auto legal				
3	Jamie Henthorn	10.41	Nyiregyhaza HUN	28.07.1995
14	Shaun Pearce	10.73	Swansea	16.06.2013
19	Peter Maitland	10.79	Toke	29.06.1991
38	Ben Harland	10.90	Brecon	05.07.1997
42	Thomas Coleman	10.92	Bedford	19.07.2008
Superior 100m hand times				
	Wynne Oliver	10.8y	Cardiff	20.06.1959
	Brian Davies	10.8y	Cardiff	04.07.1959
	Mike Walters	10.8y	Carmarthen	09.07.1966
	Peter Wilson	10.9y		1963
	Malcolm Owen	10.9	West London	17.09.1977
	Graham Thomas	10.9	Newport	12.08.1995
	Bruce Tasker	10.9	Brecon	20.08.2006
Under 20Men 200m auto legal				
5	Jamie Henthorn	21.12	Utrecht NED	09.07.1995
16	Shaun Pearce	21.62	Dublin IRE	20.07.2013
38	Ben Harland	22.07	Brecon	05.07.1997
45	Bruce Tasker	22.13	Brecon	03.07.2004
74	Peter Maitland	22.36	Cardiff	18.05.1991
Superior 200m Hand Times				
	Bruce Tasker	22.0	Brecon	20.08.2006
	Wynne Oliver	22.1y	Cardiff	17.07.1959
	Mike Walters	22.2y	Pontypool	26.08.1967
	Eifion Lewis	22.2		1988
	Brian Davies	22.3y	Newport	02.07.1960
Under 20 Men 400m				
6	Bruce Tasker	47.85	Birmingham	15.08.2004
32	Chris Wilkins	48.67	Swansea	21.06.1988
34	Michael Lewis	48.8	Leicester	30.05.1971

37	Paul Bennett	48.93	Bedford	09.08.2009
55	Jason Murphy	49.3	Cwmbran	25.05.1992
Under 20 Men 800m				
22	Vince James	1.52.1y	Carmarthen	24.08.1968
24	Kyran Roberts	1.52.12	Cardiff	31.05.2014
41	Roger Barrett	1.53.1	Haverfordwest	17.06.1978
53	John Williams	1.53.5y	Llanrumney	12.07.1958
61	Jason Murphy	1.53.79	Stoke	30.06.1991
Under 20 Men 1500m				
6	Kyran Roberts	3.46.54	Trafford	12.07.2014
18	John Williams	3.49.8	Birmingham	03.10.1959
Under 20 Men 3000m				
39	Dewi Griffiths	8.26.87	Street	05.05.2008
Under 20 Men 5000m				
9	Dewi Griffiths	14.28.42	Cardiff	28.08.2010
Under 20 Men 1000m				
3	Dewi Griffiths	30.19.37	Tipton	14.08.2010
11	Mike Kallenburg	32.46.62	Bedford	02.05.2010
Under 20 Men 2000m steeplechase				
10	Ben Thomas	5.53.47	Gyor HUN	08.07.2018
39	David Jones	6.07.65	Neath	27.08.2001
44	Paul Clarke	6.10.1	Aberdare	13.07.1999
58	Lee Ladd	6.14.84	Cardiff	18.06.2005
Under 20 Men 3000m steeplechase				
7	Ben Thomas	9.07.78	Oordegem BEL	25.05.2019
35	Paul Clarke	9.39.74	Tilburg NED	17.07.1993
44	Hedydd Davies	9.48.4	Aldershot	01.07.1959
Under 20 Men 110m Hurdles Auto				
5	James Archampong	14.18	Lisbon PORT	21.07.1994
20	Daniel Blain	15.41	Stoke Gifford	03.08.2013
30	Steven Edwards	15.83	Utrecht NED	09.07.1995
37	Dafydd Walters	16.12	Swansea	15.06.2008
39	Steven Boyles	16.21	Cardiff	18.06.2006
Superior Hand Times				
	Aled Price	15.3	Brecon	20.07.2014
	Alun James	15.4y	Carmarthen	13.04.1968
	Steven Edwards	15.4	Brecon	05.06.1994
	Neddyn Lloyd	15.7	Cardiff	29.05.1974

	Dafydd Walters	15.7	Aberdeen SCO	16.08.2008
	Alan Bergiers	15.8y	Carmarthen	07.08.1965
	Roger Rees	16.1		1971
	Clive Rees	16.4		1970
	Roy Bergiers	16.8	Cwmbran	28.06.1969
	Gavin Jones	16.9	Newport	03.05.1998
Under 20 Men 400m Hurdles				
26	James Archampong	55.04	Barry	31.05.1993
35	Phil Lewis	55.5	Kirkby	05.05.1980
40	Wayne Proctor	55.8	Brecon	06.07.1991
44	Robert Davies	55.9	Cwmbran	19.07.1977
48	Gavin Jones	56.07	Barry	14.07.1998
51	Paul Clarke	56.1	Newport	15.08.1999
57	Roger Rees	56.4	Carmarthen	29.07.1972
Under 20 Men High Jump				
5	William Edwards	2.10	Carmarthen	14.05.2017
17	Kim Harland	2.01	Carmarthen	01.07.2000
26	Alun Davies	2.00	Carmarthen	13.06.1998
28	Gareth Haines	1.95	Neath	14.07.2002
42	Wayne Davies	1.95	Cardiff	23.05.1992
53	Craig Davies	1.95	Carmarthen	23.06.2007
Under 20 Men Long Jump				
26	Charles Madeira Cole	7.01	Swansea	28.08.1995
27	Tony Harry	7.00	Cardiff	25.07.1964
35	Gareth James	6.98	Ayr SCO	18.07.1995
38	Aled Price	6.97	Cardiff	05.07.2014
Under 20 Men Triple Jump				
4	Charles Madeira Cole	14.80	Bedford	27.07.1996
17	Owen Jones	14.39	Chelmsford	17.07.2004
21	Aled Williams	14.33	Athens GRE	13.05.1978
32	Steven Alvey	14.17	Tilburg NED	22.08.1999
48	Matthew Jacobs	14.00	Brecon	16.07.2003
56	Harry Mostyn	13.92	Mansfield	09.09.2006
Under 20 Men Pole Vault				
14	Islwyn Rees	4.50	Cwmbran	08.06.1975
34	Gordon Pickering	4.16	Swansea	21.06.1974
42	Emyr Jones	4.10	Carmarthen	10.07.2010
58	Robert Hughes	3.92	Grangemouth	16.07.1979
Under 20 Men Shot Putt 6k				
4	Matthew Evans	16.26	Aberdare	18.07.2007
6	Tomos Edwards	15.21	Carmarthen	13.06.2009
15	Rheon James	14.12	Brecon	03.07.2010
19	Aled Price	13.45	Newport	28.06.2014
25	Kallum Lee Evans	12.72	Carmarthen	27.06.2013

Under 20 Men Discus 1.75k				
12	Matthew Evans	47.34	Abingdon	03.09.2006
38	Dominic Day	43.06	Cwmbran	22.06.2003
39	Tomos Edwards	43.03	Derby	24.05.2009
40	Damon McGarvie	42.92	Carmarthen	04.05.1992
63	Kallum Lee Evans	40.33	Swansea	06.07.2014
Under 20 Men Hammer 6k				
14	David Proctor	51.44	Carmarthen	07.06.2003
25	Matthew Evans	44.02	Brecon	01.07.2006
Under 20 Men Javelin 800m				
8	Garth Loughran	63.05	Brecon	09.08.2008
14	Jon Llewelyn	60.43	Carmarthen	25.08.2011
22	Michael John	56.96	Brecon	31.08.2008
26	Joshua Madden	56.80	Carmarthen	28.06.2008
27	Derek Hermann	56.42	Carmarthen	03.08.1997
35	Rhys Taylor	55.71	Carmarthen	10.06.2000
37	Aled Price	54.81	Manchester	31.08.2014
43	Julian Howells	54.02	Carmarthen	23.07.1988
45	Joshua Thomas	53.61	Cardiff	24.07.2019
54	Josh Turnbull	51.49	Cardiff	12.07.2005
56	Aron May	50.72	Brecon	06.07.2002

Hedydd Davies
27.05.2020