

DYFED SECONDARY SCHOOLS CHAMPIONSHIP RECORDS

YEAR 7 GIRLS

100 metres	12.8 secs	Anna McGovern	1994
200 metres	27.9 secs	Ffion Walters	2009
800 metres	2m. 23.0 secs	Marie Jones	1986
1500 metres	5m. 08.2 secs	Carys Davies	2002
70m. Hurdles	11.6 secs	Danielle Selley	1996
75m. Hurdles	13.0 secs	Emma Jones	1989
4x100m. Relay	53.5 secs	Brianne	1979
High Jump	1.58 metres	Julia Charlton	1978
Long Jump	4.65 metres	Buddug Harries	1991
Shot	9.54 metres	Bethan Lewis	2011
Javelin	30.40	Cordelia Walker	2018
1000m walk	6.27.6	Harri Truman	2009

YEAR 8 GIRLS

100 metres	12.4 secs	Erin Walters	2010
200 metres	26.3 secs	Hannah Jones	2004
800 metres	2m. 20.4 secs	Lauren Bell	2008
1500 metres	4m. 55.3 secs	Carys Davies	2003
1000 walk	5.48.9	Amy White	2018
75m. Hurdles	11.8 secs	Heather Jones	2000
4x100m. Relay	54.9 secs	Brianne	1988
High Jump	1.53 metres	Lili Church	2016
Long Jump	5.23 metres	Karina Williams	1991
Pole Vault	1.90 metres	Enfys Jones	2008
Shot	9.93 metres	Amy Rothero	2014
Javelin	29.78 metres	Lleucu Lloyd	2019
Discus	27.08 metres	Ruth Mason	1987

YEAR 9 GIRLS

100 metres	12.3 secs	Danielle Selley	1998
200 metres	26.0 secs	Laura Davies	2010
800 metres	2m. 18.1secs	Lucy Thomas	1999
1500 metres	4m. 51.2 secs	Jade Williams	2007
1000 metres walk	5.26.8	Amelia Davey	2014
75m. Hurdles	11.1 secs	Heather Jones	2001
4x100m. Relay	53.1 secs	Brianne	1988
High Jump	1.75 metres	Julia Charlton	1980
Long Jump	5.27 metres	Clare Williams	1979
Triple Jump	10.05 metres	Zara Evans	2019
Pole Vault	2.80 metres	Carys Jones	2013
Shot	10.35 metres	Danielle Jones	2015
Javelin	38.03 metres	Victoria Hodgson	2014
Discus	34.02 metres	Awen Rosser	2010
Hammer	31.46 metres	Elliw James	2009

MIDDLE (Year 10/11) GIRLS

100 metres	12.0 secs	Diane Thorne	1976
200 metres	25.7 secs	Michelle John	1994
300 metres	40.9 secs	Sian Bradshaw	1992
400 metres	58.6 secs	Carol Nicholas	1978
800 metres	2m. 18.6 secs	Angharad Davies	2007
1500 metres	4m. 49.8 secs	Nicola Morgan	1986
3000 metres	10.12.1 secs	Abbie Williams	2016
1500 metres steeplechase	5.16.2 secs	Lucy Davies	2016
1000 metres walk	4.47.5 secs	Ellie Dainton	2013
80m. Hurdles	11.4 secs	Heather Jones	2003
300m. Hurdles	44.6 secs	Caryl Granville	2005
400m. Hurdles	67.4 secs	Michelle Cook	1981
4x100m. Relay	51.5 secs	Brianne	1976
High Jump	1.70 metres	Teresa Andrews	1992
Long Jump	5.49 metres	Marie Humphries	1990
Triple Jump	11.19 metres	Caryl Granville	2006
Shot	11.51 metres	Danielle Jones	2016
Javelin	31.42 metres	Amy Humble	2014
Discus	37.32 metres	Awen Rosser	2011
Pole Vault	3.00 metres	Carys Jones	2014
Hammer	35.83 metres	Claire Williams	2003
Triple Jump	10.93 metres	Caryl Granville	2005

SENIOR (Year 12/13) GIRLS

100 metres	12.2 secs	Alicia Samuel	2018
200 metres	25.7 secs	Gail Evans	1997
400 metres	57.9 secs	Rachel Donnison	2015
800 metres	2m. 16.6 secs	Katie Parkes	2007
1500 metres	4m. 56.2 secs	Nicola Morgan	1988
3000 metres	10m. 37.6 secs	Gemma Leahy	2006
100m. Hurdles	14.2 secs	Claire Jones	2004
400m. Hurdles	62.9 secs	Anwen Rees	2003
4x100m. Relay	52.0 secs	Brianne	1979
High Jump	1.58 metres	Vicky Lloyd	2005
Long Jump	5.61 metres	Vicky Lloyd	2005
Triple Jump	11.34 metres	Vicky Lloyd	2005
Pole Vault	3.45 metres	Carys Jones	2016
Shot	11.49 metres	Lucy Griffiths	2011
Javelin	41.01 metres	Danielle Hamer	2008
Discus	34.49 metres	Lucy Griffiths	2011
Hammer	36.21 metres	Helena Madan	2012

YEAR 7 BOYS

100 metres	12.6 secs	Derwyn Owen	1987
200 metres	26.9 secs	Simon Hooper	2004
	26.9 secs	Matthew Richards	2006
800 metres	2m. 19.7 secs	Jason Murphy	1986
1500 metres	4m 52.4 secs	Iwan Glynn	2015
75m. Hurdles	12.3 secs	Nico Algieri	1994
4x100m. Relay	54.9 secs	Brianne	1978
High Jump	1.54 metres	James Griffiths	1991
Long Jump	4.88 metres	Gareth Gittings	1993
Triple Jump	10.16 metres	Alistair Mason	1990
Pole Vault	2.40 metres	Patrick O'Sullivan	1978
Shot	12.28 metres	Mathew Evans	2001
Discus	18.35	Shaun Rees	2009
Javelin	39.16 metres	Robert Smith	1999

YEAR 8 BOYS

100 metres	11.6 secs	Derwyn Owen	1988
200 metres	24.2 secs	Derwyn Owen	1988
300 metres	41.2 secs	James Griffiths	1992
		Aaron Bishop	2000
400 metres	56.4 secs	Nikita Neary	2011
800 metres	2m. 09.2 secs	Nikita Neary	2011
1500 metres	4m. 27.7 secs	Frank Morgan	2018
1000 metres walk	6.04.9 secs	Harry Worth	2016
80m. Hurdles	12.4 secs	Berian Davies	1986
4x100m. Relay	50.8 secs	Brianne	2009
High Jump	1.80 metres	Jamie Dalton	1993
Long Jump	5.57 metres	Simon Lewis	1987
Triple Jump	11.70 metres	Rhodri Thomas	1990
Pole Vault	2.55 metres	Craig Millard	1991
Shot	13.56 metres	Mathew Evans	2002
Javelin	41.98 metres	Matthew Roblin	1991
Discus	38.89 metres	Harry Davies	2016
Hammer	35.30 metres	Harry Davies	2016

YEAR 9 BOYS

100 metres	10.9 secs	Jamie Henthorn	1993
200 metres	24.1 secs	Richard Bunnyon	1988
300 metres	38.1 secs	Graham Thomas	1992
400 metres	54.2 secs	Liam Jones	2008
800 metres	2m. 05.1 secs	Mark Britton	1978
1500 metres	4m. 16.5 secs	Dewi Griffiths	2005
1000 metres walk	5.00.4 secs	Andrew Salmon	2016
80 m. Hurdles	11.6 secs	Graham Thomas	1992
4x100m. Relay	48.7 secs	Llanelli	1987
		Brianne	1988
High Jump	1.76 metres	Josh Madden	2005
Long Jump	6..24 metres	Josh Davies	2011
Triple Jump	12.50 metres	Owen Jones	2002
Pole Vault	3.28 metres	Robert Hughes	1977
Shot	15.26 metres	Mathew Evans	2003
Javelin	52.00 metres	Rhys Williams	1996
Discus	40.38 metres	Mathew Evans	2003
Hammer	42.88 metres	Harry Davies	2017

MIDDLE (Year 10/11) BOYS

100 metres	10.8 secs	Shaun Pearce	2013
200 metres	22.2 secs	Stephen Rees	1988
400 metres	50.5 secs	Bruce Tasker	2004
400 metres	50.5 secs	Paul Bennett	2009
800 metres	1m. 58.0 secs	Mark Britton	1978
1500 metres	4m. 09.1 secs	Peter Ward	1976
3000 metres	8m. 53.6 secs	Christian Lovatt	2013
1500m. S/Chase	4m. 33.3 secs	Peter Ward	1976
1000m Walk	4.57.1	Owain Nicholas	2016
100m. Hurdles	13.6 secs	Daniel Blain	2011
400m. Hurdles	56.5 secs	Leighton Lewis	1998
4x100m. Relay	45.5 secs	Brianne	1989
High Jump	1.91 metres	Kim Harland	1998
Long Jump	6.60 metres	Simon Lewis	1990
Triple Jump	13.52 metres	Owen Jones	2003
Pole Vault	4.00 metres	Emyr Jones	2009
Shot	15.68 metres	Peter Rees	1977
Javelin	56.71 metres	Scott Phillips	2010
Discus	47.76 metres	Harry Davies	2019
Hammer	50.16 metres	Chad Monk	2006

SENIOR BOYS (Year 12/13)

100 metres	10.6 secs	Jamie Henthorn	1994
200 metres	22.1 secs	Stephen Perks	1975
400 metres	49.7 secs	Huw Bannister	1997
800 metres	1m. 57.9 secs	Neil Lewis	1994
1500 metres	3m. 59.3 secs	Adam Bitchell	2008
3000 metres	8m. 40.8 secs	Christian Lovatt	2015
2000m. S/Chase	6m. 09.3 secs	Lee Ladd	2005
110m. Hurdles	14.2 secs	James Archampong	1993
400m. Hurdles	56.7 secs	Luke Evans	1988
		Wayne Proctor	1991
High Jump	2.00 metres	Alun Davies	1998
Long Jump	6.95 metres	Greg Bourne	1990
Triple Jump	14.23 metres	David Wood	1980
Pole Vault	4.30 metres	Islwyn Rees	1974
Shot	15.21 metres	Tomos Edwards	2009
Javelin	55.71 metres	Rhys Taylor	2000
Discus	44.36 metres	Mathew Evans	2006
Hammer	53.00 metres	John Owen	1983