

CARMARTHEN HARRIERS INDOOR RECORDS
(Before 2021 BASED ENTIRELY ON RESULTS IN WELSH INDOOR CHAMPIONSHIPS)

AS AT 5 APRIL 2022

Under 13 Girls

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	2020	Casi Gregson	8.31
200m	2020	Casi Gregson	28.01
800m	2002	Catrin Vaughan	2.42.72
1500m	2005	Catrin Lewis	5.13.10
60mH	2005	Nesta Thomas	10.58
HJ	2002	Caryl Granville	1.27
LJ	2009	Erin Walters	4.10
SP	2011	Bethan Lewis	8.76
Pentathlon	2002	Catrin Vaughan	1909

Under 15 Girls

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	2020	Jessica Lee	7.96
200m	2020	Jessica Lee	26.00
300m	2006	Sophie Pick	45.59
800m	2018	Daisy Thompson	2.19.05
1500m	2018	Daisy Thompson	4.53.61
3000m	2020	Amy Greatrick	11.37.87
60mH	2001	Heather Jones	9.07
HJ	1980	Kathryn Evans	1.57
LJ	2020	Jessica Lee	5.37
PV	2012	Carys Jones	2.76
SP	2010	Awen Rosser	11.89
Pentathlon	2004	Catrin Vaughan	2605

Under 17 Women

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	2022	Jessica Lee	7.80
200m	2022	Jessica Lee	25.37
300m	2007	Hannah Jones	41.19
600m	1981	Jacqui Thomas	1.40.8
1500m	2005	Kayleigh Brown	4.51.3
3000m	2006	Alaw B Thomas	11.34.69
60mH	2003	Heather Jones	8.75
HJ	1982	Julia Charlton	1.75
LJ	2022	Jessica Lee	5.67
TJ	2019	Beca Roberts	10.82
PV	2015	Carys Jones	3.22
SP	2011	Awen Rosser	11.37
Pentathlon	2021	Jessica Lee	3545

Under 20 Women

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	2018	Alicia Samuel	7.77
200m	2008	Emily Mitchell	26.89
300M	2021	Ellie Loweth	44.22
400m	2004	Anwen Rees	57.71
800m	2007	Katie Parkes	2.15.23
1500m	2007	Katie Parkes	4.47.34
3000m	2007	Alaw B Thomas	10.59.26
60mH	2004	Heather Jones	8.77
HJ	2007	Caryl Granville	1.66
LJ	2007	Caryl Granville	5.46
TJ	2022	Beca Roberts	11.49
PV	2016	Carys Jones	3.44
SP	2009	Catherine Goldsmith	10.72
Pentathlon	2008	Caryl Granville	3555

Senior Women

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	2018	Alicia Samuel	7.78
200m			
400m	2005	Anwen Rees	57.44
600m	1988	Mary Murphy	1.45.8
800m			
1500m	2007	Katie Parkes	4.46.33
3000m	2009	Caryl Jones	10.06.25
60mH	2006	Heather Jones	8.68
HJ	2019	Lili Church	1.66
LJ	2009	Ffion Rees	5.31
TJ	2021	Beca Roberts	11.33
PV	2016	Carys Jones	3.27
SP	1991	Lindsey Thomas	10.32
Pentathlon	2010	Caryl Granville	3496

Under 13 Boys

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	2009	Sam Jones	8.56
200m	2009	James Bryan	28.62
800m	2010	Nikita Neary	2.23.77
1500m	2009	Christian Lovatt	4.46.00
60mH	2004	Rhys Webb	10.37
HJ	2019	Dion James	1.43
LJ	2005	Glen Elsdon	4.70
SP	2001	Matthew Evans	12.59
Quadrathlon	2007/8	Aled Price	1487

Under 15 Boys

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	1991	Iestyn Lewis	6.7
200m	2006	Tom Coleman	24.26
300m	2006	Antoine Woodman	40.49
800m	2011	Nikita Neary	2.04.30
1500m	2012	Nikita Neary	4.20.01
3000m	2012	Nikita Neary	9.29.37
60mH	2010	Aled Price	8.95
HJ	2020	Osian Roberts	1.88
LJ	2005	Kueni Igbagiri	5.56
PV	2006	Jamie Stubbs	2.51
SP	2002	Matthew Evans	12.93
Pentathlon	2012	Nikita Neary	2525

U17 Men

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	2013	Shaun Pearce	7.03
200m	2004	Bruce Tasker	22.59
400m	2004	Bruce Tasker	50.34
800m	2012	Rhys Granville	1.59.22
1500m	2007	Dewi Griffiths	4.06.7
3000m	2013	Christian Lovatt	9.02.77
60mH	2012	Aled Price	8.44
HJ	2022	Osian Roberts	1.95
LJ	2012	Aled Price	6.45
TJ	2003	Owen Jones	13.33
PV	2009	Emyr Jones	3.81
SP	2005	Matthew Evans	15.61
Heptathlon	2012	Aled Price	4499

Under 20 Men

<u>Event</u>	<u>Date</u>	<u>Name</u>	<u>Performance</u>
60m	2014	Shaun Pearce	7.01
200m			
400m	2005	Bruce Tasker	49.69
800m	2018	Iestyn Williams	2.00.46
1500m	2011	Josh Griffiths	4.13.57
3000m	2010	Dewi Griffiths	8.20.55
60mH	2013	Daniel Blain	8.17
HJ	2017	William Edwards	2.05
LJ	2013	Aled Price	6.86
TJ	2005	Owen Jones	13.77
PV	2010	Emyr Jones	3.90
SP	2007	Matthew Evans	15.78

Heptathlon	2014	Aled Price	4951
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Senior Men

Event	Date	Name	Performance
60m	2019	Lewis Evans	7.13
200m	2003	Eifion Lewis	24.39
400m	2006	Bruce Tasker	49.74
800m	2014	Kyran Roberts	1.55.35
1500	2022	Ben Thomas	3.52.39
3000m	2021	Ben Thomas	8.22.99
60mH	2015	Glen Elsdon	8.23
HJ	2017	William Edwards	2.04
LJ	2016	Aled Price	6.78
TJ	1997	Charles Madeira Cole	14.10
PV			
SP	2007	Matthew Evans	14.25
Heptathlon	2016	Aled Price	4927