

WEST WALES CHAMPIONSHIP BEST PERFORMANCES - MALES

(as at June 2024)

Senior Men

100	10.8	Peter Maitland (Newham)	1998
	11.06	Owain Lloyd-Hughes (Neath)	2024
200	22.34	Andrew Smith (Swansea)	2008
400	49.1	Jon Williams (Llanelli)	2010
800	1:56.2	James Murray (Llanelli)	2003
1500	4:05.01	Jack Davey (Carmarthen)	2008
3000	8:32.8	Andres Jones (Cardiff)	1998
5000	14:53.2	Martin Rees (Swansea)	2003
2KSC	6:43.4	David Jones (Carmarthen)	2004
110H	15.2	Rowan Griffiths (NEB)	2006
	15.2	Glen Elsdon (Carmarthen)	2014
	15.29	Steven Boyles (Swansea)	2008
400H	56.40	Wayne Taylor (Swan Univ)	2008
HJ	2.00	William Edwards (Carmarthen)	2018
PV	4.40	Euan Bryden (Windsor SE&H)	2023
LJ	6.92	Steve Alvey (Carmarthen)	2004
TJ	13.53	Owen Jones (Carmarthen)	2007
SP	14.80	Peter Maitland (Swansea)	2009
DT	40.96	Harry Davies (Neath)	2022
HT	63.58	Matthew Richards (Belgrave)	2011
JT	69.59	Nathan James (Swansea)	2018
1KW	6:38.52	Neil Wheeler (R4All)	2015

U17 Men

100	11.19	Owain Lloyd-Hughes	2018
200	22.69	Owain Lloyd-Hughes	2018
400	50.83	Paul Bennett (Carmarthen)	2009
800	1:58.5	Kyran Roberts (Carmarthen)	2012
1500	4:00.6	Jac Hopkins (Swansea)	2013
3000	8:59.48	Dominic Smith (Swansea)	2016
15S/C	4:28.38	Iwan Thomas (Carmarthen)	2023
100H	13.93	Tomos Slade (Swansea)	2017
400H	57.9	Andrew Griffiths (Swansea)	1998
HJ	2.05	Chuka Enih Snell (Swansea)	2000
PV	3.97	Joshua H-McLean (Swansea)	2013
LJ	6.42	Shaun Zygadlo (Pembroke)	2016
TJ	13.25	Osazie Aghedo (Swansea)	2014
SP	16.03	Matthew Evans (Carmarthen)	2005
DT	58.93	James Tomlinson (Pembroke)	2016
HT	46.51	Marcus Dickinson (Neath)	2017
JT	57.95	Lewie Jones (Swansea)	2023
1KW	4:50.89	Owain Nicholas (Pembroke)	2016

U13 Boys

100	13.1	David Gomes (Swansea)	1998
	13.13	Charlie Holland (Swansea)	2016
200	26.56	Charlie Holland (Swansea)	2016
800	2:19.40	Tomos Cai Davies (Carmarthen)	2024
1500	4:49.16	Frank Morgan (Carmarthen)	2017
75H	12.9	Tyler Cook (Swansea)	2014
	13.42	Zac Davies (Swansea)	2017
HJ	1.55	Miles Keller-Jenkins (Swan)	2010
	1.55	Samuel Davies (Swansea)	2017

U20 Junior Men

100	10.92	Marek Warzocha (Swansea)	2024
200	22.61	Callum Davies (Swansea)	2017
400	49.72	Scott Gibson (Card Met)	2016
800	1:58.9	Lee Ladd (Carmarthen)	2006
1500	4:04.14	Adam Bitchell (Carmarthen)	2008
3000	9:02.7	Christian Lovatt (Swansea)	2014
5000	16:39.6	Marc Hobbs (Swansea)	2000
2KSC	6:23.5	Paul Clarke (Carmarthen)	1999
110H	14.2	Tomos Slade (Swansea)	2019
400H	57.3	Paul Bennett (Carmarthen)	2010
HJ	2.10	William Edwards (Carmarthen)	2017
PV	4.15	Charlie Shuall (Swansea)	2024
LJ	6.82	Ceirion Hopkins (Neath)	2017
TJ	14.50	Osaze Aghedo (Swansea)	2017
SP	16.09	Dafydd Pawlett (Pembrokeshi)	2022
DT	59.12	James Tomlinson (Pembroke)	2019
HT	53.72	Mathew Richards (Swansea)	2005
JT	60.10	Nathan James (Swansea)	2017
1KW	4:48.96	Matthew Phipps (Neath)	2017

U15 Boys

100	11.8	Jake Randall (Carmarthen)	2008
	11.8	Liam Topp (Pembrokeshire)	2019
200	23.9w	Bruce Tasker (Carmarthen)	2002
	23.94	Charlie Holland (Swansea)	2018
300	37.96	Iwan Glynn (Carmarthen)	2017
400	53.9	Alexander Pavlou (Swansea)	2010
800	2:01.66	Charlie Holland (Swansea)	2018
1500	4:17.2	Dewi Griffiths (Carmarthen)	2005
80H	11.8	Rhys Webb (Carmarthen)	2006
	11.8	Aled Price (Carmarthen)	2010
	11.8	Rhys Harris (Swansea)	2013
	11.97w	Tomos Slade (Swansea)	2015
300H	44.7	Owen Jones (Amman)	2002
HJ	1.85	Chuka Enih Snell (Swansea)	1998
PV	3.90	William Trott (Swansea)	2019
LJ	6.15	Kueni Igbagiri (Carmarthen)	2005
TJ	12.30	Ashley Stephens (Newport)	2004
SP	15.08	Matthew Evans (Carmarthen)	2003
DT	41.65	Joseph Worrall (Carmarthen)	2015
HT	39.27	Harry Davies (Neath)	2017
JT	51.23	Garth Loughran (Carmarthen)	2003
1KW	5:22.56	Owain Nicholas (Pembroke)	2015
3000m	10.29.71	Osian Morgan (Swansea)	2024

U13 Boys

PV	2.70	William Trott (Swansea)	2017
LJ	4.77	Glen Elsdon (Carmarthen)	2005
SP	10.72	Rheon James (Carmarthen)	2005
DT	30.54	Harry Davies (Neath)	2015
JT	39.17	Rheon James (Carmarthen)	2005
1KW	6.39.40	Dylan Wakely (Swansea)	2024

WEST WALES CHAMPIONSHIP BEST PERFORMANCES - FEMALES

(as at June 2024)

Senior Women

100	12.7w	Sarah Newman (Newport)	2002
	12.9	Nia Palla (Swansea)	2019
200	26.5	Heather Jones (Carmarthen)	2010
	26.63	Sian Vico (Swansea)	2022
400	57.7	Carol Glover (Swansea)	2011
	57.7	Jade Williams (Amman V)	2013
800	2:10.7	Jade Williams (Amman V)	2013
1500	4:34.5	Anne-Marie Hutchison (Neath)	2001
3000	10:40.20	Vicky Jackson (Swindon)	2022
10K	35:36.2	Frances Gill (Neath)	1998
100H	13.9w	Heather Jones (Carmarthen)	2010
	14.09	Heather Jones (Carmarthen)	2009
400H	62.3	Caryl Granville (Carmarthen)	2010
	62.3	Anwen Rees (Swansea)	2012
HJ	1.75	Ceri Stokoe (Swansea)	2010
PV	2.90	Emma Jones (Swansea)	2014
LJ	5.78	Imelda Morrison (Swansea)	2016
TJ	11.28	Donna Jones (Swansea)	2013
SP	14.37	Philippa Roles (Sale)	2001
DT	60.00	Philippa Roles (Swansea)	1999
HT	60.80	Christina Jones (Bristol & West)	2018
JT	45.07	Bethany Moule (Neath)	2019
1KW	7:24.98	Hazel Wheeler (R4All)	2015

U17 Women

100	12.30	Darcie Coslett (Llanelli)	2024
200	25.6w	Danielle Barker (Neath)	2002
	26.28	Elli-May Williams (Carmarthen)	2024
300	38.40	Darcy Coslett (Llanelli)	2024
800	2:15.1	Non Stanford (Swansea)	2004
1500	4:44.00	Abbie Williams (Pembroke)	2016
3000	10:18.15	Amelia Williams (Carmarthen)	2024
1.5SC	5:34.28	Lucy Davies (Pembroke)	2015
80H	11.3w	Heather Jones (Carmarthen)	2002
	11.73w	Mia Evans (Neath)	2015
300H	44.94	Lydia Thomas (Pembroke)	2016
HJ	1.62	C Jones & M Quick (Swansea)	2011&23
PV	3.30	Naomi James (Swansea)	2009
LJ	5.61	Jessica Lee (Carmarthen)	2022
TJ	10.74	Vicky Lloyd (Pembroke)	2001
SP	11.57	Rhian Evans (Swansea)	2017
DT	39.48	Awen Rosser (Carmarthen)	2011
HT	50.38	Amelia Mitchell (Neath)	2024
JT	46.95	Bethany Moule (Neath)	2018
1KW	4:24.90	Gracie Griffiths (Pembrokeshi)	2022

U13 Girls

100	12.5w	Hannah Brier (Swansea)	2010
	13.2	Ffion Clarke (Swansea)	2019
200	26.5	Hannah Brier (Swansea)	2010
	27.55	Catrin Roberts (Llanelli)	2008
800	2:21.20	Libby Hale (Swansea)	2021
1500	5:00.7	Hywelis Thomas-Howells (Neath)	2007
70H	11.69	Carys Poole (Swansea)	2016

U20 Junior Women

100	12.6	Rhiannon Jeffreys (Neath)	2012
	12.6w	Sarah Dacey (Swansea)	2010
	12.70	Hannah Jones (Swansea)	2009
200	25.2	Heather Jones (Carmarthen)	2005
	26.18w	Amy Leahy (Pembroke)	2015
400	59.0	Caryl Granville (Carmarthen)	2007
800	2:12.4	Non Stanford (Swansea)	2006
1500	4:48.0	Elinor Kirk (Swansea)	2006
3000	10:36.6	Elin Davies (Swansea)	2013
1.5SC	5:50.6	Stacey Webber (Llanelli)	2014
2KSC	7:19.2	Olivia Gwynn (Swansea)	2013
100H	14.0	Heather Jones (Carmarthen)	2005
	15.20	Jessica Lee (Carmarthen)	2023
400H	62.0	Caryl Granville (Carmarthen)	2006
HJ	1.67	Jessica Lee (Carmarthen)	2023
PV	3.50	Naomi James (Swansea)	2011
LJ	5.37	Ffion Rees (Carmarthen)	2012
TJ	11.31	Beca Roberts (Cardiff Archers)	2022
SP	13.88	Sally Hinds (Swansea)	2005
DT	42.57	Lucy Harris (Swansea)	2024
HT	42.81	Carys Smith (Swansea)	2014
JT	46.19	Claire Williams (Swansea)	2009
1KW	4:42.04	Megan Stratton Thomas (Sw)	2018

U15 Girls

100	12.6	Hannah Brier (Swansea)	11/12
	12.62	Alicia Samuels (Carm)	2015
200	26.0	Danielle Barker (Neath)	2001
	26.04	Beatrice Morgan (Carmarthen)	2023
300	41.30	Lauren Bell (Pembroke)	2009
800	2:17.93	Lauren Bell (Pembroke)	2008
1500	4:50.2	Eleanor Sherrard-Smith (Swan)	1998
75H	11.3	Heather Jones (Carmarthen)	2001
	11.95	Carys Pritchard (Swansea)	2024
HJ	1.61	Matilda Quick (Swansea)	2022
PV	2.90	Millie Carter (Swansea)	2019
LJ	5.07	Sarah Dacey (Swansea)	2005
SP	11.38	Matilda Quick (Swansea)	2022
DT	29.81	Sarah Richards (Swansea)	2004
HT	51.13	Evie Cooper (Neath)	2023
JT	44.45	Bethany Moule (Neath)	2016
1KW	5:14.71	Jerry Grabham (Neath)	2015
TJ	9.65	Carys Pritchard (Swansea)	2024
3000	10:01.58	Libby Hale (Swansea)	2023

HJ	1.45	Katriel Udoh (Swansea)	2024
HJ		Emily Morris (Swansea)	2007
	1.45	Marnie Musgrave (Swansea)	2015
PV	2.00	Millie Carter (Swansea)	2017
LJ	4.45	Hannah Brier (Swansea)	2010
SP	10.33	Bethan Lewis (Carmarthen)	2011
DT	30.77	Holly Cooper (Swans)	2015
JT	28.68	Summer Evans (Carmarthen)	2022
1KW	5:54.1	Mollie Dainton (Llanelli)	2014