

# WEST WALES CHAMPIONSHIP BEST PERFORMANCES - MALES

Compiled by Alan & Brenda Currie

(as at June 2017)

## Senior Men

100	10.8	Peter Maitland (Newham)	1998
	11.40	Andrew Smith (Swansea)	2008
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	1.90	Richard V Roberts (Carm)	2008
	1.90	Ben Jenkins (Swansea)	2013
PV	4.20	Leigh Walker (Swansea)	2006
LJ	6.92	Steve Alvey (Carmarthen)	2004
TJ	13.53	Owen Jones (Carmarthen)	2007
SP	14.80	Peter Maitland (Swansea)	2009
DT	39.58	Peter Roberts (Swansea)	2007
HT	63.58	Matthew Richards (Belgrave)	2011
JT	66.63	Rhys Williams (Swansea)	2008
1KW	6:38.52	Neil Wheeler (R4All)	2015

## U17 Men

100	11.3	Shaun Pearce (Carmarthen)	2013
	11.34	Owain Lloyd Hughes (Neath)	2017
200	22.8	Bruce Tasker (Carmarthen)	2004
	22.94	Paul Bennett (Carmarthen)	2009
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
S/C	4:40.1	Lee Ladd (Carmarthen)	2004
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	57.03	Michael John (Carmarthen)	2006
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	2:23.53	Iwan Glynn (Carmarthen)	2015
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	11.1	Iestyn Lewis (Carmarthen)	1998
	11.40	Joseph Brier (Swansea)	2016
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	14.73	Dafydd Walters (Carmarthen)	2008
400H	57.3	Paul Bennett (Carmarthen)	2010
HJ	2.10	William Edwards (Carmarthen)	2017
PV	3.70	Emyr Jones (Carmarthen)	2011
LJ	6.82	Ceirion Hopkins (Neath)	2017
TJ	14.50	Osaze Aghedo (Swansea)	2017
SP	14.38	Tomos Edwards (Carmarthen)	2009
DT	49.62	James Tomlinson (Pembroke)	2017
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
	12.16	Mathew Davies (Carmarthen)	2008
200	23.9w	Bruce Tasker (Carmarthen)	2002
	24.48	Jake Randall (Carmarthen)	2008
300	37.96	Iwan Glynn (Carmarthen)	2017
400	53.9	Alexander Pavlou (Swansea)	2010
800	2:05.6	Matthew Williams (Pemb)	2013
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	3.10	Emyr Jones (Carmarthen)	2007
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 (Carm H)	2015
HT	39.27	Harry Davies (Neath)	2017
JT	51.23	Garth Loughran (Carmarthen)	2003
1KW	5:22.56	Owain Nicholas (Pembroke)	2015

## 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	7:03.2	Andrew Salmon (Pembroke)	2014

# WEST WALES CHAMPIONSHIP BEST PERFORMANCES - FEMALES

Compiled by Alan & Brenda Currie

(as at June 2017)

## Senior Women

100	12.7w	Sarah Newman (Newport)	2002
	13.24	Anna Leyshon (Swansea)	2009
200	26.5	Heather Jones (Carmarthen)	2010
	26.72w	Donna Jones (Swansea)	2015
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	AnneMarie Hutchison (Neath)	2001
3000	10:51.5	Jamie Jones (Swansea)	2002
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	55.09	Philippa Roles (Swansea)	1999
JT	44.46	Sara Siggery (Carmarthen)	2011
1KW	7:24.98	Hazel Wheeler (R4All)	2015

## U17 Women

100	12.4w	Danielle Barker (Neath)	2002
	12.70	Tegan Foley (Pembroke)	2015
200	25.6w	Danielle Barker (Neath)	2002
	26.31	Lydia Thomas (Pembroke)	2015
300	39.7	Hannah Brier (Swansea)	2013
800	2:15.1	Non Stanford (Swansea)	2004
1500	4:44.00	Abbie Williams (Pembroke)	2016
3000	10:27.5	Lara Philippart (Swansea)	2012
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	Catrin Jones (Swansea)	2011
PV	3.30	Naomi James (Swansea)	2009
LJ	5.59	Erin Walters (Swansea)	2012
TJ	10.74	Vicky Lloyd (Pembroke)	2001
SP	11.57	Rhian Evans (Swansea)	2017
DT	39.48	Awen Rosser (Carmarthen)	2011
HT	44.50	Lara Spacey (Swansea)	2017
JT	41.62	Bethany Moule (Neath)	2017
1KW	4:39.67	Megan S-Thomas (Swan)	2016

## U13 Girls

100	12.5w	Hannah Brier (Swansea)	2010
	13.32	Laura Davies (Llanelli)	2008
200	26.5	Hannah Brier (Swansea)	2010
	27.55	Catrin Roberts (Llanelli)	2008
800	2:26.3	Cerys Morgan (Swansea)	2005
1500	5:00.7	Hywelis T-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
	15.35	Rebecca Gatehouse (Carm)	2008
400H	62.0	Caryl Granville (Carmarthen)	2006
HJ	1.61	Catrin Jones (Swansea)	2013
PV	3.50	Naomi James (Swansea)	2011
LJ	5.37	Ffion Rees (Carmarthen)	2012
TJ	10.97	Sian Jones (Swansea)	2001
SP	13.88	Sally Hinds (Swansea)	2005
DT	40.91	Awen Rosser (Swansea)	2014
HT	42.81	Carys Smith (Swansea)	2014
JT	46.19	Claire Williams (Swansea)	2009
1KW	4:44.08	Megan Stratton Thomas (Sw)	2017

## U15 Girls

100	12.6	Hannah Brier (Swansea)	11/12
	12.62	Alicia Samuels (Carm)	2015
200	26.0	Danielle Barker (Neath)	2001
	26.73	Rhiannon Jeffreys (Neath)	2008
300	41.30	Lauren Bell (Pembroke)	2009
800	2:17.93	Lauren Bell (Pembroke)	2008
1500	4:50.2	Eleanor S Smith (Swan)	1998
75H	11.3	Heather Jones (Carmarthen)	2001
	12.04	Stacey Collins (Neath)	2008
HJ	1.57	Lili Church (Carmarthen)	2016
PV	2.85	Carys Jones (Carmarthen)	2013
LJ	5.07	Sarah Dacey (Swansea)	2005
SP	10.29	Danielle Jones (Carmarthen)	2014
DT	29.81	Sarah Richards (Swansea)	2004
HT	43.89	Karolinka Bacakova (Neath)	2016
JT	44.45	Bethany Moule (Neath)	2016
1KW	5:14.71	Jerry Grabham (Neath)	2015

## U13 Girls

HJ	1.45	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	28.44	Bethany Moule (Neath H)	2014
1KW	5:54.1	Mollie Dainton (Llanelli)	2014