

Swansea Harriers Club Records at 16th April 2021

Age Group:	Athlete Name:	Performance:	Year:
100 Metres			
Senior Men	Peter MAITLAND	10.42	1995
U20	Callum DAVIES	10.8	2017
U17	Callum DAVIES	10.96	2015
U15	Darren HOLLAND	11.4	1989
U13	Charlie HOLLAND	12.66	2016
Senior Women	Hannah BRIER	11.39	2015
U20	Hannah BRIER	11.39	2015
U17	Hannah BRIER	11.57	2014
U15	Hannah BRIER	12.04	2012
U13	Hannah BRIER	12.7	2010
200 Metres			
Senior Men	Peter MAITLAND	20.96	1994
U20	Phillip HARVEY	21.3	1981
U17	Steven REES	22.2	1988
U15	Llyr GEALY	23.46	2014
U13	Charlie HOLLAND	25.58	2016
Senior Women	Hannah BRIER	23.59	2015
U20	Hannah BRIER	23.59	2015
U17	Hannah BRIER	23.63	2014
U15	Hannah BRIER	24.54	2012

U13	Hannah BRIER	26.0	2010
400 Metres			
Senior Men	David GREENE	45.82	2011
U20	Jeff GRIFFITHS	47.07	1976
U17	Phillip HARVEY	48.46	1979
U15	Evan JENKINS	52.0	2008
U15 300m	Charlie HOLLAND	36.63	2018
U13	Darren YEO	62.0	1987
U13 300m	Evan JENKINS	41.1	2006
Senior Women	Laura MADDOX	52.73	2014
U20	Lauren WILLIAMS	55.01	2018
U17	Elaine COCKERTON	58.1	1988
U17 300m	Hannah BRIER	39.7	2013
U15 300m	Hannah BRIER	39.7	2012
800 Metres			
Senior Men	Chris GOWELL	1m 46.88	2009
U20	Chris GOWELL	1m 49.74	2005
U17	Tony DYKE	1m 53.9	1972
U15	Charlie HOLLAND	2m 01.66	2018
U13	Jason MURPHY	2m 14.2	1986
Senior Women	Hayley TULLETT	2m 00.49	2003
U20	Non STANFORD	2m 10.77	2004
U17	Non STANFORD	2m 10.77	2004

U15	Melanie DAVIS	2m 14.01	2003
U13	Caitlin GWYTHYR	2m 22.23	2015
1,500 Metres			
Senior Men	Chris GOWELL	3m 39.08	2014
U20	Jonathan TOBIN	3m 47.20	2015
U17	Colin CLARKSON	3m 51.5	1977
U15	Gerallt OWEN	4m 18.7	1984
U13	Jason MURPHY	4m 40.77	1986
Senior Women	Hayley TULLETT	3m 59.95	2003
U20	Cari HUGHES	4m 17.51	2018
U17	Non STANFORD	4m 23.55	2004
U15	Non STANFORD	4m 34.24	2003
U13	Non STANFORD	4m 55.14	2001
3,000 Metres			
Senior Men	Ian HAMER	7m 46.40	1990
U20	Colin CLARKSON	8m 16.66	1979
U17	Colin CLARKSON	8m 25.2	1977
U15	Carl LEONARD	9m 38.1	1987
Senior Women	Hayley TULLETT	8m 45.39	2000
U20	Non STANFORD	9m 22.84	2004
U17	Non STANFORD	9m 22.84	2004
U15	Lara PHILLIPART	10m 22.93	2011
5,000 Metres			

Senior Men	Ian HAMER	13m 09.80	1992
U20	Jac HOPKINS	14m 29.1	2015
U17	Dean JOHNSTON	16m 27.4	1993
Senior Women	Caryl JONES	15m 37.3	2012
U20	Olivia GWYNN	17m 16.03	2015
10,000 Metres			
Senior Men	Ian HAMER	27m 57.77	1991
U20			
Senior Women	Elinor KIRK	32m 17.05	2014
U20			
Marathon			
Senior Men	Dewi GRIFFITHS	2h 09m 49.0	2017
Senior Women	Caryl JONES	2h 34m 12.0	2017
Walks			
U15B 3000m	Antonio CIRILLO	14.28.2	2005
U17M 3000m	Antonio CIRILLO	13.59.76	2007
U17M 5000m	Antonio CIRILLO	24.35.22	2007
U20M 3000m	Antonio CIRILLO	13.34.46	2010
U20M 5000m	Antonio CIRILLO	24.13.06	2010
U20M 10000m	Antonio CIRILLO	47.53.00	2010
U15G 1000m	Megan STRATTON-THOMAS	5.01.48	2014
U15G 3000m	Megan STRATTON-THOMAS	17.18.96	2013
U17W 3000m	Megan STRATTON-THOMAS	15.20.38	2016

U20W 5000m	Megan STRATTON-THOMAS	27.18.9	2019
Hurdles			
Senior Men 110m	Berwyn PRICE	13.73	1982
400m	David GREENE	47.84	2012
U20 110m	Tomos SLADE	14.09	2019
U20 400m	David GREENE	51.14	2005
U17 100m	Berian DAVIES	13.2	1989
U17 400m	Mark ROWLANDS	53.3	1994
U15 80m	Luke JENKINS	11.26	2010
U15 300m	Chris TRUSCOTT	44.6	1993
U13 75m	Joe CROSBY	12.08	2011
Senior Women 100m	Caryl GRANVILLE	13.48	2017
400m	Caryl GRANVILLE	56.59	2017
U20 100m	Julia CHARLTON	14.62	1983
U20 400m	Lauren WILLIAMS	58.09	2018
U17 80m	Catrin STONE	11.64	2009
U17 300m	Lucy FLIGELSTONE	43.39	2013
U15 75m	Catrin STONE	11.20	2007
U13 70m	Carys POOLE	11.13	2016
Steeplechase			
Senior Men 3000m	Jonathan HOPKINS	8m 30.52	2018
U20 2000m	John THEOPHILUS	5m 58.0	1970
U17 1500m	Connor DAVIES	4m 20.56	2012

U15 1500m	Mark MORRIS	4m 57.8	1986
Senior Women 2000m	Caryl JONES	6m 39.35	2012
U20 2000m	Olivia Gwynn	7m 09.56	2013
U17 1500m	Olivia Gwynn	5.15.3	2013
Long Jump			
Senior Men	Gareth DAVIES	7.62m	1994
U20	John ELIAS	7.24m	1967
U17	Tom HALLETT	6.77m	1989
U15	Chuka ENIH-SNELL	6.34m	1998
U13	Darren HOLLAND	5.14m	1987
Senior Women	Imelda MORRISSON	5.96m	2016
U20	Alison PRESKEY	5.85m	1984
U17	Sarah DACEY	5.75m	2007
U15	Carys POOLE	5.43m	2018
U13	Sarah LYONS	4.82m	2018
Triple Jump			
Senior Men	Osaze AGHEDO	15.27m	2017
U20	Osaze AGHEDO	15.27m	2017
U17	Osaze AGHEDO	14.23m	2015
U15	Darren YEO	13.55m	1989
U13	Gareth DAVIES	10.61m	1983
Senior Women	Sian SWANSON	11.98m	2017
U20	Macey JONES	11.82m	2018

U17	Sian JONES	11.03m	1998
High Jump			
Senior Men	Chuka ENIH-SNELL	2.18m	2001
U20	Chuka ENIH-SNELL	2.18m	2001
U17	Chuka ENIH-SNELL	2.15m	2000
U15	Miles KELLER-JENKINS	1.97m	2012
U13	Miles KELLER-JENKINS	1.63m	2010
Senior Women	Ceri STOKOE	1m 79m	2006
U20	Valerie ADAMS	1m 77m	1985
U17	Lisa LEWIS	1.70m	1983
	Valerie ADAMS	1.70m	1983
U15	Kathryn EVANS	1.64m	1991
U13	Beverley GREEN	1.59m	1986
Pole Vault			
Senior Men	Timothy THOMAS	5.40m	1997
U20	Timothy THOMAS	5.00m	1992
U17	Timothy THOMAS	4.20m	1989
U15	William TROTT	4.10m	2019
U13	William TROTT	2.80m	2017
Senior Women	Sian MORGAN	4.15m	2015
U20	Lyndsey MAUND	3.50m	2005
	Naomi JAMES	3.50m	2009
U17	Naomi JAMES	3.50m	2009
U15	Millie CARTER	3.15m	2019

Javelin *			
Senior Men 800g	Shane LEWIS	70.90m	1998
U20 800g	Jonathan CLARKE	68.74m	1986
U17 700g	Jonathan CLARKE	62.46m	1984
U15 600g	Rhys WILLIAMS	58.58m	1996
U13 400g	Lewie JONES	39.56m	2019
Senior Women 600g	Claire WILLIAMS	46.19m	2009
U20 600g	Claire WILLIAMS	46.19m	2009
U17 500g	Emily COCKRILL	40.91m	2014
U15 500g	Jamie HOLLAND	37.84m	2017
U13 400g	S STOKES	34.32m	2002
Discus			
Senior Men 2k	Ryan SPENCER-JONES	48.17m	2008
U20 1.75k	Gareth MARKS	51.38m	1995
U17 1.50k	Gareth MARKS	47.32m	1992
U15 1.25k	Brynmor CLEMENTS	41.64m	2015
U13 1k	Chris HUGHES	38.92m	1991
Senior Women 1k	Phillipa ROLES	61.41m	2008
U20 1k	Phillipa ROLES	51.60m	1997
U17 1k	Phillipa ROLES	48.88m	1994
U15 1k	Phillipa ROLES	44.12m	1992
U13 1k	Amanda JERVIS	27.46m	1988
U13 0.750g	Holly COOPER	30.77m	2015

Shot			
Senior Men 7.26k	Ryan SPENCER-JONES	15.45m	2008
U20 6k	Thomas REES	13.56m	2005
U17 5k	Ritchie WELLS	14.63m	2006
U15 4k	Chris HUGHES	14.73m	1993
U13 3.25k	Chris HUGHES	13.36m	1991
U13 3k (club best)	Macsen HOLLAND	9.30m	2018
Senior Women 4k	Phillipa ROLES	15.57m	2008
U20 4k	Sally HINDS	14.72m	2005
U17 4k	Phillipa ROLES	13.65m	1994
U17 3k (club best)	Emily COCKRILL	13.59m	2014
U15 3.25k	Phillipa ROLES	12.85m	1992
U15 3k (club best)	Jamie HOLLAND	11.38m	2017
U13 2.72k	Ffion WAKE	10.10m	2010
Hammer			
Senior Men 7.26k	Adam KING	63.98m	2020
U20 6k	Matthew RICHARDS	58.89m	2005
U17 5k	Marcus DAVIES	55.60m	1988
U15 4k	Marcus DAVIES	54.84m	1986
Senior Women 4k	Toni WELLS	55.81m	2012
U20 4k	Toni WELLS	55.81m	2012
U17 4k	Toni WELLS	51.55m	2009
U17 3K (club best)	Cassey GRIMWADE	49.58m	2019
U15 3k	Charlotte MURRAY	41.90m	2004
Relays			

Senior Men	4 x 100m J Lloyd, A Parker	41.9	2000
	J Morris, S Reboul		
Senior Men	4 x 400m S Lewis, M Rowlands	3m16.22	1996
	J Lloyd, D Williams		
U20	4 x 100m E Oneywu, S Opoku,	43.91	2018
	D Parry & T Slade		
U20	4 x 400m	3m 24.4	1984
U17	4 x 100m	44.55	1987
U17	4 x 400m	3m 34.9	1989
U15	4 x 100m J Aka, S Petherbridge	45.98	2018
	H James & C Holland		
U15	4 x 400m A Pavlou, K White,	3m 47.9	2010
	L Preece & T Evans		
U15	4 x 300m G Dun, R Jenkins,	2m 39.03	2017
	S Petherbrdge & C Holland		
U13	4 x 100m D Turner, S Petherbridge,	51.80	2016
	H James & C Holland		
Senior Women	4 x 100m	48.5	1997
Senior Women	4 x 400m O Caesar, L Williams	3m 40.94	2017
	B Close & C Granville		
U20	4 x 100m	49.37	2018
U20	4 x 400m	4 m 09.4	2002
U17	4 x 100m	49.67	1998
U17	4 x 300m J Osborn, A Williams,	3.00.3	2010
	E Pearson & C Morgan		
U15	4 x 100m	50.13	1987
U15	4 x 300m R Humphreys, B Thomas	3.00.2	2018
	C Gwyther & A Evans		
U13	4 x 100m J Merrick, F Wake,	51.6	2010
	E Coates & H Brier		
Combined Events			

Senior Men Decathlon	Frank DESAILLY	6892 pts	2000
U20 Decathlon	Steve INGRAM	5833 pts	1989
U17 Octathlon	Leighton BALLANTYNE	4443 pts	2000
U15 Pentathlon	Chuka SNELL	3140 pts	1999
U13 Pentathlon	Michael WILSON	1492 pts	2009
Senior Women Heptathlon	Caryl GRANVILLE	4981 wpts	2010
U20 Heptathlon	Julia CHARLTON	4435 wpts	1983
U17 Heptathlon	Julia CHARLTON	4448 pts	1982
U15 Pentathlon	Emily DACEY	2806 pts	2009
U13 Pentathlon	Emily DACEY	2171pts	2007
	NB:		

1. Wind assisted performances will not be recognised.

2. Javelin records are subsequent to specification changes. Prior records particularly by Karen Hough were significantly further.

3. Records for first claim athletes count only, higher claim athletes performances will be recognised as club bests.

4. In 2014 U17W & U15G Shot and Hammer weights were changed from 4kg to 3kg, and Javelin from 600g to 500g. New records will only be recognised when the distance achieved exceeds that of the old weights. In the meantime the performances will be recognised as club bests.