

NORTH WALES INDOOR CHAMPIONSHIPS RECORDS						
Senior Men					.	
60m	2023	6.97	Cai Lewis Jones	Barry Edwards	Menai	
60m Hurdles	2020	9.51	Gethin Hughes		Menai	✉
High jump	2019	1.80	Rhys Jones	Denise Harris	Wrexham	✉
Long Jump	2009	6.81	Andrew Burgess		Sale Harriers Manchester	
Triple Jump	2014	14.11	Craig Phillips		Liverpool H	
Pole Vault	2022	5.00	Tom Walley	Geoff Ward	Wrexham	
Shot	2008	15.07	Ben Roberts	Andy Brittan	Birchfield H	
U23 Men					.	✉
60m	2022	7.09	Cameron Jones	Barry Edwards	Menai	
60m Hurdles	2020	9.51	Gethin Hughes		Menai	✉
High Jump	2010	1.75	Gawain Rogers		Wrexham/North Wales	
Long Jump	2009	6.81	Andrew Burgess		Sale Harriers Manchester	
Pole Vault	2020	4.63	Tom Walley	Geoff Ward	Wrexham	
Triple Jump	2007	14.00	Craig Phillips		Liverpool H	
Shot	2018	12.36	Connor Laverty	Barry Edwards	Menai	
U20 Men					.	
60m	2022	6.97	Cai Jones	Barry Edwards	Menai	
200m	2022	22.82	Finley Savage	Tania Williams	Deeside AAC	
60m Hurdles	2020	9.40	Evam Williams	Ian Hunter	Wrexham	
High Jump	2007	1.93	John Edwards/ Luke kavanagh		Deeside AAC/ Wrexham	
Long Jump	2017	6.59	Tom Walley	Amanda Wale	Wrexham	
Triple Jump	2017	14.44	Tom Walley	Geoff Ward	Wrexham	
Pole Vault	2017	4.15	Tom Walley	Amanda Wale	Wrexham	
Shot	2019	16.32	Nicholas Young	Neil Donbavand	Sale Harriers Manchester	✉
U18 Men					.	
High Jump	2007	1.93	John Edwards		Deeside AAC/North Wales	
Pole Vault	2007	3.50	Liam Edwards		Deeside AAC	
U17 Men					.	✉
60m	2014	7.18	Sion Roberts	Ian Broadhurst	Swansea	
200m	2022	24.20	George Savage	Tania Williams	Deeside AAC	
600m	2022	1m 32.17	Samuel Dallas	Neil Edwards	Deeside AAC	
60m Hurdles	2026	8.50	Aidan Angiletta		Deeside AAC	
High Jump	2007/26	1.80	Danny Evans/Aidan Angilletta	?/Tania Williams	Deeside AAC	✉
Long Jump	2020	6.51	Ryan Edwards		Maldwyn	
Triple Jump	2020	12.97	Ryan Edwards		Maldwyn	
Pole Vault	2009	3.60	Daniel Hodgson	Gerald Hodgson	Wrexham/North Wales	
Shot	2012	15.31	Connor Laverty	Barry Edwards	Menai	
U15 Boys					.	
60m	2019	7.43	Arthur Powell		Maldwyn	
200m	2022	23.03	Gethin Griffiths		Menai	
600m	2022	1m37.63	Thomas Molloy	Neil Edwards	Deeside AAC	
60m Hurdles	2023	9.69	Aidan Angiletta	Tania Williams	Deeside AAC	
High Jump	2024	1.75	Aidan Angiletta	Tania Williams	Deeside AAC	
Long Jump	2024	5.68	Lucca Tardivel	Tania Williams	Deeside AAC	
Triple Jump	2019	11.39	Thomas Maguire	Ian Broadhurst	Deeside AAC	
Pole Vault	2024	2.97	Aidan Angiletta	Tania Williams	Deeside AAC	
Shot	2012	13.95	Nathan Thomason	John Parkin	Deeside AAC	
U13 Boys					.	✉
60m	2022	7.88	Lucca Tardivel		Deeside AAC	
60m Hurdles	2022	11.34	Ellis Williams		West Cheshire	
High Jump	2023	1.46	Gil Fook		Deeside AAC	
Pole Vault	2020	2.03	Morgan Pickstock		Deeside AAC	
Long Jump	2008	4.50	Kierran Cooper		Wrexham	✉
Shot	2020	9.02	Isaac Bromwich		Deeside AAC	✉
U11 Boys					.	

50m	2018	7.63	Macsen Owain-Koffi	Phillip Jones	Colwyn Bay	
60m	2019	9.15	Toby Lemon	Tania Williams	Deeside AAC	
High Jump	2017	0.95	Thomas Molloy		Deeside AAC	
Long Jump	2019	3.71	Toby Lemon	Tania Williams	Deeside AAC	
Shot 2.72kg	2024	5.38	Toby Surman		Deeside AAC	
TRI	2022	469	Jake McGlynn		Wrexham	
Veteran and disability Men					.	
60m V35	2022	7.55	Nik Mesney	Ian Broadhurst	Wrexham	
60m V40	2026	7.71	Nik Mesney	Ian Broadhurst	Wrexham	
60m V45	2025	8.19	Matthew Harding		Deeside AAC	✉
60m V50	2022	8.56	Jan Ian Bailey		Deeside AAC	✉
60m V55	2026	8.41	Neil Davies	Ian Broadhurst	Wrexham	
60m V60	2025	8.43	Martin Weetman		Menai	
60m V65	2024	10.97	Michael Finnie		North Wales RR	
60m V70	2024	12.33	Don Hale		North Wales RR	
60m V75	2023	15.60	Robin Frost		Wrexham	
200m V60	2022	37.41	Michael Finnie		North Wales RR	
200m V65	2022	36.55	Don Hale		North Wales RR	
600m V60	2022	2m24.96	Michael Finnie		North Wales RR	
600m V65	2022	2m11.38	Don Hale		North Wales RR	
60m T35	2016	13.5	Mathew Williams T35/F35	Barry Edwards	Menai	
60m Hurdles V35	2018	11.64	Neil Edwards	Neil Edwards	Wrexham	
60m Hurdles V40	2020	11.56	Neil Edwards	Neil Edwards	Wrexham	✉
60m Hurdles V45	2026	11.80	Neil Edwards	Neil Edwards	Wrexham	✉
60m Hurdles V50	2017	12.18	David James		Wrexham	
Pole Vault V35	2019	3.00	Neil Edwards	Neil Edwards	Wrexham	✉
Pole Vault V40	2020	2.93	Neil Edwards	Neil Edwards	Wrexham	
Pole Vault V45	2026	2.70	Neil Edwards	Neil Edwards	Wrexham	
Pole Vault V50	2016	2.46	Dave Stokes		Deeside AAC/Welsh Masters	
Pole Vault V55	2018	2.50	Dave Stokes		Deeside AAC/Welsh Masters	
Pole Vault V60	2022/23	2.00	Dave Stokes		Deeside AAC/Welsh Masters	
High jump V35	2022	1.70	Owen Chesher	John McFall	Maldwyn/Welsh Masters.	
High jump V40	2026	1.60	Owen Chesher		Maldwyn	
High jump V45	2015	1.35	David James		Wrexham	
High Jump V50	2020	1.40	Neil Davies	Ian Broadhurst	Wrexham	
High Jump V55	2026	1.40	Neil Davies	Ian Broadhurst	Wrexham	
High jump V60	2014	1.50	Geoff Ward		Wrexham/Welsh Masters/City of Stoke	
High Jump V75	2023	0.95	Robin Frost		Wrexham	
High Jump V80	2026	1.00	Robin Frost		Wrexham	
Long Jump V35	2019	5.14	Matthew Harding	Ivor Henry Sayer	Deeside AAC	
Long Jump V40	2024	5.06	Matthew Harding	Ivor Henry Sayer	Deeside AAC	
Long Jump V45	2026	4.54	Jordan Livingstone		Colwyn Bay	
Long Jump V50	2020	4.47	Neil Davies	Ian Broadhurst	Wrexham	
Long Jump V55	2026	4.41	Neil Davies	Ian Broadhurst	Wrexham	
Long jump V60	2014	4.82	Geoff Ward		Wrexham/Welsh Masters/City of Stoke	
Long Jump V80	2026	2.15	Bob Frost	Ian Robinson	Wrexham	
Triple Jump V35	2018	9.41	Neil Edwards	Neil Edwards	Wrexham	
Triple Jump V40	2020	9.24	Neil Edwards	Neil Edwards	Wrexham	
Triple Jump V45	2026	8.83	Jordan Livingstone		Colwyn Bay	
Triple Jump V50	2017	8.91	David James		Wrexham	
Triple Jump V55	2026	9.15	Joseph Horner		Menai	
Shot V35	2017	11.16	Dan Upton	Michael Martin	Richmond and Zetland	
Shot V40	2020	11.99	Dan Upton	Michael Martin	Richmond and Zetland	
Shot V45	2009	12.19	Philip Davies		Deeside AAC/Police	
Shot V50	2019	10.45	Martin Tucker	Ian Robinson	Deeside AAC/Welsh Masters	
Shot V55	2023	10.23	Martin Tucker	Ian Robinson	Wrexham	
Shot V60	2024	11.26	PeterFranklin		Colwyn Bay	

Shot V65	2016	7.63	Paul Brooks	Ian Robinson	Wrexham	
Shot V70	2020	8.07	Paul Brooks	Ian Robinson	Wrexham	
ShotV 75	2024	7.31	Paul Brooks	Ian Robinson	Wrexham	
Shot V80	2026	7.18	Bob Frost	Ian Robinson	Wrexham	
Shot V85	2025	7.26	David Gardner		North Wales RR	
Disability Men						
Shot F35	2019	6.45	Mathew Williams T35/F35	Ian Robinson	Wrexham	
Shot F36	2018	9.02	Martin Chadwick F36	Ian Robinson	Wrexham	
Senior Women					.	
60m	2019	7.79	Moli Jones	Phillip Jones	Menai	
60m Hurdles	2007	9.90	Deborah Fletcher		Wrexham	
Long Jump	2018	5.12	Rhian Williams	Ian Broadhurst	Deeside AAC	
Triple Jump	2018	11.04	Rhian Williams	Ian Broadhurst	Deeside AAC	
Pole Vault	2.007	2.41	Nicky Tinson		Deeside AAC	
Shot	2026	14.55	Sabrina Fortune F20	Ian Robinson	Deeside AAC	
U23 Women					.	
60m	2019	7.79	Moli Jones	Phillip Jones	Menai	
60m Hurdles	2007	9.90	Deborah Fletcher		Wrexham	
High Jump	2007/ 10	1.55	Deborah Fletcher/ Emma Garstang		Wrexham/ Deeside AAC	
Long Jump	2018	5.12	Rhian Williams	Ian Broadhurst	Deeside AAC	
Triple Jump	2008	11.65	Anna Bates	Keith Hancock	Shrewsbury	
Shot	2018	11.86	Sabrina Fortune F20	Ian Robinson	Deeside AAC	
U20 Women					.	
60m	2014	7.73	Shannon Malone	Richard Sayer	Deeside AAC	
200m	2022	25.56	Arian Williams	Barry Edwards	Menai	
600m	2022	1m53.69	Non Jones	Barry Edwards	Menai	
60m Hurdles	2014	9.19	Olivia Montez Brown	Geoff Ward	West Cheshire	
High Jump	2014	1.51	Georgia Bates/ Olivia Montez Brown	Denis Doyle/ Geoff Ward	Deeside AAC/ W.Cheshire	
Long Jump	2014	5.10	Georgia Bates	Denis Doyle	Deeside AAC	
Triple Jump	2006	10.49	Rachel Thomas	Matt Cullen	Deeside AAC	
Pole Vault	2010	3.60	Rebecca Davies	Gerald Hodgson	Deeside AAC	
Shot	2007	10.71	Faye Rhodes		Deeside AAC	
U18Women					.	
U17 Women					.	
60m	2017	7.77	Moli Jones	Phillip Jones	Colwyn Bay	
200m	2022	26.01	Eli Jones	Martin Weetman	Menai	
600m	2022	1m47.61	Ella Grundy	Emma McArthur	Colwyn Bay	
60m Hurdles	2024	8.88	Olivia Scrimshaw	Tania Williams	Deeside AAC	
High Jump	2008	1.63	Hannah Thomas	Glyn Davies	Wrexham	
Long Jump	2024	5.72	Olivia Scrimshaw	Tania Williams	Deeside AAC	
Triple Jump	2022	10.20	Isobelle Gunn	Amanda Broadhurst	Wrexham	
Pole Vault	2010	3.10	Lucy Roulston		Deeside AAC	
Shot	2012	12.78	Adele Nicoll	Andy Brittan	Birchfield H	
U15 Girls					.	
60m	2022	7.85	Olivia Scrimshaw	Tania Williams	Deeside AAC	
200m	2022	26.03	Olivia Scrimshaw	Tania Williams	Deeside AAC	
60m Hurdles	2007	9.00	Lucy Roulston		Deeside AAC	
High Jump	2007	1.63	Hannah Thomas	Glyn Davies	Wrexham	
Long Jump	2023	5.74	Olivia Scrimshaw	Tania Williams	Deeside AAC	
Triple Jump	2025	9.84	Alice Sykes Hand	Amy Billington	Deeside AAC	
Pole Vault	2007	2.61	Rebecca Davies	Gerald Hodgson	Deeside AAC	
Shot	2012	10.96	Katy Whitley	Ian Robinson	Wrexham	
U13 Girls					.	
60m	2101	8.45	Amy Williams		West Cheshire	

60m Hurdles	2007	9.10	Elin Jones		Colwyn Bay	
High Jump	2024	1.35	Alice Sykes-Hand		Deeside AAC	
Long Jump	2020	4.27	Olivia Scrimshaw	Tania Williams	Deeside AAC	
Pole Vault	2016	1.76	Morgan Edwards		Deeside AAC	
Shot	2009	10.54	Adele Nicoll	Trevor Marsay	Oswestry	
U11 Girls					.	
50m	2018	8.02	Eva Spencer	Phillip Jones	Colwyn Bay	
60m	2024	9.17	Sienna Hughes		Colwyn Bay	
60m Hurdles	2025	12.66	Nona White		Deeside AAC	
High Jump	2017	1.15	Maisie Parry		Deeside AAC	
Long Jump	2017	3.54	Maisie Parry	Kenneth Ross	Deeside AAC	
Shot	2024	5.95	Faith Daley		Colwyn Bay	
TRI	2022	598	Isabella Phillips		Deeside AAC	
Veteran and disability Women					.	
60m V35	2023	9.43	Lesley Brown		Deeside AAC	
60m V40	2018	8.87	Amanda Cook	Amanda Broadhurst	Wrexham	
60m V45	2015	8.70	Rebecca Jones-Morris		Menai	
60m Hurdles V 35	2007	9.80	Amanda Broadhurst	Amanda Broadhurst	Wrexham/Northern Vets	
60mHurdles V40	2012	9.70	Amanda Broadhurst	Amanda Broadhurst	Wrexham/Northern Vets	
60m Hurdles V 45	2018	10.70	Rebecca Jones-Morris		Menai	
Long Jump V35	2009	4.66	Amanda Broadhurst		Wrexham	
Long Jump V40	2018	4.71	Amanda Cook	Amanda Broadhurst	Wrexham/Welsh Masters	
Long Jump V45	2016	4.62	Amanda Broadhurst	Amanda Broadhurst	Wrexham/Northern Vets	
Long Jump F37	2010	7.97	Bev Jones F37/T37	John Parkin	Gloucester/Deeside AAC	
Triple Jump V40	2019	9.20	Amanda Cook	Amanda Broadhurst	Wrexham/Welsh Master	
Triple Jump V45	2020	8.95	Amanda Broadhurst	Amanda Broadhurst	Wrexham/Welsh Master	
Shot V35	2020	6.54	Sara Wynne Jones		Wrexham	
Shot V40	2012	9.06	Amanda Broadhurst	Amanda Broadhurst	Wrexham/Northern Vets	
Shot V45	2022	9.45	Lesley Brown		Deeside AAC	
Shot V50	2025	9.42	Amanda Broadhurst	Amanda Broadhurst	Wrexham/Northern Vets	
Shot F20	2026	14.55	Sabrina Fortune F20	Ian Robinson	Deeside AAC	

Men											
	Javelin			Discus			Shot			Hammer	
Senior	Neil Bithell	1991	56.32	Gareth Gilbert	1993	44.23	David Richardson	1991	13.73	Neil Williams	1991
U23	Neil Bithell	1991	56.32	Gareth Gilbert	1993	44.23	David Richardson	1991	13.73	Neil Williams	1991
U20	Neil Bithell	1991	56.32	Gareth Gilbert	1991	48.12	Neil Bithell	1993	12.71	Neil Williams	1991
U18	Max Holland	2016	49.47	Matthew Williams	2013	47.77	Matthew Williams	2013	13.95	Neil Williams	1989
U17	Max Holland	2016	49.47	Matthew Williams	2013	47.77	Matthew Williams	2013	13.95	Neil Williams	1989
U15	Elliot Odunaiya	2016	44.25	Matthew Williams	2011	50.11	Matthew Williams	2011	14.91	Matthew Williams	2011
U13	Elliot Odunaiya	2015	40.91	Ben Williams	2015	29.09	Shane Hughes	2010	10.78	Ben Williams	2015
U11	Thom Clark (300gm)	2015	26.95	Luke Dillon (0.75kg)	2015	18.19	Aiden McRae	2012	7.18	Reuben Rees-Slawson	2015

Women											
	Javelin			Discus			Shot			Hammer	
Senior	Robyn Purchase	2008	40.90	Katy Whitley	2015	39.23	Lesley Brannan	1995	12.10	Jade Williams	2016
U23	Robyn Purchase	2008	41.90	Katy Whitley	2015	39.23	Lesley Brannan	1995	12.10	Jade Williams	2016
U20	Robyn Purchase	2008	40.90	Katy Whitley	2015	39.23	Lesley Brannan	1995	12.10	Jade Williams	2016
U18	Robyn Purchase	2008	40.90	Katy Whitley	2015	39.23	Katy Whitley	2014	12.89	Jade Williams	2016
U17	Robyn Purchase	2007	36.56	Katy Whitley	2012	34.65	Katy Whitley	2014	12.89	Jade Williams	2016
U15	Robyn Purchase	2005	36.21	Katy Whitley	2012	34.65	Katy Whitley	2012	12.23	Jade Williams	2015
U13	Robyn Purchase	2003	30.73	Yvette Roberts	1992	24.02	Katy Whitley	2010	9.45	Jade Williams	2013
U11	Holly Roberts (300gm)	2014	22.70	Libby Scothern (600gm)	2011	20.23	Libby Scothern (2kg)	2011	6.74	Libby Scothern (2kg)	2011

Men											
	Long Jump			High Jump			Triple Jump			Pole Vault	
Senior	Darren Wright	1996	6.74	Andrew Penk	1997	2.15	Steven Frost	2000	14.11	Andrew Penk	1995
U23	Darren Wright	1996	6.74	Andrew Penk	1997	2.15	Steven Frost	2000	14.11	Andrew Penk	1995
U20	Darren Wright/ Thomas Walley	1996/ 2016	6.74	Andrew Penk	1997	2.15	Steven Frost	2000	14.11	Andrew Penk	1995
U18	Darren Wright	1996	6.74	Andrew Penk	1995	2.05	Thomas Walley	2014	13.25	Andrew Penk	1995
U17	Darren Wright	1996	6.74	Andrew Penk	1995	2.05	Thomas Walley	2014	13.25	Andrew Penk	1995
U15	David Davies	1987	5.97	Ben Roberts	1994	1.81	J Roberts	1978	9.51	Andrew Penk	1993
U13	Kierran Cooper	2007	5.07	Andrew Penk	1991	1.60	J Roberts	1978	9.51		
U11	Thomas Evans	2010	3.88	Aiden McRae	2012	1.10					

Women											
	Long Jump			High Jump			Triple Jump			Pole Vault	

	400m			800m			400mH			300mH		
Senior	Megan Rogers	2014	55.21	Claire Schofield	1991	2m11.3	Claire Edwards	1994	60.20			
U23	Megan Rogers	2014	55.21	Claire Schofield	1991	2m11.3	Claire Edwards	1994	60.20			
U20	Faye Harding	2004	55.35	Claire Schofield	1991	2m11.3	Megan Rogers	2012	60.68			
U18	Claire Edwards	1991	56.55	Claire Edwards	1991	2m12.8	Faye Harding	2001	60.06	Megan Rogers	2010	43.02
U17	Claire Edwards	1991	56.55	Claire Edwards	1991	2m12.8	Faye Harding	2001	60.06	Megan Rogers	2008	43.09
U15				Faye Harding	2000	2m13.37						
U13				Lisa Lanini	2000	2m16.1						
U11				Yasmine Baker	2012	2m45.97						

	Men											
	Sprint Hurdles			1000m			1500m			1mile		
Senior	Chris Cashell	1991	15.68				James Mills	2010	3m46.47	James Mills	2010	4m09.51
U23							Mal Emberton	1994	3m47.29			
U20	Thomas Walley	2016	16.80	Thomas Walley	2015	3m29.03	James Mills	2006	3m52.68			
U18				Thomas Walley	2015	3m29.03	Ian Williams	1975	4m00.8			
U17	Jamie Sheffield 100m	1994	13.80				Ian Williams	1975	4m00.8			
U15	Jamie Sheffield 80m	1985	12.00				Matthew Willis	2014	4m07.49			
U13	Taten Mbako 75m	1999	13.20				<u>Hywell Bennett</u>	2006	4m54.4			
U11							Thomas Evans	2010	5m17.9			

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Women											
2 miles			3000m			5000m			10000m		
Senior			Ruth Hetherington	2007	9m59.45	Gina Paletta	2014	17m4.12	Gina Paletta	2014	34m56.85
U23			Ruth Hetherington	2007	9m59.45				Gina Paletta	2012	35m22.93
U20			Ruth Hetherington	2007	9m59.45						
U18			Victoria Jones	2003	10m15.96						
U17			Victoria Jones	2003	10m15.96						
U15											
U13											
U11											

Men											
3miles			3000m SC			2000mSC			Marathon		
Senior	Steve Rogers	1964	14m19.4	Bernie Jones				1992	6m12.8		
U23											
U20			John Peters	1993	9m41.93	John Peters	1993	6m06.29			
U18											
U17	Matthew Willis	2016	14m45								
U15	Matthew Willis	2014	15m45								
U13											
U11											

Women											
			3000m SC			2000mSC			Marathon		
Senior											
U23											
U20											
U18											
U17											
U15											
U13											
U11											

Men											
1500mSC			75m			80m			150m		
Senior											
U23											
U20											
U18											
U17	Tony Blackwell	1975	4m25								

U15												
U13												
U11			Thomas Evans	2010	11.5m	Thomas Evans	2010	12.40	Thomas Evans	2010	22.40	

Senior	Women											
	1500mSC			75m			1200			150m		
				Eirian Owen- Anning	2016	10.40	Lisa Lanini	1999	3m46.4	Hannah Thomas	2005	20.20
				Neve Evans	2009	11.00				Neve Evans	2009	22.10

Senior	Men											
	600m			60m Hurdles			Heptathlon			Decathlon		
				Thomas Walley	2016	9.18	Thomas Walley	2016	4028	Thomas Walley	2016	5239
				Thomas Evans	2015	10.14	Thomas Evans	2015	3263	Thomas Evans	2015	4847
	Thomas Evans	2010	1m56.50									

Senior U23 U20 U18 U17 U15 U13 U11	Women											
	600			1000m Walk			5 Miles			Half Marathon		
							Ros Adams	2007	36m19	Ros Adams	2005	95m33
				Jessica Arnull	2010	8m12.8						
	Lisa Lanini	2000	1m37.3									
	Yasmine Baker	2012	1m58									

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U18

U17

U15

U13

U11