

Senior Men					
100m	2024	11.09	Cai Lewis Jones	Barry Edwards	Menai
200m	2019	22.51	Zachary Price	Barry Edwards	Menai
400m	2016	50.45	Liam McGivern	Martin Cook	Wrexham/Sheffield Uni/Derby
800m	2024	01:54.58	Oliver Barbaresi	Andrew Walling	Thames Valley Harriers
1500m	2007	04:04.80	Harry Jones		Colwyn Bay/North Wales
3000m	2018	9m11.86	Lee Jones		Deeside AAC
110m Hurdles	2019	17.50	Gethin Hughes		Menai
400m Hurdles	2014	60.54	William Poole	Darrell Maynard	Wrexham/Cardiff Met Un
1500m	2016	06:55.07	Reece Moles		Maldwyn
High jump	2022	1.75	Owen Chesher	John McFall	Maldwyn/Welsh Masters.
Long Jump	2019	6.82	Thomas Walley	Amanda Wale	Wrexham AC
Triple Jump	2007	14.00	Craig Phillips		Liverpool H
Pole Vault	2007	3.80	Liam Edwards		Deeside AAC
Javelin	2026	58.02	Isaac Bromwich	Dorrel	Deeside AAC
Discus	2023	46.48	Patrick Harris		Menai
Shot	2010	15.55	Ben Roberts	Andy Brittan	Birchfield H
Hammer	2016	67.20	Osian Jones	Dennis Roscoe	Liverpool H/Liverpool John Moores Uni
3000m	2018	11m48.27	Steven McCormack		Abergele
U23 Men					
100m	2024	11.09	Cai Lewis Jones	Barry Edwards	Menai
200m	2011	22.80	Thomas Cusworth	Glyn Davies	Wrexham AC
400m	2016	50.45	Liam McGivern	Martin Cook	Wrexham/Sheffield Uni/Derby
800m	2008	01:57.40	Fabian Downs	Fabian Downs	Chiltern/Bangor Uni
3000m	2010	09:12.10	Joshua Dixon	Joshua Dixon	Abergele
400m Hurdles	2010	67.80	Gawain Rogers		Wrexham/North Wales
1500m	2007	04:04.80	Harry Jones		Colwyn Bay/North Wales
High Jump	2010	1.70	Gawain Rogers		Wrexham/North Wales
Long Jump	2019	6.82	Thomas Walley	Amanda Wale	Wrexham AC
Triple Jump	2007	14.00	Craig Phillips		Liverpool H
Shot	2022	14.35	Patrick Harris		Menai
Discus	2022	43.56	Patrick Harris		Menai
Javelin	2026	58.02	Isaac Bromwich	Dorrel	Deeside AAC
Hammer	2015	63.99	Osian Jones	Dennis Roscoe	Liverpool H/Liverpool John Moo
110m Hurdles	2019	17.50	Gethin Hughes		Menai

U20 Men					
100m	2019	11.14	Zachary Price	Barry Edwards	Menai
200m	2024	22.35	Kane Smart	Phillip	Colwyn Bay
400m	2017	50.58	Iolo James	Philip Oliver	Colwyn Bay
800m	2015	01:58.90	Iolo Hughes	Andrew Walling	Menai
1500m	2007	04:04.80	Harry Jones		Colwyn Bay/North Wales
3000m	2008	09:12.20	Ricky Challinor	David Evans	Deeside AAC/North Wales
110m Hurdles	2013	15.90	Luke Ward	Tania Williams	Deeside AAC
400m Hurdles	2026	55.23	Huw Williams	Barry Edwards	Menai
2000m	2008	06:23.90	Ricky Challinor	David Evans	Deeside AAC/North Wales
High Jump	2008	1.95	John Edwards		Deeside AAC/North Wales
Long Jump	2023	6.58	Jacob Edghill		Colwyn Bay/Wrexham
Triple Jump	2017	13.88	Thomas Walley	Amanda Wale	Wrexham AC
Pole Vault	2017/2019	4.20	Thomas Walley	Amanda Wale	Wrexham AC
Javelin	2026	58.02	Isaac Bromwich	Dorrel	Deeside AAC
Discus	2018	42.56	Nicholas Young	Neil Donbavand	Sale Harriers Manchester
Shot	2018	14.59	Nicholas Young	Neil Donbavand	Sale Harriers Manchester
Hammer	2012	62.10	Osian Jones	Dennis Roscoe	Liverpool H
U18 Men					
100m	2014	11.06	Sion Roberts	Ian Broadhurst	Swansea
200m	2013	22.40	Sion Roberts	Ian Broadhurst	Swansea
300m	2013	38.7	Joe Baker	Natalie Bathers	Oswestry
400m	2011	50.50	Owen Smith	Caroline Sayer	Deeside AAC
800m	2014	02:00.21	Iolo Hughes	Andrew Walling	Menai
1500m	2016	04:12.31	Joseph Crutchley		Maldwyn
3000m	2015	08:51.80	Matthew Willis	Matthew Willis	Wrexham/Cheshire Sc
Long Jump	2011	6.4	Lloyd Robbins	Keith Hunter	Sale Harriers Manchester
High Jump	2007	1.85	John Edwards		Deeside AAC/North Wales
Pole Vault	2007	3.80	Liam Edwards		Deeside AAC
Triple Jump	2007	13.50	Adam Williams	Sean Power	Menai/North Wales
Javelin (old spec)	2017	52.44	Max Holland	Ian Robinson	Wrexham AC
Discus	2014	45.54	Nathan Thomason	John Parkin	Colwyn Bay
Shot	2012	15.69	Connor Laverty	Barry Edwards	Menai
Hammer	2014	53.80	Nathan Thomason	John Parkin	Colwyn Bay
U16 Boys					

100m	2012	11.4	Sion Roberts	Steven Thomas-Spires	Wrexham AC
200m	2012	23.40	Sion Roberts	Steven Thomas-Spires	Wrexham AC
300m	2018	37.43	Finley Savage	Tania Williams	Deeside AAC
800m	2026	2m05.27	Elis Earnshaw		Menai
1500m	2007	04:24.00	Jamie Wright		Deeside AAC
3000m	2022	9m43.72	Miguel Jenkins	Kevin Wyn Jones	Menai
300m Hurdles	2026	00:00.00	Judah Llyr Parry		Menai
High Jump	2024	1.77	Aidan Angilletta	Amy Billington/Tania Williams	Deeside AAC
Long Jump	2010	5.91	Lloyd Robbins	Keith Hunter	Deeside AAC
Triple Jump	2024	12.56	Aidan Angilletta	Amy Billington/Tania Williams	Deeside AAC
Pole Vault	2007	2.95	Daniel Hodgson	Gerald Hodgson	Wrexham/North Wales
Javelin	2017	52.73	George Clar	Dorrel	Deeside AAC
Discus	2011	39.12	Matthew Williams	Ian Robinson	Wrexham AC
Shot	2011	13.73	Matthew Williams	Ian Robinson	Wrexham AC
Hammer	2012	41.84	Nathan Thomason	John Parkin	Colwyn Bay
U14 Boys					
75m	2013	11.30	Iwan Forster		Deeside AAC
100m	2010	12.4	Sion Roberts	Steven Thomas-Spires	Wrexham AC
200m	2010	25.30	Sion Roberts	Steven Thomas-Spires	Wrexham AC
800m	2009	02:20.10	Andrew Morris-Jones		Menai
1500m	2026	4m39.99s	Jacob Price		Menai
High Jump	2012/2026	1.40	Matthew Sturgess/ Ioby Surman		Deeside AAC
Pole Vault	2010	1.50	Lewis Roberts		Deeside AAC
Long Jump	2007	4.77	Kierran Cooper		Wrexham AC
Javelin	2026	32.67	Spencer Jones	Ian Robinson	Wrexham AC
Discus	2026	27.11	Spencer Jones	Ian Robinson	Wrexham AC
Shot	2024	9.72	Tomasi Fidow	Ian Robinson	Wrexham AC
Hammer	2016	14.10	Reuben Rees-Slawson	Ian Robinson	Wrexham AC
U12 Boys					
75m	2018	10.90	Macsen Owain-Koffi	Philip Jones	Colwyn Bay
80m	2010	12.10	Josh Ablett	Philip Jones	Colwyn Bay
100m	2026	14.45	Elliot-Steele Jones		Menai
150m	2018	22.27	Macsen Owain-Koffi	Philip Jones	Colwyn Bay
600m	2010	1.50.5	Josh Ablett	Philip Jones	Colwyn Bay

800m	2026	2m32.46s	Elliot-Steele Jones		Menai
High Jump	2015	1.20	Bobi Jones		Colwyn Bay
Long Jump	2026	4.11	Elliot-Steele Jones		Menai
Javelin	2012	18.19	Aiden MacRae	Ian Robinson	Wrexham AC
Shot 2.72kg	2023	6.94	Spencer Jones	Ian Robinson	Wrexham AC
TRI	2023	610	Spencer Jones	Ian Robinson	Wrexham AC
Veteran and disability Men					
3000m	2019	12m00.49	David Lemon		Deeside AAC
100m V35	2019	12.39	Matthew Harding	Ivor Henry Sayer	Deeside AAC
100m V40	2026	12.28	Nik Mesney	Ian Broadhurst	Wrexham AC
100m V45	2019	13.66	Steven Thomas Spires		Wrexham AC
100m V50	2016	13.48	Marcel Gray	Marcel Gray	Sale Harriers Manchester
100m V55	2026	13.59	Neil Davies	Ian Broadhurst	Wrexham AC
100m V60	2024	13.87	Martin Weetman		Cannock and Stafford/Welsh Masters
100m V65	2024	17.78	Michael Finnie		North Wales RR
200m T20	2018	25.09	Chike Iwobi		Colwyn Bay
100m T35	2016	23.17	Mathew Williams T35/F35		Menai
200m V35	2023	25.80	Owen Chesher		Maldwyn/ Welsh masters
200m V40	2026	25.51	Nik Mesney	Ian Broadhurst	Wrexham AC
200m V45	2015	27.40	Neil Davies	Ian Broadhurst	Wrexham/Welsh Masters
200m V50	2016	28.28	Marcel Gray	Marcel Gray	Sale Harriers
200m V55	2019	33.55	Kevin Challinor		Buckley RC/Welsh masters/ Deeside AAC
200m V60	2024	28.74	Martin Weetman		Menai
200m V65	2024	38.78	Michael Finnie		North Wales RR
400m T20	2018	57.64	Chike Iwobi		Colwyn Bay
400m V35	2026	60.27	Aled Hughes		GOG Triathlon Club
400m V40	2013	58.80	Mark Saunders		Maldwyn
400m V45	2017	62.15	Reuben Woodford		Colwyn Bay
400m V50	2016	66.66	Darren Battersby		Abergele
400m V55	2024	60.90	Neil Davies	Ian Broadhurst	Wrexham AC
800m V35	2008	01:58.40	Lee Jones		Deeside AAC
800m V40	2011	02:01.60	Lee Jones		Deeside AAC
800m V45	2017	02:17.81	Mike Hodgson		Prestatyn
800m V50	2013	02:30.50	Mike Robbins		Wrexham/Welsh Masters

800 V55	2019	2m42.32	Kevin Challinor		Buckley RC/Welsh masters/ Deeside AAC
800 V60	2025	2m20.85	Steven Gardner		North Wales RR
1500m V35	2023	4m28.71	Luke Northall		Wrexham/Welsh Masters
1500m V40	2012	04:15.00	Lee Jones		Deeside AAC
1500m V45	2019	4m52.07	Mike Hodgson		Deeside AAC/ Colwyn Bay
1500m V55	2015	04:57.59	Bernie Jones		Wrexham AC
1500m V60	2026	5m03.9	Steven Gardner		North Wales RR
3000m V35	2023	9m47.20	Luke Northall		Wrexham/Welsh Masters
3000m V40	2013	09:08.00	Lee Jones		Deeside AAC
3000m V45	2018	9m11.86	Lee Jones		Deeside AAC
3000m V50	2013	10:32.20	Mike Robbins		Wrexham/Welsh Masters
3000m V55	2015	10:31.30	Bernie Jones		Wrexham AC
3000m V60	2024	11:02.77	Steven Gardner		North Wales RR
3000m V70	2016	15:07.30	Arthur Egan		Wrexham AC
3000m V75	2019	16m38.0	Jack Thomas		Buckley RC
1500m	2016	06:17.29	Mark Saunders		Maldwyn
110m Hurdles V40	2024	23.66	Neil Edwards	Neil Edwards	Wrexham AC
400m Hurdles V40	2011	72.60	David James		Wrexham AC
400m Hurdles V50	2018	81.00	David James		Wrexham AC
400m V75	2019	1m55.54	Jack Thomas		Buckley RC
1 Mile Walk V45	2010	09:21.30	Marc Sheridan		Menai
2 Mile Walk V50	2010	08:12.80	Stephen Walker		Lancashire WC/Wrexham/Welsh M
1500m Walk	2009	07:26.80	Stephen Walker		Lancashire WC/Wrexham/Welsh Maste
Pole Vault V35	2016	3.00	Neil Edwards	Neil Edwards	Wrexham AC
Pole Vault V40	2023	3.05	Neil Edwards	Neil Edwards	Wrexham AC
Pole Vault V55	2017	2.40	Dave Stokes		Deeside AAC/Welsh Masters
Pole Vault V60	2023	2.05	Dave Stokes		Deeside AAC/Welsh Masters
High jump V35	2022	1.75	Owen Chesher	John McFall	Maldwyn/Welsh Masters.
High jump V40	2024/5&6	1.70	Owen Chesher	John McFall	Maldwyn/Welsh Masters.
High jump V45	2015	1.31	David James		Wrexham AC
High jump V50	2023	1.40	Neil Davies	Ian Broadhurst	Wrexham/Welsh Masters
High jump V60	2013	1.50	Geoff Ward		Wrexham/Welsh Masters/City of Stoke
Long Jump V35	2016	6.09	Ioan Hughes		Trafford/Llanrwst/Colwyn Bay
Long Jump V40	2018	5.00	Mark Phillips		Deeside AAC
Long Jump V45	2025	5.29	Matthew Harding		Deeside AAC

Long Jump V55	2026	4.52	Joseph Horner		Menai/Welsh masters
Long Jump V75	2024	2.35	Robin (Bob) Frost	Ian Robinson	Wrexham/Welsh Masters
Triple Jump V35	2014	10.28	Jacok Petrusia		Colwyn Bay
Triple Jump V40	2010	9.87	Steven Thomas-Spires	Steven Thomas-Spires	Wrexham/Welsh Masters
Triple Jump V45	2026	9.09	Jordan Livingstone		Colwyn Bay
Triple Jump V55	2025	9.03	Joseph Horner		Menai/Welsh masters
Shot V35	2014	11.57	Jacok Petrusia		Colwyn Bay
Shot V40	2013	11.18	Jacek Wojcik/ Mark Rich	Neil Edwards	Colwyn Bay/ Wrexham
Shot V45	2009	12.13	Philip Davies		Deeside AAC/Police
Shot V50	2019	10.23	Martin Tucker		Deeside AAC/Welsh Masters
Shot V55 7.26kg	2022	8.41	Martin Tucker	Ian Robinson	Wrexham/Welsh Masters
Shot V55	2023	9.75	Martin Tucker	Ian Robinson	Wrexham/Welsh Masters
Shot V60 7.26kg	2022	8.33	Dave Stokes		Deeside AAC/Welsh Masters
Shot V60	2024	11.86	Peter Franklin		Colwyn Bay
Shot V65	2019	10.11	Geoff Ward		Wrexham/Welsh Masters/City of Stoke
Shot V70	2019	8.20	Paul Brooks	Ian Robinson	Wrexham/Welsh Masters
Shot V75	2025	6.75	Paul Brooks	Ian Robinson	Wrexham/Welsh Masters
Shot V80	2024	7.06	David Gardner		North Wales RR
Shot V85	2025	7.89	David Gardner		North Wales RR
Shot F35	2018	7.04	Mathew Williams T35/F35	Ian Robinson	Wrexham AC
Shot F36	2016	9.22	Martin Chadwick F36	Ian Robinson	Wrexham AC
Discus V35	2014	34.01	Jacok Petrusia		Colwyn Bay
Discus V40	2013	32.21	Jacek Wojcik		Colwyn Bay
Discus V45	2009	30.42	Philip Davies		Deeside AAC/Police
Discus V50	2012	37.46	Dave Stokes		Deeside AAC/Welsh Masters
Discus V55	2017	29.22	Dave Stokes		Deeside AAC/North Wales
Discus v60 2kg	2020	22.30	Dave Stokes		Deeside AAC/North Wales
Discus V60	2013	39.64	Geoff Ward		Wrexham/Welsh Masters/City of Stoke
Discus V65	2019	35.45	Geoff Ward		Wrexham/Welsh Masters/City of Stoke
Discus V70	2019	29.27	Ian Robinson	Ian Robinson	Wrexham AC
Discus V75	2024	27.47	Ian Robinson	Ian Robinson	Wrexham/Welsh Masters
Discus F35	2019	21.86	Mathew Williams T35/F35	Ian Robinson	Wrexham AC
Hammer V35	2014	23.65	Jacok Petrusia		Colwyn Bay
Hammer V40	2013	20.85	Jacek Wojcik		Colwyn Bay

Hammer V50	2013	29.06	Dave Stokes		Deeside AAC/Welsh Masters
Hammer V55	2017	29.51	Dave Stokes		Deeside AAC/North Wales
Hammer V60	2022	25.32	Dave Stokes		Deeside AAC
Hammer V60	2024	33.50	Dave Stokes		Deeside AAC
Hammer V70	2023	16.25	Paul Brooks	Ian Robinson	Wrexham/Welsh Masters
Hammer V75	2024	19.49	Ian Robinson	Ian Robinson	Wrexham/Welsh Masters
Javelin V35	2014	40.73	Jacok Petrusia		Colwyn Bay
Javelin V40	2022	39.15	Neil Edwards		Wrexham AC
Javelin V45	2026	35.91	Neil Edwards	Neil Edwards	Wrexham AC
Javelin V50	2019	42.75	Martin Tucker		Deeside AAC
Javelin V55 (800g)	2022	36.26	Martin Tucker	Ian Robinson	Wrexham AC
Javelin V55	2023	38.57	Martin Tucker	Ian Robinson	Wrexham AC
Javelin V60	2023	18.75	Dave Stokes		Deeside AAC/Welsh Masters
Javelin V65	2015	20.53	Ian Robinson	Ian Robinson	Wrexham/Welsh Masters
Javelin V70	2019	20.99	Robin (Bob) Frost	Ian Robinson	Wrexham AC
Javelin V75	2023	14.84	Robin (Bob) Frost	Ian Robinson	Wrexham AC
Javelin V80	2024	15.38	David Gardner		North Wales RR
Javelin V85	2025	15.21	David Gardner		North Wales RR
Senior Women					
100m	2026	12.64	Ffion Mair Roberts	Barry Edwards	Menai
200m	2026	25.50	Ffion Mair Roberts	Barry Edwards	Menai
400m	2022	55.24	Ffion Mair Roberts	Barry Edwards	Cardiff/Bangor Uni
800m	2012	02:18.70	Abigail Backshall	Philip Oliver	Colwyn Bay
1500m	2007	04:49.40	Ruth Hetherington		Wrexham AC
3000m	2012	10:21.30	Sarah Livett	Jackie Newton	Menai
400m Hurdles	2015	64.90	Mikaela Harrison	Callum Orr	Wakefield
High Jump	2010/ 2013	1.55	Sian Swanson/ Georgia Bates	Denis Doyle	Maldwyn/Deeside AAC
Long Jump	2008	5.79	Sally Peake	Sean Power	Liverpool H/Cardiff Uni
Triple Jump	2008	11.98	Sally Peake	Sean Power	Liverpool H/Cardiff Uni
Pole Vault	2016	2.50	Ellie Collins	Ian Robinson	Wrexham AC
Javelin	2009	40.10	Robyn Purchase		Wrexham/Leeds City
Discus	2011	38.00	Faye Calvert		Deeside AAC/Liverpool H
Shot	2026	15.71	Sabrina Fortune F20	Ian Robinson	Deeside AAC
Hammer	2009	64.16	Laura Douglas	Kevin Madden	Sale Harriers Manchester/Brunel Uni Lo

U23 Women					
100m	2014	12.09	Shannon Malone	Richard Sayer	Deeside AAC
200m	2014	24.90	Shannon Malone	Richard Sayer	Deeside AAC
400m	2022	55.24	Ffion Mair Roberts	Barry Edwards	Cardiff/Bangor Uni
800m	2014	02:11.61	Georgina Outten	Andrew Walling	Birchfield H
High Jump	2010/ 2013	1.55	Sian Swanson/ Georgia Bates	Denis Doyle	Maldwyn/Deeside AAC
Long Jump	2008	5.79	Sally Peake	Sean Power	Liverpool H/Cardiff Uni
Triple Jump	2008	11.98	Sally Peake	Sean Power	Liverpool H/Cardiff Uni
Pole Vault	2011	3.60	Rebecca Davies	Gerald Hodgson	Deeside AAC/North Wales
Shot	2019	13.57	Sabrina Fortune F20	Ian Robinson	Deeside AAC
Discus	2015	37.60	Sabrina Fortune F20	Ian Robinson	Deeside AAC
Javelin	2009	40.10	Robyn Purchase		Wrexham/Leeds City
Hammer	2009	48.09	Steph Owens		Shaftesbury Barnet
U20 Women					
100m	2014	12.09	Shannon Malone	Richard Sayer	Deeside AAC
200m	2014	24.90	Shannon Malone	Richard Sayer	Deeside AAC
400m	2011	55.90	Megan Rogers	Glyn Davies	Wrexham/Swansea/North Wales
800m	2014	02:11.61	Georgina Outten	Andrew Walling	Birchfield H
1500m	2012	05:02.40	Sarah Livett	Jackie Newton	Menai
3000m	2012	10:21.30	Sarah Livett	Jackie Newton	Menai
100m Hurdles	2010	14.9	Megan Rogers	Geoff Ward	Wrexham/Swansea/North Wales
400m Hurdles	2011	62.10	Megan Rogers	Glyn Davies	Wrexham/Swansea/North Wales
High Jump	2009	1.65	Sian Swanson	Denis Doyle	Maldwyn/North Wales
Long Jump	2013	5.65	Amy Williams	Keith Hunter	Sale Harriers Manchester
Triple Jump	2014	10.90	Hanna Owen	Arnie Wray	Maldwyn
Pole Vault	2011	3.60	Rebecca Davies	Gerald Hodgson	Deeside AAC/North Wales
Javelin	2009	40.10	Robyn Purchase		Wrexham/Leeds City
Discus	2015	37.60	Sabrina Fortune F20	Ian Robinson	Deeside AAC
Shot	2016	12.17	Sabrina Fortune F20	Ian Robinson	Deeside AAC
Hammer	2018	55.22	Amber Simpson		Deeside AAC
U18Women					
100m	2014	12.09	Shannon Malone	Richard Sayer	Deeside AAC
200m	2014	24.90	Shannon Malone	Richard Sayer	Deeside AAC
300m	2019	41.46	Sacha Didcote	Philip Jones	Colwyn Bay

400m	2007	58.60	Rebecca Nuttall		Deeside AAC/Liverpool H/North Wales
800m	2015	02:13.70	Cari Hughes	Andrew Walling	Menai
1500m	2014	05:00.37	Lily Davis		Deeside AAC
3000m	2013	10:26.95	Madison Hughes		Maldwyn Harriers
80m Hurdles	2014	11.94	Abigail Bowers	Arnie Wray	Oswestry
300m Hurdles	2014	44.00	Abigail Bowers	Arnie Wray	Oswestry
Javelin	2019	38.55	Holly Pemberton	Ian Robinson	Wrexham AC
Discus	2012	41.31	Adele Nicoll	Andy Brittan	Birchfield H
Shot 3kg	2012	13.23	Adele Nicoll	Andy Brittan	Birchfield H
Hammer 3Kg	2016	54.99	Amber Simpson	John Parkin	Deeside AAC
Long Jump	2025	5.82	Olivia Schrimshaw	Amy Billington/Tania Williams	Deeside AAC
Triple Jump	2024	12.22	Olivia Schrimshaw	Amy Billington/Tania Williams	Deeside AAC
High Jump	2009	1.65	Sian Swanson	Denis Doyle	Maldwyn/North Wales
Pole Vault	2008	3.40	Christina Hughes	Edward Thompson	Deeside AAC/North Wales
Javelin	2019	38.55	Holly Pemberton	Ian Robinson	Wrexham AC
Discus	2012	41.31	Adele Nicoll	Andy Brittan	Birchfield H
Shot	2012	13.23	Adele Nicoll	Andy Brittan	Birchfield H
Hammer	2014	54.26	Amber Simpson	John Parkin	Deeside AAC
U16 Girls					
100m	2008/2023	12.6/12.60	Rachel Johncock/Olivia Sch	Philip Oliver/ Amy Crocombe	Colwyn Bay/Deeside
200m	2008	25.30	Rachel Johncock	Philip Oliver	Colwyn Bay
300m	2014	41.73	Siobhan Benson		Deeside AAC
800m	2026	2m18.57s	Martha Brown		Menai
1500m	2018	4m38.61	Samia Jones	Stephen Livett	Menai
3000m	2017	10:37.06	Rheagan Edwards	John Messum	Deeside AAC
80m Hurdles	2026	18.67	Aneia Duller		Colwyn Bay
300m Hurdles	2026	49.08	Lucia Bartlett		Deeside AAC
High Jump	2007	1.68	Hannah Thomas	Glyn Davies	Wrexham/North Wales
Long Jump	2013	5.42	Chloe Hughes	Richard Sayer	Deeside AAC
Triple Jump	2023	11.62	Olivia Schrimshaw	Amy Crocombe	Deeside AAC
Pole Vault	2008	2.80	Lucy Roulston		Deeside AAC
Javelin	2017	32.42	Holly Pemberton	Ian Robinson	Wrexham AC
Discus	2011	38.36	Adele Nicoll	Trevor Marsay	Birchfield H
Shot	2011	12.31	Adele Nicoll	Trevor Marsay	Birchfield H
Hammer	2018	33.04	Natalie Owen	Michael Lee	Menai

U14 Girls					
100m	2023	13.25	Mia Johnson	Victor Oyesola	West Cheshire
200m	2008	28.00	Elin Jones		Colwyn Bay
600m	2013	1m52.7	Chloe Jones	Konrad Roberts	Colwyn Bay
800m	2026	2m24.81	Ella Hayes		Deeside AAC
1500m	2026	4m58.13	Gwen Hayes		Deeside AAC
High Jump	2024	1.53	Alice Sykes-Hand		Deeside AAC
Long Jump	2026	4.62	Sienna Hughes		Colwyn Bay
Pole Vault	2016	1.90	Morgan Edwards		Deeside AAC
Javelin	2026	29.82	Tegan Graham	Ian Robinson	Wrexham AC
Discus	2009	31.25	Adele Nicoll	Trevor Marsay	Oswestry
Shot	2009	11.00	Adele Nicoll	Trevor Marsay	Oswestry
Hammer	2019	26.17	Tia Owen		Deeside AAC
U12 Girls					
60m	2010	12.00	Megan Davies		Maldwyn
75m	2018	11.33	Olivia Schrimshaw		Deeside AAC
75m wind 2.3	2014	11.12	Chloe Griffith		Menai
100m	2026	15.82	Asha Jones		Colwyn bay
150m	2018	22.52	Lily-Ava Morris		Prestatyn
600m	2015	1m52.2	Neisha Roberts	Kenneth Ross	Deeside AAC
800m	2026	2m43.95	Madeleine Fata		Colwyn Bay
High Jump	2016	0.95	Piper Lloyd		Maldwyn
Long Jump	2013	3.65	Molly Jones		Menai
Shot	2023	5.14	Sienna Hughes		Colwyn Bay
TRI	2023	342	Sienna Hughes		Colwyn Bay
Veteran and disability Women					
100m V35	2019	14.19	Alison McLellan		
100m V40	2015	15.85	Erwain Rheinallt		Colwyn Bay
100m V45	2017	14.39	Rebecca Jones-Morris		Menai
200m V35	2019	28.81	Alison McLellan		Deeside AAC/Welsh Masters
200m V40	2012	28.40	Amanda Wale	Amanda Wale	Wrexham/Welsh Masters

200m V45	2026	32.47	Amanda Cook
200m V50	2022	32.08	Amanda Broadhurst
1500m V40	2011	06:32.90	Laurie Griffith
3000m V40	2011	13:32.60	Laurie Griffith
3000m V45	2010	12:28.40	Yvonne Hill
80m Hurdles V40	2011	12.60	Amanda Wale
80m Hurdles V45	2019	14.18	Amanda Broadhurst
100m Hurdles V 35	2007	16.60	Amanda Wale
Discus	2015	37.60	Sabrina Fortune F20
Long Jump V35	2012	4.60	Amanda Cook
Long Jump V40	2019	4.73	Amanda Cook
Long Jump V45	2024	4.50	Amanda Cook
Long Jump F37	2014	3.88	Bev Jones F37/T37
Long Jump V50	2022	3.93	Amanda Broadhurst
Triple Jump V35	2012	10.18	Amanda Cook
Triple Jump V40	2019	9.28	Amanda Cook
Triple Jump V45	2024	9.20	Amanda Cook
Discus F37	2013	29.19	Bev Jones F37/T37
Discus V35	2013	29.19	Bev Jones F37/T37
Discus V40	2013	36.09	Amanda Schwabauer
Discus V80	2025	10.68	Cath McGrath
Discus V45	2022	27.85	Lesley Brown
Shot F20	2026	15.71	Sabrina Fortune F20
Shot V35	2014	8.27	Amanda Wale
Shot V40	2011	9.29	Amanda Wale
Shot V45	2024	9.51	Lesley Brown
Shot F20	2019	13.57	Sabrina Fortune F20
Shot V80	2025	4.48	Cath McGrath
Hammer V40	2022	41.16	Lesley Brown
Hammer V45	2024	43.14	Lesley Brown
Hammer V80	2025	10.47	Cath McGrath
Javelin V35	2014	24.72	Amanda Wale
Javelin V40	2012	29.45	Amanda Schwabauer
Javelin V50	2023	24.73	Amanda Broadhurst

Ian Broadhurst	Wrexham AC
Amanda Broadhurst	Wrexham/Welsh Masters
	Colwyn Bay
	Colwyn Bay
	Oswestry
Amanda Wale	Wrexham/Northern Vets
Amanda Broadhurst	Wrexham/Northern Vets
Amanda Wale	Wrexham/Northern Vets
Ian Robinson	Deeside AAC
Glyn Davies	Wrexham/Welsh Masters
Amanda Broadhurst	Wrexham/Welsh Masters
Amanda Broadhurst	Wrexham/Welsh Masters
John Parkin	Gloucester/Deeside AAC
Amanda Broadhurst	Wrexham/Northern Vets
Glyn Davies	Wrexham/Welsh Master
Amanda Broadhurst	Wrexham/Welsh Master
Amanda Broadhurst	Wrexham/Welsh Masters
John Parkin	Gloucester/Deeside AAC
John Parkin	Gloucester/Deeside AAC
	Menai
	Wrexham AC
	Deeside AAC
Ian Robinson	Deeside AAC
Amanda Wale	Wrexham/Northern Vets
Amanda Wale	Wrexham/Northern Vets
	Deeside AAC
Ian Robinson	Deeside AAC
	Wrexham AC
	Deeside AAC
	Deeside AAC
	Wrexham AC
Amanda Wale	Wrexham/Welsh Masters
	Menai
	Wrexham/Welsh Masters