

Cardiff Met & RAF Indoor GP Series Best Performances

Pos	Perf		Name		A/G	M/F	CLUB
60 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	6.71	i	Chris Clarke	02-Feb-14	SEN	M	Marshall Milton Keynes
2	6.73	i	Ryan Scott	05-Jan-08	U23	M	Yate/Bath Uni/Newham & Essex Beagles
3	6.78	i	Chris Stone	11-Jan-15	U23	M	Bristol & West
4=	6.78	i	Ronnie Wells	10-Jan-16	U23	M	Taunton
4=	6.78	i	Ronnie Wells	23-Jan-16	U23	M	Taunton
6	6.80	i	Leon Baptiste	12-Jan-14	SEN	M	Enfield & Haringey
7	6.81	i	Lloyd Rice	20-Jan-07	U23	M	Bristol & West/Bath Uni
8	6.85	i	David Hynes	13-Jan-13	SEN	M	Mullingar/Cardiff/Ireland
9=	6.87	i	Lloyd Rice	21-Jan-06	U23	M	Bristol & West
9=	6.87	i	Chris Hill	11-Dec-11	SEN	M	Derby/Cardiff Met Uni
9=	6.87	i	Marvin Bheka	14-Dec-14	SEN	M	Cardiff/Cardiff Met Uni
60 METRES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	7.40	i	Bernice Wilson	14-Feb-10	SEN	W	Birchfield H/Sheffield Hallam Uni
2	7.42	i	Katherine Endacott	09-Jan-11	SEN	W	City of Plymouth/Sale Harriers Manchester
3	7.43	i	Phil Healy	12-Jan-14	U23	W	Bandon/Ireland
4	7.50	i	Mica Moore	11-Jan-15	SEN	W	Birchfield H/Cardiff Met Uni
5	7.59	i	Kimbely Baptiste	23-Jan-16	SEN	W	Crawley/East London U
6	7.60	i	Rebecca Chapman	08-Feb-15	SEN	W	Cardiff/Cardiff Met Uni
7	7.63	i	Katherine Endacott	11-Dec-11	SEN	W	City of Plymouth
8=	7.68	i	Katherine Endacott	14-Dec-08	SEN	W	City of Plymouth
8=	7.68	i	Rhiannon Yates	11-Dec-10	U20	W	Cardiff/Cardiff Met Uni
10=	7.69	i	Zara George	08-Jan-12	U23	W	Cardiff/Cardiff Met Uni
10=	7.69	i	Hannah Thomas	02-Feb-14	U23	W	Wrexham/Cardiff Uni
10=	7.69	i	Rebecca Chapman	13-Dec-15	SEN	W	Cardiff/Cardiff Met Uni
10=	7.69	i	Rebecca Chapman	10-Jan-16	SEN	W	Cardiff/Cardiff Met Uni
200 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	21.72	i	Tim Abeyie	05-Jan-08	SEN	M	Woodford Green Essex Ladies
2	21.89	i	Chris Stone	11-Jan-15	U23	M	Bristol & West
3	21.90	i	Kristian Jones	10-Jan-16	U20	M	Cardiff
4	22.22	i	Gareth Hopkins	09-Jan-11	U23	M	Cardiff
5	22.23	i	Lloyd Refell	14-Feb-10	U23	M	Cardiff
6=	22.39	i	Andrew Watkins	20-Jan-07	U23	M	Cwmbran/Cardiff Met Uni
6=	22.39	i	Gareth Price	05-Mar-11	U23	M	Cardiff/Cardiff Uni
8	22.47	i	Tim Abeyie	03-Mar-07	SEN	M	Woodford Green Essex Ladies
9	22.52	i	Daniel Trueman	23-Jan-16	U23	M	Stroud/Cardiff Met Uni
10=	22.56	i	Anax Da Silva	13-Jan-13	U20	M	Cardiff
10=	22.56	i	Rhys Knapman	02-Feb-14	SEN	M	Cardiff/Cardiff Met Uni
200 METRES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	24.78	i	Katherine Endacott	09-Jan-11	SEN	W	City of Plymouth/Sale Harriers Manchester
2	24.79	i	Emily Diamond	10-Jan-09	U20	W	Bristol & West
3	24.82	i	Hannah Thomas	02-Feb-14	U23	W	Wrexham/Cardiff Uni
4	25.06	i	Megan Rogers	10-Jan-16	SEN	W	Wrexham/Cardiff Met Uni
5	25.28	i	Melissa Roberts	12-Jan-14	U20	W	Cardiff
6	25.36	i	Melanie Stephenson	16-Feb-08	U23	W	Cardiff/UW Newport
7	25.40	i	Emily Wright	13-Jan-13	U17	W	Yate
8	25.58	i	Caryl Granville	05-Jan-08	U20	W	Carmarthen/Swansea/West Wales
9	25.63	i	Katie-Jane Priest	23-Jan-16	U23	W	Newport/Oxford Uni
10	25.64	i	Melanie Stephenson	19-Feb-12	SEN	W	Cardiff/UW Newport
300 METRES MEN TOP 10 PERFORMANCES SINCE 2008							
1	34.80	i	Joe Thomas	11-Dec-10	U23	M	Cardiff/Cardiff Met Uni
2	35.26	i	Paul Bennett	13-Dec-15	SEN	M	Cardiff/Cardiff Met Uni
3	35.38	i	Gareth Hopkins	12-Dec-09	U20	M	Cardiff
4	35.76	i	Paul Bennett	11-Dec-11	U20	M	Swansea/Cardiff Met Uni
5	35.87	i	Jon Rendell	14-Dec-14	U23	M	Dacorum & Tring/Cardiff Met Uni
6	36.33	i	Daniel Dell	15-Dec-13	SEN	M	Cardiff
7	36.43	i	Chris Stone	08-Dec-12	U20	M	Bristol & West
8	36.47	i	Sam Conway	14-Dec-08	U20	M	Cardiff
300 METRES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	40.01	i	Emma Pullen	11-Dec-10	U23	W	Shrewsbury/Cardiff Met Uni
2	40.28	i	Nicole Kendall	13-Dec-15	U20	W	Kingston & Poly/Exeter Uni
3	40.33	i	Megan Rogers	14-Dec-14	U23	W	Wrexham/Cardiff Met Uni
4=	40.46	i	Loren Bleaken	08-Dec-12	U20	W	Team Bath
4=	40.46	i	Megan Rogers	15-Dec-13	U23	W	Wrexham/Cardiff Met Uni

6	41.22	i	Loren Bleaken	11-Dec-11	U17	W	Team Bath
7	41.71	i	Samantha Cogan	12-Dec-09	U20	W	Cardiff
8	41.98	i	Emma Peters	14-Dec-08	SEN	W	Cardiff/Cardiff Met Uni
9	42.59	i	Hannah Jones	07-Jan-06	U17	W	Carmarthen
400 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	48.46	i	Joe Thomas	10-Jan-09	U23	M	Cardiff/Cardiff Met Uni
2	48.68	i	Gareth Warburton	20-Jan-07	SEN	M	Cardiff/Cardiff Met Uni
3	48.72	i	Joe Thomas	16-Feb-08	U23	M	Cardiff/Cardiff Met Uni
4	48.76	i	Iain Bray	03-Feb-13	SEN	M	Unattached
5	48.77	i	Adebowale Ademuyewo	12-Jan-14	SEN	M	Sale Harriers Manchester/Glamorgan Uni
6	48.83	i	Gareth Hopkins	05-Mar-11	U23	M	Cardiff
7	49.13	i	Adebowale Ademuyewo	11-Jan-15	SEN	M	Sale Harriers Manchester/Glamorgan Uni
8	49.21	i	Richard Hill	07-Jan-06	U23	M	Notts/Cardiff Met Uni
9	49.39	i	Paul Bradshaw	02-Feb-14	SEN	M	Blackburn/Cardiff Met Uni
10	49.46	i	Richard Hill	09-Dec-06	U23	M	Notts/Cardiff Met Uni
400 METRES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	55.95	i	Nicole Kendall	10-Jan-16	U23	W	Kingston & Poly/Exeter Uni
2	56.01	i	Megan Rogers	11-Jan-15	U23	W	Wrexham/Cardiff Met Uni
3	56.10	i	Loren Bleaken	13-Jan-13	U20	W	Team Bath
4	56.90	i	Charlotte Cayton-Smith	23-Jan-16	U20	W	Cornwall
5	56.93	i	Hayley Wills	10-Jan-09	SEN	W	Swansea/Cardiff Met Uni
6	57.00	i	Rhiannon Linington-Payne	08-Feb-15	SEN	W	Cardiff/Cardiff Met Uni
7	57.25	i	Emma Peters	20-Jan-07	SEN	W	Cardiff/Cardiff Met Uni
8	57.26	i	Emma Pullen	15-Feb-09	U23	W	Shrewsbury/Cardiff Met Uni
9	58.36	i	Emma Peters	09-Dec-06	U23	W	Cardiff/Cardiff Met Uni
10	58.56	i	Megan Rogers	08-Jan-12	U20	W	Wrexham/Cardiff Met Uni/Swansea/North Wales
600 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	1:18.06	i	Joe Thomas	08-Dec-12	SEN	M	Cardiff/Cardiff Met Uni
2	1:18.73	i	Paul Bradshaw	15-Dec-13	SEN	M	Blackburn/Cardiff Met Uni
3	1:19.34	i	Alex Coomber	13-Dec-15	U23	M	Cardiff/Glamorgan Uni
4	1:22.06	i	David Banwell-Clode	14-Dec-14	U23	M	Swansea/Warwick Uni
5	1:22.31	i	Andrew Dean-Young	11-Dec-11	SEN	M	Bristol & West
6	1:23.36	i	Andrew de-Camps	11-Dec-10	SEN	M	Gloucester/Swansea Uni
7	1:23.40	i	Ryan Preddy	14-Dec-08	SEN	M	Gloucester/Belgrave
8	1:24.44	i	Joel Clutterbuck	12-Dec-09	U20	M	Stroud
600 METRES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	1:32.08	i	Loren Bleaken	08-Dec-12	U20	W	Team Bath
2	1:33.08	i	Katherine Camp	14-Dec-14	U23	W	New Zealand
3	1:33.20	i	Loren Bleaken	11-Dec-11	U17	W	Team Bath
4	1:34.12	i	Jade Williams	15-Dec-13	U23	W	Amman Valley
5	1:34.40	i	Caryl Granville	12-Dec-09	U23	W	Carmarthen
6	1:35.35	i	Charlotte Green	13-Dec-15	SEN	W	Bristol & West/Mendip
7	1:36.53	i	Jade Williams	14-Dec-08	U17	W	Radley
8	1:36.98	i	Jade Williams	11-Dec-10	U20	W	Amman Valley
800 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	1:49.80	i	James Nasrat	21-Jan-06	SEN	M	Newport/Cardiff Uni
2	1:50.47	i	Elliot Slade	13-Jan-13	U20	M	Cardiff
3	1:51.09	i	Alex Coomber	10-Jan-16	U23	M	Cardiff/Glamorgan Uni
4	1:52.35	i	Joe Thomas	09-Dec-06	U20	M	Cardiff/Cardiff Met Uni
5	1:52.52	i	Paul Bradshaw	12-Jan-14	SEN	M	Blackburn/Cardiff Met Uni
6	1:53.10	i	Joe Thomas	20-Jan-07	U20	M	Cardiff/Cardiff Met Uni
7	1:53.25	i	Paul Bradshaw	08-Dec-07	U20	M	Blackburn/Cardiff Met Uni
8	1:53.41	i	Andrew Woods	19-Feb-12	U23	M	Bristol & West/Bristol Uni
9	1:53.43	i	David Banwell-Clode	08-Feb-15	SEN	M	Swansea/Warwick Uni
10	1:53.64	i	Carl Hill	08-Jan-12	U23	M	Aberdare Valley
800 METRES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	2:05.24	i	Celia Taylor	09-Jan-11	SEN	W	Coventry
2	2:07.80	i	Charlotte Cayton-Smith	02-Feb-14	U20	W	Cornwall
3	2:08.09	i	Julia Cooke	23-Jan-16	SEN	W	Birchfield H/Birmingham Uni/Run Fast
4	2:08.67	i	Celia Taylor	13-Jan-13	V35	W	Coventry
5	2:09.52	i	Charlotte Cayton-Smith	12-Jan-14	U20	W	Cornwall
6	2:10.57	i	Deirdre Doyle	08-Feb-15	SEN	W	St. Laurence O'Toole/Ireland
7	2:11.35	i	Carol Glover	05-Mar-11	SEN	W	Swansea
8	2:12.65	i	Charlotte Cayton-Smith	10-Jan-16	U20	W	Cornwall
9	2:13.43	i	Rosie Chamberlain	19-Feb-12	U20	W	Exeter
10	2:16.65	i	Emma Loveland	21-Jan-06	U20	W	Cardiff

1000 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	2:30.87	i	Tom Penfold	14-Dec-08	SEN	M	Birchfield H
2	2:37.73	i	Tom Bowerman	12-Dec-09	U20	M	Aldershot, Farnham & District/Swansea Uni
1000 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	2:50.83	i	Gemma Turtle	14-Dec-08	U23	W	Shaftesbury Barnet/Chiltern/St. Mary's Uni
1500 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	3:42.39	i	Stephen Davies	08-Jan-12	SEN	M	Belgrave
2	3:44.60	i	Neil Speaight	07-Jan-06	SEN	M	Belgrave
3	3:46.05	i	Steve Mitchell	05-Mar-11	SEN	M	Bristol & West/Bristol Uni/Crawley/Helsby RC
4	3:47.17	i	Stephen Davies	10-Jan-09	SEN	M	Belgrave
5	3:47.35	i	Frank Baddick	13-Jan-13	SEN	M	Newham & Essex Beagles/Loughborough Students
6	3:47.82	i	James Brewer	05-Jan-08	U23	M	Cheltenham/Bath Uni
7	3:47.91	i	Daniel Studley	23-Jan-16	SEN	M	Bristol & West
8	3:48.13	i	Stephen Davies	09-Jan-11	SEN	M	Belgrave
9	3:48.86	i	Michael Wilsmore	10-Jan-16	SEN	M	Bristol & West/Plymouth Uni/Tamar
10	3:49.56	i	Paulo Pinherio	02-Feb-14	SEN	M	Morpeth/SL Benfica/Portugal
1500 METRES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	4:16.50	i	Claire Tarplee	10-Jan-16	SEN	W	Solihull & Small Heath/Dundrum South Dublin/Loughb
2	4:18.04	i	Celia Taylor	05-Jan-08	SEN	W	Rugby & Northampton
3	4:19.07	i	Hannah England	08-Feb-15	SEN	W	Oxford City
4	4:21.64	i	Louise Webb	23-Jan-16	SEN	W	Southampton/Lamar Uni
5	4:27.20	i	Emily Pidgeon	07-Jan-06	U20	W	Gloucester
6	4:27.43	i	Celia Taylor	13-Jan-13	V35	W	Coventry
7	4:28.99	i	Hannah England	20-Jan-07	U23	W	Oxford City/Birmingham Uni
8	4:31.13	i	Charlotte Arter	05-Mar-11	U23	W	Cardiff/Cardiff Met Uni/Eden Runners
9	4:35.60	i	Deborah Niccol	03-Mar-07	U23	W	Bristol & West/Cardiff Met Uni/Dulwich
10	4:36.68	i	Bethan Strange	08-Jan-12	SEN	W	Cardiff
1 MILE MEN TOP 10 PERFORMANCES SINCE 2006							
1	4:21.32	i	Tom Marley	14-Dec-08	U23	M	Bristol & West/Cardiff Met Uni
2000 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	5:23.03	i	Steve Mitchell	14-Feb-10	U23	M	Bristol & West/Bristol Uni/Helsby RC
2000 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	6:43.01	i	Charlotte Arter	14-Feb-10	U20	W	Eden Runners/Cardiff Met Uni/Border
3000 METRES MEN TOP 10 PERFORMANCES SINCE 2006							
1	8:03.65	i	Stephen Davies	05-Mar-11	SEN	M	Belgrave
2	8:03.86	i	Stephen Davies	11-Dec-11	SEN	M	Belgrave
3	8:04.89	i	Steve Mitchell	12-Jan-14	SEN	M	Bristol & West/Cardiff Met Uni/Helsby RC
4	8:08.32	i	Stephen Davies	13-Jan-13	SEN	M	Belgrave
5	8:09.02	i	Kieran Wood	13-Dec-15	U23	M	Cambridge & Coleridge/Cardiff Met Uni
6	8:10.01	i	Guillaume Adam	15-Dec-13	SEN	M	Birmingham Uni/France
7	8:11.02	i	Stephen Davies	11-Dec-10	SEN	M	Belgrave
8	8:17.53	i	Rob Bugden	08-Dec-07	U23	M	Bristol & West/Cardiff Met Uni
9	8:18.74	i	Steve Mitchell	11-Jan-15	SEN	M	Bristol & West/Cardiff Met Uni/Helsby RC
10	8:20.11	i	Andrew Wright	10-Jan-16	U23	M	Willowfield/Cardiff Uni
3000 METRES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	9:18.28	i	Tina Brown	07-Jan-06	SEN	W	Coventry
2	9:20.71	i	Kate Hulls	13-Dec-15	SEN	W	Bristol & West
3	9:20.95	i	Rose-Anne Galligan	10-Jan-16	SEN	W	Gloucester/St. Mary's Uni/Ireland
4	9:21.12	i	Rosie Clarke	12-Jan-14	SEN	W	Epsom & Ewell/Bath Uni
5	9:27.03	i	Rose-Anne Galligan	15-Dec-13	SEN	W	Gloucester/St. Mary's Uni/Ireland
6	9:32.41	i	Rose-Anne Galligan	10-Jan-09	U23	W	Aldershot, Farnham & District/St. Mary's Uni/Irela
7	9:37.04	i	Olivia Gwynn	11-Jan-15	U20	W	Swansea/Millfield Sch
8	9:40.25	i	Charlotte Arter	11-Dec-11	U23	W	Cardiff/Cardiff Met Uni/Eden Runners
9	9:48.71	i	Alaw Beynon-Thomas	13-Jan-13	SEN	W	Swansea/Cardiff Uni
10	9:48.73	i	Caryl Jones	11-Dec-10	SEN	W	Carmarthen/Taf Running & Orienteering (TROTS)
1000 METRES WALK U13G TOP PERFORMANCES SINCE 2013							
1	5:25.43	i	Molly Meleady-Hanley	14-Dec-14	U13	W	City of Sheffield
2	6:19.18	i	Maddie Draycott	13-Dec-15	U13	W	Swansea
1000 METRES WALK U15B TOP PERFORMANCES SINCE 2013							
1	5:09.02	i	Jack Childs	13-Dec-15	U15	M	Medway & Maidstone
2	5:59.60	i	Daniel MCKERLLICH	15-Dec-13	U15	M	Card
1000 METRES WALK U15G TOP PERFORMANCES SINCE 2013							
1	5:02.24	i	Megan Stratton-Thomas	15-Dec-13	U15	W	Swansea
2	5:10.61	i	Jeri-Lynne Grabham	14-Dec-14	U15	W	Neath
1000 METRES WALK U17M TOP PERFORMANCES SINCE 2013							
1	4:49.84	i	Daniel McKerlich	13-Dec-15	U17	M	Cardiff
2	5:11.87	i	Daniel McKerlich	14-Dec-14	U17	M	Cardiff

1000 METRES WALK U17W TOP PERFORMANCES SINCE 2013							
1	6:12.22	i	Eleri Slade	15-Dec-13	U17	W	Swansea
3000 METRES WALK SENW TOP PERFORMANCES SINCE 2013							
1	12:46.77	i	Bethan Davies	13-Dec-15	SEN	W	Cardiff/Leeds Uni
2	13:09.21	i	Bethan Davies	15-Dec-13	SEN	W	Cardiff/Leeds Uni
3	13:11.87	i	Heather Lewis	14-Dec-14	U23	W	Pembrokeshire
3000 METRES WALK U20M TOP PERFORMANCES SINCE 2013							
1	11:47.12	i	Cameron Corbishley	13-Dec-15	U20	M	Medway & Maidstone
2	12:54.76	i	Cameron Corbishley	15-Dec-13	U20	M	Medway & Maidstone
3000 METRES WALK U20W TOP PERFORMANCES SINCE 2013							
1	13:47.27	i	Ellie Dooley	15-Dec-13	U20	W	Hyde Park Harriers/Leeds City
2	15:49.72	i	Jasmine Nicholls	14-Dec-14	U20	W	Leicester WC/Leeds Beckett Uni
3000 METRES WALK U17W TOP PERFORMANCES SINCE 2013							
1	16:59.86	i	Megan Stratton-Thomas	13-Dec-15	U17	W	Swansea
2	17:26.47	i	Megan Stratton-Thomas	14-Dec-14	U17	W	Swansea
60 METRES HURDLES MEN TOP 10 PERFORMANCES SINCE 2006							
1	7.81	i	Chris Baillie	10-Jan-09	SEN	M	Victoria Park City of Glasgow/Birchfield H
2	7.87	i	David Omoregie	11-Jan-15	U23	M	Cardiff
3	7.89	i	David Omoregie	14-Dec-14	U20	M	Cardiff
4	7.90	i	Joseph Hylton	12-Jan-14	SEN	M	Birchfield H/Bath Uni
5	8.11	i	David Omoregie	15-Dec-13	U20	M	Cardiff
6	8.14	i	Richard Reeks	12-Dec-09	SEN	M	Crawley/Poole AC
7	8.17	i	Glen Elsdon	02-Feb-14	U23	M	Carmarthen
8	8.22	i	David Guest	08-Dec-12	U23	M	Bridgend/Loughborough Students
9	8.25	i	Francis Baker	11-Dec-11	SEN	M	Cardiff/Cardiff Met Uni
10	8.26	i	Francis Baker	11-Dec-10	SEN	M	Derby/Cardiff Met Uni
60 METRES HURDLES U20 MEN TOP 10 PERFORMANCES SINCE 2006							
1	7.70	i	David Omoregie	02-Feb-14	U20	M	Cardiff
2=	8.05	i	David Omoregie	13-Jan-13	U20	M	Cardiff
2=	8.05	i	David Omoregie	03-Feb-13	U20	M	Cardiff
4	8.08	i	Kyle Arnold	14-Dec-14	U20	M	Newport
5	8.11	i	David Omoregie	08-Dec-12	U20	M	Pembrokeshire
6	8.12	i	Kyle Arnold	11-Jan-15	U20	M	Newport
7	8.30	i	Joseph Hylton	05-Jan-08	U20	M	Severn
8	8.49	i	Aled Price	15-Dec-13	U20	M	Carmarthen
9	8.60	i	Nathan Higgins	11-Dec-10	U20	M	City of Plymouth/Armada
10	8.61	i	Tyron Blake	11-Dec-11	U20	M	Cardiff
60 METRES HURDLES WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	8.59	i	Caryl Granville	19-Feb-12	SEN	W	Swansea/Cardiff Uni
2	8.60	i	Lauren O'Reilly	12-Jan-14	SEN	W	Newport/Cardiff Met Uni
3	8.63	i	Lauren McLoughlin	21-Jan-06	SEN	W	Shaftesbury Barnet
4	8.74	i	Heather Jones	05-Jan-08	U23	W	Carmarthen/Cardiff Met Uni
5	8.76	i	Mollie Courtney	14-Dec-14	U20	W	Cheltenham
6	8.77	i	Nicky Robinson	16-Feb-08	U23	W	Nuneaton/Bath Uni/Coventry
7	8.83	i	Jazmin Sawyers	15-Dec-13	U20	W	City of Stoke/Bristol Uni
8	8.86	i	Karla Drew	12-Dec-09	U23	W	Team Southampton
9	8.87	i	Sarah Lane	20-Jan-07	SEN	W	Cardiff
10	8.89	i	Rebecca Brown	05-Mar-11	U20	W	Exeter
HIGH JUMP MEN TOP 10 PERFORMANCES SINCE 2006							
1=	2.26	i	Chris Baker	10-Jan-16	SEN	M	Sale Harriers Manchester/Loughborough Students
1=	2.26	i	Barry Pender	10-Jan-16	SEN	M	Thames Valley/Ireland
3	2.24	i	Chris Baker	23-Jan-16	SEN	M	Sale Harriers Manchester/Loughborough Students
4=	2.18	i	Chris Baker	02-Feb-14	SEN	M	Sale Harriers Manchester/Loughborough Students
4=	2.18	i	Chris Baker	14-Dec-14	SEN	M	Sale Harriers Manchester/Loughborough Students
6	2.16	i	Chris Baker	12-Jan-14	SEN	M	Sale Harriers Manchester/Loughborough Students
7=	2.15	i	Tom Parsons	20-Jan-07	SEN	M	Birchfield H
7=	2.15	i	Chris Baker	11-Jan-15	SEN	M	Sale Harriers Manchester/Loughborough Students
9	2.10	i	Tom Parsons	07-Jan-06	U23	M	Birchfield H
10	2.05	i	Kabelo Mnomo	16-Feb-08	SEN	M	Cardiff/Cardiff Met Uni/Botswana
HIGH JUMP WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	1.86	i	Julie Crane	20-Jan-07	SEN	W	Sale Harriers Manchester
2	1.85	i	Julie Crane	07-Jan-06	SEN	W	Sale Harriers Manchester
3	1.73	i	Emma Lowry	23-Jan-16	SEN	W	Edinburgh AC/Cardiff Met Uni
4	1.71	i	Evie Grogan	09-Jan-11	U20	W	Taunton
5	1.70	i	Karla Drew	12-Dec-09	U23	W	Team Southampton
6	1.69	i	Ella Gibbons	03-Feb-13	U20	W	Worcester/Cannock & Stafford
7=	1.68	i	Sian Swanson	19-Feb-12	U20	W	Swansea/Cardiff Met Uni/North Wales

7=	1.68	i	Evie Grogan	12-Jan-14	U23	W	Taunton/Winchester Uni
9	1.67	i	Christina Parsons	05-Mar-11	U20	W	Basingstoke & Mid Hants/Cardiff Uni
10=	1.65	i	Lucy Hodgins	08-Dec-07	U20	W	Vale of Aylesbury/Cardiff Uni/Rugby & Northampton
10=	1.65	i	Lauren O'Reilly	08-Jan-12	U23	W	Newport/Cardiff Met Uni
10=	1.65	i	Hayley Pitman	13-Jan-13	SEN	W	Bristol & West/Oxford Brookes Uni
10=	1.65	i	Amelia Hempleman-Adams	02-Feb-14	U20	W	Bristol & West
10=	1.65	i	Evie Grogan	10-Jan-16	U23	W	Taunton/Winchester Uni
POLE VAULT MEN TOP 10 PERFORMANCES SINCE 2006							
1	5.32	i	Scott Simpson	20-Jan-07	SEN	M	Birchfield H/Cardiff Met Uni
2	5.31	i	Andrew Sutcliffe	10-Jan-16	SEN	M	Sale Harriers Manchester
3=	5.20	i	Christian North	07-Jan-06	SEN	M	Woodford Green Essex Ladies/Bath Uni
3=	5.20	i	Christian North	05-Jan-08	SEN	M	Woodford Green Essex Ladies/Bath Uni
3=	5.20	i	Cameron Walker-Shepherd	08-Dec-12	U23	M	Birchfield H/Farleigh Dickinson/Bristol & West
3=	5.20	i	Andrew Sutcliffe	11-Jan-15	SEN	M	Sale Harriers Manchester
7	5.16	i	Scott Simpson	03-Mar-07	SEN	M	Birchfield H/Cardiff Met Uni
8=	5.15	i	Christian North	21-Jan-06	SEN	M	Woodford Green Essex Ladies/Bath Uni
8=	5.15	i	Steven Lewis	21-Jan-06	U23	M	Newham & Essex Beagles/Loughborough Students
10	5.13	i	Paul Walker	14-Dec-14	SEN	M	Sale Harriers Manchester/Loughborough Students
POLE VAULT WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	4.20	i	Zoe Brown	13-Jan-13	SEN	W	Shaftesbury Barnet/Raheny Shamrocks/Ireland
2	4.10	i	Lucy Bryan	12-Jan-14	U20	W	Bristol & West
3	4.00	i	Emma Lyons	20-Jan-07	U23	W	Notts/Cardiff Met Uni
4	4.00	i	Zoe Brown	08-Dec-12	SEN	W	Shaftesbury Barnet/Raheny Shamrocks/Ireland
5	3.95	i	Louise Butterworth	03-Mar-07	U23	W	Birchfield H/Cardiff Met Uni
6	3.91	i	Molly Caudery	13-Dec-15	U17	W	Cornwall
7	3.90	i	Jessica Abraham	09-Jan-11	U23	W	Cardiff/Cardiff Met Uni
8	3.81	i	Katie James	11-Jan-15	U23	W	Woodford Green Essex Ladies
9	3.80	i	Courtney MacGuire	10-Jan-16	SEN	W	Edinburgh AC/Edinburgh Uni
10	3.73	i	Katie James	14-Dec-14	U23	W	Woodford Green Essex Ladies
LONG JUMP MEN TOP 10 PERFORMANCES SINCE 2006							
1	7.77	i	James Grocock	08-Dec-12	SEN	M	Southampton/Blackheath & Bromley
2	7.18	i	Nick Clements	13-Jan-13	SEN	M	Yeovil
3	7.16	i	James Grocock	15-Dec-13	SEN	M	Southampton/Blackheath & Bromley
4	7.10	i	Richardo Childs	02-Feb-14	SEN	M	Brecon
5	7.00	i	Nick Clements	03-Feb-13	SEN	M	Yeovil
6	6.99	i	Oliver Clark	08-Feb-15	U20	M	Cornwall
7	6.96	i	James Grocock	12-Jan-14	SEN	M	Southampton/Blackheath & Bromley
8	6.95	i	Jamie Blundell	08-Dec-07	U20	M	Coventry
9	6.89	i	Gary White	09-Dec-06	U23	M	Rugby & Northampton/Cardiff Met Uni
10	6.89	i	Lenard Norbert-Sandor	13-Dec-15	SEN	M	Swansea/Romania
LONG JUMP WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	6.08	i	Amy Woodman	02-Feb-14	SEN	W	Birchfield H
2	6.06	i	Rebecca Chapman	11-Jan-15	SEN	W	Cardiff/Cardiff Met Uni
3	5.99	i	Rebecca Chapman	12-Jan-14	U23	W	Exeter/Cardiff Met Uni
4	5.98	i	Sarah Rossiter	18-Feb-06	SEN	W	Forest of Dean/Newport
5	5.93	i	Henrietta Paxton	20-Jan-07	SEN	W	Birchfield H/Cardiff Met Uni
6	5.92	i	Sarah Wild	15-Dec-13	U23	W	Birchfield H/Bath Uni
7	5.90	i	Sarah Wild	08-Dec-12	U23	W	Bridgnorth/Bath Uni
8	5.88	i	Rhiannon Yates	08-Jan-12	U23	W	Cardiff/Cardiff Met Uni
9	5.87	i	Rebecca Chapman	10-Jan-16	SEN	W	Cardiff/Cardiff Met Uni
10=	5.83	i	Rhiannon Yates	11-Dec-10	U20	W	Cardiff/Cardiff Met Uni
10=	5.83	i	Imelda Morrisson	13-Dec-15	SEN	W	Swansea/Swansea Uni/Ireland
TRIPLE JUMP MEN TOP 10 PERFORMANCES SINCE 2006							
1	15.59	i	Gary White	05-Jan-08	SEN	M	Cardiff/Cardiff Met Uni
2	15.34	i	Gary White	20-Jan-07	U23	M	Rugby & Northampton/Cardiff Met Uni
3	15.11	i	Gary White	21-Jan-06	U23	M	Rugby & Northampton/Cardiff Met Uni
4	14.96	i	Gary White	02-Feb-14	SEN	M	Cardiff/Cardiff Met Uni
5	14.94	i	Theo Campbell	08-Jan-12	U23	M	Bristol & West
6	14.69	i	Navid Childs	19-Feb-12	SEN	M	Thames Valley/Royal Air Force/Brecon
7	14.62	i	Stefan Tseng Ke Chen	03-Mar-07	U20	M	Singapore
8	14.16	i	Tom Kivell	10-Jan-09	U20	M	Newport/Cardiff Met Uni
9	14.13	i	Carl Britto	23-Jan-16	SEN	M	Oxford Uni/India
10	14.02	i	Phillip Warwicker	05-Mar-11	U23	M	Cornwall/Cardiff Met Uni
TRIPLE JUMP WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	12.63	i	Angela Barrett	13-Jan-13	SEN	W	Thames Valley/London Uni
2	12.39	i	Sara Barry-Wheeler	20-Jan-07	SEN	W	Cardiff/Dundrum South Dublin/Cardiff Met Uni/Irela
3	12.25	i	Sara Barry-Wheeler	10-Jan-09	SEN	W	Cardiff/Dundrum South Dublin

4	11.95	i	Sally Peake	05-Jan-08	U23	W	Liverpool H/Cardiff Uni
5	11.86	i	Megan O'Sullivan	03-Feb-13	U20	W	Cardiff/Cardiff Uni
6	11.78	i	Sara Barry-Wheeler	02-Feb-14	SEN	W	Cardiff
7	11.67	i	Sara Barry-Wheeler	12-Jan-14	SEN	W	Cardiff
8	11.61	i	Sian Swanson	10-Jan-16	SEN	W	Swansea/Cardiff Met Uni
9	11.60	i	Imogen Miles	03-Mar-07	U23	W	Cardiff/Cardiff Met Uni
10	11.53	i	Sian Swanson	11-Jan-15	U23	W	Swansea/Cardiff Met Uni
SHOT PUT 4.00KG WOMEN TOP 10 PERFORMANCES SINCE 2006							
1	14.54	i	Dayana Octavien	20-Jan-07	SEN	W	Sale Harriers Manchester/Bath Uni/Haiti
2	13.61	i	Adele Nicoll	12-Jan-14	U20	W	Birchfield H
3	13.20	i	Sarah Boyles	03-Feb-13	SEN	W	Bingley/Cardiff Uni
4	13.19	i	Sarah Boyles	08-Jan-12	SEN	W	Bingley/Cardiff Uni/Cardiff
5	12.97	i	Sarah Boyles	09-Jan-11	U23	W	Bingley/Cardiff Met Uni/Cardiff
6	12.94	i	Lucy Griffiths	23-Jan-16	U23	W	Cardiff/Cardiff Met Uni
7	12.89	i	Sarah Boyles	02-Feb-14	SEN	W	Bingley/Cardiff Uni
8	12.48	i	Sarah Boyles	12-Dec-09	U23	W	Bingley/Cardiff Met Uni
9=	12.47	i	Sarah Boyles	11-Dec-10	U23	W	Bingley/Cardiff Met Uni/Cardiff
9=	12.47	i	Lucy Griffiths	08-Feb-15	U23	W	Cardiff/Cardiff Met Uni
SHOT PUT 6.00KG U20 MEN TOP 10 PERFORMANCES SINCE 2006							
1	17.51	i	Brett Morse	14-Dec-08	U20	M	Cardiff/Cardiff Met Uni
2	16.88	i	Brett Morse	16-Feb-08	U20	M	Cardiff/Cardiff Met Uni
3	16.48	i	Brett Morse	08-Dec-07	U20	M	Cardiff/Cardiff Met Uni
4	15.79	i	Matthew Field	08-Dec-12	U20	M	Cardiff
5	15.48	i	Matthew Field	03-Feb-13	U20	M	Cardiff
6	15.24	i	Matthew Field	19-Feb-12	U20	M	Cardiff
7	14.91	i	James Preston	12-Dec-09	U20	M	Bristol & West
8	14.72	i	Jacob Matthews	10-Jan-09	U20	M	Cardiff
9	14.53	i	Andrew Coury	20-Jan-07	U20	M	Wessex & Bath
10	14.43	i	Matthew Field	11-Dec-11	U20	M	Cardiff
SHOT PUT 7.26KG MEN TOP 10 PERFORMANCES SINCE 2006							
1	19.00	i	Garrett Johnson	20-Jan-07	SEN	M	Shaftesbury Barnet/Oxford Uni/United States
2	18.66	i	Ryan Spencer-Jones	15-Dec-13	SEN	M	Birchfield H/UW Newport
3	18.02	i	Ryan Spencer-Jones	08-Dec-12	SEN	M	Birchfield H/UW Newport
4	17.74	i	Ryan Spencer-Jones	19-Feb-12	SEN	M	Birchfield H/UW Newport
5	17.43	i	Ryan Spencer-Jones	08-Jan-12	SEN	M	Birchfield H/UW Newport
6	17.18	i	Ryan Spencer-Jones	11-Dec-10	SEN	M	Birchfield H/UW Newport
7	16.76	i	Ryan Spencer-Jones	11-Dec-11	SEN	M	Birchfield H/UW Newport
8	16.51	i	Ryan Spencer-Jones	12-Dec-09	SEN	M	Birchfield H/UW Newport
9	15.31	i	Ryan Spencer-Jones	14-Dec-08	U23	M	Swansea/Cardiff Met Uni
10	15.05	i	Ryan Spencer-Jones	10-Jan-09	SEN	M	Swansea/Cardiff Met Uni
PENTATHLON MEN TOP BEST PERFORMANCES SINCE 2009							
1	2898	i	Richard Reeks	12-Dec-09	SEN	M	Crawley/Poole AC
PENTATHLON WOMEN TOP 10 PERFORMANCES SINCE 2009							
1	3455	i	Karla Drew	12-Dec-09	U23	W	Team Southampton
QUADRATHLON MEN BEST PERFORMANCES SINCE 2010							
1	3173	i	Francis Baker	11-Dec-11	SEN	M	Cardiff/Cardiff Met Uni
2	3164	i	David Guest	08-Dec-12	U23	M	Bridgend/Loughborough Students
3	3071	i	Curtis Mathews	14-Dec-14	U23	M	Cardiff/Cardiff Met Uni
4	2998	i	Francis Baker	11-Dec-10	SEN	M	Derby/Cardiff Met Uni
5	2870	i	Aled Price	13-Dec-15	U23	M	Carmarthen/Birmingham Uni
QUADRATHLON U20 MEN BEST PERFORMANCES SINCE 2010							
1	2993	i	David Omoregie	08-Dec-12	U20	M	Pembrokeshire
2	2640	i	Mark Cryer	11-Dec-11	U20	M	Medway & Maidstone/Brunel Uni London/Kent
3	2581	i	Joseph Pearse	14-Dec-14	U20	M	Blackburn/Cardiff Met Uni
TRIATHLON WOMEN BEST PERFORMANCES SINCE 2010							
1	2173	i	Sara Geary	13-Dec-15	SEN	W	Yeovil/Cardiff Met Uni
2	2148	i	Jo Rowland	08-Dec-12	SEN	W	Crawley/Brunel Uni London
3	1950	i	Katy Sealy	11-Dec-10	U23	W	Cardiff Met Uni/Belize
4	1825	i	Mollie Courtney	14-Dec-14	U20	W	Cheltenham
5	1612	i	Jo Rowland	11-Dec-11	U23	W	Crawley/Brunel Uni London