

Aled Price

Personal Bests

60 7.17i (2016); 100 11.28 (2016) 11.09w (2015); 200 22.71 (2015); 400 52.28 (2016); 800 2.07.07 (2017); 1500 5.11.6 (2012); 60H 8.39i 92014); 100H 13.96 (2012); 110H 14.93 (2016); HJ 1.95i (2014); LJ 7.23i (2016) TJ 12.45 (2018) SP 12.71 (2018); DT 36.10 (2018); JT 61.34 (2015)

Pen U13 (1561); U15 (2698),(2708i).

Hep U17 (4927i); Hep U20 (4951i)

Oct U17 (4887)

Dec 5992; U20 (6457); U17 (5954)

Lead Coach Edward Thompson 2011-; Previous Lead Dorrien Thomas -2011; Other Coach Ralph Siggery

Aled Price is one of Carmarthen Harriers' finest young all round athletes

In 2010 Aled won the under 15 UK indoor pentathlon championship and in 2012 he won the UK under 17 indoor pentathlon and outdoor under 17 Octathlon/decathlon championships

He competed for Great Britain at under 20 level in the 2013 indoor combined events international match in Valencia Spain

Aled lives in Penygroes, a small village, eleven miles from the county town of Carmarthen and its athletics track. He went to Cross Hands primary school and then on to Maes Yr Yrfa secondary school and Birmingham University

He joined Carmarthen and District Harriers Athletics Club as an under 11 member and was a faithful and ever present member of the Club during his successful junior athletics career

Competed in over 700 competitions and competed in all track and field events except the hammer

Won many Welsh schools and Welsh championships in several events. Represented also Welsh schools and Wales in many International competitions

Aled Price Career Milestones (705 recorded performances) – major results

2005 Under 11 Carmarthen Harriers (2 Recorded Performances)

100	1	14.7	Newport	Nat Ass of Clubs for Young People	26 Jun 2005
LJ	3	3.49	Newport	Nat Ass of Clubs for Young People	26 Jun 2005

2006 Under11 Carmarthen Harriers (7 Recorded Performances)

100	3	15.1	Newport	Nat Ass of Clubs for Young People	24 Jun 2006
100	1	15.8	Newport	Nat Ass of Clubs for Young People	20 May 2006
200		29.99i	Cardiff	Welsh Indoor CE Championships	25 Nov 2006
800		2.44.7i	Cardiff	Welsh Indoor CE Championships	25 Nov 2006

60H		12.25i	Cardiff	Welsh Indoor CE Championships	25 Nov 2006
LJ		4.14i	Cardiff	Welsh Indoor CE Championships	25 Nov 2006
LJ	3	4.02	Newport	Nat Ass of Clubs for Young People	20 May 2006

2007 Under 13 Carmarthen Harriers (82 Recorded Performances)

60		9.21i	Cardiff	Welsh Open Indoor Meeting	6 Jan 2007
100		13.98	Swansea	Welsh U13 Championships	17 Jun 2007
100		14.1	Solihull	UKA YA League Match	20 May 2007
200	1B	28.9	Brecon	Welsh Junior League Cup Final	19 Aug 2007
200		29.0	Yate	UKA YA League Match	3 Jun 2007
200	1	29.95i	Cardiff	Welsh U13 Indoor Championships	28 Jan 2007
60H		12.22i	Cardiff	Welsh Open Indoor Meeting	6 Jan 2007
75H		15.1	Newport	Welsh Junior League Match	19 Jul 2007
75H		15.7	Neath	Louise Arthur League Match	5 Aug 2007
HJ	1	1.43	Neath	Louise Arthur League Match	5 Aug 2007
HJ	1	1.42	Brecon	Louise Arthur League Match	29 Apr 2007
LJ		4.53	Cwmbran	Welsh U13 CE Championships	1 Jul 2007
LJ		4.34	Carmarthen	Welsh Junior League Match	10 Jun 2007
LJ		4.27	Newport	Welsh Junior League Match	15 Jul 2007
LJ	1B	4.21	Brecon	Welsh Junior Cup Final	19 Aug 2007
LJ		4.14	Swansea	Welsh U13 Championships	17 Jun 2007
LJ	2	4.07i	Cardiff	Welsh U13 Indoor Championships	27 Jan 2007
LJ	1	4.02	Newport	Welsh Boys and Girls Clubs Champs	19 May 2007
SP		5.91	Cwmbran	Welsh Multi Events Champs	1 Jul 2007
Pen		1561	Cwmbran	Welsh U13 CE Championships	1 Jul 2007

2008 Under 13 Carmarthen Harriers (82 Recorded Performances)

100	1	13.3	Newport	UKS YA League Match	18 May 2008
75H	2	13.0	Neath	Louise Arthur League Match	3 Aug 2008
75H	2	13.03	Brecon	Welsh Junior League Cup Final	24 Aug 2008
HJ	1	1.50	Carmarthen	UKA YA League Match	4 May 2008
HJ		1.35	Carmarthen	Louise Arthur League Match	26 Apr 2008
LJ	1	4.82	Carmarthen	UKA YA League Match	4 May 2008
SP	2	9.14	Barry	Louise Arthur League Match	13 Jul 2008
JT	1	33.59	Carmarthen	Carmarthen Throws Competition	17 Jul 2008
JT	1	32.98	Barry	Louise Arthur League Match	3 Aug 2008

2009 Under 15 Carmarthen Harriers (48 Recorded Performances)

100	1	12.7	Brecon	Louise Arthur League Match	16 Aug 2009
200		25.24i	Glasgow	SIAB Schools CE International	5 Dec 2009
800		2.27.21i	Glasgow	SIAB Schools CE International	5 Dec 2009
800		2.27.55	Swansea	Welsh U15 CE Championships	27 Jun 2009
60H		8.98i	Glasgow	SIAB Schools CE Championships	5 Dec 2009
60H		9.27i	Cardiff	Welsh U15 Indoor CE Championships	15 Nov 2009
80H		12.3	Brecon		16 Aug 2009

80H	4	12.82	Cardiff	Welsh U15 Championships	11 Jul 2009
80H	2	13.06	Cardiff	Welsh U15 Championships	11 Jul 2009
HJ	1	1.58	Brecon	Welsh U15 League Cup Final	23 Aug 2009
HJ	2	1.55	Swansea	Welsh Inter Regional Championships	30 Aug 2009
LJ		5.37i	Cardiff	Welsh Indoor CE Championships	15 Nov 2009
LJ		5.25i	Glasgow	SIAB Schools CE International	5 Dec 2009
SP		10.64i	Glasgow	SIAB Schools CE International	5 Dec 2009
SP		10.44i	Cardiff	Welsh Indoor CE Championships	15 Nov 2009
JT	4	36.85	Carmarthen	Carmarthen Throws Meeting	20 Aug 2009
JT	4	35.93	Carmarthen	Eric Paton Memorial Meeting	3 Sep 2009
Pen	5	2257	Swansea	Welsh U15 CE Championships	27 Jun 2009
Pen	10	2647i	Glasgow	SIAB Schools CE International	5 Dec 2009
Pen	2	2524i	Cardiff	Welsh Indoor U15 CE Championships	15 Nov 2009

2010 Under 15 Carmarthen Harriers (90 Recorded Performances)

60	5	7.81i	Cardiff	UWIC Open Meeting	11 Dec 2010
100	1	12.3	Carmarthen	UKA YA League Match	10 May 2010
200	1	24.4	Carmarthen	UKA YA League Match	2 May 2010
400	2	56.87	Cardiff	UKA YA League Match	18 Jul 2010
800		2.22.0i	Cardiff	Welsh Indoor U15 CE Championships	6 Nov 2010
60H		8.80i	Cardiff	Welsh Indoor U15 CE Championships	6 Nov 2010
60H	4	8.86i	Birmingham	England Indoor U15 Championships	27 Feb 2010
60H	1	8.95i	Cardiff	Welsh Indoor U15 Championships	31 Jan 2010
80H	1	11.88	Brecon	Welsh Junior Cup Final	22 Aug 2010
HJ	2	1.74	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
HJ	1	1.70	Cardiff	Welsh U15 Championships	12 Jun 2010
HJ	2	1.70	Brecon	Welsh Schools Championships	3 Jul 2010
HJ	1	1.65i	Cardiff	Welsh Indoor U15 Championships	31 Jan 2010
HJ	4	1.65i	Birmingham	UK Indoor U15 Championships	27 Feb 2010
HJ	1	1.65	Brecon	Welsh Junior Cup Final	22 Aug 2010
LJ	2	5.90	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
LJ	1	5.73	Brecon	Welsh Junior Cup Final	22 UG 2010
SP		12.35i	Cardiff	Welsh Indoor CE Championships	6 Nov 2010
SP	1	12.33	Carmarthen	Carmarthen Throws Competition	9 Sep 2010
SP	2	11.20i	Cardiff	Welsh Indoor U15 Championships	31 Jan 2010
DT	1	32.04	Carmarthen	Eric Paton Memorial Trophy	26 Aug 2010
JT	1	44.92	Cardiff	Welsh U15 Championships	12 Jun 2010
JT	1	45.23	Carmarthen	Louise Arthur League Match	2 May 2010
JT	3	37.30	Brecon	Welsh Schools Championships	3 Jul 2010
Pen	2	2698	Stoke	England U15 CE Championships	7 Aug 2010
Pen	1	2708i	Sheffield	England Indoor CE Championships	7 Mar 2010
Pen	1	3028i	Cardiff	Welsh Indoor U15 CE Championships	6 Nov 2010

2011 U17 Carmarthen Harriers (90 Recorded Performances)

60	3	7.59i	Cardiff	UWIC Grand Prix	11 Dec 2011
60		7.85i	Sheffield	England Indoor U17 CE Championships	5 Mar 2011
100	4	11.7	Bristol (SG)	UKA YA League Match	5 Jun 2011
100	2	11.78	Brecon	Welsh Senior League	23 Apr 2011
200		23.33i	Glasgow	SIAB Schools CE International	3 Dec 2011
400		54.82	Stoke	England U17 CE Championships	13 Aug 2011
800		2.16.41i	Glasgow	SIAB Schools CE International	3 Dec 2011
1500		5.12.10	Stoke	England U17 CE Championships	14 Aug 2011
60H		8.63i	Cardiff	Welsh Indoor CE Championships	6 Nov 2011
60H		8.67i	Glasgow	SIAB Schools CE International	3 Dec 2011
100H	2	14.35	Aberdare	Welsh Senior League	30 Jul 2011
HJ	1	1.82	Swansea	UKA YA League Match	19 Jun 2011
HJ	4	1.75	Brecon	Welsh Schools Championships	2 Jul 2011
PV		3.11	Stoke	England U17 CE Championships	14 Aug 2011
LJ	1	6.48	Aberdare	Welsh Senior League	30 Jul 2011
LJ	2	5.92i	Cardiff	Celtic Cup Schools Indoor International	30 Jan 2011
SP		12.66i	Glasgow	SIAB Schools CE Indoor International	3 Dec 2011
DT		35.12	Stoke	England U17 CE Championships	14 Aug 2011
JT		52.81	Stoke	England U17 CE Championships	14 Aug 2011
JT	1	49.79	Brecon	Welsh Schools Championships	2 Jul 2011
JT	5	47.52	Cardiff	SIAB Schools International	16 Jul 2011
JT	2	45.63	Wrexham	Welsh U17 Championships	11 Jun 2011
Pen	3	2747	Newport	Welsh Schools CE Championships	25 Jun 2011
Pen	3	3308i	Glasgow	SIAB Schools Indoor CE International	6 Feb 2011
Hep	4	4021i	Sheffield	England U17 Indoor CE Championships	6 Mar 2011
Oct	2	4887	Stoke	England U17 CE Championships	14 Aug 2011
Dec	2	5954	Stoke	England U17 CE Championships	14 Aug 2011

2012 Under 17 Carmarthen Harriers (87 Recorded Performances)

60	3	7.51	Cardiff	UWIC Grand Prix	8 Jan 2012
60		7.53	Sheffield	England U17 Indoor CE Championships	3 Mar 2012
100	1	11.80w	Connah's Quay	Welsh Senior League	22 Apr 2012
200		23.03i	Glasgow	SIAB Schools Indoor CE International	1 Dec 2012
200	2	23.66	Cwmbran	Welsh Senior League	27 May 2012
400	1	53.63	Stoke	England U17 CE Championships	4 Aug 2012
800		2.18.41i	Glasgow	SIAB Schools Indoor International	1 Dec 2012
1500	8	5.11.6	Stoke	England U17 CE Championships	5 Aug 2012
60H	1	8.4i	Swansea	West Wales U17 Indoor Championships	15 Jan 2012
100H	1	13.96	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
100H	2	14.03	Cardiff	Welsh U17 Championships	3 Jun 2012
100H	2	14.15	Cardiff	Welsh Schools Championships	3 Jun 2012
HJ	7	1.85	Derby	National Junior League Final	9 Sep 2012
HJ	6	1.80i	Cardiff	Welsh Senior Indoor Championships	21 Jan 2012
HJ	4	1.80i	Cardiff	Schools International	29 Jan 2012
PV	3	3.20i	Stoke	England U17 CE Championships	5 Aug 2012

PV	2	3.03i	Cardiff	Welsh Indoor U17 Championships	5 Feb 2012
LJ	1	6.80w	Aberdeen	Celtic Games International	11 Aug 2012
LJ		6.80i	Glasgow	SIAB Schools Indoor International	1 Dec 2012
LJ	2	6.61i	Cardiff	Welsh Indoor U17 Championships	22 Jan 2012
LJ	1	6.57	Cardiff	Welsh U17 Championships	3 Jun 2012
LJ	1	6.46	Brecon	Welsh Schools Championships	7 Jul 2012
LJ	1	6.45i	Cardiff	Welsh Indoor U17 Championships	5 Feb 2012
LJ	7	6.11	Birmingham	England U17 Indoor Championships	26 Feb 2012
SP	3	12.43i	Cardiff	WA Indoor Grand Prix	8 Dec 2012
DT	4	31.27	Stoke	England U17 CE Championships	5 Aug 2012
JT	1	55.09	Swansea	Swansea Open	18 Apr 2012
JT	3	52.88	Olympic Park	Sainsbury School Games	9 May 2012
JT	2	48.52	Cardiff	Welsh U17 Championships	4 Jun 2012
JT	1	45.67	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
Pen	2	3569i	Glasgow	SIAB Schools CE International	1 Dec 2012
Pen	2	3426	Cardiff	Welsh CE Championships	4 Nov 2012
Hep	1	4499i	Sheffield	England U17 CE Championships	3 Mar 2012
Oct	1m	4815	Stoke	England U17 CE Championships	5 Aug 2012
Dec	1	5845	Stoke	England U17 CE Championships	5 Aug 2012

2013 Under 20 Carmarthen Harriers (77 Recorded Performances)

60	3	7.23i	Cardiff	Cardiff Met Grand Prix	15 Dec 2013
60	3	7.40i	Valencia ESP	International CE Match	26 Jan 2013
100		11.25w	Bedford	England U20 CE Championships	1 Jun 2013
200	1	23.14w	Newport	Welsh Senior League	18 May 2013
400		53.11	Bedford	England U20 CE Championships	1 Jun 2013
60H	1	8.49i	Cardiff	Cardiff Met Grand Prix	15 Dec 2013
60H	3	8.61i	Cardiff	Welsh U20 Indoor Championships	17 Feb 2013
110H		15.02w	Bedford	England U20 CE Championships	1 June 2013
HJ		1.89i	Sheffield	England U20 Indoor Championships	6 Jan 2013
HJ	5=	1.89i	Valencia ESP	International CE Match	26 Jan 2013
PV	1	3.65	Swansea	West Wales Championships	25 May 2013
LJ	3	7.04w	Cardiff	Welsh Athletics International	31 Jul 2013
LJ	1	6.96w	Cardiff	Welsh U20 Championships	29 Jun 2013
LJ	1	6.96	Cardiff	Welsh U20 Indoor Championships	17 Feb 2013
LJ	1	6.71	Newport	Welsh Inter Regional Championships	1 Sep 2013
LJ	1	6.67w	Swansea	Welsh U20 Championships	22 Jun 2013
LJ	5	6.59	Merksem BEL	International Antwerp Gala	24 Aug 2013
LJ	3	6.44	Cardiff	Welsh Schools Championships	6 Jul 2013'
SP		12.42	Bedford	England U20 CE Championships	1 Jun 2013
DT		36.83	Bedford	England U20 CE Championships	1 Jun 2013
JT	1	51.54	Cardiff	Welsh Schools Championships	6 Jul 2013
JT	3	48.46	Newport	Welsh Inter Regional Championships	1 Sep 2013
Hep	8	4729i	Valencia ESP	International CE Match	27 Jan 2013
Hep	3	4728	Sheffield	England U20 CE Championships	6 Jan 2013
Dec	5	6050	Bedford	Home International Match	2 Jun 2013

2014 Under 20 Carmarthen Harriers (54 Recorded Performances)

60		7.34i	Sheffield	England & Wales CE Championships	4 Jan 2014
100		11.44	Sportcity	Home Countries CE International	30 Aug 2014
200		24.1	Carmarthen	West Wales Championships	25 May 2014
400		52.3	Sportcity	Home Countries CE International	30 Aug 2014
1500		5.23.52	Sportcity	Home Countries CE International	30 Aug 2014
60H		8.39i	Sheffield	England & Wales CE Championships	4 Jan 2014
110H	2	15.3	Brecon	Welsh Senior League	20 Jul 2014
110H	3	15.30	Cardiff	Welsh Schools Championships	5 Jul 2014
HJ	1	1.95i	Swansea	West Wales Championships	19 Jan 2014
HJ	2	1.91i	Cardiff	Welsh U20 Indoor Championships	16 Feb 2014
PV		3.76	Sportcity	Home Countries CE International	31 Aug 2014
LJ	2	7.17w	Cardiff	Welsh Senior Championships	1 Jun 2014
LJ	1	6.97	Cardiff	Welsh Schools Championships	5 Jul 2014
LJ	3	6.80i	Cardiff	Welsh International	9 Mar 2014
LJ	8	6.65i	Sheffield	England U20 Indoor Championships	16 Feb 2014
LJ	4	6.60i	Cardiff	Welsh Senior Indoor Championships	25 Jan 2014
SP		13.45	Newport	Welsh CE Championships	28 Jun 2014
DT	2	37.70	Carmarthen	Carmarthen Throws Competition	26 Jun 2014
JT		54.81	Sportcity	Home Countries CE International	31 Aug 2014
JT	1	47.55	Cardiff	Welsh Schools Championships	5 Jul 2014
Pen	1	3208	Newport	Welsh CE Championships	28 Jun 2014
Hep	4	4951i	Sheffield	England & Wales CE Championships	5 Jan 2014
Dec	3	6457	Sportcity	Home Countries CE International	31 Aug 2014

2015 Under 23 Birmingham University/Swansea Harriers/ Carmarthen Harriers (72 Recorded Performances)

60		7.31i	Sheffield	England & Wales Indoor CE Champs	10 Jan 2015
100	1	11.08w	Cardiff	Welsh Senior League	26 Apr 2015
200	4	22.71	Cardiff	Welsh Senior League	26 Apr 2015
400		53.70	Bedford	England Senior CE Championships	23 May 2015
60H	3h	8.57i	Sheffield	BUCS Indoor Championships	20 Feb 2015
60H	1	8.74i	Cardiff	Welsh Senior Indoor Championships	25 Jan 2015
110H		15.25	Bedford	England CE Championships	24 May 2015
110H	1	16.2	Connah's Quay	Welsh Inter Regional Championships	29 Aug 2015
HJ		1.85	Bedford	England Senior CE Championships	23 May 2015
HJ	3	1.85	Connah's Quay	Welsh Inter Regional Championships	29 Aug 2015
PV		4.10	Bedford	England Senior CE Championships	24 May 2015
LJ	1	7.12	Derby	British League Match	11 Jul 2015
LJ	2	7.04w	Merksem Bel	International Antwerps Gala	22 Aug 2015
LJ	1	6.74	Cardiff	Welsh Senior Championships	28 Jun 2015
LJ	2	6.51i	Cardiff	Welsh Senior Indoor Championships	24 Jan 2015
SP	7	12.12i	Sheffield	BUCS Indoor Championships	21 Feb 2015
DT	1	35.75	Carmarthen	Carmarthen Throws Competition	30 Jul 2015
DT	1	32.41	Connah's Quay	Welsh Inter Regional Championships	29 Aug 2015
JT	1	61.34	Carmarthen	Carmarthen Throws Competition	25 Jun 2015

JT	2	55.43	Cardiff	Welsh Senior Championships	28 Jun 2015
JT	2	52.06	Connah's Quay	Welsh Inter Regional Championships	29 Aug 2015
JT	7	51.73	Merksem Bel	International Antwerps Gala	22 Aug 2015
Quad	1	2870	Cardiff	Cardiff Met Christmas Classic	13 Dec 2015
Hep	14	4760i	Sheffield	England & Wales Indoor CE Champs	10 Jan 2015
Dec	14	5962	Bedford	England Senior CE Championships	24 May 2015

2016 Under 23 Birmingham University/ Swansea Harriers/ Carmarthen Harriers (71 Recorded Performances)

60	1	7.17i	Cardiff	Cardiff Met Match	16 Nov 2016
100	3	11.28	Bedford	England Senior CE Championships	14 May 2016
100	5	11.39	Carmarthen	Welsh Senior League	17 Jul 2016
200	2	23.44	New Haven USA	Yale Multi Team	2 Apr 2016
400	2	52.28	Bedford	England Senior CE Championships	14 May 2016
60H	1	8.36i	Cardiff	Cardiff Met Christmas Classic	11 Dec 2016
60H	5	8.54	Cardiff	Welsh Senior Indoor Championships	31 Jan 2016
110H	6	14.93	Bedford	BUCS Championships	2 May 2016
110H	1	15.44	Brecon	Welsh Inter Regional Championships	27 Aug 2016
HJ	2	1.90	Carmarthen	Welsh Athletics League	17 Jul 2016
PV		4.10i	Sheffield	England Senior Indoor Championships	10 Jan 2016
LJ	1	7.23i	Ithaca NY USA	Cornell April Invitations	9 Apr 2016
LJ	5	7.21w	Bedford	BUCS Championships	2 May 2016
LJ	10	6.90	Loughborough	Loughborough International	22 May 2016
LJ	2	6.78i	Cardiff	Welsh Indoor Senior Championships	31 Jan 2016
SP	1	12.71	Carmarthen	Carmarthen Throws Competition	28 Jul 2016
DT	1	36.14	Swansea	Welsh Athletics League	31 Jul 2016
JT	5	57.44	Bedford	BUCS Championships	2 May 2016
Hep	6	4927i	Sheffield	England Indoor Senior CE Champs	10 Jan 2016
Dec	DNF		Bedford	England Senior CE Championships	15 May 2016

2017 Under 23 Birmingham University/ Swansea Harriers/ Carmarthen Harriers (32 Recorded Performances)

100		11.60	Horspath	South of England CE Championships	22 Jul 2017
400		53.54	Horspath	South of England CE Championships	22 Jul 2017
800	7	2.07.07	Stoke Gifford	Bristol and West Open Series	23 May 2017
60H	4	8.44i	Lee Valley	Inter Varsity Meeting	1 Feb 2017
110H	2	15.38	Bedford	British Athletics League	15 Jul 2017
110H	1	15.99`	Brecon	Welsh Inter Regional Championships	26 Aug 2017
HJ		1.80	Horspath	South of England CE Championships	22 Jul 2017
PV	8	3.80	Bedford	British Athletics League	15 Jul 2017
LJ		7.28wq	Bedford	BUCS Championships	30 Apr 2017
LJ	5	7.15w	Bedford	BUCS Championships	1 May 2017
LJ	9	6.77i	Sheffield	BUCS Indoor Championships	19 Feb 2017
TJ	6	12.08	Bedford	British Athletics League	15 Jul 2017
SP	1	12.02	Carmarthen	Carmarthen Throws Competition	29 Jun 2017
DT	2	31.82	Carmarthen	Carmarthen Throws Competition	29 Jun 2017

JT		53.64	Horspath	South of England CE Championships	23 Jul 2017
Dec	DNF		Horspath	South of England CE Championships	23 Jul 2017

2018 Senior Birmingham University/ Swansea Harriers/ Carmarthen Harriers (21 Recorded Performances)

110H	4	15.29	Bedford	British Athletics League	7 Jul 2018
HJ	6	1.90	Leigh	British Athletics League	5 May 2018
LJ	1	7.18	Birmingham U	University of Birmingham Relays	23 Jun 2018
LJ	8	6.84	Loughborough	Loughborough International	20 May 2018
SP	5	12.11	Cardiff	British Athletics League	2 Jun 2018
SP	3	10.80	Brecon	Welsh Inter Regional Championships	25 Aug 2018
DT	2	36.10	Brecon	Welsh Inter Regional Championships	25 Aug 2018
JT	2	55.47	Swansea	British Athletics League	10 June 2018

2019 Senior Swansea Harriers (4 recorded performances)

110H	4	15.67	Swansea	British Athletics League	12 May 2019
HJ	7	1.80	Swansea	British Athletics League	12 May 2019
LJ	9	6.29	Loughborough	Loughborough International	19 May 2019