

WELSH WALKING RECORDS - MEN

DECEMBER 2022

MEN

Records: These are recognised for All Comers [AC], Welsh National [WN] and Under 20 [U20]

An **All Comers Record** can be set by any athlete provided it is achieved in competition within Wales

A **Welsh National Record** can be set by any athlete with Welsh Qualification in worldwide competition

A **Welsh U20 Record** can be set by any athlete with Welsh Qualification in worldwide competition who at the time was classified as being in the Under 20 age group

Best Performances These are recognised for athletes who at the time were classified as being in the Under 17, 15 or 13 age groups

1000m					
U15	4:20.05	Antonio Cirillo	Swansea Harriers	Brecon	02.07.2005
1500m					
U15	6:44.68	Russell Hutchings	Roath WC	Cwmbran	23.06.1985
U13	7:38.47	S Duggan		Cwmbran	02.06.1984
2000m					
U20	8:22.8 [HT]	Cameron Smith	Cardiff AAC	Cardiff (CISS)	06.07.2001
U17	10:34.6 [HT]	Owen Young	Llanishen S	Cardiff (CISS)	06.07.2001
3000m					
SM	11:45.77	Steve Johnson	Cardiff AAC	Cwmbran	20.06.1987
U20	12:08.2 (HT)	Guy Thomas	Tonbridge AC	Manchester	17.08.2016
U17	13:05.7 (HT)	Nathan Kavanagh	Roath WC	Melksham	28.04.1984
U15	13:35.0 (HT)	Russell Hutchings	Roath WC	Redditch	07.09.1985
5000m					
SM	20:22.0 (HT)	Steve Barry	Cardiff AAC	West London	20.03.1982
U20	22:17.5 (HT)	Russell Hutchings	Roath WC	Brighton	27.09.1986
U17	22:17.5 (HT)	Russell Hutchings	Roath WC	Brighton	27.09.1986
10000m					
SM	41:13.62	Steve Barry	Cardiff AAC	Crystal Palace	19.06.1982
U20	44:22.12	Gareth Holloway	Splott WC	Derby	05.06.1988
U17	45:50.08	Nathan Kavanagh	Roath WC	Cwmbran	28.05.1984
One Hour					
SM	13,987m	Steve Barry	Cardiff AAC	Brighton	28.06.1981
15000m					
SM	01:04:25	Steve Barry	Cardiff AAC	Brighton	28.06.1981
20000m					
SM	01:26:22	Steve Barry	Cardiff AAC	Brighton	28.06.1981
100km					
SM	09:56:34	Bob Dobson	Ilford	Colchester	14.09.1985
100miles					
SM	17:52:01	Bob Dobson	Ilford	Woodford Green	30/31.05.1986
24 hours					
SM	204.330km	Bob Dobson	Ilford	Woodford Green	30/31.05.1986

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ROAD					
3km					
U20	13:32 (HT)	Russell Hutchings	Roath WC	Nuneaton	10.11.1984
U17	13:32 (HT)	Russell Hutchings	Roath WC	Nuneaton	10.11.1984
U15	13:32 (HT)	Russell Hutchings	Roath WC	Nuneaton	10.11.1984
5km					
U20	21:31 (HT)	Gareth Holloway	Splott WC	Redditch	01.11.1986
U17	22:04 (HT)	Gareth Holloway	Splott WC	Cardiff	14.09.1986
10km					
SM	40:35 (HT)	Steve Barry	Cardiff AAC	Southport	14.05.1983
U20	43:50 (HT)	Kirk Taylor	Splott WC	Redditch	12.04.1987
15km					
SM	01:01.11	Steve Barry	Cardiff AAC	Mezidon-Canon,Fr	24.06.1984
20km					
SM	01:22:51	Steve Barry	Cardiff AAC	Douglas, IOM	26.02.1993
U20	00:01:30	Guy Thomas	Tonbridge AC	Douglas, IOM	04.09.2016
25km					
SM	01:47:56	Steve Barry	Cardiff AAC	Brisbane, Australia	07.10.1982
30km					
SM	02:10:16	Steve Barry	Cardiff AAC	Brisbane, Australia	07.10.1982
35km					
SM	02:48:30	Bob Dobson	Ilford	York	20.06.1981
50km					
SM	04:11:59	Bob Dobson	Ilford	Lassing, Austria	24.10.1981