

# WELSH ROAD RECORDS - MEN

MEN

October-25

**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

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

1 MILE					
Event	Time	Athlete	Club	Venue	Date
AC		No record set			
WN	3:50	Jake Heyward	Cardiff Athletics	New York NY, USA	11.09.2022
U20		No record set			
U17	4:39	Samuel Boyce	Cardiff Athletics	Cardiff	07.05.2025

5KM					
AC	13:39	Tom Mortimer	Stroud AC	Cardiff	12.08.2023
WN	13:34	Osian Perrin	Menai T&F	Cardiff	12.08.2023
U20	13:34	Osian Perrin	Menai T&F	Cardiff	12.08.2023
U17	14:30	Osian Perrin	Menai T&F	Barrowford	08.08.2020

5 MILES					
AC	22:42	Nigel Adams	Swansea Harriers	Tredegar	24.08.1988
WN	22:35	Ian Hamer	Swansea Harriers	Dublin, IRL	08.03.1992

10KM					
AC	27:39	Felix Limo	Kenya	Swansea	22.09.2002
WN	27:59	Steve Jones	Newport Harriers	Birmingham	28.04.1984
U20	29:52	Adam Barber	Harborough	Trafford	03.03.2024

10 MILES					
AC	47:38	Steve Jones	Newport Harriers	Pontypridd	09.02.1986
WN	46:41	Roger Hackney	Aldershot, Farnham & District	Washington DC, USA	06.04.1986

HALF MARATHON					
AC	59:10	Geoffrey Kamworor	Kenya	Cardiff	26.03.2016
WN	60:31	Jake Smith	Cardiff Athletics	Gydnia, POL	17.10.2020

MARATHON					
AC	2:14:04	Hugh Armstrong	Ballina AC	Wrexham	24.04.2022
WN	2:07:13	Steve Jones	Newport Harriers	Chicago IL, USA	20.10.1985

50KM					
AC		No record set			
WN	2:49:01	Dan Nash	Cardiff	Brasov, ROU	31.08.2019

100KM					
AC					
WN	6:43:55	Trevor Hawes	Swansea	Nottingham	07.05.1989