

WELSH ROAD RECORDS - WOMEN

Women

October-25

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

1 MILE					
Event	Time	Athlete	Club	Venue	Date
AC		No record set			
WN	4:19.9	Melissa Courtney-Bryant	Poole AAC	New York NY, USA	08.09.2024
U20	5:04.0	Poppy Elton	Worcester	Battersea Park	31.12.2024
U17	6:19.0	Carys Pryor	Cardiff Athletics	Cardiff	01.05.2024
5KM					
AC	15:29	Charlotte Arter	Cardiff Athletics	Cardiff	29.08.2021
AC	15:29	Jennifer Nesbitt	Pontypridd Roadents	Cardiff	23.07.2025
WN	15:18	Cari Hughes	Cardiff Athletics	Lille, FRA	16.03.2025
U20	16:09	Lynne Maddison	Wrexham AAC	Wrexham	21.09.1986
U17	16:43	Non Stanford	Swansea Harriers	Carmarthen	17.04.2006
5 MILES					
AC	26:10	Kate Reed	Bristol & West AC	Cardiff Bay	01.05.2006
WN	26:45	Melissa Watson	TROTS	Feltham	04.04.1988
10KM					
AC	31:36	Rita Cheptoo Sitienei	Kenya	Cardiff Bay	27.07.2008
WN	31:28	Charlotte Arter	Cardiff Athletics	Leeds	06.03.2022
U20	33:26	Sian Edwards	Kettering	London Hyde Park	08.10.2006
10 MILES					
AC	55:16	Angharad Mair	Newport Harriers	Dolgellau	26.07.1997
WN	55:10	Wendy Ore	Bridgend AC	Sandiacre	04.09.1994
HALF MARATHON					
AC	65:51	Edith Chelimo	Kenya	Cardiff	03.10.2017
WN	01.09.0	Clara Evans-Graham	Pontypridd Roadents	Valencia, ESP	27.10.2024
MARATHON					
AC	2:44:58	Natasha Cockram	Micky Morris Racing Team	Newport	29.04.2018
WN	2:25:04	Clara Evans	Pontypridd Roadents	Valencia	03.12.2023
50KM					
AC		No record set			
WN	3:46:48	Emily Gelder	Dulwich Runners	Gravesend	03.05.2014
100KM					
AC		No record set			
WN	8:00:37	Emily Gelder	Dulwich	Perth	27.03.2011