

Welsh Ultra Distance Records

Foreward

According to the "Ultramarathon Event Manual", produced by the Association of Road Running Statisticians, the following events are recognised for record purposes 30, 40, 50,100, 200, 500 and 1000 miles, 50, 100, 200, 500, 1000 and 1500 kms, 12 hours, 24 hours, 48 hours, 144 hours (6 days). Some consideration is being given to inclusion of other events, i.e. 60 kms, 6 hours which are popular in some countries.

This document is therefore a list of the best performances by Welsh Athletes at each distance or time. I have attempted to find verifiable marks on both track and road, and where no mark exists, it's simply because I cannot trace any.

Male - Track

Distance	Performance	Athlete	Club	Venue	Date
30 miles	2:51:16	Lynn Hughes	TVH	Cardiff	31-Oct-1970
40 miles	3:49:56	Lynn Hughes	TVH	Cardiff	31-Oct-1970
50 miles	5:24:21a	Gwyn Williams	Club 69	Nantes	23-Sept-1989
100 miles	15:48:05	John Pares	Buckley RC	Tooting Bec	07-Oct-2007
200 miles	65:45:15	Malcolm Campbell	Nottingham AC	Nottingham	31-Jul/2 Aug-1983
500 miles	8:04:50:31	Malcolm Campbell	Nottingham AC	Gateshead	11/26-Nov-1985
1000 miles	15:21:07:43	Malcolm Campbell	Nottingham AC	Gateshead	11/26-Nov-1985
50 kms.	2:59:25	Mick McGeoch	Les Croupiers	Barry	09-Mar-1986
100 kms.	6:53:15	Gwyn Williams	Club 69	Nantes	23-Sept-1989
200 kms.	21:56:37	Malcolm Campbell	Nottingham AC	Blackburn	11/12-Oct-1980
500 kms.	105-27-32	Malcolm Campbell	Nottingham AC	Nottingham	1985
1000 kms.	10:10:28:04	Malcolm Campbell	Nottingham AC	Gateshead	11/26-Nov-1985
1500 kms.	14:20:05:13	Malcolm Campbell	Nottingham AC	Gateshead	11/26-Nov-1985

a= time at 80.8km > 50 miles

Time	Performance	Athlete	Club	Venue	Date
6 hours	75.205 km.	Jeremy Mower	Gloucester	Crawley	29-Mar-08
12 hours	130.089 km.	John Pares	Buckley RC	Crawley	29-Mar-08
24 hours	236.900 km.	John Pares	Buckley RC	Tooting Bec	07-Oct-2007
48 hours	188 ml 116 yd	Malcolm Campbell	Nottingham AC	Nottingham	10/12-Apr-1982
144 hours	427 ml 895 yd	Malcolm Campbell	Nottingham AC	Nottingham	1985

Female - Track

Distance	Performance	Athlete	Club	Venue	Date
30 miles	3:28:17	Ann Franklin	Mynyddwr DC	Barry	09-Mar-1986
40 miles	4:47:27	Ann Franklin	Mynyddwr DC	Barry	09-Mar-1986
50 miles					
100 miles					
200 miles					
500 miles					
1000 miles					
50 kms.	3:36:58	Ann Franklin	Mynyddwr DC	Barry	09-Mar-1986
100 kms.					
200 kms.					
500 kms.					
1000 kms.					
1500 kms.					

Time	Performance	Athlete	Club	Venue	Date
6 hours					
12 hours					
24 hours	222.455 km.	Emily Gelder	Dulwich	Barcelona	18/19-Dec-2010
48 hours					
144 hours					

Male - Road

Distance	Performance	Athlete	Club	Venue	Date
30 miles					
40 miles					
50 miles	5:16:33	Trevor Hawes	Swansea H	Nottingham	07-May-1989
100 miles					
200 miles					
500 miles					
1000 miles					
50 kms.					
100 kms.	6:43:55	Trevor Hawes	Swansea H	Nottingham	07-May-1989
200 kms.					
500 kms.					
1000 kms.					
1500 kms.					

Time	Performance	Athlete	Club	Venue	Date
6 hours					
12 hours					
24 hours	252.548 km.	John Pares	Buckley RC	Brive-da-Gaillarde	13/14-May-2010
48 hours					
144 hours					

Female - Road

Distance	Performance	Athlete	Club	Venue	Date
30 miles					
40 miles					
50 miles					
100 miles	15:15:29	Emily Gelder	Dulwich	Katowice (Pol)	09-Sep-2012
200 miles					
500 miles					
1000 miles					
50 kms.	3:46:47	Emily Gelder	Dulwich	Redwick	22-Jul-2011
100 kms.	8:00:37	Emily Gelder	Dulwich	Perth (SCO)	27-Mar-2011
200 kms.	19:32:27x	Emily Gelder	Dulwich	Katowice (Pol)	09-Sep-2012
500 kms.					
1000 kms.					
1500 kms.					

x time at 200.833km

Time	Performance	Athlete	Club	Venue	Date
6 hours					
12 hours					
24 hours	238.875 km.	Emily Gelder	Dulwich	Katowice	8/9-Sep-2012
48 hours					
144 hours					

