

WELSH ROAD RECORDS - MEN

MEN

DECEMBER 2022

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

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		No record set			
5KM					
AC	13:51	Geoffrey Koech	Kenya	Cardiff	02.10.2022
WN	13:40	Roger Hackney	Aldershot, Farnham & District	Newcastle	27.03.1985
U20	14:02	Osian Perrin	Menai T&F	Barrowford	03.04.2021
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	30:00	Ben Miles	Cardiff Athletics	Newport	24.10.2021
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