

# WELSH WALKING RECORDS - MEN

## MEN

August-2024

**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

<b>1000m</b>					
U15	4:20.05	Antonio Cirillo	Swansea Harriers	Brecon	02.07.2005
<b>U13</b>	<b>6:04.22</b>	<b>P Spencer JONES</b>	<b>Wrexham</b>	<b>Swansea (Uni)</b>	<b>11.08.2024</b>
<b>U13</b>	<b>6:16.35</b>	<b>OLD Ioan Vale</b>	<b>Aberdare</b>	<b>Newport</b>	<b>13.08.2023</b>
<b>1500m</b>					
U15	6:44.68	Russell Hutchings	Roath WC	Cwmbran	23.06.1985
U13	7:38.47	S Duggan		Cwmbran	02.06.1984
<b>2000m</b>					
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
<b>3000m</b>					
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
<b>U17</b>	<b>16:43.46</b>	<b>P Fraser HIGGINSON</b>	<b>Bridgend AC</b>	<b>Swansea (Uni)</b>	<b>11.04.2024</b>
U15	13:35.0 (HT)	Russell Hutchings	Roath WC	Redditch	07.09.1985
<b>5000m</b>					
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
<b>10000m</b>					
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
<b>One Hour</b>					
SM	13,987m	Steve Barry	Cardiff AAC	Brighton	28.06.1981
<b>15000m</b>					
SM	01:04:25	Steve Barry	Cardiff AAC	Brighton	28.06.1981
<b>20000m</b>					
SM	01:26:22	Steve Barry	Cardiff AAC	Brighton	28.06.1981
<b>100km</b>					
SM	09:56:34	Bob Dobson	Ilford	Colchester	14.09.1985
<b>100miles</b>					
SM	17:52:01	Bob Dobson	Ilford	Woodford Green	30/31.05.1986
<b>24 hours</b>					
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
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### 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
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### 30km

SM	02:10:16	Steve Barry	Cardiff AAC	Brisbane, Australia	07.10.1982
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### 35km

SM	02:48:30	Bob Dobson	Ilford	York	20.06.1981
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### 50km

SM	04:11:59	Bob Dobson	Ilford	Lassing, Austria	24.10.1981
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