

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 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	13:31	Jack Rowe	Aldershot, Farnham & District	Cardiff	29.08.2025
WN	13:34	Osian Perrin	Menai T&F	Leicester	15.03.2025
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	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	Gdynia, 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