

Foreword

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. We have attempted to find verifiable marks on both track and road, and where no mark exists, it's simply because I cannot trace any.

April 2025

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	14:10:27	Gareth Pritchard	Vegan Runners	Tooting Bec	16-Apr-2023
200 miles	65:45:15	Malcolm Campbell	Nottingham AC	Nottingham	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	75.381 km.	Eric Rees	Sarn Helen	Crawley	28-Apr-2001
12 hours	132.501 km.	Nathan Flear	3M Gorseinon	Crawley	14-Apr-2019
24 hours	257.926 km.	Gareth Pritchard	Swansea H	Crawley	16-Apr-2023
48 hours	302.475 km	Malcolm Campbell	Nottingham AC	Nottingham	10/12-Apr-1982

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	6:53:13	Jen Coleman	Les Croupiers	Barcelona, ESP	14-Dec-2024
100 miles	15:51.05	Jen Coleman	Les Croupiers	Tooting Bec	19-Sep-2021
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	71.320 km	Jen Coleman	Les Croupiers	Barcelona	14-Dec-2024
12 hours	132.128 km	Jen Coleman	Les Croupiers	Barcelona	14-Dec-2024
24 hours	227.715 km	Jen Coleman	Les Croupiers	Barcelona	19-Sep-2021
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	14:52:43	Gareth Pritchard	Vegan Runners	Verona, ITA	18-Sep-2022
200 miles					
500 miles					
1000 miles					
50 kms.	2:48:33	Andrew Davies	Stockport Harriers	Perth	24-Mar-2024
100 kms.	6:43:25	Daniel Rothwell	Swansea H	Craigavon	02-Apr-2023
200 kms.					
500 kms.					
1000 kms.					
1500 kms.					

Time	Performance	Athlete	Club	Venue	Date
6 hours	90.476 km	Trevor Hawes	Swansea H	Nottingham	07-May-1989
12 hours	136.962 km	John Pares	Buckley RC	Basel, SUI	08-May-2011
24 hours	252.548 km.	John Pares	Buckley RC	Brieve-De-Gaillarde	14-May-2010
48 hours					
144 hours					

Female - Road

Distance	Performance	Athlete	Club	Venue	Date
30 miles					
40 miles					
50 miles	6:25:20	Emily Gelder	Dulwich	Perth	27-Mar-2011
100 miles	15:15:29	Emily Gelder	Dulwich	Katowice (POL)	09-Sep-2012
200 miles					
500 miles					
1000 miles					
50 kms.	3:20:37	Anna Bracegirdle	Salford Harriers	Hyderabad, IND	05-Nov-2023
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	129.765 km	Jen Coleman	Les Croupiers	Verona, ITA	18-Sep-2022
24 hours	238.875 km.	Emily Gelder	Dulwich	Katowice	8/9-Sep-2012
48 hours					
144 hours					