

WELSH ROAD RACING RECORDS

MEN

Road Running records

5k	13:40	Roger Hackney	Newcastle	27.03.1985
5 miles	22:35	Ian Hamer	Dublin, Ire	08.03.1992
10K	27:59	Steve Jones	Birmingham	28.04.1984
15k	43:07	Steve Jones	Tampa, USA	11.02.1989
10 miles	46:41	Roger Hackney	Washington, USA	06.04.1986
20k	58:22	Mike Bishop	Antibes, Fra	03.10.1987
Half	61:14	Steve Jones	Birmingham	11.08.1985
Marathon:	2:07:13	Steve Jones	Chicago, USA	20.10.1985

Long distance track records

20000m	62:23	Bernie Plain	Bristol	01.12.1973
One hour:	18,898m	Mike Rowland	Stockholm, Swe	07.08.1973
25000m	1:18:50	Bernie Plain	Bristol	01.12.1973
30000m	1:33:49	Bernie Plain	Bristol	01.12.1973
20 miles	1:40:34.6	Bernie Plain	Bristol	01.12.1973
50000m	2:59:25	Mick McGeoch	Barry	09.03.1986

Track Walking

3000m	11:45.77	Steve Johnson	Cwmbran	20.06.1987
5000m	20:22.0	Steve Barry	London (WL)	20.03.1982
	20:08.04i	Steve Barry	Budapest, Hun	05.03.1983
10000m	41:13.62	Steve Barry	London (CP)	19.06.1982
1 Hour	13,987m	Steve Barry	Brighton	28.06.1981
20000m	1:26:22	Steve Barry	Brighton	28.06.1981

Road Walking

10k	40:35	Steve Barry	Southport	14.05.1983
20k	1:22:51	Steve Barry	Douglas, IOM	26.02.1983
30k	2:10:16	Steve Barry	Brisbane, Aus	07.10.1982
50k	4:11:59	Bob Dobson	Lassing, Aut	22.10.1981

WOMEN

Road Running Records

5k	15:39	Stevie Stockton	Kingsley	27.04.2018
5 miles	26:45	Melissa Watson	Feltham	04.04.1988
10k	32:15	Angela Tooby	New York, USA	31.03.1984
10 Miles	55:10	Wendy Ore	Erewash	04.09.1994
Half:	69:41	Charlotte Arter	Barcelona, ESP	10.02.2019
Marathon:	2:31:33	Susan Tooby	Seoul, Kor	23.09.1988

Long distance track records

1 Hour	16,460mi	Bronwen Cardy-Wise	Birmingham	08.03.1992
20000m	1:23:56	Ann Franklin	Barry	09.03.1986
25000m	1:44:58e	Ann Franklin	Barry	09.03.1986
30000m	2:05:59	Ann Franklin	Barry	09.03.1986
50000m	3:36:58	Ann Franklin	Barry	09.03.1986

Track Walking Records

3000m	12:24.70	Bethan Davies	Cardiff	11.06.2016
5000m	21:21:52	Bethan Davies	Birmingham	02.07.2017
10000m	47:05:97	Bethan Davies	Canberra, Aus	29.01.2017
20000m	1:36:39.7	Bethan Davies	Bedford	21.06.2015

Road Walking Records

5k	22:28	Bethan Davies	Coventry	06.03.2016
10k	44:59	Bethan Davies	Coventry	06.03.2016
20k	1:31:53	Bethan Davies	Lugano, Swi	11.03.2018