

WELSH ROAD RECORDS - MASTERS MEN

MEN

MARCH 2023

Records: These are recognised for All Comers [AC] and Welsh National [WN]

1 MILE					
Event	Time	Athlete	Club	Venue	Date
M35	4:08	James Thie	Cardiff Athletics	London	24.05.2014
M40	4:23	James Thie	Cardiff Athletics	Bourton-on-the-Water	21.07.2018
M65	5:00	Martin Rees	Les Croupiers	Cardiff	02.05.2014
5KM					
M35	14:33	Andrew Davies	Stockport Harriers	Kingsley	29.08.2019
M40	14:21	Andrew Davies	Stockport Harriers	Armagh	13.02.2020
M45	14:51	Martin Rees	Swansea Harriers	Cardiff	23.05.2001
M50	15:00	Martin Rees	Swansea Harriers	Cardiff	23.07.2003
M55	15:31	Martin Rees	Neath Harriers	Gloucester	17.07.2008
M60	16:06	Martin Rees	Les Croupiers	Cardiff	06.08.2014
M65	18:04	Alan Davies	Swansea Harriers	Cardiff	01.05.2022
M65	18:04	Emyr Davies	Eryri	Caernarfon	23.07.2008
M70	20:29	William Davies	Winchester	Winchester	20.07.2000
M75	21:35	Emyr Davies	Rhedwyr Hebog	Porthmadog	20.10.2019
5 MILES					
M35	22:43	Steve Jones	Newport Harriers	Dublin, IRL	08.03.1992
M40	23:51	Tony Simmons	Luton	Ruislip	19.02.1989
M45	24:48	Martin Rees	Swansea	Alsager	03.02.2002
M50	24:44	Martin Rees	Swansea	Hillingdon	09.03.2003
M55	26:11	Martin Rees	Neath	Glynneath	26.12.2008
M60	26:10	Martin Rees	Les Croupiers	Cardiff	14.09.2013
M65	29:41	Alan Davies	Llanelli	Cardiff	31.12.2017
M70	34:08	John Gardener	Pembrokeshire	Cardiff	06.05.2013
M75	36:59	John Gardener	Pembrokeshire	Cardiff	01.01.2017
10KM					
M35	29:44	Steve Jones	Newport Harriers	Harrow	01.04.1995
M40	29:39	Andrew Davies	Stockport Harriers	Valencia, ESP	09.01.2022
M45	30:17	Martin Rees	Swansea Harriers	Eastleigh	15.03.1998
M50	30:35	Tecwyn Davies	Aldershot, Farnham & District	Reading	16.10.1988
M55	32:02	Martin Rees	Neath Harriers	Leeds	23.11.2008
M60	32:48	Martin Rees	Les Croupiers	Cardiff	08.09.2013
M65	36:22	Alan Davies	Llanelli AC	Cardiff	03.09.2017
M70	41:14	George Phipps	Leamington	Bruges	29.06.1996
M75	43:51	No Record Set	Pembrokeshire Harriers	Cardiff	11.09.2018
10 MILES					
M35	47:42	Steve Jones	Newport Harriers	Manchester	01.08.1993
M40	48:26	Steve Jones	Newport Harriers	Washington DC, USA	31.03.1996
M45	49:36	Martin Rees	Swansea Harriers	Woking	01.03.1998
M50	50:43	Martin Rees	Swansea Harriers	Woking	30.03.2003
M55	53:21	Martin Rees	Neath Harriers	Twickenham	19.10.2008
M60	55:02	Martin Rees	Les Croupiers	Twickenham	20.10.2013
M65	60:56	Alan Davies	Llanelli	Lampeter	01.04.2018
M70	70:17	William Davies	Winchester	Oldbury	17.09.2000
M75	72:42	John Gardener	Pembrokeshire	Portsmouth	23.10.2016
HALF MARATHON					
M35	1:01:49	Steve Jones	Newport Harriers	Lisbon	17.03.1991
M40	1:04:46	Andrew Davies	Stockport	Lake Vyrnwy	08.09.2019
M45	1:06:29	Martin Rees	Swansea Harriers	Cheddar	10.11.2001
M50	1:06:42	Martin Rees	Swansea Harriers	Stroud	26.10.2003
M55	1:11:16	Martin Rees	Neath	Bath	16.03.2008
M60	1:11:32	Martin Rees	Les Croupiers	Bath	03.03.2013
M65	1:22:07	Dave James	Les Croupiers	The Hague	12.03.2023

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M70	1:31:33	Bob Brierley	Carmarthen Harriers	Derby	22.05.1988
M75	1:36:22	John Gardener	Pembrokeshire Harriers	Swansea	26.06.2016

MARATHON

M35	2:10:06	Steve Jones	Newport Harriers	Toronto, CAN	04.10.1992
M40	2:14:23	Andrew Davies	Stockport	Seville, ESP	20.02.2022
M45	2:23:18	Martin Rees	Swansea	Dublin, IRL	25.10.1999
M50	2:33:37	Evan Williams	Shrewsbury	Stone	05.10.1986
M55	2:37:57	Evan Williams	Shrewsbury	Stone	06.10.1991
M60	2:51:10	Ian James	Wrexham	York	16.10.2022
M65	3:03:52	George Phipps	Leamington	London	12.04.1992
M70	3:20:35	Bob Brierley	Carmarthen Harriers	Stone	04.10.1987
M75	3:29:18	John Gardener	Pembrokeshire	Edinburgh	29.05.2016