

# WELSH ROAD RECORDS - MEN

**MEN**

**DECEMBER 2022**

**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

## 1 MILE

| Event | Time | Athlete      | Club              | Venue            | Date       |
|-------|------|--------------|-------------------|------------------|------------|
| WN    | 3:50 | Jake Heyward | Cardiff Athletics | New York NY, USA | 11.09.2022 |

## 5KM

|     |       |               |                               |            |            |
|-----|-------|---------------|-------------------------------|------------|------------|
| AC  | 13:59 | Jake Smith    | Cardiff Athletics             | Cardiff    | 01.05.2022 |
| WN  | 13:40 | Roger Hackney | Aldershot, Farnham & District | Newcastle  | 27.03.1985 |
| 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 | 30:00 | Ben Miles   | Cardiff Athletics | Newport    | 24.10.2021 |

## 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 | 61:14 | Steve Jones       | Newport Harriers | Birmingham | 11.08.1985 |

## 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 | 2:58:03 | Steve Way | Bournemouth AC | Redwick     | 31.03.2018 |
| WN | 2:49:01 | Dan Nash  | Cardiff        | Brasov, ROU | 31.08.2019 |

## 100KM

|    |         |               |              |            |            |
|----|---------|---------------|--------------|------------|------------|
| AC | 7:00:30 | Robert Turner | Edinburgh AC | Redwick    | 31.03.2018 |
| WN | 6:43:55 | Trevor Hawes  | Swansea      | Nottingham | 07.05.1989 |