

# WELSH ROAD RECORDS - WOMEN

## Women

DECEMBER 2022

**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

<b>1 MILE</b>					
<b>Event</b>	<b>Time</b>	<b>Athlete</b>	<b>Club</b>	<b>Venue</b>	<b>Date</b>
WN	4:22	Melissa Courtney-Bryant	Poole AAC	New York NY, USA	09.09.2018
<b>5KM</b>					
AC	15:29	Charlotte Arter	Cardiff Athletics	Cardiff	29.08.2021
WN	15:26	Charlotte Arter	Cardiff Athletics	Vienna, Austria	03.10.2021
U20		No record set			
U17	16:43	Non Stanford	Swansea Harriers	Carmarthen	17.04.2006
<b>5 MILES</b>					
AC	26:10	Kate Reed	Bristol & West AC	Cardiff Bay	01.05.2006
WN	26:45	Melissa Watson	TROTS	Feltham	04.04.1988
<b>10KM</b>					
AC	31:36	Rita Cheptoo Sitienei	Kenya	Cardiff Bay	27.07.2008
WN	31:28	Charlotte Arter	Cardiff Athletics	Leeds	06.03.2022
U20	34:02	Lynne Maddison	Wrexham AAC	Rhyl	26.10.1986
<b>10 MILES</b>					
AC	55:16	Angharad Mair	Newport Harriers	Dolgellau	26.07.1997
WN	55:10	Wendy Ore	Bridgend AC	Sandiacre	04.09.1994
<b>HALF MARATHON</b>					
AC	65:51	Edith Chelimo	Kenya	Cardiff	03.10.2017
WN	69:41	Charlotte Arter	Cardiff Athletics	Barcelona	10.02.2019
<b>MARATHON</b>					
AC	2:44:58	Natasha Cockram	Micky Morris Racing Team	Newport	29.04.2018
WN	2:26:14	Natasha Cockram	Micky Morris Racing Team	Valencia	04.12.2022
<b>50KM</b>					
WN	3:46:48	Emily Gelder	Dulwich Runners	Gravesend	03.05.2014
<b>100KM</b>					
WN	8:00:37	Emily Gelder	Dulwich	Perth	27.03.2011