

Men - Road

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:49:01	Dan Nash	Cardiff Athletics	23-Mar-94	01-Sep-19	Brasov (ROU)	World Champs
40 miles							
50 miles	05:16:33 (s)	Trevor Hawes	Swansea Harriers	06-Aug-55	07-May-89	Nottingham	UK Champs
100 km	06:43:55	Trevor Hawes	Swansea Harriers	06-Aug-55	07-May-89	Nottingham	UK Champs
100 miles							
6 hours	90.476 km (s)	Trevor Hawes	Swansea Harriers	06-Aug-55	07-May-89	Nottingham	UK Champs
12 hours	136.962 km	John Pares	Buckley RC	27-Jan-66	08-May-11	Basel (SUI)	Basel 12 hour
24 hours	252.548 km	John Pares	Buckley RC	27-Jan-66	14-May-10	Brive-da-Gaillarde	World / European Champs 24 hr
48 hours							

Ladies - Road

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	03:46:48	Emily Gelder	Dulwich Runners	01-Apr-75	03-May-14	Gravesend	English 50 km Champs
40 miles							
50 miles	06:25:20 (s)	Emily Gelder	Dulwich Runners	01-Apr-75	27-Mar-11	Perth, Scotland	UK Champs / ACP
100 km	08:00:37	Emily Gelder	Dulwich Runners	01-Apr-75	27-Mar-11	Perth, Scotland	UK Champs / ACP
100 miles	15:15:29 (s)	Emily Gelder	Dulwich Runners	01-Apr-75	09-Sep-12	Katowice (POL)	World 24 hour champs
6 hours							
12 hours	120.335 km (s)	Emily Gelder	Dulwich Runners	01-Apr-75	12-May-13	Steenburgen (NED)	European Champs
24 hours	238.875 km	Emily Gelder	Dulwich Runners	01-Apr-75	09-Sep-12	Katowice (POL)	World 24 hour champs
48 hours							

Men - Track

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:59:25 (s)	Mick McGeoch	Les Croupiers	15-Aug-55	09-Mar-86	Barry	Barry 40 miles
40 miles	03:49:56	Lynn Hughes	Thames Valley H	12-Apr-39	31-Oct-70	Cardiff	Cardiff 40 miles
50 miles	05:24:21 (s)	Gwyn Williams	Club 69, Tredegar	23-Feb-51	23-Sep-89	Nantes (FRA)	Nantes 100 km
100 km	06:53:28	Gwyn Williams	Club 69, Tredegar	23-Feb-51	23-Sep-89	Nantes (FRA)	Nantes 100 km
100 miles	14:10:27 (s)	Gareth Pritchard	Vegan Runners	09-Sep-79	16-Apr-23	Crawley	Crawley 24 hour
6 hours	75.381 km	Eric Rees	Sarn Helen	24-Oct-71	28-Apr-01	Sheffield	George Littlewood Challenge
12 hours	132.501 km	Nathan Flear	3Ms Gorseinon	19-Apr-83	14-Apr-19	Crawley	Crawley 12 hour
24 hours	257.926 km	Gareth Pritchard	Vegan Runners	09-Sep-79	16-Apr-23	Crawley	Crawley 24 hour
48 hours	302.475 km	Malcolm Campbell	Notts AC	17-Nov-34	12-Apr-82	Nottingham	Nottingham 48 hour

Ladies - Track

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	03:36:58 (s)	Ann Franklin	Mynyddwr de Cymru	26-Apr-51	09-Mar-86	Barry	Barry 40 miles
40 miles	04:47:27	Ann Franklin	Mynyddwr de Cymru	26-Apr-51	09-Mar-86	Barry	Barry 40 miles
50 miles	07:10:31 (s)	Jen Coleman	Les Croupiers	18-Jul-74	09-Jul-22	Gloucester	Gloucester 100 km
100 km	08:59:16	Jen Coleman	Les Croupiers	18-Jul-74	09-Jul-22	Gloucester	Gloucester 100 km
100 miles	15:51:05 (s)	Jen Coleman	Les Croupiers	18-Jul-74	19-Sep-21	Tooting Bec	Sri Chinmoy 24 hr
6 hours	70.900 km (s)	Emily Gelder	Dulwich Runners	01-Apr-75	26-Apr-14	Crawley	Crawley 6 hour
12 hours	127.027 km (s)	Jen Coleman	Les Croupiers	18-Jul-74	19-Sep-21	Tooting Bec	Sri Chinmoy 24 hr
24 hours	227.715 km	Jen Coleman	Les Croupiers	18-Jul-74	19-Sep-21	Tooting Bec	Sri Chinmoy 24 hr
48 hours							