

Grand Prix Course Records



3M CORSEILLON
ROAD RUNNERS

Grand Prix

Distance

Bynea 5 mile

5 miles

00:28:25

Nathan Flear

12-Jul-17

00:30:22

Chris Francis

12-Jul-17

00:30:54

Ashley Pascoe

12-Jul-17

00:31:30

Jamie Nobbs

12-Jul-17

00:32:01

Gareth Parry

12-Jul-17

Cefn Bryn

4 miles

00:23:06

Alan Davies

29-Apr-15

00:23:31

Steve Smith

29-Apr-15

00:23:39

Steve Thomas

29-Apr-15

00:24:02

Ashley Pascoe

29-Apr-15

00:24:30

Gareth Morgan

29-Apr-15

Clyne Cycle Path

10k

00:35:54

Ian Harris

28-Aug-13

00:36:32

Alan Davies

25-Jun-14

00:36:52

Nathan Flear

28-Jun-17

00:37:01

Alan Davies

29-Jul-15

00:37:35

Bernd Kulesa

29-Aug-12

Corus Lake

5 miles

00:30:03

Lee Morris

25-Jan-09

00:30:05

Stuart Griffiths

24-Jan-10

00:30:43

Paul Lewis

24-Jan-10

00:31:12

Ian Phillips

24-Jan-10

00:31:37

Peter Lloyd

25-Jan-09

Crofty

5.8 miles

00:34:09

Bernd Kulesa

30-May-12

00:34:44

Lee Morris

27-Jul-11

00:34:51

Stuart Griffiths

30-Jun-10

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|----------------------|------------|----------|--------------------|-----------|
| Grand Prix | Distance | | | |
| | | 00:35:09 | Steve Thomas | 30-May-12 |
| | | 00:35:31 | Ian Phillips | 30-Jun-10 |
| Dunvant RFC | 5 miles | | | |
| | | 00:31:11 | Rhys Doyle | 22-May-19 |
| | | 00:31:22 | Ashley Pascoe | 22-May-19 |
| | | 00:31:55 | Gareth Parry | 22-May-19 |
| | | 00:32:46 | Lee Morris | 22-May-19 |
| | | 00:32:50 | Martin Bennett | 22-May-19 |
| Dunvant RFC | 6.65 miles | | | |
| | | 00:41:45 | Stuart Griffiths | 28-Jul-10 |
| | | 00:43:21 | Ian Phillips | 28-Jul-10 |
| | | 00:44:11 | Gary Howe | 28-Jul-10 |
| | | 00:44:28 | Steve Thomas (3m) | 28-Jul-10 |
| | | 00:44:31 | Paul Lewis | 28-Jul-10 |
| Gate Inn, Bynea | 2.9 miles | | | |
| | | 00:17:16 | Lee Morris | 25-Mar-09 |
| | | 00:17:28 | Paul Rees | 25-Mar-09 |
| | | 00:17:33 | Stuart Griffiths | 25-Mar-09 |
| | | 00:17:47 | Steve Walsh | 25-Mar-09 |
| | | 00:18:00 | Dean Webster | 25-Mar-09 |
| Gate Inn, Bynea | 5 miles | | | |
| | | 00:28:45 | Gareth Jones | 29-Jul-09 |
| | | 00:29:34 | Bernd Kulesa | 26-Apr-10 |
| | | 00:29:56 | Stuart Griffiths | 26-Apr-10 |
| | | 00:30:09 | David Wilson-evans | 26-Apr-10 |
| | | 00:31:17 | Paul Lewis | 26-Apr-10 |
| Gorseinon Cycle Path | 3 miles | | | |
| | | 00:17:49 | Jamie Nobbs | 27-Jun-18 |
| | | 00:18:02 | Chris Francis | 27-Jun-18 |
| | | 00:18:07 | Rob Kestin | 27-Jun-18 |
| | | 00:18:46 | Ceri Isaac | 27-Jun-18 |
| | | 00:18:56 | Jonah Fage | 27-Jun-18 |

| Grand Prix | Distance | | | |
|-----------------------|----------|----------|---------------|-----------|
| Gorseinon Cycle Path | 5 miles | | | |
| | | 00:29:32 | Bernd Kulesa | 25-Jul-12 |
| | | 00:30:28 | Ian Harris | 25-Jul-12 |
| | | 00:30:55 | Lee Morris | 25-Jul-12 |
| | | 00:32:40 | Aled Anderson | 25-Jul-12 |
| | | 00:32:48 | Rob Sandles | 25-Jul-12 |
| Gorseinon Cycle Path | 5k | | | |
| | | 00:16:48 | Ian Harris | 31-Jul-13 |
| | | 00:17:21 | Nathan Flear | 31-Aug-16 |
| | | 00:17:59 | Lee Morris | 31-Jul-13 |
| | | 00:18:06 | Steve Thomas | 31-Jul-13 |
| | | 00:18:17 | Ashley Pascoe | 30-Aug-17 |
| Llanelli Coastal Path | 10 miles | | | |
| | | 00:58:53 | Nathan Flear | 05-Feb-18 |
| | | 00:59:43 | Ian Harris | 17-Feb-13 |
| | | 00:59:51 | Bernd Kulesa | 17-Feb-13 |
| | | 01:02:36 | Nathan Flear | 05-Feb-17 |
| | | 01:03:26 | Steve Thomas | 19-Feb-12 |
| | | 01:03:26 | Steve Thomas | 19-Feb-12 |
| Llanelli Coastal Path | 5 miles | | | |
| | | 00:29:26 | Ian Harris | 26-Jun-13 |
| | | 00:30:30 | Lee Morris | 26-Jun-13 |
| | | 00:31:24 | Gareth Morgan | 26-Jun-13 |
| | | 00:31:48 | Rob Sandles | 26-Jun-13 |
| | | 00:32:12 | Steve Thomas | 26-Jun-13 |
| Llanelli Coastal Path | 5k | | | |
| | | 00:17:55 | Lee Morris | 12-Oct-11 |
| | | 00:17:56 | Bernd Kulesa | 12-Oct-11 |
| | | 00:17:57 | Ian Harris | 12-Oct-11 |
| | | 00:17:57 | Bernd Kulesa | 25-Apr-12 |
| | | 00:18:18 | Lee Morris | 25-Apr-12 |
| Llanelli Coastal Path | 6 miles | | | |
| | | 00:35:29 | Bernd Kulesa | 04-Nov-12 |
| | | 00:35:48 | Ian Harris | 04-Nov-12 |

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|-------------------------|------------|----------|---------------------|-----------|
| Grand Prix | Distance | 00:37:35 | Lee Morris | 04-Nov-12 |
| | | 00:39:02 | Mark Gosney | 04-Nov-12 |
| | | 00:39:35 | Stephen David Cable | 04-Nov-12 |
| Llanelli Coastal Path | 7.05 miles | | | |
| | | 00:42:49 | Rhys Doyle | 28-Aug-19 |
| | | 00:45:19 | Ashley Pascoe | 28-Aug-19 |
| | | 00:45:34 | Gareth Parry | 28-Aug-19 |
| | | 00:47:12 | Martin Bennett | 28-Aug-19 |
| | | 00:47:51 | Rob Sandles | 28-Aug-19 |
| Llanelli Leisure Centre | 5 miles | | | |
| | | 00:28:54 | Ian Harris | 24-Sep-14 |
| | | 00:29:42 | Steve Thomas | 24-Sep-14 |
| | | 00:31:20 | Mark Gosney | 24-Sep-14 |
| | | 00:31:23 | Ashley Pascoe | 24-Sep-14 |
| | | 00:31:32 | Stephen David Cable | 24-Sep-14 |
| Llanelli Leisure Centre | 5k | | | |
| | | 00:17:32 | Ian Harris | 25-Sep-13 |
| | | 00:17:59 | Steve Thomas | 30-Sep-15 |
| | | 00:18:35 | Lee Morris | 25-Sep-13 |
| | | 00:18:52 | Steve Thomas | 25-Sep-13 |
| Lliw Valley | 6k | | | |
| | | 00:22:55 | Rhys Doyle | 26-Jun-19 |
| | | 00:23:30 | Ashley Pascoe | 26-Jun-19 |
| | | 00:24:10 | Lee Morris | 26-Jun-19 |
| | | 00:24:29 | Rob Sandles | 26-Jun-19 |
| | | 00:24:32 | Simon Vaughan | 26-Jun-19 |
| Lliw Valley Reservoir | 3.45 miles | | | |
| | | 00:19:46 | Ian Harris | 27-Aug-14 |
| | | 00:20:12 | Nathan Flear | 26-Apr-17 |
| | | 00:20:38 | Nathan Flear | 28-Sep-16 |
| | | 00:20:55 | Ashley Pascoe | 28-Sep-16 |
| | | 00:21:04 | Chris Francis | 25-Jul-18 |

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| Grand Prix | Distance | | | |
| Mountain Above Pontlliw | 3.45 miles | | | |
| | | 00:20:48 | Bernd Kulesa | 26-Sep-12 |
| | | 00:21:10 | Ian Harris | 26-Sep-12 |
| | | 00:21:27 | Lee Morris | 23-Oct-11 |
| | | 00:21:30 | Lee Morris | 26-Sep-12 |
| | | 00:21:40 | Ian Harris | 23-Oct-11 |
| | | | | |
| Parc Le Breos | 5 miles | | | |
| | | 00:29:53 | Ian Harris | 23-Feb-14 |
| | | 00:30:19 | Alan Davies | 23-Feb-14 |
| | | 00:31:30 | Steve Thomas | 23-Feb-14 |
| | | 00:31:37 | Robin Spacie | 23-Feb-14 |
| | | 00:32:14 | Gareth Morgan | 23-Feb-14 |
| | | | | |
| Parc Le Breos | 6 miles | | | |
| | | 00:38:32 | Steve Thomas | 22-Feb-15 |
| | | 00:39:30 | Mark Gosney | 22-Feb-15 |
| | | 00:39:38 | Ashley Pascoe | 22-Feb-15 |
| | | 00:40:36 | Gareth Morgan | 22-Feb-15 |
| | | 00:41:27 | Stephen David Cable | 22-Feb-15 |
| | | | | |
| Penclaclwydd | 4 miles | | | |
| | | 00:22:43 | Ian Harris | 03-Apr-13 |
| | | 00:23:17 | Bernd Kulesa | 28-Mar-12 |
| | | 00:23:37 | Lee Morris | 28-Mar-12 |
| | | 00:23:44 | Lee Morris | 30-Mar-11 |
| | | 00:23:55 | Lee Morris | 03-Apr-13 |
| | | | | |
| Penllergaer Woods | 5k | | | |
| | | 00:18:14 | Ian Harris | 30-Jul-14 |
| | | 00:18:45 | Alan Davies | 30-Jul-14 |
| | | 00:19:00 | Gareth Morgan | 30-Jul-14 |
| | | 00:19:40 | Steve Thomas | 30-Jul-14 |
| | | 00:19:44 | Lee Morris | 30-Jul-14 |
| | | | | |
| Penllergaer Woods Trail | 3.6 miles | | | |

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| Grand Prix | Distance | 00:23:47 | Ashley Pascoe | 27-Sep-17 |
| | | 00:24:28 | Gareth Parry | 27-Sep-17 |
| | | 00:25:03 | Simon Vaughan | 27-Sep-17 |
| | | 00:25:19 | Rob Sandles | 27-Sep-17 |
| | | 00:25:22 | Mark Gosney | 27-Sep-17 |
| Pier2Beer - Swansea Beach | | | | |
| | 5k | 00:18:28 | Ian Harris | 29-Jun-16 |
| | | 00:18:49 | Rhys Doyle | 25-Sep-19 |
| | | 00:19:32 | Nathan Flear | 29-Jun-16 |
| | | 00:19:53 | Gareth Parry | 25-Sep-19 |
| | | 00:20:15 | Ashley Pascoe | 29-Jun-16 |
| Pontypridd Reverse 10 | | | | |
| | 10 miles | 01:01:51 | Stuart Griffiths | 21-Feb-10 |
| | | 01:02:34 | Lee Morris | 20-Feb-11 |
| | | 01:02:55 | Paul Lewis | 21-Feb-10 |
| | | 01:03:18 | Ian Phillips | 21-Feb-10 |
| | | 01:03:27 | Dean Webster | 21-Feb-10 |
| Pwll | | | | |
| | 5 miles | 00:29:36 | Ian Harris | 30-Apr-14 |
| | | 00:30:07 | Steve Thomas | 30-Apr-14 |
| | | 00:31:29 | Lee Morris | 30-Apr-14 |
| | | 00:32:04 | Ashley Pascoe | 30-Apr-14 |
| | | 00:32:17 | Stephen David Cable | 30-Apr-14 |
| Singleton Park | | | | |
| | 3.75 miles | 00:23:06 | Stuart Griffiths | 26-May-10 |
| | | 00:23:44 | Ian Phillips | 26-May-10 |
| | | 00:24:15 | Steve Thomas (3m) | 26-May-10 |
| | | 00:24:25 | Mark Gosney | 26-May-10 |
| | | 00:24:33 | Paul Lewis | 26-May-10 |
| Singleton Park | | | | |
| | 4 miles | 00:22:13 | Gareth Jones | 27-May-09 |
| | | 00:23:31 | Peter Lloyd | 27-May-09 |

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| Grand Prix | Distance | 00:23:42 | Richard Gordon | 27-May-09 |
| | | 00:24:01 | Ian Harris | 29-May-13 |
| | | 00:24:07 | Rob Sandles | 27-May-09 |
| Singleton Park | 5k | | | |
| | | 00:19:56 | Gareth Parry | 31-Jul-19 |
| | | 00:20:15 | Ashley Pascoe | 31-Jul-19 |
| | | 00:20:42 | Rob Sandles | 31-Jul-19 |
| | | 00:20:55 | Craig Tindal | 31-Jul-19 |
| | | 00:21:02 | Nigel Evans | 31-Jul-19 |
| Swansea Bay 10k | 10k | | | |
| | | 00:35:30 | Bernd Kulesa | 27-Sep-10 |
| | | 00:36:42 | Lee Morris | 25-Sep-11 |
| | | 00:36:47 | Ian Harris | 25-Sep-11 |
| | | 00:37:38 | Ian Phillips | 27-Sep-10 |
| | | 00:38:00 | Stuart Griffiths | 27-Sep-10 |
| Swansea Bay 5k | 5k | | | |
| | | 00:16:10 | Gareth Jones | 09-Jun-09 |
| | | 00:17:57 | Stuart Griffiths | 13-Jul-10 |
| | | 00:18:22 | Ian Phillips | 13-Jul-10 |
| | | 00:18:22 | Lee Morris | 09-Jun-09 |
| | | 00:18:23 | Steve Thomas (3m) | 13-Jul-10 |
| Swansea Beach | 4.9 miles | | | |
| | | 00:27:36 | Nathan Flear | 26-Mar-17 |
| | | 00:30:19 | Nathan Flear | 30-Mar-16 |
| | | 00:30:33 | Jonah Fage | 28-Mar-18 |
| | | 00:30:35 | Chris Francis | 28-Mar-18 |
| | | 00:30:43 | Gareth Parry | 28-Mar-18 |
| Swansea Beach | 5 miles | | | |
| | | 00:32:15 | Rhys Doyle | 03-Apr-19 |
| | | 00:32:27 | Ashley Pascoe | 03-Apr-19 |
| | | 00:33:43 | Martin Bennett | 03-Apr-19 |
| | | 00:33:47 | Rob Appleby | 03-Apr-19 |
| | | 00:34:29 | Nigel Evans | 03-Apr-19 |

| Grand Prix | Distance | | | |
|--------------------------|-----------|----------|---------------------|-----------|
| Swansea Seafront | 4 miles | | | |
| | | 00:24:39 | Gareth Parry | 26-Sep-18 |
| | | 00:25:22 | Lee Morris | 26-Sep-18 |
| | | 00:25:39 | Rob Sandles | 26-Sep-18 |
| | | 00:25:43 | Ian Bamford | 26-Sep-18 |
| | | 00:25:44 | Nigel Evans | 26-Sep-18 |
| Swansea Seafront | 4.6 miles | | | |
| | | 00:25:56 | Gareth Jones | 26-Aug-09 |
| | | 00:28:18 | Stuart Griffiths | 26-Aug-09 |
| | | 00:28:22 | Dean Webster | 26-Aug-09 |
| | | 00:30:18 | Richard Webster | 26-Aug-09 |
| | | 00:30:23 | Steve Walsh | 26-Aug-09 |
| Swansea Seafront | 4.8 miles | | | |
| | | 00:28:36 | Gareth Jones | 01-Apr-15 |
| | | 00:29:26 | Alan Davies | 01-Apr-15 |
| | | 00:29:48 | Steve Thomas | 02-Apr-14 |
| | | 00:30:01 | Steve Thomas | 01-Apr-15 |
| | | 00:30:39 | Gareth Morgan | 02-Apr-14 |
| Swansea Seafront | 5 miles | | | |
| | | 00:30:57 | Lee Morris | 27-Apr-11 |
| | | 00:31:09 | Mark Gosney | 27-Apr-11 |
| | | 00:32:04 | Dean Webster | 27-Apr-11 |
| | | 00:32:32 | Stephen David Cable | 27-Apr-11 |
| | | 00:32:58 | Gary Howe | 27-Apr-11 |
| Swansea Seafront | 5k | | | |
| | | 00:18:30 | Paul Bowen | 26-Mar-10 |
| | | 00:18:38 | Stuart Griffiths | 26-Mar-10 |
| | | 00:18:55 | Ian Phillips | 26-Mar-10 |
| | | 00:19:02 | Steve Thomas (3m) | 26-Mar-10 |
| | | 00:19:04 | Dean Webster | 26-Mar-10 |
| Swansea University Track | 1 mile | | | |
| | | 00:04:58 | Ian Harris | 29-Oct-14 |
| | | 00:05:15 | Gareth Morgan | 29-Oct-14 |

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| Grand Prix | Distance | 00:05:18 | Chris Francis | 06-Feb-19 |
| | | 00:05:19 | David Jones | 26-Oct-16 |
| | | 00:05:19 | Steve Thomas | 29-Oct-14 |
| Swansea University Track | 3k | | | |
| | | 00:10:14 | Rhys Doyle | 30-Oct-19 |
| | | 00:10:49 | Ashley Pascoe | 30-Oct-19 |
| | | 00:11:00 | Gareth Parry | 30-Oct-19 |
| | | 00:11:26 | Ian Llewellyn | 30-Oct-19 |
| | | 00:11:36 | Ian Bamford | 30-Oct-19 |
| Swansea University Track | 5k | | | |
| | | 00:16:58 | Ian Harris | 27-Feb-13 |
| | | 00:17:24 | Bernd Kulesa | 27-Feb-13 |
| | | 00:17:24 | Ian Harris | 26-Oct-12 |
| | | 00:17:34 | Bernd Kulesa | 26-Oct-12 |
| | | 00:17:58 | Nathan Flear | 14-Mar-18 |
| Swiss Valley | 10k | | | |
| | | 00:36:35 | Gareth Jones | 29-Apr-09 |
| | | 00:41:19 | Rob Sandles | 29-Apr-09 |
| | | 00:41:40 | Dean Webster | 29-Apr-09 |
| | | 00:42:12 | David Thomas | 29-Apr-09 |
| | | 00:42:27 | Richard Webster | 29-Apr-09 |
| Swiss valley | 6 miles | | | |
| | | 00:35:54 | Bernd Kulesa | 24-Apr-13 |
| | | 00:37:52 | Robin Spacie | 24-Apr-13 |
| | | 00:38:19 | Gareth Parry | 28-Oct-18 |
| | | 00:38:28 | Lee Morris | 28-Oct-18 |
| | | 00:38:33 | Rob Sandles | 24-Apr-13 |
| Tircoed Forest | 4.1 miles | | | |
| | | 00:24:23 | Gareth Jones | 24-Jun-09 |
| | | 00:26:26 | Rob Sandles | 24-Jun-09 |
| | | 00:28:09 | Stuart Griffiths | 24-Jun-09 |
| | | 00:28:13 | Steve Walsh | 24-Jun-09 |
| | | 00:28:20 | Graham Colvin | 24-Jun-09 |

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|------------------------------|------------|----------|---------------|-----------|
| Grand Prix | Distance | | | |
| Village Hotel | 5 miles | | | |
| | | 00:28:29 | Gareth Jones | 24-Jun-15 |
| | | 00:28:57 | Alan Davies | 24-Jun-15 |
| | | 00:29:54 | Steve Thomas | 24-Jun-15 |
| | | 00:30:28 | Steve Smith | 24-Jun-15 |
| | | 00:30:51 | Ashley Pascoe | 24-Jun-15 |
| West Glam Tata Steel | 5.5 miles | | | |
| | | 00:30:54 | Ian Harris | 12-Jan-14 |
| | | 00:32:32 | Alan Davies | 12-Jan-14 |
| | | 00:34:01 | Steve Thomas | 12-Jan-14 |
| | | 00:34:29 | Mark Gosney | 12-Jan-14 |
| | | 00:34:31 | Ashley Pascoe | 12-Jan-14 |
| Whitford Point Multi-Terrain | 5.75 miles | | | |
| | | 00:39:29 | Mark Gosney | 25-May-11 |
| | | 00:39:47 | Paul Rees | 25-May-11 |
| | | 00:40:09 | Lee Morris | 25-May-11 |
| | | 00:40:18 | Dean Webster | 25-May-11 |
| | | 00:40:40 | Steve Thomas | 25-May-11 |
| Ynystawe | 4.4 miles | | | |
| | | 00:21:04 | Chris Francis | 29-Aug-18 |
| | | 00:21:43 | Lee Morris | 29-Aug-18 |
| | | 00:22:39 | Nigel Morse | 29-Aug-18 |
| | | 00:22:42 | Rob Sandles | 29-Aug-18 |
| | | 00:22:48 | Nigel Evans | 29-Aug-18 |
| Ynystawe | 4.5 miles | | | |
| | | 00:26:40 | Ian Harris | 28-May-14 |
| | | 00:26:44 | Alan Davies | 28-May-14 |
| | | 00:28:30 | Gareth Morgan | 28-May-14 |
| | | 00:28:48 | Ian Harris | 03-Nov-13 |
| | | 00:29:00 | Lee Morris | 28-May-14 |
| Ynystawe | 4.6 miles | | | |
| | | 00:26:27 | Nathan Flear | 31-May-17 |

Grand Prix

Distance

| | | | |
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| | 00:27:07 | Alan Davies | 27-May-15 |
| | 00:27:08 | Nathan Flear | 25-May-16 |
| | 00:27:45 | Steve Thomas | 27-May-15 |
| | 00:28:01 | Ashley Pascoe | 25-May-16 |