

Grand Prix Course Records



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
00:37:18	Chris Francis	24-Oct-21

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

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
		00:17:33	Chris Francis	26-Aug-21
		00:17:59	Lee Morris	31-Jul-13
		00:18:06	Steve Thomas	31-Jul-13
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

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

Grand Prix	Distance			
Mountain Above Pontlliw	3.45 miles			
		00:20:48	Bernd Kulessa	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 Kulessa	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			

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

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

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			
		00:10:07	Rhys Doyle	02-Dec-20
		00:10:14	Rhys Doyle	30-Oct-19
		00:10:27	Ashley Pascoe	02-Dec-20
		00:10:34	Antony Andrus	02-Dec-20
		00:10:49	Ashley Pascoe	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

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

	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