

# Club Competition Road Records 2021

## Male Juvenile

10 Mile – Rhys Gravelle – 23:19 2006

15 Mile – Rhys Gravelle – 37:15 2006

25 Mile – Rhys Gravelle – 58:44 2006

## Female Juvenile

10 Mile – Carys Jeffreys – 26:21 2017

15 Mile – Carys Jeffreys – 41:36 2017

25 Mile – Tina Owen – 1:13:14 1983

## Male Junior

10 Mile – Rhys Gravelle – 21:27 2009

15 Mile – Matt Hanford – 34:05 2017

25 Mile – Matt Hanford – 52:27 2018

30 Mile – Ed Laverack – 1:14:00 2011

50 Miles – Rhys Gravelle – 2:03:02 2009

12 Hour – Matt Hanford – 227.56 miles 2018

## Female Junior

10 Mile – Carys Jeffreys – 26:21 2017

15 Mile – Carys Jeffreys – 41:36 2017

25 Mile – Tina Owen – 1:13:14 1983

## Men Senior

10 Mile – Chris Gibbard – 18:56 2020

15 Miles – Kieron Davies – 30:52 2020

25 Miles – Chris Gibbard – 47:16 2018

30 Miles – Chris Gibbard – 59:54 2019

50 Miles – Chris Gibbard – 1:41:21 2019

100 Miles – Chris Gibbard – 3:34:40 2018

12 Hours – Chris Bates – 275.363 Miles 2009

Hillclimb – Hefin Evans – 3:41 2018

Mountain Trial – Kieron Davies – 1:14:08 2011

Gower 10 - Hefin Evans – 24:04 2018

## Female Senior

10 Mile – Danielle Flawn – 23:52 2014

15 Mile – Danielle Flawn – 38:58 2014

25 Mile – Amanda Lane – 57:48 2019

30 Mile - Amanda Lane – 1:14:22 2019

50 Miles – Amanda Lane – 2:12:30 2019  
100 Miles – Amanda Lane – 4:45:30 2019  
12hr – Amanda Lane – 230.31 miles  
Hillclimb – Sarah Rees – 5:51 -2007

## **Members Club Course Records**

### Male

10 – 20:17 – Chris Gibbard 2021  
15 – 30:52 – Chris Gibbard 2020  
25 – 54:45 – Chris Gibbard 2017  
30 – 1:04:35 – Chris Gibbard 2017  
Trimsaran Hillclimb – 3:41 – Hefin Evans 2018  
Gower 10 – 24:04 – Hefin Evans 2018  
Mountain Trial - 1:14:08 – Kieron Davies 2012

### Female

10 – Amanda Lane – 25:25 2019  
15 – Danielle Flawn – 38:35 2014  
25 – Diane Wilson-Evans – 1:14:35 2015  
30 – Amanda Lane – 1:20:12 2019  
Gower 10 – Danielle Fawn – 30:24 2014  
Mountain Trial – Diane Wilson-Evans – 1:38:44 2015  
Trimsaran Hillclimb – Sarah Rees – 5:51 2007

### Junior Male

15 – Matt Hanford - 34:05 2017  
30 – Ed Laverack – 1:14:00 2014

## **Outright Course Records.**

### Male.

10 – 20:03 – Kieron Davies Drag2Zero 2015  
30 – 1:04:26 – Scott Davies Madison Genesis 2014  
Hill Climb – 3:34 – Ed Laverack VAMos 2020  
Gower 10 – 22:25 - Ed Laverack Swift Carbon 2019  
Mountain Trial – 1:13:00 – Ed Laverack Condor JLT 2014

Female.

10 – 24:02 – Jessica Roberts Liv-Halo 2016

15 – 37:09 - Eluned King Liv-Halo 2020

Gower 10 – 30:01 – Amy Cole Liv-Halo 2019

Trimsaran Hillclimb – 5:11 – Amy Cole Liv-Halo 2019

## **Age Group Records**

### Male 40-44

10 – Anthony Jones – 20:03 2016

15 – Phil Tucker – 31:54 2020

25 – Anthony Jones – 49:50 2016

30 – Anthony Jones – 1:01:27 2016

50 – Anthony Jones – 1:47:01 2016

### Male 45 – 49

10 – 21:22 - Emyr Griffiths 2015

15 – 33:40 - Gerry Oram 2008

25 – 52:12 – Emyr Griffiths 2016

30 – 1:10:35 – Gerry Oram 2008

50 – 1:54:53 – Dave Brice 2008

100 – 4:24:53 – Mike Broadbent 2010

12 Hour – 215.412 miles – Dave Brice 2009

### Male 50 – 54

10 – 21:17 – Dave Brice 2014

15 – 34:19 – Dave Brice 2014

25 – 52:22 – Dave Brice 2013

30 – 1:06:08 – Darrel Williams 2019

50 – 1:53:34 – Darrel Williams 2019

100 – 4:00:43 – Darrel Williams 2020

12 Hour – 232.48 Miles – Mike Broadbent 2012

### Male 55 – 59

10 – Dave Brice – 22:17 2016

15 – Dave Brice – 36:00 2016

25 – Dave Brice – 53:09 2016

30 – Dave Brice – 1:06:26 2016

50 – Dave Brice – 1:58:34 2017

Male 60 – 64

10 – 21:13 – David Wilson-Evans 2017  
15 – 34:38- David Wilson-Evans 2018  
25 – 53:32 – David Wilson-Evans 2018  
30 – 1:11:09 – David Wilson- Evans 2018  
50 – 1:59:29 – David Wilson-Evans 2018  
100 – 4:30:57 – John Shehan 2010

Male 65 – 69

10 – 22:56 - John Williams 2018  
15 – 35:41 – John Williams 2018  
25 – 56:54 – John Williams 2018  
30 – 1:13:27 – John Williams 2018  
50 – 2:05:26 – John Williams 2019  
100 – 4:23:52 – John Shehan 2011

Male 70 -74

10 – 24:04 - John Shehan 2016  
15 – 39:35 – John Shehan 2016  
25 - 58:28– John Shehan 2017  
30 - 1:15:10 – John Shehan 2018  
50 – 2:10:32– John Shehan 2016

Male 75 – 79

10 – 28:50 – Bob Ibell 2014  
15 – 48:47 – Austin Heath 2020  
25 – 1:13:43 – Bob Ibell 2012  
30 – 1:46:03 – Tom Samuel 2012  
50 – 2:48:22 – Bob Ibell 2014

Male 80-85

10 – 33:29 – Bob Ibell 2018  
15 – 54:12 – Bob Ibell 2018

Women 40-44

10 –Caryl Williams – 26:51 2019  
15 – Caryl Williams – 41:37 2019

25 – Caryl Williams – 1:00:35 2019  
30 - Lee-Michelle Jones – 1:24:34 2015

#### Women 45-49

10 – Amanda Davies – 25:10 2017  
15 – Amanda Davies – 40:39 2017  
25 – Amanda Davies – 1:01:41 2017  
30 – Amanda Davies – 1:24:48  
50 - Lee-Michelle Jones - 2:18:29 2016  
100 - Lee-Michelle Jones - 5:01:06 2016

#### Women 50-54

10 – Gaynor Hughes – 24:16 2018  
15 – Gaynor Hughes – 39:05 2017  
25 - Gaynor Hughes – 59:46 2018  
30 – Gaynor Hughes – 1:25:33 2016  
50 – Gaynor Hughes – 2:20:09 2016

#### Women 55-59

10 – Diane Wilson-Evans – 24:08 2017  
15 – Diane Wilson-Evans – 39:49 2018  
25 – Diane Wilson-Evans – 1:01:21 2017  
30 – Diane Wilson-Evans – 1:20:54 2019  
50 - Diane Wilson-Evans – 2:16:27 2017

#### Women 60-64

10 – 28:12 – Diane Hynam 2015  
15 – 47:48 – Diane Hynam 2015  
25 - 1:13:22 – Diane Hynam 2015  
30 – 1:39:22 – Diane Hynam 2014

#### Women 65-69

15 – Diane Hynam - 46.55 2016  
25 – Diane Hynam - 1:08:33 2016