

## **Joshua Griffiths (Born November 1993)**

### **Personal best performances to date**

800m 2.9.2 (2010); 1500m 3.58.58 (2016); Mile 4.23.8 (2013); 3000m (8.11.98); 5000m 14.46.17 (2016)  
10000m 31.22.32 (2016); 2016; 1M 4.22 (2015; 2M 9.22 (2015; 3M 15.13 (15.13)  
5K 14.19 (2019); 10 28.41 (2019); HM 63.33 (2020); MAR (2.14.25 (2019)

**Coaches Carol Jones/ Delyth Brown (-2012); James Thie (2012-2016); 2016- self coached**

**Competed for GB in the World 2012 U20 MR championship in Italy**

**Competed for GB in the 2017 IAAF World marathon championship in London**

**Competed for Wales in the 2018 Commonwealth Games Marathon in Gold Coast Australia**

Josh lives in Gorslas which is about 12 miles from the County town of Carmarthen Carmarthenshire. He went to Ammanford Infant and junior schools and Ysgol Gyfun Rhydaman in Ammanford. He obtained a Master's degree at Cardiff Met University

At secondary school he was encouraged by his teachers to take an active part in sport. In his early secondary school career, he regularly competed in the local Brianne and Dyfed schools' athletics and cross country competitions

At an early age he joined Carmarthen and District Harriers Athletics Club which is based at the all-weather track in Carmarthen

For six years before he went to university he was helped and coached at Carmarthen by Carol Jones and Delyth Brown, two of Carmarthen Harriers coaches

As a junior athlete he was reasonably successful, winning two Welsh championships and gaining selection to compete for Great Britain in the World Junior MR championships in Italy

At Cardiff Met University (2012-16) he was coached by James Thie and after university he has been self-coached

He was a reliable and consistent performer for the University, but his results were not an indication of what was to come later. Whilst at Cardiff Met University, he won two Welsh titles

In 2016 he decided to enter long distance races and completed two half marathon events

He was asked to compete for West Wales in the Welsh inter regional cross country championships in December 2016. He replied to say that he would not compete (even though he won in 2014) as he was concentrating on the London Marathon in April 2017

### **The rest is history**

The day after the 2017 London Marathon I was at Frankfurt Airport on my return from holiday and bought an English news paper

## Headlines

**Unknown Swansea Harrier athlete first UK runner in the Virgin London Marathon. How he in his first ever marathon from the non-elite runners start came through to win the 2017 UK marathon championship title and to be selected to compete for GB in the IAAF World marathon championship in London later that year**

Josh competed in the 2017 IAAF World Marathon championship and for Wales in the Commonwealth Games marathon in the Gold Coast Australia in 2018

In 2019 he recorded excellent performances on the road and early in 2020 recorded his best time (63.33) in the Barcelona Half Marathon

**His 5000m/10000m track times are not exceptional, but Josh has worked extremely hard (long mileage) indeed to become a top class marathon runner.**

His success is a tribute not only to himself but also to all who have supported him over the years

### Josh's milestones (235 recorded performances on Power of 10) main events

#### 2008 U15 Carmarthen Harriers) (1 performance)

ZXC	14.52	12	Brecon	Welsh Inter Schools Championships	15 Nov 2008
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#### 2009 U17 Carmarthen Harriers (12 performances)

1500	4.29.5	2	Carmarthen	Dyfed Schools Championships	13 Jun 2009
1500	4.31.77	5	Cardiff	Aviva Welsh Schools Championships	4 Jul 2009
1500	4.33.84	5	Cardiff	Welsh U17/20 Championships	7 Jun 2009
ZXC	16.50	4	Oakwood	Dyfed Schools Championships	10 Feb 2009
ZXC	20.09	18	Brecon	Welsh Schools Championships	28 Feb 2009

#### 2010 U17 Carmarthen Harries (25 Performances)

<b>1500</b>	<b>4.16.4</b>	<b>1</b>	<b>Carmarthen</b>	<b>Welsh U17 Championships</b>	<b>10 Jul 2010</b>
1500	4.26.15i	5	Cardiff	Welsh U17 Indoor Championships	30 Jan 2010
1500	4.36.4	2	Carmarthen	Dyfed Schools Championships	19 Jun 2010
3000	9.16.56	2	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
3000	9.27.0	2	Carmarthen	Dyfed Schools Championships	18 Jun 2010
3000	9.27.10	3	Brecon	Aviva Welsh Schools Championships	3 Jul 2010
ZXC	22.02	29	Brecon	Aviva Welsh Schools Championships	27 Feb 2010

#### 2011 U20 Carmarthen Harriers (25 performances)

1500	4.13.57i	3	Cardiff	Welsh Indoor U20 Championships	22 Jan 2011
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<b>3000</b>	<b>8.58.19</b>	<b>1</b>	<b>Brecon</b>	<b>Aviva Welsh Championships</b>	<b>2 Jul 2011</b>
3000	9.07.7	1	Carmarthen	Dyfed Schools Championships	18 Jun 2011
3M	15.13	20	London	Virgin London Mini Marathon	17 Apr 2011
<b>5K</b>	<b>16.02</b>	<b>1</b>	<b>Bridgend</b>	<b>Welsh U20 5K Championship</b>	<b>7 May 2011</b>
7.2KZC	25.20	26	Antrim	Home Countries International	26 Mar 2011
ZXC	19.59	3	Brecon	Aviva Welsh Schools Championships	19 Mar 2011
ZKC	20.12	2	Northop	Welsh National Championships	19 Feb 2011
ZXC	20.41	82	Birmingham	Inter Counties Championship	5 Mar 2011
ZKC	23.24	4	Builth Wells	Welsh Inter Regional Championship	10 Dec 2011
ZMR	27.56	4	Llanberis	British & Irish MR Championship	24 Sept 2011
ZMR	37.49	6	Blackburn	UKA World MR Trials	13 Aug 2011

### 2012 U20 Carmarthen Harriers (17 performances)

3000i	8.58.03	4	Cardiff	Celtic Cup	29 Jan 2012
<b>8.8KMRL</b>	<b>50.11</b>	<b>50</b>	<b>Ponti di Legno</b>	<b>World MR Championship</b>	<b>2 Sept 2012</b>
			<b>ITA</b>		
10KMT	34.15	2	Keswick	Karrimor Great Trail	17 Jun 2012
ZXC	20.32	7	Brecon	Aviva Welsh Schools Championships	25 Feb 2012
<b>ZXC</b>	<b>21.28</b>	<b>1</b>	<b>Builth Wells</b>	<b>Welsh Inter Regional Championships</b>	<b>8 Dec 2012</b>
ZXC	21.47	4	St Fagans	Welsh Championships	18 Feb 2012
ZMR	38.24	4	Glenridding	UK World MR Championship trials	5 August 2012

### 2013 U23 Swansea Harriers /Cardiff Met University (35 performances)

3000	8.38.15	3	Cardiff	Welsh International	31 Jul 2013
3000	8.53.10i	11	Sheffield	BUCS Indoor Championships	24 Feb 2013
5000	14.58.15	8	Bedford	BUCS Championships	4 May 2013
5000	15.28.05	17	Bedford	England U23 Championships	16 Jun 2013
10000	31.53.77	2	Swansea	Welsh Senior Championships	22 Jun 2013
10000	32.12.71	15	Bedford	BUCS Championships	5 May 2013
10K	30.31	29	Leeds	Leeds Abbey Dash 10K	17 Nov 2013
10K	31.14	15	Cardiff	Cardiff 10K	8 Sept 2013
10K	31.47	24	London	Bupa London 10K	27 May 2013
ZXC	19.33	3	Crickhowell	welsh Championships	16 Feb 2013
ZXC	23.52	6	Llandeilo	Home Countries International	23 Feb 2013
ZXC	35.14	29	Leeds	BUCS Cross Country Championships	2 Feb 2013
ZSXC	36.22	3	Builth Wells	Welsh Inter Regional Championships	14 Dec 2013

### 2014 U23 Swansea Harriers / Cardiff Met University (27 performances)

3000	8.43.78i	7	Sheffield	BUCS Indoor Championships	23 Feb 2014
5000	14.54.10	2	Cardiff	Welsh Senior Championships	31 May 2014
10000	31.22.75	5	Bedford	BUCS Championships	4 May 2014
5K	15.13	2	Rhyl	Welsh 5K Championship	29 Jun 2014
7.2KSC	23.49	4	Llandeilo	Welsh Cross Country Championship	15 Feb 2014
10K	31.16	6	Cardiff	Cardiff 10K	7 Sep 2014
10K	31.44	32	Manchester	Bupa Great Manchester 10K	18 May 2014

11KSC	35.20	16	Stirling	BUCS Cross Country Championships	1 Feb 2014
HM	66.28	11	Cardiff	Cardiff Half Marathon	5 Oct 2014
ZXC	26.44	15	Wollaton Park	Home Countries International	22 March 2014
<b>ZXC</b>	<b>36.55</b>	<b>1</b>	<b>Builth Wells</b>	<b>Welsh Inter Regional Championship</b>	<b>13 Dec 2014</b>
ZFL	51.05	12	Sedbergh	BA World Championships Trial (uphill)	9 Aug 2014

#### 2015 U23 Swansea/ Cardiff Met University (21 performances)

3000	8.44.67i	10	Sheffield	BUCS Indoor Championships	22 Feb 2015
5000	15.17.16	3	Cardiff	Welsh Senior Championships	28 Jun 2015
10000	31.22.32	7	Bedford	BUCS Championships	1 May 2015
10K	29.49	13	Leeds	Leeds Abbey Dash 10K	6 Nov 2015
10K	30.43	6	Cardiff	Cardiff 10K	11 Sept 2015
10KXC	36.01	34	Antrim	Home Countries International	14 Mar 2015
HM	70.16	3	Swansea	Swansea Half Marathon	14 June 2015
25KMT	2.00.01	1	Saint Gelvert FRA	Trail de Gueriedan 25K	23 May 2015
ZXC	42.13	47	Brighton	BUCS Cross Country Championships	21 Jan 2015

#### 2016 SEN Swansea Harriers/ Cardiff Met University (24 performances)

<b>5000</b>	<b>15.08.87</b>	<b>1</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>11 Jun 2016</b>
10000	31.22.32	7	Bedford	BUCS Championships	1 May 2016
10K	29.49	13	Leeds	Leeds Abbey Dash 10K	6 Nov 2016
10K	30.43	6	Cardiff	Cardiff 10K	11 Sep 2016
KZC	33.25	53	Gloucester	BUCS Cross Country Championships	6 Feb 2016
HM	66.43	12	Cardiff	Cardiff Half Marathon	2 Oct 2016
HM	68.44	3	Swansea	Swansea Half Marathon	25 Jun 2016
HM	69.48	1	Llanelli	Llanelli Half Marathon	13 Mar 2016

#### 2017 SEN Swansea Harriers (11 performances)

5K	14.19	15	Armagh	Armagh International Road Races	18 Feb 2017
10K	30.08	1	Cwmavon	Richard Burton 10K	5 Nov 2017
HM	65.18	1	Llanelli	Llanelli Waterside Half Marathon	12 Mar 2017
HM	65.38	15	Cardiff	Cardiff Half Marathon	1 Oct 2017
HM	65.53	13	Hamburg GER	Hella Hamburg halbmarathon	25 Jun 2017
<b>Mar</b>	<b>2.14.49</b>	<b>13</b>	<b>London</b>	<b>Virgin London Marathon</b>	<b>23 Apr 2017</b>
<b>Mar</b>	<b>2.20.06</b>	<b>39</b>	<b>London</b>	<b>IAAF World Championships Marathon</b>	<b>6 Aug 2017</b>

#### 2018 SEN Swansea Harriers (16 performances)

10K	29.28	5	Telford	Telford 10K	7 Jan 2018
10K	29.31	17	Houelles FRA	Corrida de Houelles	30 Dec 2018
10K	30.20	9	London	Vitality London 10000	28 May 2018
10K	30.26	4	Westminster	British 10K	15 JUL 2018
HM	65.05	18	CARDIFF	CARDIFF HALF MARATHON	4 MAR 2018
HM	65.18	7	Greenwich	The Big Half Marathon	4 Mar 2018

HM	66.11	2	Swansea	JCP Swansea Half Marathon	24 Jun 2018
HM	67.19	7	Ceske Budejovice CZE	Ceske Budejovice Half Marathon	2 Jun 2018
Mar	2.16.09	7	Dublin IRE	SSE Airtricity Dublin Marathon	28 Oct 2018
<b>Mar</b>	<b>2.37.10</b>	<b>15</b>	<b>Gold Coast AUS</b>	<b>Commonwealth Games</b>	<b>15 Apr 2018</b>

#### 2019 SEN Swansea Harriers

10K	28.41	19	Houelles Fra	Corrida Internationale de Houelles	29 Dec 2019
10K	28.57	5	Telford	Telford 10	8 Dec 2019
<b>10K</b>	<b>29.47</b>	<b>1</b>	<b>London</b>	<b>ASICS London 10K</b>	<b>21 Jun 2019</b>
10K	29.33	3	Cardiff	Brecon Carreg Bay 10K	31 Mar 2019
10K	29.58	19	London	Vitality London 10000	27 May 2019
HM	64.23	5	Nad Labern CZE	Nad Labern Half Marathon	21 Sep 2019
HM	64.54	24	Barcelona ESP	Barcelona Half Marathon	10 Feb 2019
HM	65.36	11	Greenwich	Vitality Big Half Marathon	10 Mar 2019
HM	66.27	2	Swansea	JCP Swansea Half Marathon	23 Jun 2019
<b>Mar</b>	<b>2.14.25</b>	<b>21</b>	<b>London</b>	<b>Virgin London Marathon</b>	<b>28 Apr 2019</b>
<b>Mar</b>	<b>2.15.20</b>	<b>13</b>	<b>Toronto CAN</b>	<b>Scotsbank Toronto Waterfront Mar</b>	<b>20 Oct 2019</b>

#### 2020 SEN Swansea Harriers

HM	63.33	29	Barcelona ESP	Barcelona Half Marathon	16 Feb 2020
HM	63.57	8	Greenwich	Vitality Big Half Marathon	1 Mar 2020