

Winners of the FRA Long Distance Award – 30 Years

- 1987 MARTIN STONE SCOTTISH 4000'S TRAVERSE RECORD, MID-WINTER BOB GRAHAM, SCOTTISH 24 HOUR RECORD - 26 MUNROS. ALL SOLO/UNSUPPORTED
- 1988 MARK MCDERMOTT LAKE DISTRICT 24 HOUR RECORD – 76 PEAKS
- 1989 HELENE DIAMANTIDES WELSH CLASSIC, RAMSAY & BOB GRAHAM LADIES' RECORD
- 1989 MIKE HARTLEY PENNINE WAY RECORD
- 1990 HUGH SYMONDS MUNROS OF THE BRITISH ISLES – A CONTINUOUS RUN
- 1991 ANNE STENTIFORD WELSH CLASSIC & BOB GRAHAM LADIES' RECORDS
- 1992 ANDREW JOHNSON/
RORY GIBSON SCOTTISH MUNROS RECORD BY BIKE & ON FOOT
- 1993 MARTIN MORAN/
SIMON JENKINS ALPINE 4000M PEAKS – FIRST CONTINUOUS TRAVERSE ON FOOT & BY BIKE
- 1994 MIKE CUDAHY SCOTTISH MUNROS ON FOOT IN 66 DAYS
- 1995 RONALD TURNBULL RUN ACROSS 150 HILLS IN SCOTTISH BORDERS IN 10 DAYS
- 1996 JOSS NAYLOR LAKELAND 2,500 PEAKS TRAVERSE. 60 PEAKS AT 60
- 1997 MARK HARTELL LAKE DISTRICT 24 HOUR RECORD – 77 PEAKS
- 1998 YIANNIS TRIDIMAS MEIRIONYDD ROUND – A NEW 24 HOUR ROUND IN N WALES
- 1999 ROB WOODALL CUILLIN ROUND
- 2000 CHARLES CAMPBELL SCOTTISH MUNROS RECORD ON FOOT, BIKE AND SWIMMING
- 2001 GLYN JONES TRANTERS ROUND – FIRST SOLO-UNSUPPORTED WINTER ROUND
- 2002 NOT AWARDED NO WORTHY RECIPIENT
- 2003 CHRIS UPSON LAKES24 – A TRAVERSE OF 24 LAKELAND MARILYNS WITHIN 24 HOURS
- 2004 JOHN FLEETWOOD N. WALES ROUND & ROUGH BOUNDS OF KNOYDART
- 2005 YIANNIS TRIDIMAS FIRST ROUND OF 60 LAKELAND PEAKS AT 60 WITHIN 24 HOURS
- 2006 STEVE PERRY FIRST CONTINUOUS WINTER TRAVERSE OF THE 284 SCOTTISH MUNROS
- 2007 STEVE PYKE SCOTTISH 4000s RECORD
- 2008 LIZZIE HAWKER
STEVE PYKE EVEREST BASE CAMP -> KATHMANDU RECORD
- 2009 MANNY GORMAN SCOTTISH CORBETTS RECORD ON FOOT, BIKE AND BOAT
- 2010 STEVE PYKE SCOTTISH MUNROS RECORD ON FOOT, BIKE AND BOAT
- 2011 NICKY SPINKS LAKE DISTRICT 24 HOURS LADIES RECORD – 64 PEAKS
- 2012 NOT AWARDED
- 2013 JON GAY SOLO WINTER RAMSAY ROUND, FIRST SUB 24 HOUR
- 2014 STEVE BIRKINSHAW WAINWRIGHT ROUND LAKELAND RECORD
- 2015 JON ASCROFT CHARLIE RAMSAY ROUND RECORD
- 2016 JASMIN PARIS RAMSAY ROUND OVERALL RECORD, BOB GRAHAM & PADDY BUCKLEY LADIES' RECORD
- 2017 JIM MANN BIG 3 ROUNDS – ALL SUB 24 HOUR, IN 29 DAYS OF WINTER