

WMAL Men's Final 2021 Rankings



Event	First Name	Last Name	AG	Time/Dist	Venue	Meeting	date
60	Jon	Clarke	V60	11.32	Stretford	St Helens & Sutton Open Sprints Night	23/04/2021
100	Michael	Dickens	V35	11.60	Telford	Telford Games	11/09/2021
	Brian	Dias	V35	16.42	Swansea	Welsh Masters Championships	26/09/2021
	Matthew	Harding	V40	12.45	Stretford	British Masters AF Regional Challenge (North)	24/07/2021
	Kieran	Golding	V40	14.40	Cheltenham	The Brewer Memorial Games	18/09/2021
	Russell	Whiting	V50	11.80	Eastbourne	Sussex Veterans League	19/05/2021
	Paul	Williams	V55	13.10	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Robin	Wood	V55	14.30	Swansea	Welsh Masters Championships	26/09/2021
	Brian	MacBride	V60	13.49	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
	Keith	Powell	V60	13.87	Derby	BMAF - British Masters Championships	21/08/2021
	Roderick	Davies	V60	14.47	Cardiff	Welsh Senior Open & Run With the Wind	11/07/2021
	Jon	Clarke	V60	18.78	Stretford	Trafford Sprints Grand Prix	25/05/2021
	Ian	Broadhurst	V65	13.34	Derby	BMAF - British Masters Championships	21/08/2021
	Kieran	Mcdonnell	V65	14.44	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	22/05/2021
	Chris	Pruski	V65	15.77	Swansea	Welsh Masters Championships	26/09/2021
	Mark	Wyndham-Jones	V70	14.83	Derby	BMAF - British Masters Championships	21/08/2021
	Ian	Swanson	V70	22.33	Swansea	Welsh Masters Championships	26/09/2021
	Mel	James	V75	16.54	Nuneaton	Midland Masters Championships	06/06/2021
	John	Evans	V85	20.16	Nuneaton	Midland Veterans League Cup B Final	05/09/2021

WMAL Men's Final 2021 Rankings

200							
	Michael	Dickens	V35	23.57	Swansea	Welsh Masters Championships	26/09/2021
	Jonathan	Williams	V35	24.29	Swansea	Welsh Masters Championships	26/09/2021
	Brian	Dias	V35	33.73	Swansea	Welsh Masters Championships	26/09/2021
	Matthew	Harding	V40	25.40	Salford	North of England League West 25	22/05/2021
	Kieran	Golding	V40	29.96	Swansea	Welsh Masters Championships	26/09/2021
	Russell	Whiting	V50	24.84	Crawley	Southern Athletics League - South Central	20/06/2021
	Paul	Williams	V55	27.30	Burton	Midland Veterans League - North	16/06/2021
	Robin	Wood	V55	29.93	Swansea	Welsh Masters Championships	26/09/2021
	Brian	MacBride	V60	29.21	Cardiff	Welsh Senior Open & Run With the Wind	11/07/2021
	Roderick	Davies	V60	29.74	Swansea	Welsh Masters Championships	26/09/2021
	Keith	Powell	V60	30.80	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Ian	Broadhurst	V65	26.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Kieran	Mcdonnell	V65	29.17	Cardiff	Welsh Senior Open & Run With the Wind	11/07/2021
	David	Walker	V65	35.32	Derby	BMAF - British Masters Championships	21/08/2002
	Mel	James	V75	34.21	Nuneaton	Midland Masters Championships	06/06/2021
	John	Evans	V85	46.80	Leamington	Midland Veterans League - East	09/06/2021

WMAL Men's Final 2021 Rankings

300MH							
	Ian	Broadhurst	V65	47.71	Derby	BMAF - British Masters Championships	21/08/2021
400							
	Jonathan	Williams	V35	53.94	Swansea	Welsh Masters Championships	26/09/2021
	Lee	Richards	V35	60.10	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Adebowale	Ademuyewo	V35	01:41.6	Yate	National Athletics League Premier West	07/08/2021
	Matthew	Harding	V40	57.8	Warrington	Terry Davies Memorial Open Meeting	25/09/2021
	Kieran	Golding	V40	68.60	Cheltenham	Cheltenham Midsummer Open	28/07/2021
	Adrian	Lewis	V45	66.80	Dartford	Veterans Open Meeting	06/08/2021
	Neil	Davies	V50	64.46	Stretford	Trafford Sprints Grand Prix	25/05/2021
	Brett	Davis	V55	60.38	Nuneaton	Midland Masters Championships	06/06/2021
	Paul	Williams	V55	65.00	Telford	Midlands Veterans T&F League	26/05/2021
	Kieran	Mcdonnell	V65	62.73	Newport	Welsh Athletics Event Specific - Endurance	26/06/2021
	Barrie	Roberts	V75	99.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
400mh							
	Neil	Davies	V50	85.60	Macclesfield	North of England League West 2S	01/08/2021

WMAL Men's Final 2021 Rankings

600m							
	Kieran	Golding	V40	01:55.64	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	09/05/2021
800							
	Peter	Watkeys	V35	02:03.90	Basingstoke	Southern Athletics League - West	14/08/2021
	Jonathan	Williams	V35	02:13.33	Cardiff	Welsh Athletics Endurance Open	[
	Gareth	Robbins	V35	02:37.09	Swansea	Welsh Masters Championships	26/09/2021
	Brian	Dias	V35	02:42.48	Cardiff	Welsh Athletics Endurance Open	21/07/2021
	Kieran	Golding	V40	02:44.40	Cheltenham	The Brewer Memorial Games	18/09/2021
	Adrian	Lewis	V45	02:14.40	Gloucester	Gloucester September Open	07/09/2021
	James	Rogers	V45	02:50.16	Stretford	Trafford Senior Open	24/04/2021
	Mark	Shepherd	V50	02:24.50	Burton	Midland Vets Track & Field League	11/08/2021
	Brett	Davis	V55	02:22.32	Nuneaton	Midland Masters Championships	06/06/2021
	Christopher	Purse	V60	02:54.60	Chelmsford	Eastern Masters League Southern	02/06/2021
	Mark	Williams	V60	02:58.87	Swansea	Welsh Masters Championships	26/09/2021
	Stephen	Davies	V60	03:53.79	Sheffield	Master Grand Prix 2021	18/07/2021
	Dave	Breen	V65	03:17.44	Swansea	Welsh Masters Championships	26/09/2021
	Richard	Marks	V70	02:41.41	Swansea	Welsh Masters Championships	26/09/2021
	Barrie	Roberts	V75	03:38.57	Swansea	Welsh Masters Championships	26/09/2021

WMAL Men's Final 2021 Rankings

1000							
	Adrian	Lewis	V45	02:59.8	Dartford	Veterans Open Meeting	06/08/2021
1500							
	Peter	Watkeys	V35	04:24.50	Basingstoke	Basingstoke & Mid Hants AC Season Starter	01/05/2021
	Brian	Dias	V35	05:41.70	Swansea	Welsh Masters Championships	26/09/2021
	Robert	Prady	V40	04:43.70	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Kieran	Golding	V40	05:48.18	Swansea	Welsh Masters Championships	26/09/2021
	Lee	Garland	V45	04:30.65	St. Peter Port	Guernsey Athletics Track & Field Series	12/09/2021
	Adrian	Lewis	V45	04:37.86	Derby	BMAF - British Masters Championships	22/08/2021
	Mark	Shepherd	V50	04:47.20	Burton	Midland League - Staffs	14/08/2021
	David O	Williams	V55	04:46.30	Aldershot	Aldershot, Farnham & District AC Open Meeting 3	31/05/2021
	Jeremy	Mower	V55	04:55.70	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Rob	Sheen	V55	05:24.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Ifan	Lloyd	V60	04:55.29	Swansea	Welsh Masters Championships	26/09/2021
	Mark	Williams	V60	05:42.61	Swansea	Welsh Masters Championships	26/09/2021
	Stephen	Davies	V60	07:28.00	Sheffield	Master Grand Prix 2021	18/07/2021
	Keith	Powell	V60	07:50.90	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	David	Walker	V65	05:46.83	Derby	BMAF - British Masters Championships	21/08/2002
	Dave	Breen	V65	06:30.44	Swansea	Welsh Masters Championships	26/09/2021
	Richard	Marks	V70	05:33.99	Swansea	Welsh Masters Championships	26/09/2021
	Michael H	Davies	V70	06:33.97	Swansea	Welsh Masters Championships	26/09/2021
	Ian	Swanson	V70	09:58.73	Swansea	Welsh Masters Championships	26/09/2021
	Barrie	Roberts	V75	07:37.19	Derby	BMAF - British Masters Championships	21/08/2021
Mile							
	Sion	Lewis	V35	04:43.30	Finsbury Park	Golden Stag Mile	03/07/2021
	James	Thie	V40	04:23.91	Linford Christie Stadium	BMC Festival of Miles inc. Thames Valley Harriers Open Meeting	22/08/2021
	Kieran	Golding	V40	06:13.5	Cheltenham	Cheltenham Midsummer Open	07/07/2021
	Mark	Shepherd	V50	05:26.30	Tamworth	Midland Veterans League	07/07/2002
	David O	Williams	V55	05:12.68	Wimbledon	Dave Clarke Mile Extravaganza (with 1500m Split)	28/07/2021

WMAL Men's Final 2021 Rankings

2000s/c							
	Jeremy	Mower	V55	07:45.80	Cheltenham	Midland League - Gloucs	11/07/2021
3000/sc							
	James	Rogers	V45	13:09.50	Salford	North of England League West 2S	22/05/2021
	Jeremy	Mower	V55	11:25.99	Yate	Midland League - Gloucs	15/08/2021
3000							
	Andrew	Reynolds	V35	09:53.0	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Ben	Butler-Madden	V35	10:06.49	Milton Keynes	SOAR MK 5000 PB Special	17/07/2021
	Robert	Prady	V40	10:09.43	Newport	Welsh Athletics Event Specific - Endurance	26/06/2021
	Huw	Evans	V45	09:47.59	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	09/05/2021
	Lee	Garland	V45	10:04.25	St. Peter Port	Guernsey Athletics Track & Field Series	29/07/2021
	James	Rogers	V45	11:37.69	Stretford	Trafford Grand Prix	18/05/2021
	Paul	Flynn	V50	10:20.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Mark	Shepherd	V50	10:26.70	Burton	Midland Vets Track & Field League	11/08/2021
	David O	Williams	V55	10:02.87	Watford	Watford Open Graded Meeting	11/08/2021
	Jeremy	Mower	V55	10:32.30	Gloucester	Gloucester June Open	15/06/2021
	Rob	Sheen	V55	11:10.86	Loughborough	Charnwood AC Open	01/08/2021
	Ifan	Lloyd	V60	10:00.87	Newport	Welsh Athletics Event Specific - Endurance	26/06/2021
	Stephen	Davies	V60	15:10.14	Sheffield	Master Grand Prix 2021	18/07/2021
	Ian	Swanson	V70	20:32.11	Swansea	Welsh Masters Championships	26/09/2021
	Barrie	Roberts	V75	15:55.81	Swansea	Welsh Masters Championships	26/09/2021

WMAL Men's Final 2021 Rankings

5000							
	Ben	Butler-Madden	V35	16:58.0	Milton Keynes	SOAR MK 5000 PB Special	17/07/2021
	Robert	Prady	V40	17:28.87	Swansea	Welsh Masters Championships	26/09/2021
	Warwick	Helps	V40	18:37.53	St. Peter Port	Guernsey Athletics Track & Field Series	23/05/2021
	Lee	Garland	V45	17:56.66	St. Peter Port	Guernsey Athletics Track & Field Series	23/05/2021
	James	Rogers	V45	20:27.04	Nuneaton	Midland Masters Championships	06/06/2021
	Lee	Jones	V50	17:15.40	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Paul	Flynn	V50	17:58.12	Carmarthen	Welsh Endurance Meeting 1	26/05/2021
	David O	Williams	V55	17:33.32	Wimbledon	Hercules Wimbledon 5000m Festival	07/08/2021
	Jeremy	Mower	V55	18:06.90	Gloucester	Gloucestershire County Championships	16/05/2021
	Sean	McCormack	V55	19:16.59	Swansea	Welsh Masters Championships	26/09/2021
	Rob	Sheen	V55	19:40.76	Nottingham	The 5000m Track Challenge	21/08/2021
	Ifan	Lloyd	V60	17:15.03	Swansea	Welsh Masters Championships	26/09/2021
	Richard	Marks	V70	20:47.82	Swansea	Welsh Masters Championships	26/09/2021
10000							
	David O	Williams	V55	36:58.79	Wimbledon	Veterans AC 10000m Championships	15/09/2021
	Jeremy	Mower	V55	38:52.50	Gloucester	Gloucestershire County Championships	10/09/2021

WMAL Men's Final 2021 Rankings

HJ							
	Owen	Chesher	V35	1.80	Cardiff	Welsh Senior Championships (inc. Under 15)	15/08/2021
	Keith	Powell	V60	1.25	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Mark	Wyndham-Jones	V70	1.27	Derby	BMAF - British Masters Championships	21/08/2021
	Ian	Swanson	V70	1.10	Swansea	Welsh Masters Championships	26/09/2021
	Phil	Rees	V75	0.79	Derby	BMAF - British Masters Championships	21/08/2021

LJ							
	Brian	Dias	V35	3.57	Swansea	Welsh Masters Championships	26/09/2021
	Chris	Shepherd	V40	5.30	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Matthew	Harding	V40	4.90	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Kieran	Golding	V40	4.12	Cheltenham	The Brewer Memorial Games	18/09/2021
	Steven	Thomas-Spires	V50	3.95	Stretford	North of England League West 2S	04/07/2021
	Robin	Wood	V55	4.42	Swansea	Welsh Masters Championships	26/09/2021
	Paul	Williams	V55	4.06	Burton	Midland Veterans League - North	16/06/2021
	Dave	Stokes	V55	3.6	Swansea	Welsh Masters Championships	26/09/2021
	Keith	Powell	V60	4.33	Derby	BMAF - British Masters Championships	21/08/2021
	Roderick	Davies	V60	4.00	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Dave	Shields	V60	3.92	Swansea	Welsh Masters Championships	26/09/2021
	Jon	Clarke	V60	2.92	Ellesmere Port	Cheshire County Championships	22/08/2021
	Ian	Swanson	V70	2.16	Swansea	Welsh Masters Championships	26/09/2021
	Phil	Rees	V75	2.09	Derby	BMAF - British Masters Championships	21/08/2021
	John	Evans	V85	2.49	Nuneaton	England Masters AA Inter Area Match	18/07/2021

WMAL Men's Final 2021 Rankings

TJ							
	Brian	Dias	V35	6.72	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Kieran	Golding	V40	8.80	Swansea	Welsh Masters Championships	26/09/2021
	Robin	Wood	V55	9.31	Swansea	Welsh Masters Championships	26/09/2021
	Robin	Wood	V55	9.13	Swansea	Welsh Masters Championships	26/09/2021
	Paul	Williams	V55	9.11	Telford	Midlands Veterans T&F League	26/05/2021
	David	Murrie	V60	8.94	Swansea	Welsh Masters Championships	26/09/2021
	Dave	Shields	V60	8.57	Swansea	Welsh Masters Championships	26/09/2021
	Phil	Rees	V75	4.69	Derby	BMAF - British Masters Championships	21/08/2021
	John	Evans	V85	5.73	Nuneaton	Midland Masters Championships	06/06/2021
PV							
	Glyn	Price	V55	3.81	Yate	National Athletics League Premier West	03/07/2021
	Dave	Stokes	V55	2.30	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Keith	Powell	V60	2.50	Yeovil	Yeovil Distance, Steeplechase & Jumps Open	08/05/2021
	Martin	Davies	V65	2.50	Hereford	Midland League - Worcs/Here/West	15/08/2021

WMAL Men's Final 2021 Rankings

SP7.26K							
	Kieran	Golding	V40	6.67	Swindon	Southern Athletics League - West	11/09/2021
	Graham	Holder	V45	10.60	Chelmsford	National Athletics League Championship London	06/06/2021
	Ian	Williams	V45	8.80	Newport	Midland League - Newport	11/07/2021
	Martin	Tucker	V50	9.03	Bangor (NI)	Ynys Mon Iga & Menai Track & Field Open Meeting	12/09/2021
	Chris	Millard	V50	7.40	Yate	Avon Track & Field League	13/06/2021
	Steven	Thomas-Spires	V50	7.17	Stretford	North of England League West 2S	04/07/2021
	Dave	Stokes	V55	7.76	Salford	North of England League West 2S	22/05/2021
	Jon	Clarke	V60	4.49	Ellesmere Port	Cheshire County Championships	22/08/2021
SP6K							
	Martin	Tucker	V50	9.26	Nuneaton	Midland Masters Championships	06/06/2021
	David	Glendower	V50	7.60	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
	Robert	Eales	V55	11.00	Swansea	Welsh Masters Championships	26/09/2021
	Andrew	Turner	V55	9.58	Poole	Dorset County Championships	26/06/2021
	Dave	Stokes	V55	8.54	Derby	BMAF - British Masters Championships	21/08/2021
SP5K							
	Glyndwr	Pugh	V60	9.38	Swansea	Welsh Masters Championships	26/09/2021
	Chris	Pruski	V65	8.14	Swansea	Welsh Masters Championships	26/09/2021
SP4K							
	Mark	Wyndham-Jones	V70	11.27	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Paul	Brooks	V70	7.12	Bangor (NI)	Ynys Mon Iga & Menai Track & Field Open Meeting	12/09/2021
	David	Jones	V70	6.50	Swansea	Welsh Masters Championships	26/09/2021
	Ian	Bowles	V75	7.89	Swansea	Welsh Masters Championships	26/09/2021
	John	Evans	V85	5.05	Nuneaton	Midland Veterans League Cup B Final	05/09/2021
SP3K							
	Phil	Rees	V75	6.82	Derby	BMAF - British Masters Championships	21/08/2021

WMAL Men's Final 2021 Rankings

JT500							
	Mark	Wyndham-Jones	V70	26.92	Swansea	Welsh Masters Championships	26/09/2021
	Peter	Gender	V70	12.01	Swansea	Welsh Masters Championships	26/09/2021
	John	Evans	V85	10.29	Nuneaton	Midland Vets League - East	19/05/2021
JT600							
	Keith	Powell	V60	25.47	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Glyndwr	Pugh	V60	18.12	Swansea	Welsh Masters Championships	26/09/2021
JT 600							
	Chris	Pruski	V65	31.49	Swansea	Welsh Masters Championships	26/09/2021
JT700							
	Martin	Tucker	V50	40.30	Kilmarnock	4J Studios scottishathletics Combined Events & Masters Championships & Hurdles Open	10/07/2021
	Jonathan	Powell	V55	35.85	Euskirchen		18/09/2021
	Dave	Stokes	V55	23.27	Nuneaton	Midland Masters Championships	06/06/2021
JT800							
	Kieran	Golding	V40	38.40	Horspath	Southern Counties Vets League - Western Division	04/08/2021
	Graham	Holder	V45	29.38	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Ian	Williams	V45	28.00	Stourport	Midland League - Worcs/Here/West	20/06/2021
	Martin	Tucker	V50	36.63	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Steven	Thomas-Spires	V50	22.03	Stretford	North of England League West 2S	04/07/2021
	Dave	Stokes	V55	21.71	Salford	North of England League West 2S	22/05/2021

WMAL Men's Final 2021 Rankings

DT1K							
	Glyndwr	Pugh	V60	28.28	Swansea	Welsh Masters Championships	26/09/2021
	Keith	Powell	V60	22.08	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Geoff	Ward	V65	33.62	Derby	BMAF - British Masters Championships	20/08/2021
	Chris	Pruski	V65	22.90	Swansea	Welsh Masters Championships	26/09/2021
	Mark	Wyndham-Jones	V70	37.95	Swansea	Welsh Masters Championships	26/09/2021
	Paul	Brooks	V70	21.86	Bangor (NI)	Ynys Mon Iga & Menai Track & Field Open Meeting	12/09/2021
	David	Jones	V70	13.16	Swansea	Welsh Masters Championships	26/09/2021
	Ian	Bowles	V75	26.35	Derby	BMAF - British Masters Championships	20/08/2021
DT 1.5K							
	Jason	Elworthy	V45	13.80	Cardiff	Welsh Senior Championships (inc. Under 15)	14/08/2021
	Martin	Tucker	V50	26.18	Swansea	Welsh Masters Championships	26/09/2021
	David	Glendower	V50	22.61	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
	Andrew	Turner	V55	30.65	Yeovil	Somerset County Championships	22/08/2021
	Robert	Eales	V55	30.00	Swansea	Welsh Masters Championships	26/09/2021
	Dave	Stokes	V55	29.72	Sheffield	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	26/06/2021
DT2K							
	Brian	Dias	V35	11.45	Swansea	Welsh Masters Championships	26/09/2021
	Kieran	Golding	V40	19.65	Cheltenham	The Brewer Memorial Games	18/09/2021
	Graham	Holder	V45	34.09	Erith	Kent U13, Masters & Combined Events Championships	19/09/2021
	Peter	Roberts	V45	33.29	Yate	National Athletics League Premier West	07/08/2021
	Ian	Williams	V45	25.92	Stourport	Midland League - Worcs/Here/West	20/06/2021
	Steven	Thomas-Spires	V50	21.90	Stretford	North of England League West 2S	04/07/2021
	Dave	Stokes	V55	23.29	Salford	North of England League West 2S	22/05/2021
	Glyn	Price	V55	14.39	Yate	National Athletics League Premier West	03/07/2021

WMAL Men's Final 2021 Rankings

HT7.26K							
	Graham	Holder	V45	49.10	Bromley	Southern Athletics League - South East London	11/09/2021
	Peter	Roberts	V45	28.29	Yate	National Athletics League Premier West	06/06/2021
	Steven	Thomas-Spires	V50	18.13	Macclesfield	North of England League West 2S	01/08/2021
	Chris	Millard	V50	16.77	Yate	Avon Track & Field League	12/09/2021
	Dave	Stokes	V55	29	Bangor (NI)	Ynys Mon Iga & Menai Track & Field Open Meeting	12/09/2021
	Glyn	Price	V55	15.23	Yate	National Athletics League Premier West	06/06/2021
	David	Jones	V70	11.66	Yate	National Athletics League Premier West	07/08/2021

HT6K							
	Barry	Barnfield	V45	33.57	Swansea	Welsh Masters Championships	26/09/2021
	David	Glendower	V50	24.55	Gillingham	Medway & Maidstone AC Open Meeting	07/08/2021
	Robert	Eales	V55	29.40	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Dave	Stokes	V55	28.52	Swansea	Welsh Masters Championships	26/09/2021
	Andrew	Turner	V55	26.32	Bournemouth	Bournemouth Open	12/09/2021

HT5K							
	Glyndwr	Pugh	V60	34.71	Swansea	Welsh Masters Championships	26/09/2021
HT5K							
	Mark	Wyndham-Jones	V70	23.51	Peterborough	Eastern Masters League Northern	01/06/2021

HT4K							
	Mark	Wyndham-Jones	V70	34.31	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	David	Jones	V70	18.96	Swansea	Welsh Masters Championships	26/09/2021
	Ian	Bowles	V75	24.46	Swansea	Welsh Masters Championships	26/09/2021

WMAL Men's Final 2021 Rankings

WT7.26K	Mark	Wyndham-Jones	V70	13.23	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
WT7.26K	Ian	Bowles	V75	10.74	Swansea	Welsh Masters Championships	26/09/2021
WT12.5K							
WT9.08K	Glyndwr	Pugh	V60	12.43	Swansea	Welsh Masters Championships	26/09/2021
WT11.34K	Barry	Barnfield	V45	10.62	Swansea	Welsh Masters Championships	26/09/2021
WT11.34K	David	Glendower	V50	9.21	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
WT11.34K	Dave	Stokes	V55	11.06	Stretford	British Masters AF Regional Challenge (North)	24/07/2002
	Andrew	Turner	V55	8.00	Swansea	Welsh Masters Championships	26/09/2021
WT25.4K							
WT15.88K	Graham	Holder	V45	13.66	Derby	BMAF - British Masters Championships	22/08/2021

WMAL Men's Final 2021 Rankings

Pent							
PenM40	Kieran	Golding	V40	1590	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenM60	Keith	Powell	V60	1484	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenM70	Mark	Wyndham-Jones	V70	492.00	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021

PenWt							
	Graham	Holder	V45	3242	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenWtM70	Mark	Wyndham-Jones	V70	3377	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021