

WMAA Track and Field from P10 1st June to 17th July 2019

| Name | Year | Age Group | Gender | Event | Performance | Venue | Meeting | Date |
|------------------|------|-----------|--------|---------|--------------|----------------|--------------------------------------|------------|
| Lee Aherne | 2019 | V50 | M | | 800 2:24.47 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Lee Aherne | 2019 | V50 | M | | 3000 9:37.41 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Catherine Alford | 2019 | V45 | W | SP4K | | 7.64 Newport | Welsh Masters League | 2019-06-12 |
| Catherine Alford | 2019 | V45 | W | DT1K | | 21.77 Aberdare | Welsh Masters League | 2019-07-10 |
| Catherine Alford | 2019 | V45 | W | HT4K | NM | Newport | Welsh Masters League | 2019-06-12 |
| Eirian Arwyn | 2019 | V65 | W | | 100 | 19 Aberdare | Welsh Masters League | 2019-07-10 |
| Eirian Arwyn | 2019 | V65 | W | | 200 | 42.1 Aberdare | Welsh Masters League | 2019-07-10 |
| Eirian Arwyn | 2019 | V65 | W | | 200 | 43.5 Newport | Welsh Masters League | 2019-06-12 |
| Eirian Arwyn | 2019 | V65 | W | | 400 1:53.0 | Newport | Welsh Masters League | 2019-06-12 |
| Eirian Arwyn | 2019 | V65 | W | | 800 4:07.5 | Aberdare | Welsh Masters League | 2019-07-10 |
| Eirian Arwyn | 2019 | V65 | W | | 1500 7:47.25 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Eirian Arwyn | 2019 | V65 | W | | 1500 8:10.8 | Newport | Welsh Masters League | 2019-06-12 |
| Eirian Arwyn | 2019 | V65 | W | | 3000 17:01.2 | Aberdare | Welsh Masters League | 2019-07-10 |
| Eirian Arwyn | 2019 | V65 | W | | 3000 17:14.3 | Newport | Welsh Masters League | 2019-06-12 |
| Eirian Arwyn | 2019 | V65 | W | HJ | | 0.95 Aberdare | Welsh Masters League | 2019-07-10 |
| Eirian Arwyn | 2019 | V65 | W | LJ | | 2.29 Newport | Welsh Masters League | 2019-06-12 |
| Eirian Arwyn | 2019 | V65 | W | TJ | | 6.00 Aberdare | Welsh Masters League | 2019-07-10 |
| Eirian Arwyn | 2019 | V65 | W | SP3K | | 5.57 Newport | Welsh Masters League | 2019-06-12 |
| Eirian Arwyn | 2019 | V65 | W | DT1K | | 15.18 Aberdare | Welsh Masters League | 2019-07-10 |
| Eirian Arwyn | 2019 | V65 | W | HT3K | | 13.74 Newport | Welsh Masters League | 2019-06-12 |
| Eirian Arwyn | 2019 | V65 | W | JT500 | | 13.41 Aberdare | Welsh Masters League | 2019-07-10 |
| Chris Berry | 2019 | V60 | M | HJ | | 1.25 Aberdare | Welsh Athletics League | 2019-06-22 |
| Chris Berry | 2019 | V60 | M | HJ | | 1.22 Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Chris Berry | 2019 | V60 | M | HJ | | 1.20 Aberdare | Welsh Masters League | 2019-07-10 |
| Chris Berry | 2019 | V60 | M | SP7.26K | | 8.48 Aberdare | Welsh Athletics League | 2019-06-22 |
| Chris Berry | 2019 | V60 | M | SP5K | | 9.37 Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Chris Berry | 2019 | V60 | M | DT2K | | 20.70 Aberdare | Welsh Athletics League | 2019-06-22 |
| Chris Berry | 2019 | V60 | M | DT1K | | 24.06 Aberdare | Welsh Masters League | 2019-07-10 |
| Chris Berry | 2019 | V60 | M | HT7.26K | | 27.22 Aberdare | Welsh Athletics League | 2019-06-22 |
| Ian Bowles | 2019 | V70 | M | SP4K | | 9.22 Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Ian Bowles | 2019 | V70 | M | DT1K | | 32.71 Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Ian Bowles | 2019 | V70 | M | DT1K | | 30.84 Aberdare | Welsh Masters League | 2019-07-10 |
| Ian Bowles | 2019 | V70 | M | HT4K | | 30.84 Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Ian Bowles | 2019 | V70 | M | JT500 | | 18.95 Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Ian Bowles | 2019 | V70 | M | JT500 | | 16.03 Aberdare | Welsh Masters League | 2019-07-10 |

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| Amanda Broadhurst | 2019 V45 | W | 200 | 31.59 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 |
| Amanda Broadhurst | 2019 V45 | W | 400 | 70.37 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Amanda Broadhurst | 2019 V45 | W | 800 | 2:56.30 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 |
| Amanda Broadhurst | 2019 V45 | W | 80HW40 | 14.35 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 |
| Amanda Broadhurst | 2019 V45 | W | HJ | 1.31 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 |
| Amanda Broadhurst | 2019 V45 | W | HJ | 1.24 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Amanda Broadhurst | 2019 V45 | W | LJ | 3.78 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 |
| Amanda Broadhurst | 2019 V45 | W | TJ | 9.08 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Amanda Broadhurst | 2019 V45 | W | SP4K | 8.42 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 |
| Amanda Broadhurst | 2019 V45 | W | JT600 | 25.62 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 |
| Amanda Broadhurst | 2019 V45 | W | JT600 | 22.13 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Amanda Broadhurst | 2019 V45 | W | HepW45 | 4026 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 |
| Ian Broadhurst | 2019 V60 | M | 100 | 13.32 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Ian Broadhurst | 2019 V60 | M | 200 | 26.68 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Ian Broadhurst | 2019 V60 | M | 400 | 61.66 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Ian Broadhurst | 2019 V60 | M | 300HM60 | 47.41 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Angela Bryant | 2019 V55 | W | 100 | 15.3 | Gloucester | Avon League | 2019-06-09 |
| Angela Bryant | 2019 V55 | W | 100 | 15.3 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Angela Bryant | 2019 V55 | W | 100 | 16 | Aberdare | Welsh Masters League | 2019-07-10 |
| Angela Bryant | 2019 V55 | W | 100 | 16.1 | Worcester | Worcester AC Open | 2019-06-20 |
| Angela Bryant | 2019 V55 | W | 200 | 32.17 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Angela Bryant | 2019 V55 | W | 200 | 32.9 | Aberdare | Welsh Masters League | 2019-07-10 |
| Angela Bryant | 2019 V55 | W | 200 | 33.8 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Angela Bryant | 2019 V55 | W | 200 | 33.8 | Worcester | Worcester AC Open | 2019-06-20 |
| Angela Bryant | 2019 V55 | W | 200 | 34.3 | Newport | Welsh Masters League | 2019-06-12 |
| Ben Butler-Madden | 2019 V35 | M | 5K | 16:02 | Cardiff | SSAFA 5K | 2019-06-19 |
| Stephen Buttler | 2019 V40 | M | 100 | 12.5 | Tipton | Midland League Division 3 | 2019-06-16 |
| Stephen Buttler | 2019 V40 | M | LJ | 5.32 | Tipton | Midland League Division 3 | 2019-06-16 |
| Stephen Buttler | 2019 V40 | M | LJ | 5.08 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Stephen Buttler | 2019 V40 | M | SP7.26K | 8.95 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Kevin Challinor | 2019 V55 | M | 100 | 16.6 | Wrexham | Welsh Masters League | 2019-06-05 |
| Kevin Challinor | 2019 V55 | M | 200 | 33.5 | Wrexham | Welsh Masters League | 2019-06-05 |
| Owen Chesher | 2019 V35 | M | 200 | 24.94 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Owen Chesher | 2019 V35 | M | 400 | 54.82 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Owen Chesher | 2019 V35 | M | HJ | 1.84 | Cardiff | Welsh Senior Championships | 2019-07-14 |
| Owen Chesher | 2019 V35 | M | HJ | 1.75 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Owen Chesher | 2019 V35 | M | HJ | 1.70 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Seriashe Childs | 2019 V35 | M | 100 | 11.6 | Cardiff | Welsh Senior Championships | 2019-07-14 |

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| Seriashe Childs | 2019 V35 | M | 100 | 11.8 | Aberdare | Welsh Masters League | 2019-07-10 |
| Seriashe Childs | 2019 V35 | M | 100 | 11.88 | Horspath | Oxford City AC Open Graded Meeting | 2019-06-19 |
| Jon Clarke | 2019 V60 | M | 100 | 16.9 | Bury | Northern Masters Championships | 2019-06-23 |
| Jon Clarke | 2019 V60 | M | HJ | 0.90 | Bury | Northern Masters Championships | 2019-06-23 |
| Jon Clarke | 2019 V60 | M | LJ | 3.00 | Bury | Northern Masters Championships | 2019-06-23 |
| Martyn Cole | 2019 V55 | M | 800 | 2:30.19 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Martyn Cole | 2019 V55 | M | 1500 | 5:08.26 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Martyn Cole | 2019 V55 | M | 3000 | 10:57.6 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Amanda Cook | 2019 V40 | W | 80HW40 | 13.51 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Amanda Cook | 2019 V40 | W | LJ | 4.40 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Amanda Cook | 2019 V40 | W | DT1K | 22.83 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Sarah Coote | 2019 V35 | W | 800 | 2:36.47 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Sarah Coote | 2019 V35 | W | 1M | 5:55 | Tredegar | Steve Jones 1 Mile Series | 2019-06-21 |
| Claudia Cabbage | 2019 V45 | W | 100 | 18.1 | Basingstoke | Southern Counties Veterans' League Hampshire Division | 2019-06-17 |
| Claudia Cabbage | 2019 V45 | W | HJ | 1.28 | Basingstoke | Southern Athletics League Division 3SW | 2019-07-13 |
| Claudia Cabbage | 2019 V45 | W | HJ | 1.25 | Portsmouth | Southern Athletics League Division 3SW | 2019-06-15 |
| Claudia Cabbage | 2019 V45 | W | PV | 2.20 | Ashford | Senior 8 Counties Inter County Match | 2019-07-14 |
| Claudia Cabbage | 2019 V45 | W | PV | 2.15 | Basingstoke | Southern Athletics League Division 3SW | 2019-07-13 |
| Claudia Cabbage | 2019 V45 | W | PV | 2.10 | Portsmouth | Southern Athletics League Division 3SW | 2019-06-15 |
| Claudia Cabbage | 2019 V45 | W | PV | 2.00 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Claudia Cabbage | 2019 V45 | W | PV | 2.00 | Aldershot | Southern Counties Veterans' League Hampshire Division | 2019-07-08 |
| Claudia Cabbage | 2019 V45 | W | TJ | 7.80 | Basingstoke | Southern Counties Veterans' League Hampshire Division | 2019-06-17 |
| Claudia Cabbage | 2019 V45 | W | SP4K | 8.87 | Basingstoke | Southern Athletics League Division 3SW | 2019-07-13 |
| Claudia Cabbage | 2019 V45 | W | SP4K | 8.43 | Aldershot | Southern Counties Veterans' League Hampshire Division | 2019-07-08 |
| Claudia Cabbage | 2019 V45 | W | SP4K | 8.29 | Ashford | Senior 8 Counties Inter County Match | 2019-07-14 |
| Claudia Cabbage | 2019 V45 | W | SP4K | 8.25 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Claudia Cabbage | 2019 V45 | W | DT1K | 21.97 | Ashford | Senior 8 Counties Inter County Match | 2019-07-14 |
| Claudia Cabbage | 2019 V45 | W | DT1K | 20.01 | Portsmouth | Southern Athletics League Division 3SW | 2019-06-15 |
| Claudia Cabbage | 2019 V45 | W | DT1K | 17.63 | Basingstoke | Southern Athletics League Division 3SW | 2019-07-13 |
| Claudia Cabbage | 2019 V45 | W | HT4K | 18.52 | Basingstoke | Southern Counties Veterans' League Hampshire Division | 2019-06-17 |
| Claudia Cabbage | 2019 V45 | W | HT4K | 18.19 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Claudia Cabbage | 2019 V45 | W | JT600 | 19.71 | Basingstoke | Southern Athletics League Division 3SW | 2019-07-13 |
| Claudia Cabbage | 2019 V45 | W | JT600 | 18.72 | Basingstoke | Southern Counties Veterans' League Hampshire Division | 2019-06-17 |
| Austin Davies | 2019 V60 | M | 800 | 2:38.6 | Lee Valley | Southern Athletics League Division 3N | 2019-06-16 |
| Clare Davies | 2019 V50 | W | 100 | 18.5 | Aberdare | Welsh Masters League | 2019-07-10 |
| Clare Davies | 2019 V50 | W | 200 | 37.9 | Newport | Welsh Masters League | 2019-06-12 |
| Clare Davies | 2019 V50 | W | 200 | 38 | Aberdare | Welsh Masters League | 2019-07-10 |
| Clare Davies | 2019 V50 | W | 400 | 92 | Newport | Welsh Masters League | 2019-06-12 |

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| Clare Davies | 2019 V50 | W | HJ | | 1.10 | Aberdare | Welsh Masters League | 2019-07-10 |
| Clare Davies | 2019 V50 | W | LJ | | 3.30 | Newport | Welsh Masters League | 2019-06-12 |
| Clare Davies | 2019 V50 | W | TJ | | 6.79 | Aberdare | Welsh Masters League | 2019-07-10 |
| Clare Davies | 2019 V50 | W | SP3K | | 7.98 | Newport | Welsh Masters League | 2019-06-12 |
| Clare Davies | 2019 V50 | W | DT1K | | 10.80 | Aberdare | Welsh Masters League | 2019-07-10 |
| Clare Davies | 2019 V50 | W | HT3K | | 14.34 | Newport | Welsh Masters League | 2019-06-12 |
| Clare Davies | 2019 V50 | W | JT500 | | 12.59 | Aberdare | Welsh Masters League | 2019-07-10 |
| Neil Davies | 2019 V50 | M | | 400 | 71.7 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Neil Davies | 2019 V50 | M | | 800 3:03.2 | | Ashton under | North of England League Division 4W | 2019-06-16 |
| Neil Davies | 2019 V50 | M | HJ | | 1.46 | Wrexham | Welsh Masters League | 2019-06-05 |
| Neil Davies | 2019 V50 | M | HJ | | 1.34 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Neil Davies | 2019 V50 | M | SP7.26K | | 8.09 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Neil Davies | 2019 V50 | M | HT7.26K | | 21.67 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Neil Davies | 2019 V50 | M | JT800 | | 40.88 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Neil Davies | 2019 V50 | M | JT700 | | 27.67 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Roderick Davies | 2019 V60 | M | | 100 | 14.5 | Wrexham | Welsh Masters League | 2019-06-05 |
| Roderick Davies | 2019 V60 | M | | 100 | 14.68 | Exeter | South West Veterans Championships | 2019-06-16 |
| Roderick Davies | 2019 V60 | M | | 100 | 15 | Aberdare | Welsh Masters League | 2019-07-10 |
| Roderick Davies | 2019 V60 | M | | 200 | 29.6 | Wrexham | Welsh Masters League | 2019-06-05 |
| Roderick Davies | 2019 V60 | M | | 200 | 30.38 | Exeter | South West Veterans Championships | 2019-06-16 |
| Roderick Davies | 2019 V60 | M | | 200 | 30.4 | Aberdare | Welsh Masters League | 2019-07-10 |
| Roderick Davies | 2019 V60 | M | LJ | | 4.13 | Exeter | South West Veterans Championships | 2019-06-16 |
| Roderick Davies | 2019 V60 | M | LJ | | 3.99 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Roderick Davies | 2019 V60 | M | LJ | | 3.72 | Newport | Welsh Masters League | 2019-06-12 |
| Brett Davis | 2019 V55 | M | | 400 | 61.7 | Newport | Welsh Masters League | 2019-06-12 |
| Brett Davis | 2019 V55 | M | | 400 | 63.11 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Brett Davis | 2019 V55 | M | | 800 2:21.3 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Brett Davis | 2019 V55 | M | | 800 2:23.71 | | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Brett Davis | 2019 V55 | M | | 1500 6:06.4 | | Newport | Welsh Masters League | 2019-06-12 |
| Susan Davis | 2019 V55 | W | | 100 | 19.9 | Aberdare | Welsh Masters League | 2019-07-10 |
| Susan Davis | 2019 V55 | W | | 200 | 43.8 | Newport | Welsh Masters League | 2019-06-12 |
| Susan Davis | 2019 V55 | W | | 200 | 44.1 | Aberdare | Welsh Masters League | 2019-07-10 |
| Susan Davis | 2019 V55 | W | | 400 1:42.5 | | Newport | Welsh Masters League | 2019-06-12 |
| Robert Eales | 2019 V50 | M | SP6K | | 10.76 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Robert Eales | 2019 V50 | M | DT1.5K | | 31.05 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Robert Eales | 2019 V50 | M | DT1.5K | | 29.78 | Newport | Welsh Masters League | 2019-06-12 |
| Robert Eales | 2019 V50 | M | HT6K | | 27.74 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Robert Eales | 2019 V50 | M | HT6K | | 27.03 | Newport | Welsh Masters League | 2019-06-12 |

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| Paul Edwards | 2019 V40 | M | | 200 | 31.62 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Paul Edwards | 2019 V40 | M | LJ | | 3.78 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Paul Edwards | 2019 V40 | M | SP7.26K | | 7.01 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Paul Edwards | 2019 V40 | M | DT2K | | 19.91 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Jason Elworthy | 2019 V45 | M | SP7.26K | | 5.06 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Jason Elworthy | 2019 V45 | M | SP6K | | 5.21 | Cardiff | Welsh Senior Championships | 2019-07-14 |
| Jason Elworthy | 2019 V45 | M | DT2K | | 18.24 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Jason Elworthy | 2019 V45 | M | DT2K | | 12.55 | Cardiff | Welsh Senior Championships | 2019-07-14 |
| Jason Elworthy | 2019 V45 | M | HT7.26K | | 8.64 | Cardiff | Welsh Senior Championships | 2019-07-14 |
| John Evans | 2019 V80 | M | | 100 | 18.9 | Rugby | Midland Veterans' League Division East | 2019-07-03 |
| John Evans | 2019 V80 | M | LJ | | 2.56 | Rugby | Midland Veterans' League Division East | 2019-07-03 |
| Matthew Evans | 2019 V35 | M | | 3000 | 9:45.2 | Newport | Welsh Masters League | 2019-06-12 |
| Matthew Evans | 2019 V35 | M | | 3000 | 9:45.39 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Matthew Evans | 2019 V35 | M | 3000SC | 10:40.91 | | Cardiff | Welsh Senior Championships | 2019-07-13 |
| Paul Flynn | 2019 V50 | M | | 3000 | 10:29.1 | Aberdare | Welsh Masters League | 2019-07-10 |
| Paul Flynn | 2019 V50 | M | 30KMT | 2:23:13 | | Gravesend | North Downs Run 30K | 2019-06-30 |
| Lisa Franklin | 2019 V50 | W | SP4K | NM | | Aberdare | Welsh Athletics League | 2019-06-22 |
| Lisa Franklin | 2019 V50 | W | DT1K | | 14.94 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Lisa Franklin | 2019 V50 | W | JT600 | | 19.64 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Lisa Franklin | 2019 V50 | W | JT500 | | 21.44 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Dorothy Fraser | 2019 V80 | W | | 100 | 23.72 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Dorothy Fraser | 2019 V80 | W | | 200 | 54.1 | Newport | Welsh Masters League | 2019-06-12 |
| Dorothy Fraser | 2019 V80 | W | | 200 | 54.26 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Dorothy Fraser | 2019 V80 | W | SP3K | | 4.14 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Dorothy Fraser | 2019 V80 | W | SP2K | | 5.07 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Dorothy Fraser | 2019 V80 | W | SP2K | | 4.50 | Newport | Welsh Masters League | 2019-06-12 |
| Pat Gallagher | 2019 V70 | W | | 800 | 3:59.9 | Aberdare | Welsh Masters League | 2019-07-10 |
| Pat Gallagher | 2019 V70 | W | | 800 | 4:05.66 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Lee Garland | 2019 V40 | M | 1M | 4:48 | | Castel | Vazon Mile | 2019-06-25 |
| Melanie Garland | 2019 V55 | W | | 100 | 14.1 | Bury | Northern Masters Championships | 2019-06-23 |
| Melanie Garland | 2019 V55 | W | | 100 | 14.24 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Melanie Garland | 2019 V55 | W | | 100 | 14.5 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Melanie Garland | 2019 V55 | W | | 100 | 14.7 | Worcester | Worcester AC Open | 2019-06-20 |
| Melanie Garland | 2019 V55 | W | | 100 | 14.8 | Aberdare | Welsh Masters League | 2019-07-10 |
| Melanie Garland | 2019 V55 | W | | 200 | 29.9 | Aberdare | Welsh Masters League | 2019-07-10 |
| Melanie Garland | 2019 V55 | W | | 200 | 30.02 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Melanie Garland | 2019 V55 | W | | 200 | 30.2 | Bury | Northern Masters Championships | 2019-06-23 |
| Melanie Garland | 2019 V55 | W | | 200 | 30.9 | Newport | Welsh Masters League | 2019-06-12 |

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| Melanie Garland | 2019 V55 | W | | 200 | 31.3 Worcester | Worcester AC Open | 2019-06-20 |
| Melanie Garland | 2019 V55 | W | | 200 | 31.5 Tipton | Midland League Division 3 | 2019-06-16 |
| Melanie Garland | 2019 V55 | W | HJ | | 1.35 Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Melanie Garland | 2019 V55 | W | HJ | | 1.33 Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Melanie Garland | 2019 V55 | W | HJ | | 1.30 Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Melanie Garland | 2019 V55 | W | HJ | | 1.30 Tipton | Midland League Division 3 | 2019-06-16 |
| Melanie Garland | 2019 V55 | W | HJ | | 1.30 Bury | Northern Masters Championships | 2019-06-23 |
| Melanie Garland | 2019 V55 | W | LJ | | 4.65 Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Melanie Garland | 2019 V55 | W | LJ | | 4.60 Bury | Northern Masters Championships | 2019-06-23 |
| Melanie Garland | 2019 V55 | W | LJ | | 4.57 Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Melanie Garland | 2019 V55 | W | LJ | | 4.51 Newport | Welsh Masters League | 2019-06-12 |
| Melanie Garland | 2019 V55 | W | LJ | | 4.44 Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Melanie Garland | 2019 V55 | W | LJ | | 4.36 Tipton | Midland League Division 3 | 2019-06-16 |
| Melanie Garland | 2019 V55 | W | TJ | | 9.31 Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Melanie Garland | 2019 V55 | W | TJ | | 9.21 Bury | Northern Masters Championships | 2019-06-23 |
| Melanie Garland | 2019 V55 | W | TJ | | 9.17 Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Melanie Garland | 2019 V55 | W | TJ | | 9.09 Tipton | Midland League Division 3 | 2019-06-16 |
| Melanie Garland | 2019 V55 | W | TJ | | 9.07 Aberdare | Welsh Masters League | 2019-07-10 |
| Melanie Garland | 2019 V55 | W | TJ | | 9.03 Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Melanie Garland | 2019 V55 | W | TJ | | 8.94 Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Melanie Garland | 2019 V55 | W | SP3K | | 7.63 Newport | Welsh Masters League | 2019-06-12 |
| Melanie Garland | 2019 V55 | W | DT1K | | 21.73 Bury | Northern Masters Championships | 2019-06-23 |
| Melanie Garland | 2019 V55 | W | DT1K | | 21.40 Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Melanie Garland | 2019 V55 | W | DT1K | | 20.91 Redditch | Midland Veterans' League Division South | 2019-06-05 |
| David Glendower | 2019 V50 | M | SP6K | | 7.40 Belfast | Northern Ireland & Ulster Masters Championships | 2019-06-29 |
| David Glendower | 2019 V50 | M | DT1.5K | | 20.22 Belfast | Northern Ireland & Ulster Masters Championships | 2019-06-29 |
| David Glendower | 2019 V50 | M | HT6K | | 25.11 Belfast | Northern Ireland & Ulster Masters Championships | 2019-06-29 |
| Jon Grainger | 2019 V50 | M | | 1500 4:42.9 | Bracknell | Southern Athletics League Division 1 | 2019-07-13 |
| Jon Grainger | 2019 V50 | M | | 1500 4:46.9 | Basingstoke | Southern Counties Veterans' League Hampshire Division | 2019-06-17 |
| Michael Graz | 2019 V45 | M | | 200 | 29.5 Aberdare | Welsh Masters League | 2019-07-10 |
| Michael Graz | 2019 V45 | M | | 800 2:31.3 | Aberdare | Welsh Masters League | 2019-07-10 |
| Martin Green | 2019 V40 | M | | 1500 4:44.8 | Wrexham | Welsh Masters League | 2019-06-05 |
| Martin Green | 2019 V40 | M | | 3000 10:02.8 | Wrexham | Welsh Masters League | 2019-06-05 |
| Haydn Hartnell | 2019 V55 | M | | 800 2:48.0 | Aberdare | Welsh Masters League | 2019-07-10 |
| Haydn Hartnell | 2019 V55 | M | | 1500 5:32.0 | Newport | Welsh Masters League | 2019-06-12 |
| Haydn Hartnell | 2019 V55 | M | | 3000 11:41.8 | Aberdare | Welsh Masters League | 2019-07-10 |
| Graham Holder | 2019 V45 | M | SP7.26K | | 10.85 Erith | Southern Athletics League Division 2E | 2019-07-13 |
| Graham Holder | 2019 V45 | M | DT2K | | 34.20 Erith | Southern Athletics League Division 2E | 2019-07-13 |

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| Graham Holder | 2019 V45 | M | DT2K | | 33.08 | Chelmsford | British Athletics League Division 2 | 2019-06-09 |
| Graham Holder | 2019 V45 | M | HT7.26K | | 51.68 | Dartford | Kent County 3000m / 10,000m Championships inc. Dartford Harr | 2019-06-26 |
| Graham Holder | 2019 V45 | M | HT7.26K | | 49.95 | Chelmsford | British Athletics League Division 2 | 2019-06-09 |
| Graham Holder | 2019 V45 | M | HT7.26K | | 49.40 | Erith | Southern Athletics League Division 2E | 2019-07-13 |
| Graham Holder | 2019 V45 | M | HT7.26K | | 49.37 | Ashford | Southern Counties Veterans' League Kent Division 1 | 2019-06-24 |
| Graham Holder | 2019 V45 | M | HT7.26K | | 48.41 | Ashford | Senior 8 Counties Inter County Match | 2019-07-14 |
| Iris Holder | 2019 V75 | W | | 100 | 18.35 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Iris Holder | 2019 V75 | W | | 100 | 18.58 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Iris Holder | 2019 V75 | W | | 100 | 19 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Iris Holder | 2019 V75 | W | | 100 | 19.3 | Aberdare | Welsh Masters League | 2019-07-10 |
| Iris Holder | 2019 V75 | W | | 100 | 19.5 | Worcester | Worcester AC Open | 2019-06-20 |
| Iris Holder | 2019 V75 | W | | 200 | 42.5 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Iris Holder | 2019 V75 | W | | 200 | 43.1 | Newport | Welsh Masters League | 2019-06-12 |
| Iris Holder | 2019 V75 | W | LJ | | 2.86 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Iris Holder | 2019 V75 | W | LJ | | 2.76 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Iris Holder | 2019 V75 | W | TJ | | 6.01 | Aberdare | Welsh Masters League | 2019-07-10 |
| Iris Holder | 2019 V75 | W | JT500 | | 6.57 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Wayne Howe | 2019 V60 | M | LJ | | 4.41 | Canterbury | Invicta East Kent Open Series | 2019-06-13 |
| Wayne Howe | 2019 V60 | M | LJ | | 4.40 | Dartford | Kent County 3000m / 10,000m Championships inc. Dartford Harr | 2019-06-26 |
| Wayne Howe | 2019 V60 | M | TJ | | 9.24 | Bromley | Blackheath & Bromley Open Series | 2019-06-17 |
| Wayne Howe | 2019 V60 | M | JT600 | | 38.89 | Canterbury | Invicta East Kent Open Series | 2019-06-13 |
| Wayne Howe | 2019 V60 | M | JT600 | | 38.65 | Bromley | Blackheath & Bromley Open Series | 2019-06-17 |
| Mel James | 2019 V70 | M | | 100 | 15.80 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Mel James | 2019 V70 | M | | 100 | 16.4 | Wrexham | Welsh Masters League | 2019-06-05 |
| Mel James | 2019 V70 | M | | 100 | 16.4 | Aberdare | Welsh Masters League | 2019-07-10 |
| Mel James | 2019 V70 | M | | 200 | 32.97 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Mel James | 2019 V70 | M | | 200 | 33.6 | Aberdare | Welsh Masters League | 2019-07-10 |
| Mel James | 2019 V70 | M | | 200 | 33.7 | Wrexham | Welsh Masters League | 2019-06-05 |
| Mel James | 2019 V70 | M | | 400 | 85.10 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Mel James | 2019 V70 | M | | 400 | 85.1 | Newport | Welsh Masters League | 2019-06-12 |
| David Jones | 2019 V70 | M | SP4K | | 6.41 | Aberdare | Welsh Athletics League | 2019-06-22 |
| David Jones | 2019 V70 | M | DT1K | | 13.54 | Aberdare | Welsh Masters League | 2019-07-10 |
| David Jones | 2019 V70 | M | DT1K | | 12.58 | Aberdare | Welsh Athletics League | 2019-06-22 |
| David Jones | 2019 V70 | M | HT4K | | 18.40 | Aberdare | Welsh Athletics League | 2019-06-22 |
| David Jones | 2019 V70 | M | JT600 | | 11.18 | Aberdare | Welsh Masters League | 2019-07-10 |
| David Jones | 2019 V70 | M | JT500 | | 14.34 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Keri Jones | 2019 V45 | W | 1M | 6:35 | | Tredegar | Steve Jones 1 Mile Series | 2019-06-21 |
| Louise Kirby | 2019 V50 | W | | 100 | 15.6 | Aberdare | Welsh Masters League | 2019-07-10 |

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| Louise Kirby | 2019 V50 | W | 200 | 32 | Aberdare | Welsh Masters League | 2019-07-10 |
| Louise Kirby | 2019 V50 | W | 400 | 75.10 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Elio Lepore | 2019 V60 | M | 800 2:43.7 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Elio Lepore | 2019 V60 | M | 1500 5:24.24 | | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Elio Lepore | 2019 V60 | M | 3000 11:21.5 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Adrian Lewis | 2019 V45 | M | 100 | 15.9 | Aberdare | Welsh Masters League | 2019-07-10 |
| Adrian Lewis | 2019 V45 | M | 200 | 30.1 | Wrexham | Welsh Masters League | 2019-06-05 |
| Adrian Lewis | 2019 V45 | M | 200 | 30.3 | Aberdare | Welsh Masters League | 2019-07-10 |
| Adrian Lewis | 2019 V45 | M | 200 | 30.32 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 |
| Adrian Lewis | 2019 V45 | M | 200 | 31.5 | Newport | Welsh Masters League | 2019-06-12 |
| Adrian Lewis | 2019 V45 | M | 400 | 63.2 | Newport | Welsh Masters League | 2019-06-12 |
| Adrian Lewis | 2019 V45 | M | 800 2:19.1 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Adrian Lewis | 2019 V45 | M | 800 2:34.8 | | Wrexham | Welsh Masters League | 2019-06-05 |
| Adrian Lewis | 2019 V45 | M | 1500 4:46.4 | | Wrexham | Welsh Masters League | 2019-06-05 |
| Adrian Lewis | 2019 V45 | M | 1500 4:56.47 | | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Adrian Lewis | 2019 V45 | M | 1500 4:58.0 | | Newport | Welsh Masters League | 2019-06-12 |
| Adrian Lewis | 2019 V45 | M | 1500 5:07.23 | | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 |
| Adrian Lewis | 2019 V45 | M | 3000 10:52.5 | | Newport | Welsh Masters League | 2019-06-12 |
| Adrian Lewis | 2019 V45 | M | 3000 10:58.9 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Adrian Lewis | 2019 V45 | M | LJ | 3.18 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 |
| Adrian Lewis | 2019 V45 | M | LJ | 2.96 | Wrexham | Welsh Masters League | 2019-06-05 |
| Adrian Lewis | 2019 V45 | M | LJ | 2.92 | Newport | Welsh Masters League | 2019-06-12 |
| Adrian Lewis | 2019 V45 | M | DT2K | 10.20 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 |
| Adrian Lewis | 2019 V45 | M | JT800 | 16.48 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 |
| Adrian Lewis | 2019 V45 | M | PenM45 | 1493 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 |
| Karen Llewelin | 2019 V55 | W | SP4K | 7.53 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Karen Llewelin | 2019 V55 | W | SP3K | 7.73 | Newport | Welsh Masters League | 2019-06-12 |
| Karen Llewelin | 2019 V55 | W | DT1K | 17.42 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Karen Llewelin | 2019 V55 | W | HT3K | 27.43 | Newport | Welsh Masters League | 2019-06-12 |
| Karen Llewelin | 2019 V55 | W | HT3K | 26.29 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Richard Marks | 2019 V65 | M | 800 2:51.0 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Richard Marks | 2019 V65 | M | 3000 12:13.9 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Caroline Marler | 2019 V65 | W | 100 | 16.3 | Bury | Northern Masters Championships | 2019-06-23 |
| Caroline Marler | 2019 V65 | W | 100 | 16.41 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Caroline Marler | 2019 V65 | W | 100 | 16.9 | Sportcity | Joe Moran Memorial Veterans Open | 2019-06-05 |
| Caroline Marler | 2019 V65 | W | 200 | 33.65 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Caroline Marler | 2019 V65 | W | 200 | 33.7 | Bury | Northern Masters Championships | 2019-06-23 |
| Caroline Marler | 2019 V65 | W | 200 | 35.5 | Sportcity | Joe Moran Memorial Veterans Open | 2019-06-05 |

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| Caroline Marler | 2019 | V65 | W | | 400 | 79.9 | Bury | Northern Masters Championships | 2019-06-23 |
| Daphne Marler | 2019 | V70 | W | | 100 | 25.27 | Exeter | South West Veterans Championships | 2019-06-16 |
| Daphne Marler | 2019 | V70 | W | LJ | | 2.00 | Exeter | South West Veterans Championships | 2019-06-16 |
| Daphne Marler | 2019 | V70 | W | LJ | | 1.72 | Newport | Welsh Masters League | 2019-06-12 |
| Daphne Marler | 2019 | V70 | W | TJ | | 4.71 | Exeter | South West Veterans Championships | 2019-06-16 |
| Daphne Marler | 2019 | V70 | W | TJ | | 4.40 | Aberdare | Welsh Masters League | 2019-07-10 |
| Daphne Marler | 2019 | V70 | W | DT1K | | 10.74 | Aberdare | Welsh Masters League | 2019-07-10 |
| Daphne Marler | 2019 | V70 | W | HT3K | | 10.96 | Newport | Welsh Masters League | 2019-06-12 |
| Sean McCormack | 2019 | V55 | M | | 3000 | 11:12.7 | Wrexham | Welsh Masters League | 2019-06-05 |
| Kieran McDonnell | 2019 | V60 | M | | 100 | 13.90 | Cardiff | Welsh Athletics RunWithTheWind Sprints Open Meeting | 2019-06-05 |
| Kieran McDonnell | 2019 | V60 | M | | 200 | 28.70 | Cardiff | Welsh Athletics RunWithTheWind Sprints Open Meeting | 2019-06-05 |
| Kieran McDonnell | 2019 | V60 | M | | 200 | 29.1 | Newport | Welsh Masters League | 2019-06-12 |
| Kieran McDonnell | 2019 | V60 | M | | 200 | 29.5 | Aberdare | Welsh Masters League | 2019-07-10 |
| Kieran McDonnell | 2019 | V60 | M | | 400 | 62.09 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Kieran McDonnell | 2019 | V60 | M | | 400 | 63.1 | Newport | Welsh Masters League | 2019-06-12 |
| Kieran McDonnell | 2019 | V60 | M | | 800 | 2:30.2 | Aberdare | Welsh Masters League | 2019-07-10 |
| Kieran McDonnell | 2019 | V60 | M | | 1500 | 6:06.8 | Newport | Welsh Masters League | 2019-06-12 |
| Alison McLellan | 2019 | V35 | W | | 100 | 13.54 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Alison McLellan | 2019 | V35 | W | | 100 | 14.10 | Liverpool | North of England League Division 3W | 2019-06-16 |
| Alison McLellan | 2019 | V35 | W | | 200 | 27.54 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Alison McLellan | 2019 | V35 | W | LJ | | 4.36 | Liverpool | North of England League Division 3W | 2019-06-16 |
| Alison McLellan | 2019 | V35 | W | TJ | | 9.64 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Alison McLellan | 2019 | V35 | W | TJ | | 9.42 | Liverpool | North of England League Division 3W | 2019-06-16 |
| James Morgan | 2019 | V45 | M | | 100 | 12.93 | Exeter | South West Veterans Championships | 2019-06-16 |
| James Morgan | 2019 | V45 | M | | 100 | 13.17 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| James Morgan | 2019 | V45 | M | | 200 | 26.31 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |

| Name | Year | Age Group | Gender | Event | Performance | Venue | Meeting | Date | |
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| James Morgan | 2019 | V45 | M | | 200 | 26.53 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| James Morgan | 2019 | V45 | M | | 200 | 26.56 | Exeter | South West Veterans Championships | 2019-06-16 |
| Alison Murray | 2019 | V50 | W | 100HW | | 28 | Guildford | Southern Athletics League Division 3SE | 2019-06-15 |
| Alison Murray | 2019 | V50 | W | HJ | | 1.30 | Guildford | Southern Athletics League Division 3SE | 2019-06-15 |
| Alison Murray | 2019 | V50 | W | PV | | 2.50 | Guildford | Southern Athletics League Division 3SE | 2019-06-15 |
| Alison Murray | 2019 | V50 | W | LJ | | 3.50 | Guildford | Southern Athletics League Division 3SE | 2019-06-15 |
| Charlie Northey | 2019 | V50 | M | | 100 | 16.4 | Aberdare | Welsh Masters League | 2019-07-10 |
| Charlie Northey | 2019 | V50 | M | | 200 | 32.4 | Aberdare | Welsh Masters League | 2019-07-10 |
| Charlie Northey | 2019 | V50 | M | | 200 | 33.34 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Charlie Northey | 2019 | V50 | M | | 200 | 36.6 | Newport | Welsh Masters League | 2019-06-12 |

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| Charlie Northey | 2019 V50 | M | 400 | 76.4 | Newport | Welsh Masters League | 2019-06-12 |
| Charlie Northey | 2019 V50 | M | 800 2:47.76 | | Aberdare | Welsh Athletics League | 2019-06-22 |
| Charlie Northey | 2019 V50 | M | 800 2:48.7 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Charlie Northey | 2019 V50 | M | 3000 13:17.1 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Charlie Northey | 2019 V50 | M | 3000 13:40.9 | | Newport | Welsh Masters League | 2019-06-12 |
| Charlie Northey | 2019 V50 | M | HJ | 1.30 | Aberdare | Welsh Masters League | 2019-07-10 |
| Charlie Northey | 2019 V50 | M | DT2K | 18.24 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Charlie Northey | 2019 V50 | M | DT1.5K | 20.00 | Newport | Welsh Masters League | 2019-06-12 |
| Charlie Northey | 2019 V50 | M | DT1.5K | 19.85 | Aberdare | Welsh Masters League | 2019-07-10 |
| Charlie Northey | 2019 V50 | M | HT6K | 14.96 | Newport | Welsh Masters League | 2019-06-12 |
| Charlie Northey | 2019 V50 | M | JT800 | 32.21 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Charlie Northey | 2019 V50 | M | JT700 | 32.85 | Aberdare | Welsh Masters League | 2019-07-10 |
| Patricia Oakes | 2019 V70 | W | HJ | 0.90 | Ashford | Southern Counties Veterans' League Kent Division 2 | 2019-06-24 |
| Patricia Oakes | 2019 V70 | W | TJ | 5.31 | Ashford | Southern Counties Veterans' League Kent Division 2 | 2019-06-24 |
| Patricia Oakes | 2019 V70 | W | JT600 | 13.49 | Chelmsford | Southern Athletics League Division 2E | 2019-06-15 |
| Derek Osborne | 2019 V55 | M | 100 | 14.8 | Aberdare | Welsh Masters League | 2019-07-10 |
| Derek Osborne | 2019 V55 | M | 200 | 29.5 | Newport | Welsh Masters League | 2019-06-12 |
| Derek Osborne | 2019 V55 | M | 200 | 29.9 | Aberdare | Welsh Masters League | 2019-07-10 |
| Derek Osborne | 2019 V55 | M | HJ | 1.35 | Aberdare | Welsh Masters League | 2019-07-10 |
| Derek Osborne | 2019 V55 | M | PV | 2.65 | Newport | Welsh Masters League | 2019-06-12 |
| Derek Osborne | 2019 V55 | M | LJ | 4.56 | Newport | Welsh Masters League | 2019-06-12 |
| Derek Osborne | 2019 V55 | M | TJ | 9.27 | Aberdare | Welsh Masters League | 2019-07-10 |
| Derek Osborne | 2019 V55 | M | DT1.5K | 27.66 | Newport | Welsh Masters League | 2019-06-12 |
| Derek Osborne | 2019 V55 | M | DT1.5K | 27.09 | Aberdare | Welsh Masters League | 2019-07-10 |
| Derek Osborne | 2019 V55 | M | HT6K | 29.17 | Newport | Welsh Masters League | 2019-06-12 |
| Derek Osborne | 2019 V55 | M | JT700 | 29.77 | Aberdare | Welsh Masters League | 2019-07-10 |
| Georgie Parnell | 2019 V35 | W | 800 2:22.5 | | Cheltenham | Cheltenham Midsummer Open Meeting | 2019-07-10 |
| Georgie Parnell | 2019 V35 | W | 800 2:23.23 | | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Stuart Pearce | 2019 V40 | M | 100 | 12.70 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Keith Powell | 2019 V55 | M | 100 | 13.41 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 |
| Keith Powell | 2019 V55 | M | 100 | 14.1 | Aberdare | Welsh Masters League | 2019-07-10 |
| Keith Powell | 2019 V55 | M | 200 | 28.4 | Aberdare | Welsh Masters League | 2019-07-10 |
| Keith Powell | 2019 V55 | M | 200 | 28.86 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 |
| Keith Powell | 2019 V55 | M | 400 | 64.92 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 |
| Keith Powell | 2019 V55 | M | 1500 7:08.30 | | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 |
| Keith Powell | 2019 V55 | M | 1500 7:41.03 | | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 |
| Keith Powell | 2019 V55 | M | 100HM50 | 20.46 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 |
| Keith Powell | 2019 V55 | M | HJ NH | | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 |

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| Keith Powell | 2019 V55 | M | PV | 2.70 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 | |
| Keith Powell | 2019 V55 | M | PV | 2.60 | Loughborough | Midland League Division 4 | 2019-06-16 | |
| Keith Powell | 2019 V55 | M | PV | 2.60 | Burton | Midland League Division 4 | 2019-07-06 | |
| Keith Powell | 2019 V55 | M | PV | 2.20 | Newport | Welsh Masters League | 2019-06-12 | |
| Keith Powell | 2019 V55 | M | LJ | 4.65 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 | |
| Keith Powell | 2019 V55 | M | LJ | 4.64 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 | |
| Keith Powell | 2019 V55 | M | LJ | 4.61 | Newport | Welsh Masters League | 2019-06-12 | |
| Keith Powell | 2019 V55 | M | LJ | 4.56 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 | |
| Keith Powell | 2019 V55 | M | LJ | 4.49 | Coventry | England Masters Inter Area Challenge | 2019-07-06 | |
| Keith Powell | 2019 V55 | M | LJ | 4.44 | Burton | Midland League Division 4 | 2019-07-06 | |
| Keith Powell | 2019 V55 | M | LJ | 4.36 | Aberdare | Welsh Athletics League | 2019-06-22 | |
| Keith Powell | 2019 V55 | M | TJ | 8.48 | Loughborough | Midland League Division 4 | 2019-06-16 | |
| Keith Powell | 2019 V55 | M | SP7.26K | 7.44 | Aberdare | Welsh Athletics League | 2019-06-22 | |
| Keith Powell | 2019 V55 | M | SP6K | 8.30 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-29 | |
| Keith Powell | 2019 V55 | M | DT2K | 20.40 | Aberdare | Welsh Athletics League | 2019-06-22 | |
| Keith Powell | 2019 V55 | M | DT1.5K | 25.23 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 | |
| Keith Powell | 2019 V55 | M | DT1.5K | 24.79 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 | |
| Keith Powell | 2019 V55 | M | JT700 | 25.83 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 | |
| Keith Powell | 2019 V55 | M | JT700 | 22.23 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 | |
| Keith Powell | 2019 V55 | M | PenM55 | 2218 | Horspath | British Masters Open Pentathlon Championships | 2019-06-02 | |
| Keith Powell | 2019 V55 | M | DecM55 | 4331 | Hull | British Masters Combined Events Championships (inc North of En | 2019-06-30 | |
| Robert Prady | 2019 V35 | M | | 3000 | 10:41.31 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Renate Prells | 2019 V60 | W | SP4K | 6.23 | Aberdare | Welsh Athletics League | 2019-06-22 | |
| Renate Prells | 2019 V60 | W | SP3K | 6.75 | Coventry | England Masters Inter Area Challenge | 2019-07-06 | |
| Renate Prells | 2019 V60 | W | DT1K | 18.51 | Aberdare | Welsh Masters League | 2019-07-10 | |
| Renate Prells | 2019 V60 | W | DT1K | 18.16 | Aberdare | Welsh Athletics League | 2019-06-22 | |
| Renate Prells | 2019 V60 | W | HT3K | 29.10 | Coventry | England Masters Inter Area Challenge | 2019-07-06 | |
| Renate Prells | 2019 V60 | W | HT3K | 28.68 | Aberdare | Welsh Athletics League | 2019-06-22 | |
| Glyn Price | 2019 V50 | M | | 200 | 30.3 | Newport | Welsh Masters League | 2019-06-12 |
| Glyn Price | 2019 V50 | M | PV | | 3.40 | Newport | Welsh Masters League | 2019-06-12 |
| Glyn Price | 2019 V50 | M | LJ | | 4.63 | Newport | Welsh Masters League | 2019-06-12 |
| Glyn Price | 2019 V50 | M | DT1.5K | | 24.77 | Newport | Welsh Masters League | 2019-06-12 |
| Glyn Price | 2019 V50 | M | HT6K | | 16.47 | Newport | Welsh Masters League | 2019-06-12 |
| Sean Price | 2019 V55 | M | 1M | 5:32 | | Tredegar | Steve Jones 1 Mile Series | 2019-06-21 |
| Chris Pruski | 2019 V60 | M | | 100 | 16.6 | Wrexham | Welsh Masters League | 2019-06-05 |
| Chris Pruski | 2019 V60 | M | SP5K | | 8.19 | Wrexham | Welsh Masters League | 2019-06-05 |
| Chris Pruski | 2019 V60 | M | DT1K | | 24.73 | Wrexham | Welsh Masters League | 2019-06-05 |
| Chris Pruski | 2019 V60 | M | JT600 | | 28.13 | Wrexham | Welsh Masters League | 2019-06-05 |

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| Glyndwr Pugh | 2019 V55 | M | DT1.5K | 27.32 | Aberdare | Welsh Masters League | 2019-07-10 |
| Glyndwr Pugh | 2019 V55 | M | DT1.5K | 26.50 | Newport | Welsh Masters League | 2019-06-12 |
| Glyndwr Pugh | 2019 V55 | M | HT6K | 30.06 | Newport | Welsh Masters League | 2019-06-12 |
| Glyndwr Pugh | 2019 V55 | M | JT700 | 20.22 | Aberdare | Welsh Masters League | 2019-07-10 |
| Phil Rees | 2019 V75 | M | HJ | 0.90 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Phil Rees | 2019 V75 | M | HJ | 0.90 | Exeter | South West Veterans Championships | 2019-06-16 |
| Phil Rees | 2019 V75 | M | HJ | 0.80 | Wrexham | Welsh Masters League | 2019-06-05 |
| Phil Rees | 2019 V75 | M | HJ | 0.80 | Aberdare | Welsh Masters League | 2019-07-10 |
| Phil Rees | 2019 V75 | M | LJ | 2.35 | Wrexham | Welsh Masters League | 2019-06-05 |
| Phil Rees | 2019 V75 | M | LJ | 2.22 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Phil Rees | 2019 V75 | M | TJ | 5.26 | Exeter | South West Veterans Championships | 2019-06-16 |
| Phil Rees | 2019 V75 | M | TJ | 5.10 | Aberdare | Welsh Masters League | 2019-07-10 |
| Phil Rees | 2019 V75 | M | SP4K | 6.67 | Wrexham | Welsh Masters League | 2019-06-05 |
| Phil Rees | 2019 V75 | M | SP4K | 6.41 | Exeter | South West Veterans Championships | 2019-06-16 |
| Phil Rees | 2019 V75 | M | DT1K | 19.43 | Wrexham | Welsh Masters League | 2019-06-05 |
| Phil Rees | 2019 V75 | M | DT1K | 17.34 | Aberdare | Welsh Masters League | 2019-07-10 |
| Phil Rees | 2019 V75 | M | DT1K | 16.59 | Exeter | South West Veterans Championships | 2019-06-16 |
| Phil Rees | 2019 V75 | M | HT4K | 18.12 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Phil Rees | 2019 V75 | M | HT4K | 15.62 | Exeter | South West Veterans Championships | 2019-06-16 |
| Phil Rees | 2019 V75 | M | JT600 | 12.57 | Aberdare | Welsh Masters League | 2019-07-10 |
| Phil Rees | 2019 V75 | M | JT500 | 13.02 | Wrexham | Welsh Masters League | 2019-06-05 |
| Barrie Roberts | 2019 V75 | M | 400 | 97.87 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Barrie Roberts | 2019 V75 | M | 800 3:32.53 | | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Barrie Roberts | 2019 V75 | M | 1500 7:05.7 | | Worcester | Worcester AC Open | 2019-06-20 |
| Barrie Roberts | 2019 V75 | M | Mile 7:32.9 | | Coventry | Warwickshire Open Graded Series | 2019-07-03 |
| Barrie Roberts | 2019 V75 | M | 1M 7:36 | | Bourton-on-th | Bourton One Mile Challenge | 2019-07-13 |
| Huw Roberts | 2019 V60 | M | 3000 12:35.9 | | Newport | Welsh Masters League | 2019-06-12 |
| Huw Roberts | 2019 V60 | M | 5K 21:13 | | Cardiff | SSAFA 5K | 2019-06-19 |
| Mark Roberts | 2019 V55 | M | 200 | 32.8 | Newport | Welsh Masters League | 2019-06-12 |
| Mark Roberts | 2019 V55 | M | 800 2:35.58 | | Aberdare | Welsh Athletics League | 2019-06-22 |
| Mark Roberts | 2019 V55 | M | 800 2:42.4 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Mark Roberts | 2019 V55 | M | 1500 5:42.0 | | Newport | Welsh Masters League | 2019-06-12 |
| Mark Roberts | 2019 V55 | M | 3000 11:58.9 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Peter Roberts | 2019 V45 | M | SP7.26K | 9.95 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Peter Roberts | 2019 V45 | M | DT2K | 36.58 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Peter Roberts | 2019 V45 | M | DT2K | 33.21 | Aberdare | Welsh Masters League | 2019-07-10 |
| Peter Roberts | 2019 V45 | M | HT7.26K | 26.06 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Ian Robinson | 2019 V70 | M | DT1K | 29.64 | Wrexham | Welsh Masters League | 2019-06-05 |

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| Sharon Samuel | 2019 V50 | W | | 200 | 31 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Rebecca Selvey | 2019 V45 | W | | 400 | 69.1 | Tipton | Midland League Division 3 | 2019-06-16 |
| Rebecca Selvey | 2019 V45 | W | | 800 2:33.2 | | Tipton | Midland League Division 3 | 2019-06-16 |
| Rebecca Selvey | 2019 V45 | W | | 800 2:34.1 | | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Rebecca Selvey | 2019 V45 | W | | 1500 5:24.95 | | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Rebecca Selvey | 2019 V45 | W | | 3000 11:56.3 | | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Rebecca Selvey | 2019 V45 | W | 1M | 5:46 | | Bourton-on-th | Bourton One Mile Challenge | 2019-07-13 |
| Dave Shields | 2019 V55 | M | TJ | | 8.67 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Juliet Sidney | 2019 V50 | W | | 100 | 13.98 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Juliet Sidney | 2019 V50 | W | | 800 2:57.2 | | Loughborough | Midland League Division 4 | 2019-06-16 |
| Sasha Spottiswoode | 2019 V45 | W | DT1K | | 23.86 | Chelmsford | UK Women's League Division 2 | 2019-06-09 |
| Sasha Spottiswoode | 2019 V45 | W | DT1K | | 23.07 | Aberdare | Welsh Masters League | 2019-07-10 |
| Sasha Spottiswoode | 2019 V45 | W | DT1K | | 22.61 | Cardiff | Cardiff Throws Open (Hammer & Discus) | 2019-07-02 |
| Sasha Spottiswoode | 2019 V45 | W | HT4K | | 30.65 | Cardiff | Cardiff Throws Open (Hammer & Discus) | 2019-07-02 |
| Sasha Spottiswoode | 2019 V45 | W | HT4K | | 28.45 | Cardiff | Cardiff Throws Open (Hammer & Discus) | 2019-06-11 |
| Sasha Spottiswoode | 2019 V45 | W | HT4K | | 26.69 | Newport | Welsh Masters League | 2019-06-12 |
| Sasha Spottiswoode | 2019 V45 | W | JT500 | | 25.51 | Aberdare | Welsh Masters League | 2019-07-10 |
| Clare St. John-Coleman | 2019 V55 | W | | 100 | 15.67 | Lee Valley | Lee Valley Sprint Double 100m Open Series | 2019-06-19 |
| Clare St. John-Coleman | 2019 V55 | W | | 100 | 15.83 | Lee Valley | Lee Valley Sprint Double 100m Open Series | 2019-06-19 |
| Clare St. John-Coleman | 2019 V55 | W | | 100 | 16 | Chelmsford | Eastern Masters AC League Division South | 2019-07-03 |
| Clare St. John-Coleman | 2019 V55 | W | | 200 | 35.2 | Southend | Eastern Masters AC League Division South | 2019-06-05 |
| Clare St. John-Coleman | 2019 V55 | W | PV | | 1.60 | Southend | Eastern Masters AC League Division South | 2019-06-05 |
| Clare St. John-Coleman | 2019 V55 | W | LJ | | 3.63 | Southend | Eastern Masters AC League Division South | 2019-06-05 |
| Clare St. John-Coleman | 2019 V55 | W | TJ | | 7.24 | Chelmsford | Eastern Masters AC League Division South | 2019-07-03 |
| Dave Stokes | 2019 V55 | M | HJ | NH | | Wrexham | Welsh Masters League | 2019-06-05 |
| Dave Stokes | 2019 V55 | M | PV | | 2.20 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Dave Stokes | 2019 V55 | M | LJ | | 3.81 | Bury | Northern Masters Championships | 2019-06-23 |
| Dave Stokes | 2019 V55 | M | LJ | | 3.50 | Wrexham | Welsh Masters League | 2019-06-05 |
| Dave Stokes | 2019 V55 | M | SP6K | | 8.47 | Bury | Northern Masters Championships | 2019-06-23 |
| Dave Stokes | 2019 V55 | M | SP6K | | 8.29 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Dave Stokes | 2019 V55 | M | SP6K | | 8.18 | Wrexham | Welsh Masters League | 2019-06-05 |
| Dave Stokes | 2019 V55 | M | DT1.5K | | 29.00 | Wrexham | Welsh Masters League | 2019-06-05 |
| Dave Stokes | 2019 V55 | M | DT1.5K | | 28.39 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Dave Stokes | 2019 V55 | M | DT1.5K | | 28.35 | Bury | Northern Masters Championships | 2019-06-23 |
| Dave Stokes | 2019 V55 | M | HT6K | | 29.99 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Dave Stokes | 2019 V55 | M | HT6K | | 27.72 | Bury | Northern Masters Championships | 2019-06-23 |
| Dave Stokes | 2019 V55 | M | JT700 | | 24.71 | Wrexham | Welsh Masters League | 2019-06-05 |
| Dave Stokes | 2019 V55 | M | JT700 | | 21.63 | Bury | Northern Masters Championships | 2019-06-23 |

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| Ian Swanson | 2019 V65 | M | 100 | 23.1 | Aberdare | Welsh Masters League | 2019-07-10 |
| Ian Swanson | 2019 V65 | M | 200 | 45.2 | Newport | Welsh Masters League | 2019-06-12 |
| Ian Swanson | 2019 V65 | M | 3000 18:04.0 | | Newport | Welsh Masters League | 2019-06-12 |
| Ian Swanson | 2019 V65 | M | 3000 20:41.2 | | Aberdare | Welsh Masters League | 2019-07-10 |
| Ian Swanson | 2019 V65 | M | HJ | 1.10 | Aberdare | Welsh Masters League | 2019-07-10 |
| Ian Swanson | 2019 V65 | M | LJ | 2.56 | Newport | Welsh Masters League | 2019-06-12 |
| Joe Thomas | 2019 V40 | M | 3000 9:46.9 | | Newport | Welsh Masters League | 2019-06-12 |
| Steven Thomas-Spires | 2019 V45 | M | 100 | 13.6 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Steven Thomas-Spires | 2019 V45 | M | 100 | 13.7 | Wrexham | Welsh Masters League | 2019-06-05 |
| Steven Thomas-Spires | 2019 V45 | M | 200 | 28.4 | Wrexham | Welsh Masters League | 2019-06-05 |
| Steven Thomas-Spires | 2019 V45 | M | 200 | 29.2 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Steven Thomas-Spires | 2019 V45 | M | 400 | 75.3 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Steven Thomas-Spires | 2019 V45 | M | HJ | 1.30 | Wrexham | Welsh Masters League | 2019-06-05 |
| Steven Thomas-Spires | 2019 V45 | M | LJ | 3.90 | Wrexham | Welsh Masters League | 2019-06-05 |
| Steven Thomas-Spires | 2019 V45 | M | TJ | 9.04 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Steven Thomas-Spires | 2019 V45 | M | TJ | 8.68 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Steven Thomas-Spires | 2019 V45 | M | DT2K | 19.62 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Steven Thomas-Spires | 2019 V45 | M | HT7.26K | 19.38 | Ashton under | North of England League Division 4W | 2019-06-16 |
| Steven Thomas-Spires | 2019 V45 | M | JT800 | 22.10 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Jan Timberlake | 2019 V50 | W | 100 | 16.4 | Tipton | Midland League Division 3 | 2019-06-16 |
| Jan Timberlake | 2019 V50 | W | 80HW50 | 16.79 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Jan Timberlake | 2019 V50 | W | LJ | 4.13 | Tipton | Midland League Division 3 | 2019-06-16 |
| Jan Timberlake | 2019 V50 | W | LJ | 3.99 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Jan Timberlake | 2019 V50 | W | LJ | 3.97 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Jan Timberlake | 2019 V50 | W | TJ | 8.48 | Tipton | Midland League Division 3 | 2019-06-16 |
| Jan Timberlake | 2019 V50 | W | TJ | 8.34 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Jan Timberlake | 2019 V50 | W | DT1K | 21.78 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Jan Timberlake | 2019 V50 | W | DT1K | 18.97 | Tipton | Midland League Division 3 | 2019-06-16 |
| Martin Tucker | 2019 V50 | M | SP6K | 10.51 | Bury | Northern Masters Championships | 2019-06-23 |
| Martin Tucker | 2019 V50 | M | SP6K | 9.93 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Martin Tucker | 2019 V50 | M | SP6K | 9.82 | Wrexham | Welsh Masters League | 2019-06-05 |
| Martin Tucker | 2019 V50 | M | JT700 | 42.14 | Wrexham | Welsh Masters League | 2019-06-05 |
| Martin Tucker | 2019 V50 | M | JT700 | 41.72 | Bury | Northern Masters Championships | 2019-06-23 |
| Martin Tucker | 2019 V50 | M | JT700 | 41.67 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Julie Wakelam | 2019 V60 | W | 100 | 17.1 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Julie Wakelam | 2019 V60 | W | HJ | 1.18 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Julie Wakelam | 2019 V60 | W | HJ | 1.15 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Julie Wakelam | 2019 V60 | W | HJ | 1.15 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |

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| Julie Wakelam | 2019 V60 | W | LJ | 3.67 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Julie Wakelam | 2019 V60 | W | LJ | 3.55 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Julie Wakelam | 2019 V60 | W | TJ | 7.45 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Julie Wakelam | 2019 V60 | W | TJ | 7.36 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Julie Wakelam | 2019 V60 | W | TJ | 7.25 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Julie Wakelam | 2019 V60 | W | SP3K | 7.18 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Julie Wakelam | 2019 V60 | W | DT1K | 19.68 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Julie Wakelam | 2019 V60 | W | DT1K | 18.99 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Julie Wakelam | 2019 V60 | W | HT3K | 31.75 | Stratford upon | Midland Veterans' League Division South | 2019-07-03 |
| Julie Wakelam | 2019 V60 | W | HT3K | 30.82 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Julie Wakelam | 2019 V60 | W | JT500 | 21.84 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Julie Wakelam | 2019 V60 | W | JT500 | 19.68 | Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Gwynn Wallace | 2019 V50 | M | SP6K | 9.90 | Derby | Midland Masters Throws Group Series Open | 2019-06-01 |
| Gwynn Wallace | 2019 V50 | M | SP6K | 9.15 | Abingdon | Southern Counties Veterans' League Western Division | 2019-06-03 |
| Gwynn Wallace | 2019 V50 | M | WT11.34K | 8.65 | Derby | Midland Masters Throws Group Series Open | 2019-06-01 |
| Gwynn Wallace | 2019 V50 | M | DT1.5K | 32.18 | Derby | Midland Masters Throws Group Series Open | 2019-06-01 |
| Gwynn Wallace | 2019 V50 | M | HT6K | 25.55 | Abingdon | Southern Counties Veterans' League Western Division | 2019-06-03 |
| Gwynn Wallace | 2019 V50 | M | HT6K | 23.87 | Derby | Midland Masters Throws Group Series Open | 2019-06-01 |
| Gwynn Wallace | 2019 V50 | M | JT700 | 34.29 | Derby | Midland Masters Throws Group Series Open | 2019-06-01 |
| Gwynn Wallace | 2019 V50 | M | PenWtM50 | 2299 | Derby | Midland Masters Throws Group Series Open | 2019-06-01 |
| Geoff Ward | 2019 V65 | M | SP5K | 9.90 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Geoff Ward | 2019 V65 | M | SP5K | 9.59 | Wrexham | Welsh Masters League | 2019-06-05 |
| Geoff Ward | 2019 V65 | M | DT1K | 35.16 | Nuneaton | Midland Masters AC Championships | 2019-06-09 |
| Geoff Ward | 2019 V65 | M | DT1K | 34.06 | Wrexham | Welsh Masters League | 2019-06-05 |
| Peter Watkeys | 2019 V35 | M | | 5000 17:00.61 | Basingstoke | Southern Athletics League Division 2W | 2019-06-15 |
| Victoria Watkins | 2019 V35 | W | | 200 | 31.4 Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Victoria Watkins | 2019 V35 | W | | 400 | 68.58 Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Victoria Watkins | 2019 V35 | W | | 400 | 69.9 Redditch | Midland Veterans' League Division South | 2019-06-05 |
| Victoria Watkins | 2019 V35 | W | | 800 2:43.9 | Cheltenham | Cheltenham Midsummer Open Meeting | 2019-07-10 |
| Victoria Watkins | 2019 V35 | W | 400HW | | 86.7 Tipton | Midland League Division 3 | 2019-06-16 |
| Welsh Masters AA V35 Team | 2019 V35 | W | 4x100 | 56.46 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Welsh Masters AA V35 Team | 2019 V35 | M | 4x100 | 53.88 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Welsh Masters AA V50 Team | 2019 V50 | W | 4x100 | 60.97 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Welsh Masters AA V50 Team | 2019 V50 | M | 4x100 | 54.35 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Welsh Masters AA V60 Team | 2019 V60 | W | 4x100 | 72.09 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Welsh Masters AA V60 Team | 2019 V60 | M | 4x100 | 57.72 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Russell Whiting | 2019 V50 | M | | 100 | 12.22 Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Russell Whiting | 2019 V50 | M | | 100 | 12.4 Worthing | Southern Athletics League Division 3SE | 2019-07-13 |

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| Russell Whiting | 2019 V50 | M | | 200 | 25.56 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Russell Whiting | 2019 V50 | M | | 200 | 25.7 | Worthing | Southern Athletics League Division 3SE | 2019-07-13 |
| Ian Williams | 2019 V40 | M | DT2K | | 27.22 | Newport | Welsh Masters League | 2019-06-12 |
| Ian Williams | 2019 V40 | M | DT2K | | 25.25 | Aberdare | Welsh Masters League | 2019-07-10 |
| Ian Williams | 2019 V40 | M | JT800 | | 29.57 | Aberdare | Welsh Masters League | 2019-07-10 |
| Mark Williams | 2019 V60 | M | | 200 | 34.2 | Aberdare | Welsh Masters League | 2019-07-10 |
| Mark Williams | 2019 V60 | M | | 200 | 35.44 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Mark Williams | 2019 V60 | M | | 400 | 77.2 | Newport | Welsh Masters League | 2019-06-12 |
| Mark Williams | 2019 V60 | M | | 800 | 2:51.0 | Aberdare | Welsh Masters League | 2019-07-10 |
| Mark Williams | 2019 V60 | M | | 800 | 2:58.83 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Mark Williams | 2019 V60 | M | | 1500 | 5:36.53 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Mark Williams | 2019 V60 | M | | 1500 | 5:42.7 | Newport | Welsh Masters League | 2019-06-12 |
| Mark Williams | 2019 V60 | M | | 3000 | 11:47.56 | Coventry | England Masters Inter Area Challenge | 2019-07-06 |
| Mark Williams | 2019 V60 | M | | 3000 | 11:50.5 | Newport | Welsh Masters League | 2019-06-12 |
| Mark Williams | 2019 V60 | M | | 3000 | 11:51.1 | Aberdare | Welsh Masters League | 2019-07-10 |
| Mark Williams | 2019 V60 | M | SP7.26K | | 6.98 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Mark Williams | 2019 V60 | M | SP5K | | 6.35 | Newport | Welsh Masters League | 2019-06-12 |
| Mark Williams | 2019 V60 | M | DT2K | | 11.61 | Aberdare | Welsh Athletics League | 2019-06-22 |
| Mark Williams | 2019 V60 | M | DT1K | | 18.85 | Aberdare | Welsh Masters League | 2019-07-10 |
| Mark Williams | 2019 V60 | M | JT600 | | 13.85 | Aberdare | Welsh Masters League | 2019-07-10 |
| Mark Williams | 2019 V60 | M | 1M | 6:09 | | Tredegar | Steve Jones 1 Mile Series | 2019-06-21 |
| Paul Williams | 2019 V55 | M | | 100 | 13.1 | Burton | Midland Veterans' League Division North | 2019-07-03 |
| Paul Williams | 2019 V55 | M | | 200 | 26.83 | Birmingham | Midland Veterans' League Division North | 2019-06-05 |
| Paul Williams | 2019 V55 | M | LJ | | 4.31 | Birmingham | Midland Veterans' League Division North | 2019-06-05 |
| Paul Williams | 2019 V55 | M | LJ | | 4.17 | Burton | Midland Veterans' League Division North | 2019-07-03 |
| Paul Williams | 2019 V55 | M | TJ | | 9.23 | Burton | Midland Veterans' League Division North | 2019-07-03 |
| Paul Williams | 2019 V55 | M | SP7.26K | | 7.76 | Birmingham | Midland Veterans' League Division North | 2019-06-05 |
| Paul Williams | 2019 V55 | M | SP6K | | 8.31 | Burton | Midland Veterans' League Division North | 2019-07-03 |
| Paul Williams | 2019 V55 | M | DT1.5K | | 20.60 | Birmingham | Midland Veterans' League Division North | 2019-06-05 |
| Robin Wood | 2019 V50 | M | | 200 | 28.5 | Newport | Welsh Masters League | 2019-06-12 |
| Robin Wood | 2019 V50 | M | | 400 | 68.2 | Newport | Welsh Masters League | 2019-06-12 |
| Robin Wood | 2019 V50 | M | LJ | | 4.23 | Newport | Welsh Masters League | 2019-06-12 |