

Power of 10 Athlete Data

AthleteID	Name	Year	Age	Gr	Gen	Event	Performance	Venue	Meeting	Date
23113	Paul Allen	2019	V70		M		800 3:18.63	Lee Valley	English Masters Area Challenge	2019-02-24
23113	Paul Allen	2019	V70		M		1500 6:30.57	Lee Valley	English Masters Area Challenge	2019-02-24
26018	Amanda Broadhurst	2019	V45		W		200	31.87 Lee Valley	British Masters Championships	2019-03-10
26018	Amanda Broadhurst	2019	V45		W		800 3:01.35	Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
26018	Amanda Broadhurst	2019	V45		W	60HW40	10.44	Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
26018	Amanda Broadhurst	2019	V45		W	60HW40	10.87	Lee Valley	English Masters Area Challenge	2019-02-24
26018	Amanda Broadhurst	2019	V45		W	HJ	1.27	Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
26018	Amanda Broadhurst	2019	V45		W	LJ	4.10	Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
26018	Amanda Broadhurst	2019	V45		W	LJ	3.78	Lee Valley	British Masters Championships	2019-03-09
26018	Amanda Broadhurst	2019	V45		W	SP4K	8.38	Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
26018	Amanda Broadhurst	2019	V45		W	PenIW45	2976	Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
23960	Ian Broadhurst	2019	V60		M		60	8.72 Lee Valley	English Masters Area Challenge	2019-02-24
23960	Ian Broadhurst	2019	V60		M		200	27.11 Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
23960	Ian Broadhurst	2019	V60		M		200	27.31 Lee Valley	British Masters Championships	2019-03-10
23960	Ian Broadhurst	2019	V60		M		200	27.49 Lee Valley	English Masters Area Challenge	2019-02-24
23960	Ian Broadhurst	2019	V60		M		400	62.08 Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
399109	Angela Bryant	2019	V55		W		60	9.36 Birmingham	City of Birmingham Games	2019-02-17
399109	Angela Bryant	2019	V55		W		200	31.38 Birmingham	City of Birmingham Games	2019-02-17
399109	Angela Bryant	2019	V55		W		400	88.96 Birmingham	City of Birmingham Games	2019-02-17
43000	Stephen Buttler	2019	V40		M		60	7.77 Lee Valley	English Masters Area Challenge	2019-02-24
43000	Stephen Buttler	2019	V40		M		60	7.80 Birmingham (PB)	Midland Counties Open Series	2019-03-16
43000	Stephen Buttler	2019	V40		M		100 DNF	Birmingham (PB)	Midland Counties Open Series	2019-03-16
42753	Owen Chesher	2019	V35		M		400	55.95 Lee Valley	English Masters Area Challenge	2019-02-24
42753	Owen Chesher	2019	V35		M	HJ	1.70	Lee Valley	English Masters Area Challenge	2019-02-24

119080	Martyn Cole	2019	V55	M		1500	5:01.65	Lee Valley	English Masters Area Challenge	2019-02-24
43859	Amanda Cook	2019	V40	W	60HW40			9.93 Lee Valley	British Masters Championships	2019-03-09
43859	Amanda Cook	2019	V40	W	LJ			4.32 Lee Valley	British Masters Championships	2019-03-09
43859	Amanda Cook	2019	V40	W	TJ			9.19 Lee Valley	British Masters Championships	2019-03-10
43859	Amanda Cook	2019	V40	W	TJ			8.59 Lee Valley	English Masters Area Challenge	2019-02-24
554009	Claudia Cabbage	2019	V45	W	HJ			1.30 Lee Valley	English Masters Area Challenge	2019-02-24
554009	Claudia Cabbage	2019	V45	W	PV			2.20 Lee Valley	British Masters Championships	2019-03-09
554009	Claudia Cabbage	2019	V45	W	PV		NM	Lee Valley	English Masters Area Challenge	2019-02-24
554009	Claudia Cabbage	2019	V45	W	SP4K			9.15 Lee Valley	British Masters Championships	2019-03-09
554009	Claudia Cabbage	2019	V45	W	SP4K			9.11 Lee Valley	English Masters Area Challenge	2019-02-24
719036	Austin Davies	2019	V60	M		800	2:38.10	Lee Valley	English Masters Area Challenge	2019-02-24
719036	Austin Davies	2019	V60	M		800	2:39.77	Lee Valley	British Masters Championships	2019-03-10
35171	Roderick Davies	2019	V60	M		60		9.09 Lee Valley	British Masters Championships	2019-03-09
35171	Roderick Davies	2019	V60	M		200		29.96 Lee Valley	British Masters Championships	2019-03-10
35171	Roderick Davies	2019	V60	M	LJ			4.04 Lee Valley	English Masters Area Challenge	2019-02-24
35171	Roderick Davies	2019	V60	M	LJ			3.94 Lee Valley	British Masters Championships	2019-03-09
35171	Roderick Davies	2019	V60	M	SP5K			7.07 Lee Valley	English Masters Area Challenge	2019-02-24
14897	Brett Davis	2019	V55	M		400		63.60 Lee Valley	English Masters Area Challenge	2019-02-24
14897	Brett Davis	2019	V55	M		800	2:21.82	Lee Valley	English Masters Area Challenge	2019-02-24
14897	Brett Davis	2019	V55	M		800	2:22.37	Lee Valley	British Masters Championships	2019-03-10
386856	Jason Elworthy	2019	V45	M	SP5K			6.11 Cardiff	Welsh Athletics Shot in the Dark Open	2019-03-02
656064	Matthew Evans	2019	V35	M		1500	4:24.27	Lee Valley	British Masters Championships	2019-03-09
656064	Matthew Evans	2019	V35	M		1500	4:28.22	Lee Valley	English Masters Area Challenge	2019-02-24
656064	Matthew Evans	2019	V35	M		3000	9:35.62	Cardiff	Welsh Athletics International	2019-03-03
656064	Matthew Evans	2019	V35	M		3000	9:46.20	Lee Valley	British Masters Championships	2019-03-10
387047	Sarah Everitt	2019	V50	W		800	2:32.83	Lee Valley	English Masters Area Challenge	2019-02-24
387047	Sarah Everitt	2019	V50	W		1500	5:17.81	Lee Valley	English Masters Area Challenge	2019-02-24
387047	Sarah Everitt	2019	V50	W		3000	11:13.31	Lee Valley	English Masters Area Challenge	2019-02-24
745669	Paul Flynn	2019	V50	M		3000	10:45.01	Lee Valley	English Masters Area Challenge	2019-02-24
26443	Dorothy Fraser	2019	V80	W		60		13.33 Lee Valley	British Masters Championships	2019-03-09
26443	Dorothy Fraser	2019	V80	W		60		14.34 Lee Valley	English Masters Area Challenge	2019-02-24
26443	Dorothy Fraser	2019	V80	W		200		54.16 Lee Valley	British Masters Championships	2019-03-10

25969	Joanne Frost	2019	V40	W		60	8.19	Sportcity	Sale Harriers Open Series inc. North Wales 300m Championships	2019-03-10
25969	Joanne Frost	2019	V40	W		60	8.22	Lee Valley	English Masters Area Challenge	2019-02-24
25969	Joanne Frost	2019	V40	W		60	8.30	Sportcity	Sale Harriers Open Series inc. North Wales 300m Championships	2019-03-10
25969	Joanne Frost	2019	V40	W	LJ		5.13	Lee Valley	English Masters Area Challenge	2019-02-24
25969	Joanne Frost	2019	V40	W	LJ		5.11	Sportcity	Sale Harriers Open Series inc. North Wales 300m Championships	2019-03-10
108974	Melanie Garland	2019	V55	W		60	8.97	Lee Valley	British Masters Championships	2019-03-09
108974	Melanie Garland	2019	V55	W		60	8.97	Lee Valley	British Masters Championships	2019-03-09
108974	Melanie Garland	2019	V55	W		60	9.03	Birmingham	City of Birmingham Games	2019-02-17
108974	Melanie Garland	2019	V55	W		200	30.42	Birmingham	City of Birmingham Games	2019-02-17
108974	Melanie Garland	2019	V55	W		200	31.43	Lee Valley	British Masters Championships	2019-03-10
108974	Melanie Garland	2019	V55	W	HJ		1.36	Lee Valley	British Masters Championships	2019-03-09
108974	Melanie Garland	2019	V55	W	LJ		4.55	Birmingham	City of Birmingham Games	2019-02-17
108974	Melanie Garland	2019	V55	W	LJ		4.52	Lee Valley	British Masters Championships	2019-03-09
108974	Melanie Garland	2019	V55	W	TJ		9.38	Lee Valley	British Masters Championships	2019-03-10
108974	Melanie Garland	2019	V55	W	TJ		9.28	Lee Valley	English Masters Area Challenge	2019-02-24
44187	David Glendower	2019	V50	M	SP6K		7.86	Lee Valley	English Masters Area Challenge	2019-02-24
44187	David Glendower	2019	V50	M	SP6K		7.81	Emirates Arena	Scottish National Combined Events / Masters / Relay Championsh	2019-02-17
44187	David Glendower	2019	V50	M	SP6K		7.64	Lee Valley	British Masters Championships	2019-03-10
44187	David Glendower	2019	V50	M	WT11.34K		8.97	Lee Valley	British Masters Winter Throws Championships	2019-03-10
44187	David Glendower	2019	V50	M	HT6K		24.28	Lee Valley	British Masters Winter Throws Championships	2019-03-10
39483	Dave Gordon	2019	V50	M	PV		3.40	Lee Valley	British Masters Championships	2019-03-10

4323	Jon Grainger	2019	V50	M		1500	4:43.83	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
24536	Iris Holder	2019	V75	W		60		11.38 Lee Valley	English Masters Area Challenge	2019-02-24
24536	Iris Holder	2019	V75	W		60		11.43 Lee Valley	British Masters Championships	2019-03-09
24536	Iris Holder	2019	V75	W	LJ			2.88 Lee Valley	English Masters Area Challenge	2019-02-24
24536	Iris Holder	2019	V75	W	LJ			2.82 Lee Valley	British Masters Championships	2019-03-09
24536	Iris Holder	2019	V75	W	TJ			6.08 Lee Valley	British Masters Championships	2019-03-10
24536	Iris Holder	2019	V75	W	SP3K			5.43 Lee Valley	English Masters Area Challenge	2019-02-24
42341	Mel James	2019	V70	M		60		10.09 Lee Valley	English Masters Area Challenge	2019-02-24
42341	Mel James	2019	V70	M		200		34.29 Lee Valley	English Masters Area Challenge	2019-02-24
107445	Ruth Jansen	2019	V45	W	SP4K			9.42 Lee Valley	British Masters Championships	2019-03-09
965885	Eleri Jones	2019	V35	W		60		8.60 Lee Valley	British Masters Championships	2019-03-09
965885	Eleri Jones	2019	V35	W		200		29.12 Lee Valley	British Masters Championships	2019-03-10
965885	Eleri Jones	2019	V35	W		200		29.48 Lee Valley	English Masters Area Challenge	2019-02-24
56658	Keri Jones	2019	V45	W	7.36KXC	35:45		Llanelli	Welsh National Championships	2019-02-23
48190	Lee Jones	2019	V45	M	5.5MNAD	28:39		Bromborough	Borders League 5.5	2019-03-03
48190	Lee Jones	2019	V45	M	HM	72:38		Wrexham	Village Bakery Wrexham Half Marathon	2019-02-17
522737	Llinos Jones	2019	V35	W		1500	5:14.02	Lee Valley	English Masters Area Challenge	2019-02-24
842767	Louise Kirby	2019	V50	W		60		9.30 Lee Valley	British Masters Championships	2019-03-09
842767	Louise Kirby	2019	V50	W		200		31.53 Lee Valley	British Masters Championships	2019-03-10
842767	Louise Kirby	2019	V50	W		400		71.39 Lee Valley	British Masters Championships	2019-03-09
842767	Louise Kirby	2019	V50	W		400		72.19 Lee Valley	English Masters Area Challenge	2019-02-24
842767	Louise Kirby	2019	V50	W	2000W	15:37.48		Lee Valley	English Masters Area Challenge	2019-02-24

599005	Adrian Lewis	2019	V45	M		3000	10:14.82	Lee Valley	English Masters Area Challenge	2019-02-24
44169	Karen Llewelin	2019	V55	W	SP3K			7.93 Lee Valley	British Masters Championships	2019-03-09
44169	Karen Llewelin	2019	V55	W	SP3K			7.92 Lee Valley	English Masters Area Challenge	2019-02-24
44169	Karen Llewelin	2019	V55	W	WT7.26K			8.24 Lee Valley	British Masters Winter Throws Championships	2019-03-09
44169	Karen Llewelin	2019	V55	W	DT1K			21.28 Lee Valley	British Masters Winter Throws Championships	2019-03-10
44169	Karen Llewelin	2019	V55	W	HT3K			26.97 Lee Valley	British Masters Winter Throws Championships	2019-03-09
360439	Helen Lutley	2019	V65	W		1500	7:08.43	Lee Valley	English Masters Area Challenge	2019-02-24
24541	Daphne Marler	2019	V70	W		60		14.23 Lee Valley	British Masters Championships	2019-03-09
24541	Daphne Marler	2019	V70	W	LJ			2.02 Lee Valley	British Masters Championships	2019-03-09
24541	Daphne Marler	2019	V70	W	TJ			4.70 Lee Valley	British Masters Championships	2019-03-10
789642	Kieran McDonnell	2019	V60	M		400		62.83 Lee Valley	English Masters Area Challenge	2019-02-24
566434	Alison Murray	2019	V50	W	HJ			1.41 Lee Valley	English Masters Area Challenge	2019-02-24
566434	Alison Murray	2019	V50	W	PV			2.93 Lee Valley	Metaswitch Games Open	2019-02-16
566434	Alison Murray	2019	V50	W	PV			2.83 Cardiff	Vault Cardiff	2019-03-10
566434	Alison Murray	2019	V50	W	PV			2.81 Lee Valley	British Masters Championships	2019-03-09
566434	Alison Murray	2019	V50	W	PV			2.80 Lee Valley	English Masters Area Challenge	2019-02-24
566434	Alison Murray	2019	V50	W	PV			2.80 Birmingham (PB)	Midland Counties Open Series	2019-03-16
25923	Derek Osborne	2019	V55	M		1000	3:26.98	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
25923	Derek Osborne	2019	V55	M	60HM50			10.97 Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
25923	Derek Osborne	2019	V55	M	HJ			1.47 Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
25923	Derek Osborne	2019	V55	M	LJ			4.64 Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
25923	Derek Osborne	2019	V55	M	SP6K			8.79 Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
25923	Derek Osborne	2019	V55	M	PenIM55			3184 Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
2433	Georgie Parnell	2019	V35	W		800	2:23.24	Lee Valley	English Masters Area Challenge	2019-02-24
2433	Georgie Parnell	2019	V35	W		800	2:23.34	Lee Valley	British Masters Championships	2019-03-10
89210	Stuart Pearce	2019	V40	M		60		7.93 Lee Valley	British Masters Championships	2019-03-09
89210	Stuart Pearce	2019	V40	M		200		26.37 Lee Valley	British Masters Championships	2019-03-10
89210	Stuart Pearce	2019	V40	M		200		26.63 Lee Valley	English Masters Area Challenge	2019-02-24

42345	Keith Powell	2019	V55	M	60	8.50	Lee Valley	British Masters Championships	2019-03-09
42345	Keith Powell	2019	V55	M	60	8.57	Lee Valley	British Masters Championships	2019-03-09
42345	Keith Powell	2019	V55	M	60	8.67	Lee Valley	English Masters Area Challenge	2019-02-24
42345	Keith Powell	2019	V55	M	200	28.49	Lee Valley	English Masters Area Challenge	2019-02-24
42345	Keith Powell	2019	V55	M	1000	4:03.99	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
42345	Keith Powell	2019	V55	M	60HM50	11.26	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
42345	Keith Powell	2019	V55	M	HJ	1.38	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
42345	Keith Powell	2019	V55	M	PV	2.60	Lee Valley	British Masters Championships	2019-03-10
42345	Keith Powell	2019	V55	M	LJ	4.58	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
42345	Keith Powell	2019	V55	M	LJ	4.48	Lee Valley	British Masters Championships	2019-03-09
42345	Keith Powell	2019	V55	M	SP6K	7.67	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
42345	Keith Powell	2019	V55	M	PenIM55	2654	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
193879	Renate Prells	2019	V60	W	SP3K	7.48	Lee Valley	English Masters Area Challenge	2019-02-24
193879	Renate Prells	2019	V60	W	SP3K	7.21	Lee Valley	British Masters Championships	2019-03-09
193879	Renate Prells	2019	V60	W	WT5.45K	10.25	Lee Valley	British Masters Winter Throws Championships	2019-03-09
193879	Renate Prells	2019	V60	W	DT1K	20.08	Lee Valley	British Masters Winter Throws Championships	2019-03-10
193879	Renate Prells	2019	V60	W	HT3K	30.13	Lee Valley	British Masters Winter Throws Championships	2019-03-09
25853	Glyn Price	2019	V50	M	60HM50	10.98	Lee Valley	English Masters Area Challenge	2019-02-24
25853	Glyn Price	2019	V50	M	PV	3.83	Cardiff	Vault Cardiff	2019-03-10
25853	Glyn Price	2019	V50	M	PV	3.80	Lee Valley	English Masters Area Challenge	2019-02-24
50106	Phil Rees	2019	V75	M	HJ	0.90	Lee Valley	British Masters Championships	2019-03-09
50106	Phil Rees	2019	V75	M	LJ	2.10	Lee Valley	British Masters Championships	2019-03-09
50106	Phil Rees	2019	V75	M	TJ	5.61	Lee Valley	British Masters Championships	2019-03-10
50106	Phil Rees	2019	V75	M	HT4K	16.04	Lee Valley	British Masters Winter Throws Championships	2019-03-09
72835	Barrie Roberts	2019	V75	M	400	96.07	Lee Valley	English Masters Area Challenge	2019-02-24
182560	Ian Robinson	2019	V70	M	HJ	1.02	Lee Valley	English Masters Area Challenge	2019-02-24
182560	Ian Robinson	2019	V70	M	SP4K	7.76	Lee Valley	English Masters Area Challenge	2019-02-24
793204	Sharon Samuel	2019	V50	W	200	30.00	Lee Valley	English Masters Area Challenge	2019-02-24

34256	Dave Shields	2019	V55	M	LJ		4.04	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
34256	Dave Shields	2019	V55	M	TJ		8.91	Lee Valley	British Masters Championships	2019-03-10
34256	Dave Shields	2019	V55	M	TJ		8.47	Lee Valley	English Masters Area Challenge	2019-02-24
246785	Juliet Sidney	2019	V50	W		60	8.59	Lee Valley	British Masters Championships	2019-03-09
246785	Juliet Sidney	2019	V50	W		60	8.74	Lee Valley	English Masters Area Challenge	2019-02-24
246785	Juliet Sidney	2019	V50	W		200	28.98	Lee Valley	British Masters Championships	2019-03-10
31762	Clare St. John-Coleman	2019	V55	W		60	9.59	Lee Valley	British Masters Championships	2019-03-09
31762	Clare St. John-Coleman	2019	V55	W		60	9.76	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
31762	Clare St. John-Coleman	2019	V55	W		60	9.79	Lee Valley	British Masters Championships	2019-03-09
31762	Clare St. John-Coleman	2019	V55	W	LJ		3.72	Birmingham (PB)	Midland Counties Open Series	2019-03-16
31762	Clare St. John-Coleman	2019	V55	W	LJ		3.60	Lee Valley	British Masters Pentathlon Championships (inc South of England (2019-02-17
31762	Clare St. John-Coleman	2019	V55	W	LJ		3.54	Lee Valley	British Masters Championships	2019-03-09
2865	Michelle Thomas	2019	V45	W		60	8.22	Lee Valley	British Masters Championships	2019-03-09
2865	Michelle Thomas	2019	V45	W		60	8.27	Birmingham	City of Birmingham Games	2019-02-17
2865	Michelle Thomas	2019	V45	W		200	27.10	Lee Valley	British Masters Championships	2019-03-10
2865	Michelle Thomas	2019	V45	W		200	27.16	Birmingham	City of Birmingham Games	2019-02-17
222758	Jan Timberlake	2019	V50	W	60HW50		11.82	Lee Valley	English Masters Area Challenge	2019-02-24
222758	Jan Timberlake	2019	V50	W	LJ		4.13	Lee Valley	English Masters Area Challenge	2019-02-24
928718	Martin Tucker	2019	V50	M	SP6K		10.98	Lee Valley	British Masters Championships	2019-03-10
928718	Martin Tucker	2019	V50	M	JT700		40.93	Lee Valley	British Masters Winter Throws Championships	2019-03-09
51847	Peter Watkeys	2019	V35	M		800	2:02.34	Lee Valley	English Masters Area Challenge	2019-02-24
51847	Peter Watkeys	2019	V35	M		800	2:05.45	Lee Valley	British Masters Championships	2019-03-10
51847	Peter Watkeys	2019	V35	M		800	2:06.87	Birmingham	City of Birmingham Games	2019-02-17

761334	Victoria Watkins	2019	V35	W		200	31.06	Lee Valley	British Masters Championships	2019-03-10
761334	Victoria Watkins	2019	V35	W		400	69.74	Lee Valley	English Masters Area Challenge	2019-02-24
761334	Victoria Watkins	2019	V35	W		400	69.82	Lee Valley	British Masters Championships	2019-03-09
761334	Victoria Watkins	2019	V35	W		400	70.32	Birmingham	City of Birmingham Games	2019-02-17
773078	Welsh Masters AA V35 T	2019	V35	W	4x200	1:57.04		Lee Valley	English Masters Area Challenge	2019-02-24
773084	Welsh Masters AA V35 T	2019	V35	M	4x200	1:47.61		Lee Valley	English Masters Area Challenge	2019-02-24
773077	Welsh Masters AA V50 T	2019	V50	M	4x200	2:01.31		Lee Valley	English Masters Area Challenge	2019-02-24
880920	Welsh Masters AA V50 T	2019	V50	W	4x200	2:01.99		Lee Valley	English Masters Area Challenge	2019-02-24
856524	Welsh Masters AA V60 T	2019	V60	W	4x200	2:56.46		Lee Valley	English Masters Area Challenge	2019-02-24
773091	Welsh Masters AA V60 T	2019	V60	M	4x200	1:56.66		Lee Valley	English Masters Area Challenge	2019-02-24
773097	Welsh Masters AA V70 T	2019	V70	M	4x200	3:07.42		Lee Valley	English Masters Area Challenge	2019-02-24
50764	Russell Whiting	2019	V50	M		60	7.69	Lee Valley	British Masters Championships	2019-03-09
50764	Russell Whiting	2019	V50	M		60	7.75	Lee Valley	British Masters Championships	2019-03-09
50764	Russell Whiting	2019	V50	M		200	25.87	Lee Valley	British Masters Championships	2019-03-10
782788	Ian Williams	2019	V40	M	SP7.26K		8.61	Lee Valley	English Masters Area Challenge	2019-02-24
782788	Ian Williams	2019	V40	M	DT2K		29.52	Lee Valley	British Masters Winter Throws Championships	2019-03-09
782788	Ian Williams	2019	V40	M	JT800		27.15	Lee Valley	British Masters Winter Throws Championships	2019-03-09
928365	Mark Williams	2019	V60	M		1500	5:43.79	Lee Valley	English Masters Area Challenge	2019-02-24
928365	Mark Williams	2019	V60	M		3000	13:04.02	Lee Valley	English Masters Area Challenge	2019-02-24
643962	Robin Wood	2019	V50	M	2000W	DQ		Lee Valley	English Masters Area Challenge	2019-02-24
643962	Robin Wood	2019	V50	M	HJ		1.30	Lee Valley	English Masters Area Challenge	2019-02-24
643962	Robin Wood	2019	V50	M	LJ		4.63	Lee Valley	English Masters Area Challenge	2019-02-24
643962	Robin Wood	2019	V50	M	TJ		9.94	Lee Valley	English Masters Area Challenge	2019-02-24