

Name	Year	Age	Gr	Gender	Event	Performa	Venue	Meeting	Date
Alison McLellan	2019	V35		W		60	8.81 Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Alison McLellan	2019	V35		W		60	8.94 Sportcity	Sale Harriers Open Series	2019-01-06
Alison McLellan	2019	V35		W	LJ		4.56 Connah's Quay	North Wales Regional Championships	2019-01-12
Alison McLellan	2019	V35		W	LJ		4.29 Sportcity	Sale Harriers Open Series	2019-01-06
James Morgan	2019	V45		M		60	8.43 Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
James Morgan	2019	V45		M		200	27.93 Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Jeremy Mower	2019	V50		M	parkrun	18:43	Gloucester City	Gloucester City parkrun # 51	2019-03-16
Jeremy Mower	2019	V50		M	5M	29:14	Cheltenham	Linda Franks 5	2019-01-20
Jeremy Mower	2019	V50		M	9KXC	42:58	Gloucester	Birmingham League Division 3	2019-02-09
Jeremy Mower	2019	V50		M	10KXC	39:09	Rendcomb	Gloucestershire County Championships	2019-01-05
Jeremy Mower	2019	V50		M	10KXC	41:03	Droitwich	Birmingham League Division 3	2019-01-12
Jeremy Mower	2019	V50		M	10KXC	41:36	Loughborough	CAU Inter County Championships (Inc Britis	2019-03-09
Jeremy Mower	2019	V50		M	10M	63:50	Staverton	Staverton 10	2019-01-27
Gillian Murphy	2019	V65		W	parkrun	28:00	Cardiff	Cardiff parkrun # 587	2019-03-09
Gillian Murphy	2019	V65		W	parkrun	28:32	Cardiff	Cardiff parkrun # 588	2019-03-16
Gillian Murphy	2019	V65		W	parkrun	29:13	Cardiff	Cardiff parkrun # 584	2019-02-16
Gillian Murphy	2019	V65		W	parkrun	29:21	Cardiff	Cardiff parkrun # 581	2019-01-26
Gillian Murphy	2019	V65		W	parkrun	29:32	Cardiff	Cardiff parkrun # 580	2019-01-19
Gillian Murphy	2019	V65		W	parkrun	29:45	Cardiff	Cardiff parkrun # 583	2019-02-09
Gillian Murphy	2019	V65		W	parkrun	29:54	Cardiff	Cardiff parkrun # 578	2019-01-05
Gillian Murphy	2019	V65		W	parkrun	29:58	Cardiff	Cardiff parkrun # 577	2019-01-01
Gillian Murphy	2019	V65		W	parkrun	30:06	Cardiff	Cardiff parkrun # 582	2019-02-02
Gillian Murphy	2019	V65		W	6.2KXC	38:56	Bristol	Start Fitness Gwent League	2019-03-02
Gillian Murphy	2019	V65		W	7.36KXC	45:46	Llanelli	Welsh National Championships	2019-02-23
Mike Murphy	2019	V65		M		1500	5:48.51 Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Mike Murphy	2019	V65		M	parkrun	22:12	Cardiff	Cardiff parkrun # 582	2019-02-02
Mike Murphy	2019	V65		M	parkrun	22:28	Cardiff	Cardiff parkrun # 578	2019-01-05
Mike Murphy	2019	V65		M	parkrun	22:29	Cardiff	Cardiff parkrun # 581	2019-01-26
Mike Murphy	2019	V65		M	parkrun	26:33	Cardiff	Cardiff parkrun # 577	2019-01-01
Mike Murphy	2019	V65		M	6.2KXC	27:38	Bristol	Start Fitness Gwent League	2019-03-02
Mike Murphy	2019	V65		M	6.4KXC	31:38	Pontypool	Start Fitness Gwent League	2019-02-09
Mike Murphy	2019	V65		M	7.36KXC	33:32	Llanelli	Welsh National Championships	2019-02-23
Alison Murray	2019	V50		W	HJ		1.41 Lee Valley	English Masters Area Challenge	2019-02-24
Alison Murray	2019	V50		W	PV		3.02 Carshalton	Vault London	2019-02-03
Alison Murray	2019	V50		W	PV		2.93 Lee Valley	Metaswitch Games Open	2019-02-16
Alison Murray	2019	V50		W	PV		2.91 Lee Valley	London Senior & U20 Games	2019-01-26
Alison Murray	2019	V50		W	PV		2.83 Cardiff	Vault Cardiff	2019-03-10
Alison Murray	2019	V50		W	PV		2.81 Lee Valley	British Masters Championships	2019-03-09
Alison Murray	2019	V50		W	PV		2.80 Lee Valley	English Masters Area Challenge	2019-02-24
Alison Murray	2019	V50		W	PV		2.80 Birmingham (PB)	Midland Counties Open Series	2019-03-16
Alison Murray	2019	V50		W	PV		2.70 Lee Valley	South of England AA U20 / Senior Champion	2019-01-20

Doug Nicholls	2019 V35	M	parkrun	16:38	Cardiff	Cardiff parkrun # 579	2019-01-12
Doug Nicholls	2019 V35	M	parkrun	17:09	Cardiff	Cardiff parkrun # 583	2019-02-09
Doug Nicholls	2019 V35	M	10.35KXC	37:18	Llanelli	Welsh National Championships	2019-02-23
Doug Nicholls	2019 V35	M	6.5MXC	40:43	Halton	Sefton Brankner Cup (Inc RAF V Police)	2019-01-17
Doug Nicholls	2019 V35	M	10M	57:39	Cardiff	Les Croupiers Handicap 10	2019-01-20
Doug Nicholls	2019 V35	M	20M	2:00:23	Pontcanna Fields	Cardiff 20 / 10	2019-02-17
Charlie Northey	2019 V50	M	5K	20:38	Llanelwedd	Builth Wells Resolution 5K	2019-01-20
Charlie Northey	2019 V50	M	parkrun	20:28	Eastbourne	Eastbourne parkrun # 372	2019-01-01
Charlie Northey	2019 V50	M	9.3KXC	40:17	Bristol	Start Fitness Gwent League	2019-03-02
Charlie Northey	2019 V50	M	9.6KXC	50:17	Pontypool	Start Fitness Gwent League	2019-02-09
Catherine Olivant	2019 V45	W	5K	23:00	Llanelwedd	Builth Wells Resolution 5K	2019-01-20
Catherine Olivant	2019 V45	W	parkrun	23:36	Newport	Newport parkrun # 416	2019-03-02
Derek Osborne	2019 V55	M	1000	3:26.98	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Derek Osborne	2019 V55	M	60HM50	10.97	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Derek Osborne	2019 V55	M	HJ	1.47	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Derek Osborne	2019 V55	M	HJ	1.40	Swansea	Welsh Masters Championships	2019-02-10
Derek Osborne	2019 V55	M	PV	2.70	Swansea	Welsh Masters Championships	2019-02-10
Derek Osborne	2019 V55	M	LJ	4.64	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Derek Osborne	2019 V55	M	LJ	4.61	Swansea	Welsh Masters Championships	2019-02-10
Derek Osborne	2019 V55	M	TJ	9.45	Swansea	Welsh Masters Championships	2019-02-10
Derek Osborne	2019 V55	M	SP6K	8.79	Swansea	Welsh Masters Championships	2019-02-10
Derek Osborne	2019 V55	M	SP6K	8.79	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Derek Osborne	2019 V55	M	PenIM55	3184	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Derek Osborne	2019 V55	M	9.3KXC	45:19	Bristol	Start Fitness Gwent League	2019-03-02
Derek Osborne	2019 V55	M	10.35KXC	50:06	Llanelli	Welsh National Championships	2019-02-23
Clive Osmond	2019 V55	M	800	2:50.77	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Clive Osmond	2019 V55	M	parkrun	21:56	Cardiff	Cardiff parkrun # 582	2019-02-02
Clive Osmond	2019 V55	M	9.3KXC	44:17	Bristol	Start Fitness Gwent League	2019-03-02
Clive Osmond	2019 V55	M	9.6KXC	50:12	Pontypool	Start Fitness Gwent League	2019-02-09
Clive Osmond	2019 V55	M	10.35KXC	49:44	Llanelli	Welsh National Championships	2019-02-23
Georgie Parnell	2019 V35	W	800	2:23.24	Lee Valley	English Masters Area Challenge	2019-02-24
Georgie Parnell	2019 V35	W	800	2:23.34	Lee Valley	British Masters Championships	2019-03-10
Georgie Parnell	2019 V35	W	800	2:24.56	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Georgie Parnell	2019 V35	W	parkrun	19:48	Severn Bridge	Severn Bridge parkrun # 24	2019-02-16
Georgie Parnell	2019 V35	W	ZXC	NT	Usk	Gwent Leisure Centre League	2019-02-03
Stuart Pearce	2019 V40	M	60	7.93	Lee Valley	British Masters Championships	2019-03-09
Stuart Pearce	2019 V40	M	60	8.02	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Stuart Pearce	2019 V40	M	200	26.37	Lee Valley	British Masters Championships	2019-03-10
Stuart Pearce	2019 V40	M	200	26.55	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Stuart Pearce	2019 V40	M	200	26.63	Lee Valley	English Masters Area Challenge	2019-02-24
Stuart Pearce	2019 V40	M	200	26.86	Lee Valley	London Senior & U20 Games	2019-01-26

Andy Peet	2019 V50	M	parkrun	18:53	Leicester Victoria	Leicester Victoria parkrun # 172	2019-03-16
Andy Peet	2019 V50	M	parkrun	19:05	Leicester Victoria	Leicester Victoria parkrun # 171	2019-03-09
Andy Peet	2019 V50	M	parkrun	20:56	Leicester Victoria	Leicester Victoria parkrun # 170	2019-03-02
Andy Peet	2019 V50	M	parkrun	31:26	Leicester Victoria	Leicester Victoria parkrun # 162	2019-01-05
John Peters	2019 V40	M	8KXC	28:34	Lancing	Sussex County Masters' Championships	2019-01-19
John Peters	2019 V40	M	10K	34:38	Chichester	Chichester Priory 10K	2019-02-03
Jenny Phillips	2019 V50	W		800 2:43.13	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Jenny Phillips	2019 V50	W	parkrun	22:00	Llyn Llech Owain	Llyn Llech Owain parkrun # 304	2019-01-05
Jenny Phillips	2019 V50	W	5.6MMT	39:27	Margam	Tata Steel Round the Reservoir 5.6 (Inc Wes	2019-01-13
Jenny Phillips	2019 V50	W	5.8MXC	46:05	Margam Park	West Glamorgan League	2019-01-27
Anthony Powell	2019 V45	M	parkrun	19:12	Clermont Waterfro	Clermont Waterfront parkrun # 275	2019-03-02
Keith Powell	2019 V55	M		60 8.50	Lee Valley	British Masters Championships	2019-03-09
Keith Powell	2019 V55	M		60 8.57	Lee Valley	British Masters Championships	2019-03-09
Keith Powell	2019 V55	M		60 8.67	Lee Valley	English Masters Area Challenge	2019-02-24
Keith Powell	2019 V55	M		60 8.74	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Keith Powell	2019 V55	M		200 28.49	Lee Valley	English Masters Area Challenge	2019-02-24
Keith Powell	2019 V55	M		200 28.85	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Keith Powell	2019 V55	M		1000 4:03.99	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Keith Powell	2019 V55	M	60HM50	11.26	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Keith Powell	2019 V55	M	HJ	1.38	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Keith Powell	2019 V55	M	PV	2.60	Lee Valley	British Masters Championships	2019-03-10
Keith Powell	2019 V55	M	LJ	4.58	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Keith Powell	2019 V55	M	LJ	4.48	Lee Valley	British Masters Championships	2019-03-09
Keith Powell	2019 V55	M	LJ	4.14	Swansea	Welsh Masters Championships	2019-02-10
Keith Powell	2019 V55	M	SP6K	7.67	Swansea	Welsh Masters Championships	2019-02-10
Keith Powell	2019 V55	M	SP6K	7.67	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Keith Powell	2019 V55	M	PenIM55	2654	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Sean Power	2019 V75	M	TJ	8.32	Swansea	Welsh Masters Championships	2019-02-10
Renate Prells	2019 V60	W	SP4K	6.78	Swansea	West Wales Regional Championships	2019-01-13
Renate Prells	2019 V60	W	SP3K	7.48	Lee Valley	English Masters Area Challenge	2019-02-24
Renate Prells	2019 V60	W	SP3K	7.26	Swansea	Welsh Masters Championships	2019-02-10
Renate Prells	2019 V60	W	SP3K	7.21	Lee Valley	British Masters Championships	2019-03-09
Renate Prells	2019 V60	W	WT5.45K	10.25	Lee Valley	British Masters Winter Throws Championsh	2019-03-09
Renate Prells	2019 V60	W	DT1K	20.08	Lee Valley	British Masters Winter Throws Championsh	2019-03-10
Renate Prells	2019 V60	W	HT3K	30.13	Lee Valley	British Masters Winter Throws Championsh	2019-03-09
Glyn Price	2019 V50	M	60HM50	10.98	Lee Valley	English Masters Area Challenge	2019-02-24
Glyn Price	2019 V50	M	PV	4.05	Cardiff	Welsh Athletics Senior Championships	2019-01-27
Glyn Price	2019 V50	M	PV	4.00	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Glyn Price	2019 V50	M	PV	3.83	Cardiff	Vault Cardiff	2019-03-10
Glyn Price	2019 V50	M	PV	3.80	Lee Valley	English Masters Area Challenge	2019-02-24

Sean Price	2019 V55	M		400	58.99	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Sean Price	2019 V55	M		800	2:13.16	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Sean Price	2019 V55	M		800	2:37.52	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Sean Price	2019 V55	M	parkrun		18:43	Aberbeeg	Aberbeeg parkrun # 12	2019-01-12
Sean Price	2019 V55	M	parkrun		18:58	Riverfront	Riverfront parkrun # 107	2019-01-26
Sean Price	2019 V55	M	parkrun		19:14	Montsouris, FRA	Montsouris parkrun # 119	2019-02-02
Sean Price	2019 V55	M	parkrun		19:47	Cardiff	Cardiff parkrun # 577	2019-01-01
Sean Price	2019 V55	M	parkrun		20:38	Cardiff	Cardiff parkrun # 586	2019-03-02
Sean Price	2019 V55	M	parkrun		22:45	Pontypridd	Pontypridd parkrun # 254	2019-03-16
Sean Price	2019 V55	M	9.6KXC		43:02	Pontypool	Start Fitness Gwent League	2019-02-09
David Proffitt	2019 V65	M	parkrun		24:38	Riverfront	Riverfront parkrun # 103	2019-01-01
David Proffitt	2019 V65	M	parkrun		27:19	Riverfront	Riverfront parkrun # 104	2019-01-05
David Proffitt	2019 V65	M	parkrun		28:15	Riverfront	Riverfront parkrun # 106	2019-01-19
David Proffitt	2019 V65	M	parkrun		29:10	Riverfront	Riverfront parkrun # 112	2019-03-09
David Proffitt	2019 V65	M	parkrun		31:21	Newport	Newport parkrun # 409	2019-01-01
David Proffitt	2019 V65	M	HM		1:43:57	Newport	City of Newport Half Marathon	2019-03-03
David Proffitt	2019 V65	M	20M		2:47:41	Bramley	Bramley 20	2019-02-17
Chris Pruski	2019 V60	M		60	9.97	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Chris Pruski	2019 V60	M	SP5K		8.17	Swansea	Welsh Masters Championships	2019-02-10
Phil Rees	2019 V75	M	HJ		0.90	Lee Valley	British Masters Championships	2019-03-09
Phil Rees	2019 V75	M	HJ		0.80	Swansea	Welsh Masters Championships	2019-02-10
Phil Rees	2019 V75	M	LJ		2.25	Swansea	Welsh Masters Championships	2019-02-10
Phil Rees	2019 V75	M	LJ		2.10	Lee Valley	British Masters Championships	2019-03-09
Phil Rees	2019 V75	M	TJ		5.61	Lee Valley	British Masters Championships	2019-03-10
Phil Rees	2019 V75	M	TJ		5.53	Swansea	Welsh Masters Championships	2019-02-10
Phil Rees	2019 V75	M	SP4K		6.65	Swansea	Welsh Masters Championships	2019-02-10
Phil Rees	2019 V75	M	HT4K		16.04	Lee Valley	British Masters Winter Throws Championsh	2019-03-09
Lee Richards	2019 V35	M		200	32.37	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Mike Robbins	2019 V55	M	parkrun		22:18	Wepre	Wepre parkrun # 138	2019-01-01
Mike Robbins	2019 V55	M	parkrun		22:21	Wepre	Wepre parkrun # 141	2019-01-19
Mike Robbins	2019 V55	M	parkrun		22:29	Wepre	Wepre parkrun # 146	2019-03-02
Mike Robbins	2019 V55	M	parkrun		22:42	Wepre	Wepre parkrun # 144	2019-02-16
Mike Robbins	2019 V55	M	parkrun		22:51	Wepre	Wepre parkrun # 142	2019-01-26
Mike Robbins	2019 V55	M	parkrun		23:29	Wepre	Wepre parkrun # 143	2019-02-09
Mike Robbins	2019 V55	M	parkrun		23:30	Wepre	Wepre parkrun # 148	2019-03-16
Mike Robbins	2019 V55	M	5.5MNAD		35:30	Bromborough	Borders League 5.5	2019-03-03
Mike Robbins	2019 V55	M	9.8KNAD		41:02	Tattenhall	Borders League 9.8K	2019-01-27
Mike Robbins	2019 V55	M	ZXC		33:49	Northop	North Wales Senior League	2019-01-12
Mike Robbins	2019 V55	M	ZXC		41:43	Oswestry	North Wales Senior League	2019-02-02
Barrie Roberts	2019 V75	M		400	96.07	Lee Valley	English Masters Area Challenge	2019-02-24
Barrie Roberts	2019 V75	M		800	3:34.68	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Barrie Roberts	2019 V75	M		1500	7:14.22	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Barrie Roberts	2019 V75	M	parkrun		26:39	Cannon Hill	Cannon Hill parkrun # 431	2019-03-02
Barrie Roberts	2019 V75	M	parkrun		28:08	Cannon Hill	Cannon Hill parkrun # 424	2019-01-12
Barrie Roberts	2019 V75	M	parkrun		34:55	Cannon Hill	Cannon Hill parkrun # 423	2019-01-05

Huw Roberts	2019 V60	M	1500	6:03.28	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Huw Roberts	2019 V60	M	parkrun	20:46	Cardiff	Cardiff parkrun # 578	2019-01-05
Huw Roberts	2019 V60	M	parkrun	20:52	Cardiff	Cardiff parkrun # 583	2019-02-09
Huw Roberts	2019 V60	M	parkrun	21:40	Crystal Palace	Crystal Palace parkrun # 425	2019-02-16
Mark Roberts	2019 V55	M	800	2:59.43	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Mark Roberts	2019 V55	M	parkrun	20:09	Bryn Bach	Bryn Bach parkrun # 323	2019-01-05
Mark Roberts	2019 V55	M	parkrun	20:54	Bryn Bach	Bryn Bach parkrun # 328	2019-02-16
Mark Roberts	2019 V55	M	9.3KXC	42:58	Bristol	Start Fitness Gwent League	2019-03-02
Mark Roberts	2019 V55	M	9.6KXC	47:41	Pontypool	Start Fitness Gwent League	2019-02-09
Mark Roberts	2019 V55	M	10.35KXC	46:52	Llanelli	Welsh National Championships	2019-02-23
Ian Robinson	2019 V70	M	HJ	1.02	Lee Valley	English Masters Area Challenge	2019-02-24
Ian Robinson	2019 V70	M	SP4K	7.76	Lee Valley	English Masters Area Challenge	2019-02-24
Sharon Samuel	2019 V50	W	200	30.00	Lee Valley	English Masters Area Challenge	2019-02-24
Rob Sheen	2019 V55	M	parkrun	19:30	Braunstone	Braunstone parkrun # 427	2019-01-05
Rob Sheen	2019 V55	M	10K	39:59	Kites Hardwick	Draycote Water Winter 10K Series	2019-01-13
Rob Sheen	2019 V55	M	10K	40:00	Kites Hardwick	Draycote Water Winter 10K Series	2019-02-10
Rob Sheen	2019 V55	M	10K	40:37	Milton Keynes	MK Festival of Running 10K	2019-03-17
Rob Sheen	2019 V55	M	HM	92:08	Loughborough	Leicestershire Half Marathon	2019-02-17
Dave Shields	2019 V55	M	LJ	4.04	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Dave Shields	2019 V55	M	LJ	3.97	Swansea	Welsh Masters Championships	2019-02-10
Dave Shields	2019 V55	M	TJ	8.91	Lee Valley	British Masters Championships	2019-03-10
Dave Shields	2019 V55	M	TJ	8.65	Swansea	Welsh Masters Championships	2019-02-10
Dave Shields	2019 V55	M	TJ	8.61	Eton	Windsor, Slough, Eton & Hounslow AC Wint	2019-02-03
Dave Shields	2019 V55	M	TJ	8.47	Lee Valley	English Masters Area Challenge	2019-02-24
Juliet Sidney	2019 V50	W	60	8.59	Lee Valley	British Masters Championships	2019-03-09
Juliet Sidney	2019 V50	W	60	8.74	Lee Valley	English Masters Area Challenge	2019-02-24
Juliet Sidney	2019 V50	W	60	8.75	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Juliet Sidney	2019 V50	W	200	28.98	Lee Valley	British Masters Championships	2019-03-10
Juliet Sidney	2019 V50	W	200	29.96	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Clare St. John-Colema	2019 V55	W	60	9.59	Lee Valley	British Masters Championships	2019-03-09
Clare St. John-Colema	2019 V55	W	60	9.76	Sheffield	Sheffield Open & Masters Grand Prix	2019-02-09
Clare St. John-Colema	2019 V55	W	60	9.76	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Clare St. John-Colema	2019 V55	W	60	9.78	Lee Valley	Essex County & Eastern AA Championships	2019-02-02
Clare St. John-Colema	2019 V55	W	60	9.79	Sheffield	Sheffield Open & Masters Grand Prix	2019-02-09
Clare St. John-Colema	2019 V55	W	60	9.79	Lee Valley	British Masters Championships	2019-03-09
Clare St. John-Colema	2019 V55	W	60	9.87	Lee Valley	Lee Valley New Year Open	2019-01-01
Clare St. John-Colema	2019 V55	W	60	10.04	Lee Valley	Lee Valley New Year Open	2019-01-01
Clare St. John-Colema	2019 V55	W	LJ	3.72	Birmingham (PB)	Midland Counties Open Series	2019-03-16
Clare St. John-Colema	2019 V55	W	LJ	3.60	Lee Valley	London Senior & U20 Games	2019-01-26
Clare St. John-Colema	2019 V55	W	LJ	3.60	Lee Valley	British Masters Pentathlon Championships	2019-02-17
Clare St. John-Colema	2019 V55	W	LJ	3.54	Lee Valley	British Masters Championships	2019-03-09
Clare St. John-Colema	2019 V55	W	LJ	3.37	Sheffield	Sheffield Open & Masters Grand Prix	2019-02-09
Clare St. John-Colema	2019 V55	W	parkrun	32:40	Phoenix	Phoenix parkrun # 105	2019-02-23

Duncan Steward	2019 V60	M	LJ	4.15	Swansea	Welsh Masters Championships	2019-02-10
Duncan Steward	2019 V60	M	TJ	8.11	Swansea	Welsh Masters Championships	2019-02-10
Duncan Steward	2019 V60	M	SP5K	9.90	Swansea	Welsh Masters Championships	2019-02-10
Dave Stokes	2019 V55	M	PV	2.30	Swansea	Welsh Masters Championships	2019-02-10
Dave Stokes	2019 V55	M	PV	2.10	Connah's Quay	North Wales Regional Championships	2019-01-12
Dave Stokes	2019 V55	M	LJ	3.69	Connah's Quay	North Wales Regional Championships	2019-01-12
Dave Stokes	2019 V55	M	LJ	3.64	Swansea	Welsh Masters Championships	2019-02-10
Dave Stokes	2019 V55	M	TJ	7.18	Connah's Quay	North Wales Regional Championships	2019-01-12
Dave Stokes	2019 V55	M	SP6K	8.84	Swansea	Welsh Masters Championships	2019-02-10
Dave Stokes	2019 V55	M	SP6K	8.77	Connah's Quay	North Wales Regional Championships	2019-01-12
Ian Swanson	2019 V65	M	HJ	1.05	Swansea	Welsh Masters Championships	2019-02-10
Ian Swanson	2019 V65	M	LJ	2.65	Swansea	Welsh Masters Championships	2019-02-10
Ian Swanson	2019 V65	M	TJ	5.02	Swansea	Welsh Masters Championships	2019-02-10
Ian Swanson	2019 V65	M	parkrun	28:55	Swansea Bay	Swansea Bay parkrun # 161	2019-01-19
Ian Swanson	2019 V65	M	parkrun	29:12	Porthcawl	Porthcawl parkrun # 298	2019-01-05
Ian Swanson	2019 V65	M	parkrun	31:33	Maesteg	Maesteg parkrun # 80	2019-03-09
Ian Swanson	2019 V65	M	parkrun	32:04	Gnoll	Gnoll parkrun # 164	2019-02-02
Ian Swanson	2019 V65	M	parkrun	32:36	Porthcawl	Porthcawl parkrun # 304	2019-02-16
Ian Swanson	2019 V65	M	6.2KXC	40:55	Bristol	Start Fitness Gwent League	2019-03-02
Ian Swanson	2019 V65	M	6.4KXC	45:36	Pontypool	Start Fitness Gwent League	2019-02-09
Ian Swanson	2019 V65	M	7.36KXC	50:22	Llanelli	Welsh National Championships	2019-02-23
Ian Swanson	2019 V65	M	5.6MMT	54:35	Margam	Tata Steel Round the Reservoir 5.6 (Inc We	2019-01-13
Michelle Thomas	2019 V45	W		60	8.22 Lee Valley	British Masters Championships	2019-03-09
Michelle Thomas	2019 V45	W		60	8.27 Lee Valley	London Senior & U20 Games	2019-01-27
Michelle Thomas	2019 V45	W		60	8.27 Birmingham	City of Birmingham Games	2019-02-17
Michelle Thomas	2019 V45	W		60	8.28 Sheffield	Sheffield Open & Masters Grand Prix	2019-02-09
Michelle Thomas	2019 V45	W		60	8.28 Sheffield	Sheffield Open & Masters Grand Prix	2019-02-09
Michelle Thomas	2019 V45	W		60	8.29 Lee Valley	London Senior & U20 Games	2019-01-27
Michelle Thomas	2019 V45	W		200	27.05 Sheffield	Sheffield Open & Masters Grand Prix	2019-02-09
Michelle Thomas	2019 V45	W		200	27.10 Lee Valley	British Masters Championships	2019-03-10
Michelle Thomas	2019 V45	W		200	27.16 Birmingham	City of Birmingham Games	2019-02-17
Michelle Thomas	2019 V45	W		200	27.18 Lee Valley	London Senior & U20 Games	2019-01-26
Jan Timberlake	2019 V50	W		60	9.79 Birmingham (PB)	Midland Counties Open Series	2019-01-06
Jan Timberlake	2019 V50	W	60HW50	11.82	Lee Valley	English Masters Area Challenge	2019-02-24
Jan Timberlake	2019 V50	W	60HW50	12.31	Birmingham (PB)	Midland Counties Open Series	2019-01-06
Jan Timberlake	2019 V50	W	LJ	4.19	Birmingham (PB)	Midland Counties Open Series	2019-01-26
Jan Timberlake	2019 V50	W	LJ	4.13	Lee Valley	English Masters Area Challenge	2019-02-24
Jan Timberlake	2019 V50	W	LJ	3.98	Birmingham (PB)	Midland Counties Open Series	2019-01-05
Jan Timberlake	2019 V50	W	TJ	8.38	Birmingham (PB)	Midland Counties Open Series	2019-01-05
Martin Tucker	2019 V50	M	LJ	3.17	Swansea	Welsh Masters Championships	2019-02-10
Martin Tucker	2019 V50	M	SP6K	11.11	Swansea	Welsh Masters Championships	2019-02-10
Martin Tucker	2019 V50	M	SP6K	10.98	Lee Valley	British Masters Championships	2019-03-10
Martin Tucker	2019 V50	M	SP6K	10.45	Connah's Quay	North Wales Regional Championships	2019-01-12
Martin Tucker	2019 V50	M	JT700	40.93	Lee Valley	British Masters Winter Throws Championsh	2019-03-09

Steve Wadley	2019 V55	M	parkrun	22:16	Thornbury	Thornbury parkrun # 49	2019-01-05
Steve Wadley	2019 V55	M	parkrun	22:41	Newport	Newport parkrun # 409	2019-01-01
Steve Wadley	2019 V55	M	parkrun	27:23	Riverfront	Riverfront parkrun # 109	2019-02-16
Steve Wadley	2019 V55	M	parkrun	29:26	Riverfront	Riverfront parkrun # 113	2019-03-16
Steve Wadley	2019 V55	M	parkrun	31:28	Riverfront	Riverfront parkrun # 112	2019-03-09
Steve Wadley	2019 V55	M	parkrun	32:24	Riverfront	Riverfront parkrun # 103	2019-01-01
Peter Watkeys	2019 V35	M	800	2:02.34	Lee Valley	English Masters Area Challenge	2019-02-24
Peter Watkeys	2019 V35	M	800	2:03.57	Lee Valley	London Senior & U20 Games	2019-01-27
Peter Watkeys	2019 V35	M	800	2:04.29	Sheffield	Sheffield Open & Masters Grand Prix	2019-02-09
Peter Watkeys	2019 V35	M	800	2:05.45	Lee Valley	British Masters Championships	2019-03-10
Peter Watkeys	2019 V35	M	800	2:06.74	Lee Valley	South of England AA U20 / Senior Champion	2019-01-20
Peter Watkeys	2019 V35	M	800	2:06.87	Birmingham	City of Birmingham Games	2019-02-17
Victoria Watkins	2019 V35	W	200	31.06	Lee Valley	British Masters Championships	2019-03-10
Victoria Watkins	2019 V35	W	400	69.74	Lee Valley	English Masters Area Challenge	2019-02-24
Victoria Watkins	2019 V35	W	400	69.82	Lee Valley	British Masters Championships	2019-03-09
Victoria Watkins	2019 V35	W	400	70.32	Birmingham	City of Birmingham Games	2019-02-17
Welsh Masters AA V35	2019 V35	W	4x200	1:57.04	Lee Valley	English Masters Area Challenge	2019-02-24
Welsh Masters AA V35	2019 V35	M	4x200	1:47.61	Lee Valley	English Masters Area Challenge	2019-02-24
Welsh Masters AA V50	2019 V50	M	4x200	2:01.31	Lee Valley	English Masters Area Challenge	2019-02-24
Welsh Masters AA V50	2019 V50	W	4x200	2:01.99	Lee Valley	English Masters Area Challenge	2019-02-24
Welsh Masters AA V60	2019 V60	W	4x200	2:56.46	Lee Valley	English Masters Area Challenge	2019-02-24
Welsh Masters AA V60	2019 V60	M	4x200	1:56.66	Lee Valley	English Masters Area Challenge	2019-02-24
Welsh Masters AA V70	2019 V70	M	4x200	3:07.42	Lee Valley	English Masters Area Challenge	2019-02-24
Russell Whiting	2019 V50	M	60	7.69	Lee Valley	British Masters Championships	2019-03-09
Russell Whiting	2019 V50	M	60	7.75	Lee Valley	British Masters Championships	2019-03-09
Russell Whiting	2019 V50	M	200	25.87	Lee Valley	British Masters Championships	2019-03-10
Ian Williams	2019 V40	M	LJ	3.81	Swansea	Welsh Masters Championships	2019-02-10
Ian Williams	2019 V40	M	SP7.26K	9.13	Swansea	Welsh Masters Championships	2019-02-10
Ian Williams	2019 V40	M	SP7.26K	8.61	Lee Valley	English Masters Area Challenge	2019-02-24
Ian Williams	2019 V40	M	DT2K	29.52	Lee Valley	British Masters Winter Throws Championsh	2019-03-09
Ian Williams	2019 V40	M	JT800	27.15	Lee Valley	British Masters Winter Throws Championsh	2019-03-09
Mark Williams	2019 V60	M	1500	5:43.79	Lee Valley	English Masters Area Challenge	2019-02-24
Mark Williams	2019 V60	M	1500	5:44.34	Cardiff	Cardiff Met GP2: Non Thomas Open	2019-01-20
Mark Williams	2019 V60	M	3000	13:04.02	Lee Valley	English Masters Area Challenge	2019-02-24
Robin Wood	2019 V50	M	2000W	DQ	Lee Valley	English Masters Area Challenge	2019-02-24
Robin Wood	2019 V50	M	HJ	1.30	Swansea	Welsh Masters Championships	2019-02-10
Robin Wood	2019 V50	M	HJ	1.30	Lee Valley	English Masters Area Challenge	2019-02-24
Robin Wood	2019 V50	M	LJ	4.63	Lee Valley	English Masters Area Challenge	2019-02-24
Robin Wood	2019 V50	M	LJ	4.32	Swansea	Welsh Masters Championships	2019-02-10
Robin Wood	2019 V50	M	TJ	9.94	Lee Valley	English Masters Area Challenge	2019-02-24
Robin Wood	2019 V50	M	TJ	9.26	Swansea	Welsh Masters Championships	2019-02-10
Robin Wood	2019 V50	M	SP6K	9.15	Swansea	Welsh Masters Championships	2019-02-10