

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Angela Bryant	2021	V60	W	60	9.85	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Angela Bryant	2021	V60	W	300	55.47	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Brett Davis	2021	V55	M	600	1:41.15	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Mark Ellery	2021	V60	M	60	8.69	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Huw Evans	2021	V45	M	3000	9:52.06	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Adrian Lewis	2021	V45	M	3000	9:59.62	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Caroline Marler	2021	V70	W	60HW60	13.00	Sheffield	Run Jump Throw Series	2021-12-29
Caroline Marler	2021	V70	W	LJ	3.05	Sheffield	Run Jump Throw Series	2021-12-29
Caroline Marler	2021	V70	W	SP3K	7.84	Sheffield	Run Jump Throw Series	2021-12-29
Jeremy Mower	2021	V55	M	3000	10:26.47	Swindon	Swindon Winter Evening 3000m	2021-12-17
Keith Powell	2021	V60	M	LJ	4.25	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Katy Roy	2021	V35	W	3000	10:32.65	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Clare St. John-Coleman	2022	V60	W	60	9.79	Lee Valley	Be Fit Today Track Academy Series	2022-01-09
Clare St. John-Coleman	2022	V60	W	60	9.96	Lee Valley	Lee Valley New Year Open	2022-01-02
Clare St. John-Coleman	2022	V60	W	LJ	2.82	Lee Valley	Be Fit Today Track Academy Series	2022-01-09
Peter Watkeys	2022	V40	M	800	2:07.13	Lee Valley	Be Fit Today Track Academy Series	2022-01-09