

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
378562	James Morgan	2019	V45	M	200	26.53	Coventry	England Masters Inter Area Challenge	2019-07-06
378562	James Morgan	2019	V45	M	200	26.56	Exeter	South West Veterans Championships	2019-06-16
9472	Jeremy Mower	2019	V50	M	10K	36:43	Cirencester	Cirencester Park Summer Sizzler 10K	2019-06-12
9472	Jeremy Mower	2019	V50	M	HMMT	81:33	Bourton on the Water	Bourton Hilly 10K / Half Marathon	2019-06-16
9472	Jeremy Mower	2019	V50	M	30KMT	2:15:18	Gravesend	North Downs Run 30K	2019-06-30
249610	Gillian Murphy	2019	V65	W	3M	31:11	Cardiff	Cardiff Summer Series 3	2019-06-14
249610	Gillian Murphy	2019	V65	W	parkrun	28:51	Cardiff	Cardiff parkrun # 605	2019-07-13
249610	Gillian Murphy	2019	V65	W	parkrun	30:56	Cardiff	Cardiff parkrun # 603	2019-06-29
249610	Gillian Murphy	2019	V65	W	parkrun	33:24	Cardiff	Cardiff parkrun # 604	2019-07-06
249610	Gillian Murphy	2019	V65	W	parkrun	37:44	Cardiff	Cardiff parkrun # 600	2019-06-08
249610	Gillian Murphy	2019	V65	W	parkrun	48:44	Cardiff	Cardiff parkrun # 599	2019-06-01
249610	Gillian Murphy	2019	V65	W	4M	36:45	Cardiff	Cardiff Summer Series 4	2019-07-05
249610	Gillian Murphy	2019	V65	W	4M	37:22	Redwick	Rose Inn 4 Series	2019-07-09
23532	Mike Murphy	2019	V65	M	3M	19:44	Cardiff	Cardiff Summer Series 3	2019-06-14
23532	Mike Murphy	2019	V65	M	parkrun	22:01	Cardiff	Cardiff parkrun # 605	2019-07-13
23532	Mike Murphy	2019	V65	M	parkrun	22:44	Cardiff	Cardiff parkrun # 599	2019-06-01
23532	Mike Murphy	2019	V65	M	parkrun	23:08	Cardiff	Cardiff parkrun # 603	2019-06-29
23532	Mike Murphy	2019	V65	M	parkrun	23:39	Cardiff	Cardiff parkrun # 600	2019-06-08
23532	Mike Murphy	2019	V65	M	parkrun	29:03	Cardiff	Cardiff parkrun # 604	2019-07-06
23532	Mike Murphy	2019	V65	M	4M	26:56	Redwick	Rose Inn 4 Series	2019-06-11
23532	Mike Murphy	2019	V65	M	4M	27:38	Cardiff	Cardiff Summer Series 4	2019-07-05
23532	Mike Murphy	2019	V65	M	4M	28:45	Redwick	Rose Inn 4 Series	2019-07-09
566434	Alison Murray	2019	V50	W	100HW	28.0	Guildford	Southern Athletics League Division 3SE	2019-06-15

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566434	Alison Murray	2019	V50	W	HJ	1.30	Guildford	Southern Athletics League Division 3SE	2019-06-15
566434	Alison Murray	2019	V50	W	PV	2.50	Guildford	Southern Athletics League Division 3SE	2019-06-15
566434	Alison Murray	2019	V50	W	LJ	3.50	Guildford	Southern Athletics League Division 3SE	2019-06-15
462645	Doug Nicholls	2019	V35	M	5K	16:19	Cardiff	SSAFA 5K	2019-06-19
462645	Doug Nicholls	2019	V35	M	parkrun	16:57	Cardiff	Cardiff parkrun # 601	2019-06-15
462645	Doug Nicholls	2019	V35	M	parkrun	19:16	Cardiff	Cardiff parkrun # 604	2019-07-06
224418	Charlie Northey	2019	V50	M	100	16.4	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	200	32.4	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	200	33.34	Aberdare	Welsh Athletics League	2019-06-22
224418	Charlie Northey	2019	V50	M	200	36.6	Newport	Welsh Masters League	2019-06-12
224418	Charlie Northey	2019	V50	M	400	76.4	Newport	Welsh Masters League	2019-06-12
224418	Charlie Northey	2019	V50	M	800	2:47.76	Aberdare	Welsh Athletics League	2019-06-22
224418	Charlie Northey	2019	V50	M	800	2:48.7	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	3000	13:17.1	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	3000	13:40.9	Newport	Welsh Masters League	2019-06-12
224418	Charlie Northey	2019	V50	M	HJ	1.30	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	DT2K	18.24	Aberdare	Welsh Athletics League	2019-06-22
224418	Charlie Northey	2019	V50	M	DT1.5K	20.00	Newport	Welsh Masters League	2019-06-12
224418	Charlie Northey	2019	V50	M	DT1.5K	19.85	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	HT6K	14.96	Newport	Welsh Masters League	2019-06-12
224418	Charlie Northey	2019	V50	M	JT800	32.21	Aberdare	Welsh Athletics League	2019-06-22
224418	Charlie Northey	2019	V50	M	JT700	32.85	Aberdare	Welsh Masters League	2019-07-10
31024	Patricia Oakes	2019	V70	W	HJ	0.90	Ashford	Southern Counties Veterans' League Kent	2019-06-24

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
31024	Patricia Oakes	2019	V70	W	TJ	5.31	Ashford	Division 2 Southern Counties Veterans' League Kent Division 2	2019-06-24
31024	Patricia Oakes	2019	V70	W	JT600	13.49	Chelmsford	Southern Athletics League Division 2E	2019-06-15
25923	Derek Osborne	2019	V55	M	100	14.8	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	200	29.5	Newport	Welsh Masters League	2019-06-12
25923	Derek Osborne	2019	V55	M	200	29.9	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	HJ	1.35	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	PV	2.65	Newport	Welsh Masters League	2019-06-12
25923	Derek Osborne	2019	V55	M	LJ	4.56	Newport	Welsh Masters League	2019-06-12
25923	Derek Osborne	2019	V55	M	TJ	9.27	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	DT1.5K	27.66	Newport	Welsh Masters League	2019-06-12
25923	Derek Osborne	2019	V55	M	DT1.5K	27.09	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	HT6K	29.17	Newport	Welsh Masters League	2019-06-12
25923	Derek Osborne	2019	V55	M	JT700	29.77	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	5M	36:57	Llanfrynach	Brecon AC 5	2019-06-04
42374	Clive Osmond	2019	V55	M	4M	29:59	Cardiff	Cardiff Summer Series 4	2019-07-05
42374	Clive Osmond	2019	V55	M	4M	30:01	Redwick	Rose Inn 4 Series	2019-06-11
42374	Clive Osmond	2019	V55	M	10KMT	52:21	Hopkinstown	The Loop 10K	2019-07-14
42374	Clive Osmond	2019	V55	M	7.2MMT	70:29	Merthyr Mawr	Merthyr Mawr Rabbit Run 7.2	2019-06-15
2433	Georgie Parnell	2019	V35	W	800	2:22.5	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-10
2433	Georgie Parnell	2019	V35	W	800	2:23.23	Coventry	England Masters Inter Area Challenge	2019-07-06
2433	Georgie Parnell	2019	V35	W	parkrun	19:28	Severn Bridge	Severn Bridge parkrun # 42	2019-06-29
89210	Stuart Pearce	2019	V40	M	100	12.70	Coventry	England Masters Inter Area Challenge	2019-07-06
374890	Andy Peet	2019	V50	M	parkrun	19:36	Leicester	Leicester	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
							Victoria	Victoria parkrun # 187	06-29
377409	John Peters	2019	V40	M	5MMT	28:20	Chichester	Centurion Country 5	2019-06-19
42345	Keith Powell	2019	V55	M	100	13.41	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-29
42345	Keith Powell	2019	V55	M	100	14.1	Aberdare	Welsh Masters League	2019-07-10
42345	Keith Powell	2019	V55	M	200	28.4	Aberdare	Welsh Masters League	2019-07-10
42345	Keith Powell	2019	V55	M	200	28.86	Horspath	British Masters Open Pentathlon Championships	2019-06-02
42345	Keith Powell	2019	V55	M	400	64.92	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-29
42345	Keith Powell	2019	V55	M	1500	7:08.30	Horspath	British Masters Open Pentathlon Championships	2019-06-02
42345	Keith Powell	2019	V55	M	1500	7:41.03	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-30
42345	Keith Powell	2019	V55	M	100HM50	20.46	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-30
42345	Keith Powell	2019	V55	M	HJ	NH	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-29
42345	Keith Powell	2019	V55	M	PV	2.70	Hull	British Masters Combined	2019-06-30

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Events Championships (inc North of England Masters Championships)	
42345	Keith Powell	2019	V55	M	PV	2.60	Loughborough	Midland League Division 4	2019-06-16
42345	Keith Powell	2019	V55	M	PV	2.60	Burton	Midland League Division 4	2019-07-06
42345	Keith Powell	2019	V55	M	PV	2.20	Newport	Welsh Masters League	2019-06-12
42345	Keith Powell	2019	V55	M	LJ	4.65	Horspath	British Masters Open Pentathlon Championships	2019-06-02
42345	Keith Powell	2019	V55	M	LJ	4.64	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-29
42345	Keith Powell	2019	V55	M	LJ	4.61	Newport	Welsh Masters League	2019-06-12
42345	Keith Powell	2019	V55	M	LJ	4.56	Horspath	British Masters Open Pentathlon Championships	2019-06-02
42345	Keith Powell	2019	V55	M	LJ	4.49	Coventry	England Masters Inter Area Challenge	2019-07-06
42345	Keith Powell	2019	V55	M	LJ	4.44	Burton	Midland League Division 4	2019-07-06
42345	Keith Powell	2019	V55	M	LJ	4.36	Aberdare	Welsh Athletics League	2019-06-22
42345	Keith Powell	2019	V55	M	TJ	8.48	Loughborough	Midland League Division 4	2019-06-16
42345	Keith Powell	2019	V55	M	SP7.26K	7.44	Aberdare	Welsh Athletics League	2019-06-22
42345	Keith Powell	2019	V55	M	SP6K	8.30	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-29
42345	Keith Powell	2019	V55	M	DT2K	20.40	Aberdare	Welsh Athletics League	2019-06-22
42345	Keith Powell	2019	V55	M	DT1.5K	25.23	Horspath	British Masters Open Pentathlon Championships	2019-06-02
42345	Keith Powell	2019	V55	M	DT1.5K	24.79	Hull	British Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Combined Events Championships (inc North of England Masters Championships)	06-30
42345	Keith Powell	2019	V55	M	JT700	25.83	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-30
42345	Keith Powell	2019	V55	M	JT700	22.23	Horspath	British Masters Open Pentathlon Championships	2019-06-02
42345	Keith Powell	2019	V55	M	PenM55	2218	Horspath	British Masters Open Pentathlon Championships	2019-06-02
42345	Keith Powell	2019	V55	M	DecM55	4331	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-30
48461	Robert Prady	2019	V35	M	3000	10:41.31	Aberdare	Welsh Athletics League	2019-06-22
48461	Robert Prady	2019	V35	M	5K	17:21	Port Talbot	Aberavon Seafront 5K Series	2019-07-03
48461	Robert Prady	2019	V35	M	parkrun	18:03	Gnoll	Gnoll parkrun # 180	2019-06-01
48461	Robert Prady	2019	V35	M	parkrun	34:04	Gnoll	Gnoll parkrun # 183	2019-06-22
193879	Renate Prells	2019	V60	W	SP4K	6.23	Aberdare	Welsh Athletics League	2019-06-22
193879	Renate Prells	2019	V60	W	SP3K	6.75	Coventry	England Masters Inter Area Challenge	2019-07-06
193879	Renate Prells	2019	V60	W	DT1K	18.51	Aberdare	Welsh Masters League	2019-07-10
193879	Renate Prells	2019	V60	W	DT1K	18.16	Aberdare	Welsh Athletics League	2019-06-22
193879	Renate Prells	2019	V60	W	HT3K	29.10	Coventry	England Masters Inter Area Challenge	2019-07-06
193879	Renate Prells	2019	V60	W	HT3K	28.68	Aberdare	Welsh Athletics League	2019-06-22
25853	Glyn Price	2019	V50	M	200	30.3	Newport	Welsh Masters League	2019-06-12

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25853	Glyn Price	2019	V50	M	PV	3.40	Newport	Welsh Masters League	2019-06-12
25853	Glyn Price	2019	V50	M	LJ	4.63	Newport	Welsh Masters League	2019-06-12
25853	Glyn Price	2019	V50	M	DT1.5K	24.77	Newport	Welsh Masters League	2019-06-12
25853	Glyn Price	2019	V50	M	HT6K	16.47	Newport	Welsh Masters League	2019-06-12
1322	Sean Price	2019	V55	M	1M	5:32	Tredegar	Steve Jones 1 Mile Series	2019-06-21
1322	Sean Price	2019	V55	M	3M	20:07	Cardiff	Cardiff Summer Series 3	2019-06-14
1322	Sean Price	2019	V55	M	parkrun	19:40	Aberbeeg	Aberbeeg parkrun # 32	2019-06-15
1322	Sean Price	2019	V55	M	parkrun	19:44	Aberbeeg	Aberbeeg parkrun # 30	2019-06-01
1322	Sean Price	2019	V55	M	parkrun	19:57	Cardiff	Cardiff parkrun # 603	2019-06-29
1322	Sean Price	2019	V55	M	parkrun	20:14	Bryn Bach	Bryn Bach parkrun # 342	2019-06-08
1322	Sean Price	2019	V55	M	4M	26:19	Cardiff	Cardiff Summer Series 4	2019-07-05
42370	David Proffitt	2019	V65	M	parkrun	23:17	Riverfront	Riverfront parkrun # 127	2019-06-22
42370	David Proffitt	2019	V65	M	parkrun	27:10	Riverfront	Riverfront parkrun # 124	2019-06-01
42370	David Proffitt	2019	V65	M	parkrun	27:26	Riverfront	Riverfront parkrun # 126	2019-06-15
42370	David Proffitt	2019	V65	M	4M	29:33	Redwick	Rose Inn 4 Series	2019-06-11
785044	Chris Pruski	2019	V60	M	100	16.6	Wrexham	Welsh Masters League	2019-06-05
785044	Chris Pruski	2019	V60	M	SP5K	8.19	Wrexham	Welsh Masters League	2019-06-05
785044	Chris Pruski	2019	V60	M	DT1K	24.73	Wrexham	Welsh Masters League	2019-06-05
785044	Chris Pruski	2019	V60	M	JT600	28.13	Wrexham	Welsh Masters League	2019-06-05
396849	Glyndwr Pugh	2019	V55	M	DT1.5K	27.32	Aberdare	Welsh Masters League	2019-07-10
396849	Glyndwr Pugh	2019	V55	M	DT1.5K	26.50	Newport	Welsh Masters League	2019-06-12
396849	Glyndwr Pugh	2019	V55	M	HT6K	30.06	Newport	Welsh Masters League	2019-06-12
396849	Glyndwr Pugh	2019	V55	M	JT700	20.22	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	HJ	0.90	Nuneaton	Midland Masters AC Championships	2019-06-09
50106	Phil Rees	2019	V75	M	HJ	0.90	Exeter	South West Veterans Championships	2019-06-16
50106	Phil Rees	2019	V75	M	HJ	0.80	Wrexham	Welsh Masters	2019-

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								League	06-05
50106	Phil Rees	2019	V75	M	HJ	0.80	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	LJ	2.35	Wrexham	Welsh Masters League	2019-06-05
50106	Phil Rees	2019	V75	M	LJ	2.22	Coventry	England Masters Inter Area Challenge	2019-07-06
50106	Phil Rees	2019	V75	M	TJ	5.26	Exeter	South West Veterans Championships	2019-06-16
50106	Phil Rees	2019	V75	M	TJ	5.10	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	SP4K	6.67	Wrexham	Welsh Masters League	2019-06-05
50106	Phil Rees	2019	V75	M	SP4K	6.41	Exeter	South West Veterans Championships	2019-06-16
50106	Phil Rees	2019	V75	M	DT1K	19.43	Wrexham	Welsh Masters League	2019-06-05
50106	Phil Rees	2019	V75	M	DT1K	17.34	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	DT1K	16.59	Exeter	South West Veterans Championships	2019-06-16
50106	Phil Rees	2019	V75	M	HT4K	18.12	Nuneaton	Midland Masters AC Championships	2019-06-09
50106	Phil Rees	2019	V75	M	HT4K	15.62	Exeter	South West Veterans Championships	2019-06-16
50106	Phil Rees	2019	V75	M	JT600	12.57	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	JT500	13.02	Wrexham	Welsh Masters League	2019-06-05
9649	Steven Rees	2019	V40	M	12.5ML	74:58	Caernarfon	Welsh Castles Relay	2019-06-09
4894	Mike Robbins	2019	V55	M	5K	19:42	Rhyl	Runfest Wales 5K	2019-06-23
4894	Mike Robbins	2019	V55	M	parkrun	22:22	Wepre	Wepre parkrun # 164	2019-07-06
4894	Mike Robbins	2019	V55	M	parkrun	22:26	Wepre	Wepre parkrun # 160	2019-06-08
4894	Mike Robbins	2019	V55	M	parkrun	22:26	Bodelwyddan Castle	Bodelwyddan Castle parkrun # 35	2019-06-29
4894	Mike Robbins	2019	V55	M	parkrun	22:57	Wepre	Wepre parkrun # 165	2019-07-13
4894	Mike Robbins	2019	V55	M	11KMT	47:03	Pentre-Llyn-Cymmer	Fairy Freckled Cow Llyn Alwen 11K	2019-07-07
72835	Barrie Roberts	2019	V75	M	400	97.87	Coventry	England Masters Inter Area Challenge	2019-07-06

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72835	Barrie Roberts	2019	V75	M	800	3:32.53	Coventry	England Masters Inter Area Challenge	2019-07-06
72835	Barrie Roberts	2019	V75	M	1500	7:05.7	Worcester	Worcester AC Open	2019-06-20
72835	Barrie Roberts	2019	V75	M	Mile	7:32.9	Coventry	Warwickshire Open Graded Series	2019-07-03
72835	Barrie Roberts	2019	V75	M	1M	7:36	Bourton-on-the-Water	Bourton One Mile Challenge	2019-07-13
72835	Barrie Roberts	2019	V75	M	5K	26:55	Wythall	Wythall and Hollywood 5K	2019-06-23
72835	Barrie Roberts	2019	V75	M	parkrun	26:50	Cannon Hill	Cannon Hill parkrun # 448	2019-06-29
72835	Barrie Roberts	2019	V75	M	parkrun	27:22	Cannon Hill	Cannon Hill parkrun # 446	2019-06-15
72835	Barrie Roberts	2019	V75	M	parkrun	27:39	Cannon Hill	Cannon Hill parkrun # 444	2019-06-01
72835	Barrie Roberts	2019	V75	M	parkrun	28:09	Cannon Hill	Cannon Hill parkrun # 445	2019-06-08
22339	Huw Roberts	2019	V60	M	3000	12:35.9	Newport	Welsh Masters League	2019-06-12
22339	Huw Roberts	2019	V60	M	5K	21:13	Cardiff	SSAFA 5K	2019-06-19
895411	Mark Roberts	2019	V55	M	200	32.8	Newport	Welsh Masters League	2019-06-12
895411	Mark Roberts	2019	V55	M	800	2:35.58	Aberdare	Welsh Athletics League	2019-06-22
895411	Mark Roberts	2019	V55	M	800	2:42.4	Aberdare	Welsh Masters League	2019-07-10
895411	Mark Roberts	2019	V55	M	1500	5:42.0	Newport	Welsh Masters League	2019-06-12
895411	Mark Roberts	2019	V55	M	3000	11:58.9	Aberdare	Welsh Masters League	2019-07-10
895411	Mark Roberts	2019	V55	M	400HU17M	78.25	Aberdare	Welsh Athletics League	2019-06-22
895411	Mark Roberts	2019	V55	M	parkrun	21:05	Bryn Bach	Bryn Bach parkrun # 344	2019-06-29
895411	Mark Roberts	2019	V55	M	5M	34:52	Llanfrynach	Brecon AC 5	2019-06-04
895411	Mark Roberts	2019	V55	M	9.1ML	65:26	Caernarfon	Welsh Castles Relay	2019-06-08
28820	Peter Roberts	2019	V45	M	SP7.26K	9.95	Coventry	England Masters Inter Area Challenge	2019-07-06
28820	Peter Roberts	2019	V45	M	DT2K	36.58	Coventry	England Masters Inter Area Challenge	2019-07-06
28820	Peter Roberts	2019	V45	M	DT2K	33.21	Aberdare	Welsh Masters League	2019-07-10
28820	Peter Roberts	2019	V45	M	HT7.26K	26.06	Coventry	England Masters Inter Area Challenge	2019-07-06
182560	Ian Robinson	2019	V70	M	DT1K	29.64	Wrexham	Welsh Masters	2019-

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								League	06-05
5388	Paul Ross-Davies	2019	V65	M	parkrun	19:45	Bushy Park	Bushy Park parkrun # 795	2019-06-29
5388	Paul Ross-Davies	2019	V65	M	parkrun	20:02	Bushy Park	Bushy Park parkrun # 794	2019-06-22
5388	Paul Ross-Davies	2019	V65	M	parkrun	20:20	Catford	Catford parkrun # 57	2019-06-01
793204	Sharon Samuel	2019	V50	W	200	31.0	Redditch	Midland Veterans' League Division South	2019-06-05
363515	Rebecca Selvey	2019	V45	W	400	69.1	Tipton	Midland League Division 3	2019-06-16
363515	Rebecca Selvey	2019	V45	W	800	2:33.2	Tipton	Midland League Division 3	2019-06-16
363515	Rebecca Selvey	2019	V45	W	800	2:34.1	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
363515	Rebecca Selvey	2019	V45	W	1500	5:24.95	Coventry	England Masters Inter Area Challenge	2019-07-06
363515	Rebecca Selvey	2019	V45	W	3000	11:56.3	Redditch	Midland Veterans' League Division South	2019-06-05
363515	Rebecca Selvey	2019	V45	W	1M	5:46	Bourton-on-the-Water	Bourton One Mile Challenge	2019-07-13
15337	Rob Sheen	2019	V55	M	parkrun	19:10	Conkers	Conkers parkrun # 440	2019-07-06
15337	Rob Sheen	2019	V55	M	parkrun	19:11	Braunstone	Braunstone parkrun # 453	2019-07-13
15337	Rob Sheen	2019	V55	M	10K	39:49	Prestwold	Prestwold 10K	2019-06-23
34256	Dave Shields	2019	V55	M	TJ	8.67	Coventry	England Masters Inter Area Challenge	2019-07-06
246785	Juliet Sidney	2019	V50	W	100	13.98	Coventry	England Masters Inter Area Challenge	2019-07-06
246785	Juliet Sidney	2019	V50	W	800	2:57.2	Loughborough	Midland League Division 4	2019-06-16
939338	Sasha Spottiswoode	2019	V45	W	DT1K	23.86	Chelmsford	UK Women's League Division 2	2019-06-09
939338	Sasha Spottiswoode	2019	V45	W	DT1K	23.07	Aberdare	Welsh Masters League	2019-07-10
939338	Sasha Spottiswoode	2019	V45	W	DT1K	22.61	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-07-02
939338	Sasha Spottiswoode	2019	V45	W	HT4K	30.65	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-07-02
939338	Sasha Spottiswoode	2019	V45	W	HT4K	28.45	Cardiff	Cardiff Throws Open (Hammer	2019-06-11

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								& Discus)	
939338	Sasha Spottiswoode	2019	V45	W	HT4K	26.69	Newport	Welsh Masters League	2019-06-12
939338	Sasha Spottiswoode	2019	V45	W	JT500	25.51	Aberdare	Welsh Masters League	2019-07-10
31762	Clare St. John-Coleman	2019	V55	W	100	15.67	Lee Valley	Lee Valley Sprint Double 100m Open Series	2019-06-19
31762	Clare St. John-Coleman	2019	V55	W	100	15.83	Lee Valley	Lee Valley Sprint Double 100m Open Series	2019-06-19
31762	Clare St. John-Coleman	2019	V55	W	100	16.0	Chelmsford	Eastern Masters AC League Division South	2019-07-03
31762	Clare St. John-Coleman	2019	V55	W	200	35.2	Southend	Eastern Masters AC League Division South	2019-06-05
31762	Clare St. John-Coleman	2019	V55	W	PV	1.60	Southend	Eastern Masters AC League Division South	2019-06-05
31762	Clare St. John-Coleman	2019	V55	W	LJ	3.63	Southend	Eastern Masters AC League Division South	2019-06-05
31762	Clare St. John-Coleman	2019	V55	W	TJ	7.24	Chelmsford	Eastern Masters AC League Division South	2019-07-03
42436	Dave Stokes	2019	V55	M	HJ	NH	Wrexham	Welsh Masters League	2019-06-05
42436	Dave Stokes	2019	V55	M	PV	2.20	Nuneaton	Midland Masters AC Championships	2019-06-09
42436	Dave Stokes	2019	V55	M	LJ	3.81	Bury	Northern Masters Championships	2019-06-23
42436	Dave Stokes	2019	V55	M	LJ	3.50	Wrexham	Welsh Masters League	2019-06-05
42436	Dave Stokes	2019	V55	M	SP6K	8.47	Bury	Northern Masters Championships	2019-06-23
42436	Dave Stokes	2019	V55	M	SP6K	8.29	Nuneaton	Midland Masters AC Championships	2019-06-09
42436	Dave Stokes	2019	V55	M	SP6K	8.18	Wrexham	Welsh Masters League	2019-06-05
42436	Dave Stokes	2019	V55	M	DT1.5K	29.00	Wrexham	Welsh Masters League	2019-06-05
42436	Dave Stokes	2019	V55	M	DT1.5K	28.39	Nuneaton	Midland Masters AC Championships	2019-06-09
42436	Dave Stokes	2019	V55	M	DT1.5K	28.35	Bury	Northern Masters Championships	2019-06-23
42436	Dave Stokes	2019	V55	M	HT6K	29.99	Nuneaton	Midland	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Masters AC Championships	06-09
42436	Dave Stokes	2019	V55	M	HT6K	27.72	Bury	Northern Masters Championships	2019-06-23
42436	Dave Stokes	2019	V55	M	JT700	24.71	Wrexham	Welsh Masters League	2019-06-05
42436	Dave Stokes	2019	V55	M	JT700	21.63	Bury	Northern Masters Championships	2019-06-23
340051	Ian Swanson	2019	V65	M	100	23.1	Aberdare	Welsh Masters League	2019-07-10
340051	Ian Swanson	2019	V65	M	200	45.2	Newport	Welsh Masters League	2019-06-12
340051	Ian Swanson	2019	V65	M	3000	18:04.0	Newport	Welsh Masters League	2019-06-12
340051	Ian Swanson	2019	V65	M	3000	20:41.2	Aberdare	Welsh Masters League	2019-07-10
340051	Ian Swanson	2019	V65	M	HJ	1.10	Aberdare	Welsh Masters League	2019-07-10
340051	Ian Swanson	2019	V65	M	LJ	2.56	Newport	Welsh Masters League	2019-06-12
340051	Ian Swanson	2019	V65	M	10K	82:04	Porthcawl	Porthcawl 10K	2019-07-07
10863	Joe Thomas	2019	V40	M	3000	9:46.9	Newport	Welsh Masters League	2019-06-12
10863	Joe Thomas	2019	V40	M	12.3ML	70:45	Caernarfon	Welsh Castles Relay	2019-06-08
34317	Steven Thomas-Spires	2019	V45	M	100	13.6	Ashton under Lyne	North of England League Division 4W	2019-06-16
34317	Steven Thomas-Spires	2019	V45	M	100	13.7	Wrexham	Welsh Masters League	2019-06-05
34317	Steven Thomas-Spires	2019	V45	M	200	28.4	Wrexham	Welsh Masters League	2019-06-05
34317	Steven Thomas-Spires	2019	V45	M	200	29.2	Ashton under Lyne	North of England League Division 4W	2019-06-16
34317	Steven Thomas-Spires	2019	V45	M	400	75.3	Ashton under Lyne	North of England League Division 4W	2019-06-16
34317	Steven Thomas-Spires	2019	V45	M	HJ	1.30	Wrexham	Welsh Masters League	2019-06-05
34317	Steven Thomas-Spires	2019	V45	M	LJ	3.90	Wrexham	Welsh Masters League	2019-06-05
34317	Steven Thomas-Spires	2019	V45	M	TJ	9.04	Coventry	England Masters Inter Area Challenge	2019-07-06
34317	Steven Thomas-Spires	2019	V45	M	TJ	8.68	Ashton under Lyne	North of England League Division 4W	2019-06-16

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
34317	Steven Thomas-Spires	2019	V45	M	DT2K	19.62	Ashton under Lyne	North of England League Division 4W	2019-06-16
34317	Steven Thomas-Spires	2019	V45	M	HT7.26K	19.38	Ashton under Lyne	North of England League Division 4W	2019-06-16
34317	Steven Thomas-Spires	2019	V45	M	JT800	22.10	Coventry	England Masters Inter Area Challenge	2019-07-06
222758	Jan Timberlake	2019	V50	W	100	16.4	Tipton	Midland League Division 3	2019-06-16
222758	Jan Timberlake	2019	V50	W	80HW50	16.79	Nuneaton	Midland Masters AC Championships	2019-06-09
222758	Jan Timberlake	2019	V50	W	LJ	4.13	Tipton	Midland League Division 3	2019-06-16
222758	Jan Timberlake	2019	V50	W	LJ	3.99	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
222758	Jan Timberlake	2019	V50	W	LJ	3.97	Nuneaton	Midland Masters AC Championships	2019-06-09
222758	Jan Timberlake	2019	V50	W	TJ	8.48	Tipton	Midland League Division 3	2019-06-16
222758	Jan Timberlake	2019	V50	W	TJ	8.34	Nuneaton	Midland Masters AC Championships	2019-06-09
222758	Jan Timberlake	2019	V50	W	DT1K	21.78	Nuneaton	Midland Masters AC Championships	2019-06-09
222758	Jan Timberlake	2019	V50	W	DT1K	18.97	Tipton	Midland League Division 3	2019-06-16
928718	Martin Tucker	2019	V50	M	SP6K	10.51	Bury	Northern Masters Championships	2019-06-23
928718	Martin Tucker	2019	V50	M	SP6K	9.93	Nuneaton	Midland Masters AC Championships	2019-06-09
928718	Martin Tucker	2019	V50	M	SP6K	9.82	Wrexham	Welsh Masters League	2019-06-05
928718	Martin Tucker	2019	V50	M	JT700	42.14	Wrexham	Welsh Masters League	2019-06-05
928718	Martin Tucker	2019	V50	M	JT700	41.72	Bury	Northern Masters Championships	2019-06-23
928718	Martin Tucker	2019	V50	M	JT700	41.67	Nuneaton	Midland Masters AC Championships	2019-06-09
42328	Steve Wadley	2019	V55	M	parkrun	23:10	Riverfront	Riverfront parkrun # 130	2019-07-13
42328	Steve Wadley	2019	V55	M	parkrun	24:57	Riverfront	Riverfront parkrun # 125	2019-06-08
42328	Steve Wadley	2019	V55	M	parkrun	25:17	Newport	Newport parkrun # 432	2019-07-06

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
42328	Steve Wadley	2019	V55	M	parkrun	26:07	Riverfront	Riverfront parkrun # 126	2019-06-15
42328	Steve Wadley	2019	V55	M	parkrun	26:08	Riverfront	Riverfront parkrun # 127	2019-06-22
42328	Steve Wadley	2019	V55	M	parkrun	27:10	Riverfront	Riverfront parkrun # 124	2019-06-01
42328	Steve Wadley	2019	V55	M	parkrun	29:17	Newport	Newport parkrun # 431	2019-06-29
35174	Julie Wakelam	2019	V60	W	100	17.1	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
35174	Julie Wakelam	2019	V60	W	HJ	1.18	Coventry	England Masters Inter Area Challenge	2019-07-06
35174	Julie Wakelam	2019	V60	W	HJ	1.15	Redditch	Midland Veterans' League Division South	2019-06-05
35174	Julie Wakelam	2019	V60	W	HJ	1.15	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
35174	Julie Wakelam	2019	V60	W	LJ	3.67	Coventry	England Masters Inter Area Challenge	2019-07-06
35174	Julie Wakelam	2019	V60	W	LJ	3.55	Nuneaton	Midland Masters AC Championships	2019-06-09
35174	Julie Wakelam	2019	V60	W	TJ	7.45	Redditch	Midland Veterans' League Division South	2019-06-05
35174	Julie Wakelam	2019	V60	W	TJ	7.36	Nuneaton	Midland Masters AC Championships	2019-06-09
35174	Julie Wakelam	2019	V60	W	TJ	7.25	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
35174	Julie Wakelam	2019	V60	W	SP3K	7.18	Coventry	England Masters Inter Area Challenge	2019-07-06
35174	Julie Wakelam	2019	V60	W	DT1K	19.68	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
35174	Julie Wakelam	2019	V60	W	DT1K	18.99	Redditch	Midland Veterans' League Division South	2019-06-05
35174	Julie Wakelam	2019	V60	W	HT3K	31.75	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
35174	Julie	2019	V60	W	HT3K	30.82	Nuneaton	Midland	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Wakelam							Masters AC Championships	06-09
35174	Julie Wakelam	2019	V60	W	JT500	21.84	Nuneaton	Midland Masters AC Championships	2019-06-09
35174	Julie Wakelam	2019	V60	W	JT500	19.68	Redditch	Midland Veterans' League Division South	2019-06-05
65287	Gwynn Wallace	2019	V50	M	SP6K	9.90	Derby	Midland Masters Throws Group Series Open	2019-06-01
65287	Gwynn Wallace	2019	V50	M	SP6K	9.15	Abingdon	Southern Counties Veterans' League Western Division	2019-06-03
65287	Gwynn Wallace	2019	V50	M	WT11.34K	8.65	Derby	Midland Masters Throws Group Series Open	2019-06-01
65287	Gwynn Wallace	2019	V50	M	DT1.5K	32.18	Derby	Midland Masters Throws Group Series Open	2019-06-01
65287	Gwynn Wallace	2019	V50	M	HT6K	25.55	Abingdon	Southern Counties Veterans' League Western Division	2019-06-03
65287	Gwynn Wallace	2019	V50	M	HT6K	23.87	Derby	Midland Masters Throws Group Series Open	2019-06-01
65287	Gwynn Wallace	2019	V50	M	JT700	34.29	Derby	Midland Masters Throws Group Series Open	2019-06-01
65287	Gwynn Wallace	2019	V50	M	PenWtM50	2299	Derby	Midland Masters Throws Group Series Open	2019-06-01
95903	Geoff Ward	2019	V65	M	SP5K	9.90	Nuneaton	Midland Masters AC Championships	2019-06-09
95903	Geoff Ward	2019	V65	M	SP5K	9.59	Wrexham	Welsh Masters League	2019-06-05
95903	Geoff Ward	2019	V65	M	DT1K	35.16	Nuneaton	Midland Masters AC Championships	2019-06-09
95903	Geoff Ward	2019	V65	M	DT1K	34.06	Wrexham	Welsh Masters League	2019-06-05
51847	Peter Watkeys	2019	V35	M	5000	17:00.61	Basingstoke	Southern Athletics League Division 2W	2019-06-15

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
51847	Peter Watkeys	2019	V35	M	parkrun	17:32	Llanelli Coast	Llanelli Coast parkrun # 129	2019-06-29
51847	Peter Watkeys	2019	V35	M	parkrun	17:35	Basingstoke	Basingstoke parkrun # 590	2019-06-01
51847	Peter Watkeys	2019	V35	M	10K	37:16	Yateley	Yateley 10K Series	2019-06-05
51847	Peter Watkeys	2019	V35	M	10K	38:24	Yateley	Yateley 10K Series	2019-07-03
761334	Victoria Watkins	2019	V35	W	200	31.4	Redditch	Midland Veterans' League Division South	2019-06-05
761334	Victoria Watkins	2019	V35	W	400	68.58	Coventry	England Masters Inter Area Challenge	2019-07-06
761334	Victoria Watkins	2019	V35	W	400	69.9	Redditch	Midland Veterans' League Division South	2019-06-05
761334	Victoria Watkins	2019	V35	W	800	2:43.9	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-10
761334	Victoria Watkins	2019	V35	W	400HW	86.7	Tipton	Midland League Division 3	2019-06-16
761334	Victoria Watkins	2019	V35	W	parkrun	23:07	Tewkesbury	Tewkesbury parkrun # 191	2019-06-29
761334	Victoria Watkins	2019	V35	W	parkrun	23:08	Mulbarton	Mulbarton parkrun # 305	2019-06-08
761334	Victoria Watkins	2019	V35	W	parkrun	23:18	Newent	Newent parkrun # 324	2019-07-13
773078	Welsh Masters AA V35 Team	2019	V35	W	4x100	56.46	Coventry	England Masters Inter Area Challenge	2019-07-06
773084	Welsh Masters AA V35 Team	2019	V35	M	4x100	53.88	Coventry	England Masters Inter Area Challenge	2019-07-06
880920	Welsh Masters AA V50 Team	2019	V50	W	4x100	60.97	Coventry	England Masters Inter Area Challenge	2019-07-06
773077	Welsh Masters AA V50 Team	2019	V50	M	4x100	54.35	Coventry	England Masters Inter Area Challenge	2019-07-06
856524	Welsh Masters AA V60 Team	2019	V60	W	4x100	72.09	Coventry	England Masters Inter Area Challenge	2019-07-06
773091	Welsh Masters AA V60 Team	2019	V60	M	4x100	57.72	Coventry	England Masters Inter Area Challenge	2019-07-06
50764	Russell Whiting	2019	V50	M	100	12.22	Coventry	England Masters Inter Area Challenge	2019-07-06
50764	Russell Whiting	2019	V50	M	100	12.4	Worthing	Southern Athletics League Division 3SE	2019-07-13

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
50764	Russell Whiting	2019	V50	M	200	25.56	Coventry	England Masters Inter Area Challenge	2019-07-06
50764	Russell Whiting	2019	V50	M	200	25.7	Worthing	Southern Athletics League Division 3SE	2019-07-13
766506	David John Williams	2019	V35	M	parkrun	18:11	Cardiff	Cardiff parkrun # 605	2019-07-13
782788	Ian Williams	2019	V40	M	DT2K	27.22	Newport	Welsh Masters League	2019-06-12
782788	Ian Williams	2019	V40	M	DT2K	25.25	Aberdare	Welsh Masters League	2019-07-10
782788	Ian Williams	2019	V40	M	JT800	29.57	Aberdare	Welsh Masters League	2019-07-10
928365	Mark Williams	2019	V60	M	200	34.2	Aberdare	Welsh Masters League	2019-07-10
928365	Mark Williams	2019	V60	M	200	35.44	Aberdare	Welsh Athletics League	2019-06-22
928365	Mark Williams	2019	V60	M	400	77.2	Newport	Welsh Masters League	2019-06-12
928365	Mark Williams	2019	V60	M	800	2:51.0	Aberdare	Welsh Masters League	2019-07-10
928365	Mark Williams	2019	V60	M	800	2:58.83	Aberdare	Welsh Athletics League	2019-06-22
928365	Mark Williams	2019	V60	M	1500	5:36.53	Aberdare	Welsh Athletics League	2019-06-22
928365	Mark Williams	2019	V60	M	1500	5:42.7	Newport	Welsh Masters League	2019-06-12
928365	Mark Williams	2019	V60	M	3000	11:47.56	Coventry	England Masters Inter Area Challenge	2019-07-06
928365	Mark Williams	2019	V60	M	3000	11:50.5	Newport	Welsh Masters League	2019-06-12
928365	Mark Williams	2019	V60	M	3000	11:51.1	Aberdare	Welsh Masters League	2019-07-10
928365	Mark Williams	2019	V60	M	SP7.26K	6.98	Aberdare	Welsh Athletics League	2019-06-22
928365	Mark Williams	2019	V60	M	SP5K	6.35	Newport	Welsh Masters League	2019-06-12
928365	Mark Williams	2019	V60	M	DT2K	11.61	Aberdare	Welsh Athletics League	2019-06-22
928365	Mark Williams	2019	V60	M	DT1K	18.85	Aberdare	Welsh Masters League	2019-07-10
928365	Mark Williams	2019	V60	M	JT600	13.85	Aberdare	Welsh Masters League	2019-07-10
928365	Mark Williams	2019	V60	M	1M	6:09	Tredegar	Steve Jones 1 Mile Series	2019-06-21
928365	Mark Williams	2019	V60	M	5K	20:28	Cardiff	SSAFA 5K	2019-06-19
928365	Mark Williams	2019	V60	M	5K	20:40	Port Talbot	Aberavon Seafront 5K Series	2019-07-03
928365	Mark	2019	V60	M	5K	20:56	Swansea	Swansea Bay	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Williams							Summer 5K Series	06-13
928365	Mark Williams	2019	V60	M	5K	21:01	Swansea	Swansea Bay Summer 5K Series	2019-07-11
928365	Mark Williams	2019	V60	M	parkrun	20:10	Aberbeeg	Aberbeeg parkrun # 31	2019-06-08
928365	Mark Williams	2019	V60	M	parkrun	20:51	Penallta	Penallta parkrun # 201	2019-06-01
928365	Mark Williams	2019	V60	M	10K	42:47	Llanelli	Sospan Road Runners 10K	2019-06-29
928365	Mark Williams	2019	V60	M	10KDH	38:57	Blaenavon	Torfaen Mic Morris 10K	2019-07-14
928365	Mark Williams	2019	V60	M	15MMT	2:29:07	Hay on Wye	Offa's Dyke 15	2019-06-15
60402	Paul Williams	2019	V55	M	100	13.1	Burton	Midland Veterans' League Division North	2019-07-03
60402	Paul Williams	2019	V55	M	200	26.83	Birmingham	Midland Veterans' League Division North	2019-06-05
60402	Paul Williams	2019	V55	M	LJ	4.31	Birmingham	Midland Veterans' League Division North	2019-06-05
60402	Paul Williams	2019	V55	M	LJ	4.17	Burton	Midland Veterans' League Division North	2019-07-03
60402	Paul Williams	2019	V55	M	TJ	9.23	Burton	Midland Veterans' League Division North	2019-07-03
60402	Paul Williams	2019	V55	M	SP7.26K	7.76	Birmingham	Midland Veterans' League Division North	2019-06-05
60402	Paul Williams	2019	V55	M	SP6K	8.31	Burton	Midland Veterans' League Division North	2019-07-03
60402	Paul Williams	2019	V55	M	DT1.5K	20.60	Birmingham	Midland Veterans' League Division North	2019-06-05
643962	Robin Wood	2019	V50	M	200	28.5	Newport	Welsh Masters League	2019-06-12
643962	Robin Wood	2019	V50	M	400	68.2	Newport	Welsh Masters League	2019-06-12
643962	Robin Wood	2019	V50	M	LJ	4.23	Newport	Welsh Masters League	2019-06-12