



WMAA Men's Season 2019



Event	First Name	Last Name	AG	Time/Dist		Venue	Meeting	date
	Stephen	Buttler	V40	7.73	i	Birmingham (PB)	Midland Counties Open Series - Awaiting U15M LJ results	27/01/2019
	Stuart	Pearce	V40	7.93	i	Lee Valley	British Masters Championships	09/03/2019
	James	Morgan	V45	8.28	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Russell	Whiting	V50	7.69	i	Lee Valley	British Masters Championships	09/03/2019
	Keith	Powell	V55	8.50	i	Lee Valley	British Masters Championships	09/03/2019
	Ian	Broadhurst	V60	8.67	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Roderick	Davies	V60	9.09	i	Lee Valley	British Masters Championships	09/03/2019
	Chris	Pruski	V60	9.97	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	David	Boaler	V60	14.11	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Mel	James	V75	10.09	i	Lee Valley	English Masters Area Challenge	24/02/2019
60MH								
	Glyn	Price	V50	10.98	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Derek	Osborne	V55	10.97	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
	Keith	Powell	V55	11.26	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019

100								
	Paul	Edwards	V40	14.60	0	Cardiff Met	Welsh Masters League	22/05/2019
	James	Morgan	V45	12.46	w	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	16/05/2018
	Steven	Thomas-Spires	V45	13.66	0	Wrexham	North Wales Regional Championships	11/05/2019
	Adrian	Lewis	V45	15.50	0	Cardiff Met	Welsh Masters League	22/05/2019
	Jason	Elworthy	V45	22.05	w	Neath	Welsh Athletics League	19/05/2019
	Russell	Whiting	V50	12.30	0	Hastings	Southern Athletics League Division 3SE	13/04/2019
	Robin	Wood	V50	13.10	0	Swansea	West Wales Regional Championships	11/05/2019
	Glyn	Price	V50	13.90	0	Cardiff Met	Welsh Masters League	22/05/2019
	Keith	Powell	V55	13.80	0	Cardiff Met	Welsh Masters League	22/05/2019
	Derek	Osborne	V55	14.70	0	Cardiff Met	Welsh Masters League	22/05/2019
	Mark	Roberts	V55	15.40	0	Cardiff Met	Welsh Masters League	22/05/2019
	Kevin	Challinor	V55	16.60	0	Wrexham	Welsh Masters League	05/06/2019
	Kieran	Mcdonnell	V60	13.55	w	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	15/05/2019
	Roderick	Davies	V60	14.30	0	Cardiff Met	Welsh Masters League	22/05/2019
	Chris	Pruski	V60	16.60	0	Wrexham	Welsh Masters League	05/06/2019
	Mark	Williams	V60	17.20	0	Cardiff Met	Welsh Masters League	22/05/2019
	Mark	Wyndham-Jones	V65	14.10	w	Norwich	Norfolk County Championships	11/05/2019
	Glyn	Sutton	V70	14.10	0	Cardiff Met	Welsh Masters League	22/05/2019
	Mel	James	V75	15.80	0	Nuneaton	Midland Masters AC Championships	09/06/2019
	Phil	Rees	V75	22.60	0	Cardiff Met	Welsh Masters League	22/05/2019
	John	Evans	V80	19.00	0	Nuneaton	Midland Veterans' League Division East	01/05/2019

200								
	Lee	Richards	V35	32.37	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Stuart	Pearce	V40	26.37	i	Lee Valley	British Masters Championships	10/03/2019
	Scott	Browne	V40	27.38	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Paul	Edwards	V40	31.00	0.00	Swansea	Welsh Masters League	24/04/2019
	James	Morgan	V45	26.31	0	Nuneaton	Midland Masters AC Championships	09/06/2019
	Steven	Thomas-Spires	V45	28.40	0.00	Wrexham	Welsh Masters League	05/06/2019
	Adrian	Lewis	V45	28.90	0	Swansea	Welsh Masters League	24/04/2019
	Jason	Elworthy	V45	52.73	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Russell	Whiting	V50	25.80	0	Crawley	Sussex County Championships	11/05/2019
	Robin	Wood	V50	28.50	0	Newport	Welsh Masters League	12/06/2019
	Gwynn	Wallace	V50	30.20	0	Kettering	Midland Veterans' League Division East	29/05/2019
	Glyn	Price	V50	30.30	0	Newport	Welsh Masters League	12/06/2019
	Paul	Williams	V55	26.83	0	Birmingham	Midland Veterans' League Division North	05/06/2019
	Keith	Powell	V55	28.49	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Derek	Osborne	V55	29.50	0	Newport	Welsh Masters League	12/06/2019
	Mark	Roberts	V55	32.80	0	Newport	Welsh Masters League	12/06/2019
	Kevin	Challinor	V55	33.50	0	Wrexham	Welsh Masters League	05/06/2019
	Jeffrey	Hanson	V55	37.90	0	Swansea	Welsh Masters League	24/04/2019
	Ian	Broadhurst	V60	27.11	i	Emirates Arena	Scottish National Combined Events / Masters / Relay Championships	17/02/2019
	Kieran	Mcdonnell	V60	28.07	0	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	15/05/2019
	Roderick	Davies	V60	29.60	0	Wrexham	Welsh Masters League	05/06/2019
	Graeme	Knowles	V60	31.70	0	Swansea	Welsh Masters League	24/04/2019
	Chris	Norton	V60	34.70	0	Swansea	Welsh Masters League	24/04/2019
	Mark	Wyndham-Jones	V65	30.70	0	Norwich	Norfolk County Championships	11/05/2019
	Michael H	Davies	V65	37.90	0	Swansea	Welsh Masters League	24/04/2019
	Ian	Swanson	V65	45.20	0	Newport	Welsh Masters League	12/06/2019
	Mel	James	V75	32.97	0	Nuneaton	Midland Masters AC Championships	09/06/2019
	Phil	Rees	V75	54.50	0	Swansea	Welsh Masters League	24/04/2019
	John	Evans	V80	40.30	0	Kettering	Midland Veterans' League Division East	29/05/2019

300								
	Lee	Richards	V35	39.87	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
300MH								
	Ian	Broadhurst	V60	47.41	0	Nuneaton	Midland Masters AC Championships	09/06/2019
400								
	Dale	Garland	V35	52.10	i	Lee Valley	London Senior & U20 Games	26/01/2019
	David John	Williams	V35	54.00	0	Cardiff Met	Welsh Masters League	22/05/2019
	Owen	Chesher	V35	55.95	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Scott	Browne	V40	59.65	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Adrian	Lewis	V45	63.2	0	Newport	Welsh Masters League	12/06/2019
	Paul	Flynn	V50	65.59	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Robin	Wood	V50	68.20	0	Newport	Welsh Masters League	12/06/2019
	Charles	Northey	V50	76.40	0	Newport	Welsh Masters League	12/06/2019
	Sean	Price	V55	58.99	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Derek	Osborne	V55	66.10	0	Swansea	Welsh Masters League	24/04/2019
	Brett	Davis	V55	61.70	0	Newport	Welsh Masters League	12/06/2019
	Mark	Roberts	V55	68.80	0	Cardiff Met	Welsh Masters League	22/05/2019
	Kevin	Challinor	V55	72.09	0	Connah's Quay	Deeside Spring Open	07/04/2019
	Jeffrey	Hanson	V55	84.00	0	Swansea	Welsh Masters League	24/04/2019
	Ian	Broadhurst	V60	61.66	0	Nuneaton	Midland Masters AC Championships	09/06/2019
	Kieran	Mcdonnell	V60	62.83	i	Lee Valley	English Masters Area Challenge	24/02/2019
	David	Boaler	V60	67.50	0	Cardiff Met	Welsh Masters League	22/05/2019
	Mark	Williams	V60	67.50	0	Cardiff Met	Welsh Masters League	22/05/2019
	Wayne	Howe	V60	82.10	0	Eltham	Southern Counties Veterans' League Kent Division 2	03-May-19
	Chris	Norton	V60	85.70	0	Swansea	Welsh Masters League	24/04/2019
	Michael H	Davies	V65	87.30	0	Swansea	Welsh Masters League	24/04/2019
	Ian	Swanson	V65	01:53.50	0	Cardiff Met	Welsh Masters League	22/05/2019
	Mel	James	V75	84.70	0	Cardiff Met	Welsh Masters League	22/05/2019
	Barrie	Roberts	V75	96.07	i	Lee Valley	English Masters Area Challenge	24/02/2019
400mh								
	Dale	Garland	V35	54.99	55.39	St. Peter Port	Guernsey Intertrust Challenge Open Series	05/05/2019

600m								
	Brett	Davis	V55	01:42.82	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
800								
	David John	Williams	V35	02:01.65	0	Cwmbran	Middle Distance Athletes League	01/05/2019
	Peter	Watkeys	V35	02:02.34	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Robert	Prady	V35	02:14.50	0	Swansea	West Wales Regional Championships	11/05/2019
	Matthew	Evans	V35	02:15.90	0	Cyncoed	WMAA	22/05/2019
	Scott	Browne	V40	02:11.77	0	Cwmbran	Middle Distance Athletes League	01/05/2019
	Dean	Webster	V40	02:37.50	0	Swansea	Welsh Masters League	24/04/2019
	Adrian	Lewis	V45	02:21.83	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Michael	Graz	V45	02:31.45	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Jon	Grainger	V50	02:17.20	0	Winchester	Southern Counties Veterans' League Hampshire Division	20/05/2019
	Paul	Flynn	V50	02:28.07	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Charles	Northey	V50	02:41.94	0	Neath	Welsh Athletics League	19/05/2019
	Sean	Price	V55	02:13.16	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Brett	Davis	V55	02:17.92	i	Torun, POL	World Masters Indoor Championships	27/03/2019
	Martyn	Cole	V55	02:23.70	0	Cheltenham	Brewer Memorial Games Open	06/05/2019
	Kevin	Challinor	V55	02:42.32	0	Wrexham	North Wales Regional Championships	11/05/2019
	Mike	Robbins	V55	02:43.10	0	Wrexham	Cheshire League	04/05/2019
	Clive	Osmond	V55	02:50.77	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Mark	Roberts	V55	02:33.74	0	Swansea	Swansea Harriers Open Meeting	07/04/2019
	Jeffrey	Hanson	V55	03:12.20	0	Swansea	Welsh Masters League	24/04/2019
	Austin	Davies	V60	02:37.40	0	Sandy	Southern Athletics League Division 3N	18/05/2019
	Kieran	Mcdonnell	V60	02:43.30	0	Cyncoed	WMAA	22/05/2019
	Mark	Williams	V60	02:53.30	0	Swansea	Welsh Masters League	24/04/2019
	Chris	Norton	V60	03:28.40	0	Cyncoed	WMAA	22/05/2019
	Richard	Webster	V60	03:33.40	0	Cyncoed	WMAA	22/05/2019
	Michael H	Davies	V65	03:10.10	0	Cyncoed	WMAA	22/05/2019
	Ian	Swanson	V65	04:19.00	0	Swansea	Welsh Masters League	24/04/2019
	Paul	Allen	V70	03:18.63	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Barrie	Roberts	V75	03:30.18	i	Torun, POL	World Masters Indoor Championships	28/03/2019

1000								
	Derek	Osborne	V55	03:26.98	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
	Keith	Powell	V55	04:03.99	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
1500								
	James	Thie	V35	04:07.33	i	Torun, POL	World Masters Indoor Championships	30/03/2019
	Matthew	Evans	V35	04:24.27	i	Lee Valley	British Masters Championships	09/03/2019
	Robert	Prady	V35	04:35.74	0	Neath	Welsh Athletics League	19/05/2019
	Tegid	Jones	V40	04:31.87	0	Abingdon	Radley AC Charles Kear Memorial Open	24/03/2019
	Scott	Browne	V40	04:40.54	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Adrian	Lewis	V45	04:46.40	0	Wrexham	Welsh Masters League	05/06/2019
	Jon	Grainger	V50	04:43.83	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
	Paul	Flynn	V50	05:12.05	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Martyn	Cole	V55	04:56.73	0	Tipton	BMC Regional Races	21/05/2019
	Mike	Robbins	V55	05:23.80	0	Stretford	North of England League Division 4W	19/05/2019
	Haydn	Hartnell	V55	05:32.00	0	Newport	Welsh Masters League	12/06/2019
	Mark	Roberts	V55	05:33.47	0	Neath	Welsh Athletics League	19/05/2019
	Brett	Davis	V55	06:06.40	0	Newport	Welsh Masters League	12/06/2019
	Keith	Powell	V55	07:08.30	0	Horspath	British Masters Open Pentathlon Championships	02/06/2019
	Elio	Lepore	V60	05:21.58	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Austin	Davies	V60	05:40.34	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Mark	Williams	V60	05:42.00	0	Cardiff Met	Welsh Masters League	22/05/2019
	Huw	Roberts	V60	06:03.28	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Kieran	Mcdonnell	V60	06:06.80	0	Newport	Welsh Masters League	12/06/2019
	Mike	Murphy	V65	05:43.50	0	Cardiff Met	Welsh Masters League	22/05/2019
	Ian	Swanson	V65	09:01.60	0	Cardiff Met	Welsh Masters League	22/05/2019
	Paul	Allen	V70	06:30.57	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Barrie	Roberts	V75	07:14.22	i	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019

2000s/c								
	Matthew	Evans	V35	06:43.70	0	Swansea	West Wales Regional Championships	11/05/2019
	Jeremy	Mower	V50	07:24.90	0	Gloucester	Midland League Division 2	19/05/2019
3000								
	Matthew	Evans	V35	09:30.40	0	Swansea	Welsh Masters League	24/04/2019
	Robert	Prady	V35	09:56.56	0	Swansea	Swansea Harriers Open Meeting	07/04/2019
	Steven	Rees	V40	09:38.30	0	Swansea	Welsh Masters League	24/04/2019
	Joe	Thomas	V40	09:43.20	0	Swansea	Welsh Masters League	24/04/2019
	Scott	Browne	V40	10:29.20	0	Swansea	Welsh Masters League	24/04/2019
	Dean	Webster	V40	12:00.10	0	Swansea	Welsh Masters League	24/04/2019
	Tegid	Jones	V40	09:25.50	0	Cheltenham	Brewer Memorial Games Open	06/05/2019
	Huw	Evans	V45	09:33.10	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Richard	Jones	V45	09:43.20	0	Swansea	Welsh Masters League	24/04/2019
	Adrian	Lewis	V45	10:07.95	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Paul	Flynn	V50	10:44.07	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Sean	McCormack	V50	11:12.70	0	Wrexham	Welsh Masters League	05/06/2019
	Martyn	Cole	V55	10:57.60	0	Redditch	Midland Veterans' League Division South	05/06/2019
	Sean	McCormack	V55	11:12.70	0	Wrexham	Welsh Masters League	05/06/2019
	Mike	Robbins	V55	11:14.30	0	Wrexham	North Wales Regional Championships	11/05/2019
	Kevin	Challinor	V55	12:11.80	0	Connah's Quay	Cheshire League	04/05/2019
	Clive	Osmond	V55	12:30.66	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Mark	Williams	V60	11:50.50	0	Newport	Welsh Masters League	12/06/2019
	Huw	Roberts	V60	12:07.67	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Austin	Davies	V60	12:13.09	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Mike	Murphy	V65	12:03.51	i	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Ian	Swanson	V65	18:04.00	0	Newport	Welsh Masters League	12/06/2019
	Barrie	Roberts	V75	15:09.16	i	Torun, POL	World Masters Indoor Championships	24/03/2019
5000								
	Lee	Garland	V40	17:17.92	0	St. Peter Port	Guernsey Intertrust Challenge Open Series	05/05/2019
	Lee	Jones	V45	16:08.90	0	Connah's Quay	North of England League Division 3W	19/05/2019
	Mike	Robbins	V55	19:12.70	0	Bebington	Wirral AC Endurance Open Series (5000m)	08/05/2019
2000W								
	Mark	Williams	V60	10:10.88	i	Lee Valley	English Masters Area Challenge	24/02/2019
3000W								
	Jason	Elworthy	V45	28:57.05	0	Neath	Welsh Athletics League	19/05/2019

HJ								
	Owen	Chesher	V35	1.75	i	Swansea	Welsh Masters Championships	10/02/2019
	Paul	Edwards	V40	1.15	00/01/1900	Cyncoed	WMAA	22/05/2019
	Steven	Thomas-Spires	V45	1.30	0	Wrexham	North Wales Regional Championships	11/05/2019
	Glyn	Price	V50	1.50	0	Cyncoed	WMAA	22/05/2019
	Charles	Northey	V50	1.30	0	Cyncoed	WMAA	22/05/2019
	Robin	Wood	V50	1.30	i	Swansea	Welsh Masters Championships	10/02/2019

	Derek	Osborne	V55	1.47	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
	Keith	Powell	V55	1.38	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
	Dave	Stokes	V55	1.10	0	Connah's Quay	Cheshire League	04/05/2019
	Chris	Berry	V60	1.20	i	Swansea	Welsh Masters Championships	10/02/2019
	Mark	Wyndham-Jones	V65	1.35	0	Norwich	Norfolk County Championships	12/05/2019
	Ian	Swanson	V65	1.10	i	Cyncoed	WMAA	22/05/2019
	Ian	Robinson	V70	1.02	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Phil	Rees	V75	0.90	i	Lee Valley	British Masters Championships	09/03/2019

U								
	Stephen	Buttler	V40	5.03	0	Telford	Shropshire County Championships (Day 2)	11/05/2019
	Ian	Williams	V40	3.81	i	Swansea	Welsh Masters Championships	10/02/2019
	Steven	Thomas-Spires	V45	4.39	0	Wrexham	North Wales Regional Championships	11/05/2019
	Adrian	Lewis	V45	3.18	0	Horspath	British Masters Open Pentathlon Championships	02/06/2019
	Jason	Elworthy	V45	2.20	0.00	Neath	Welsh Athletics League	19/05/2019
	Robin	Wood	V50	4.63	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Glyn	Price	V50	4.63	0	Newport	Welsh Masters League	12/06/2019
	Martin	Tucker	V50	3.17	i	Swansea	Welsh Masters Championships	10/02/2019
	Keith	Powell	V55	4.65	w	Horspath	British Masters Open Pentathlon Championships	02/06/2019
	Derek	Osborne	V55	4.64	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
	Paul	Williams	V55	4.31	0	Birmingham	Midland Veterans' League Division North	05/06/2019
	Dave	Shields	V55	4.04	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
	Dave	Stokes	V55	3.69	i	Connah's Quay	North Wales Regional Championships	12/01/2019
	Wayne	Howe	V60	4.41	0	Canterbury	Invicta East Kent Open Series	13-Jun-19
	Roderick	Davies	V60	4.16	0	Cyncoed	WMAA	22/05/2019
	Duncan	Steward	V60	4.15	i	Swansea	Welsh Masters Championships	10/02/2019
	Chris	Berry	V60	3.12	i	Swansea	Welsh Masters Championships	10/02/2019
	Ian	Swanson	V65	2.65	i	Swansea	Welsh Masters Championships	10/02/2019
	Allan	Cheers	V70	3.44	i	Swansea	Welsh Masters Championships	10/02/2019
	Phil	Rees	V75	2.35	0	Wrexham	Welsh Masters League	05/06/2019

TJ							
	Steve	Ingram	V45	8.41	0	Swansea	Welsh Masters League 24/04/2019
	Steven	Thomas-Spires	V45	8.82	0	Wrexham	North Wales Regional Championships 11/05/2019
	Derek	Osborne	V55	9.98	0	Swansea	Welsh Masters League 24/04/2019
	Robin	Wood	V50	9.94	i	Lee Valley	English Masters Area Challenge 24/02/2019
	Glyn	Price	V50	9.08	0	Swansea	Welsh Masters League 24/04/2019
	Dave	Shields	V55	8.65	i	Swansea	Welsh Masters Championships 10/02/2019
	Dave	Stokes	V55	7.18	i	Connah's Quay	North Wales Regional Championships 12/01/2019
	Wayne	Howe	V60	9.24	0	Bromley	Blackheath & Bromley Open Series 17-Jun-19
	Duncan	Steward	V60	8.11	i	Swansea	Welsh Masters Championships 10/02/2019
	Graeme	Knowles	V60	7.31	0	Swansea	Welsh Masters League 24/04/2019
	Ian	Swanson	V65	5.02	i	Swansea	Welsh Masters Championships 10/02/2019
	Sean	Power	V75	8.32	i	Swansea	Welsh Masters Championships 10/02/2019
	Phil	Rees	V75	5.61	i	Lee Valley	British Masters Championships 10/03/2019

PV							
	Glyn	Price	V50	4.05	i	Cardiff	Welsh Athletics Senior Championships 27/01/2019
	Dave	Gordon	V50	3.45	i	Torun, POL	World Masters Indoor Championships 28/03/2019
	Gwynn	Wallace	V50	1.20	0	Abingdon	Southern Counties Veterans' League Western Division 20/05/2019
	Derek	Osborne	V55	2.75	0	Neath	Welsh Athletics League 19/05/2019
	Keith	Powell	V55	2.60	i	Lee Valley	British Masters Championships 10/03/2019
	Dave	Stokes	V55	2.30	i	Swansea	Welsh Masters Championships 10/02/2019

SP7.26K								
	Stephen	Buttler	V40	9.17	0	Telford	Shropshire County Championships (Day 2)	11/05/2019
	Ian	Williams	V40	9.13	i	Swansea	Welsh Masters Championships	10/02/2019
	Paul	Edwards	V40	6.73	0	Cyncoed	WMAA	22/05/2019
	Graham	Holder	V45	10.86	0	Basildon	Southern Athletics League Division 2E	13/04/2019
	Peter	Roberts	V45	10.54	0	Swansea	West Wales Regional Championships	11/05/2019
	Steve	Ingram	V45	8.96	0	Swansea	Welsh Masters League	24/04/2019
	Steven	Thomas-Spires	V45	7.01	0	Stretford	North of England League Division 4W	19/05/2019
	Jason	Elworthy	V45	5.37	i	Cardiff	Welsh Athletics Senior Championships	26/01/2019
	Adrian	Lewis	V45	4.87	0	Swansea	Welsh Masters League	24/04/2019
	Martin	Tucker	V50	9.20	0	Connah's Quay	North of England League Division 3W	19/05/2019
	Gwynn	Wallace	V50	9.15	0	Bedford	Southern Athletics League Division 2W	13/04/2019
	Robin	Wood	V50	8.36	0	Swansea	West Wales Regional Championships	11/05/2019
	Charles	Northey	V50	7.37	0	Cyncoed	WMAA	22/05/2019
	Paul	Williams	V55	7.76	0	Birmingham	Midland Veterans' League Division North	05/06/2019
	Dave	Stokes	V55	7.44	i	Swansea	Welsh Masters Championships	10/02/2019

SP6K								
	Robert	Eales	V50	11.15	i	Swansea	Welsh Masters Championships	10/02/2019
	Martin	Tucker	V50	11.11	i	Swansea	Welsh Masters Championships	10/02/2019
	Gwynn	Wallace	V50	9.99	0	Horspath	Southern Counties Veterans' League Western Division	29/04/2019
	Glyn	Price	V50	9.28	0	Cyncoed	WMAA	22/05/2019
	Robin	Wood	V50	9.15	i	Swansea	Welsh Masters Championships	10/02/2019
	David	Glendower	V50	8.26	i	Torun, POL	World Masters Indoor Championships	26/03/2019

	Glyndwr	Pugh	V55	9.32	0	Cyncoed	WMAA	22/05/2019
	Dave	Stokes	V55	8.84	i	Swansea	Welsh Masters Championships	10/02/2019
	Derek	Osborne	V55	8.79	i	Swansea	Welsh Masters Championships	10/02/2019
	Keith	Powell	V55	7.67	i	Swansea	Welsh Masters Championships	10/02/2019

SP5K								
	Jason	Elworthy	V45	6.23	i	Cardiff	Welsh Athletics Shot in the Dark Open	11/01/2019
	Chris	Berry	V60	9.97	i	Swansea	Welsh Masters Championships	10/02/2019
	Duncan	Steward	V60	9.90	i	Swansea	Welsh Masters Championships	10/02/2019
	Chris	Pruski	V60	8.19	0	Wrexham	Welsh Masters League	05/06/2019
	Roderick	Davies	V60	7.07	i	Lee Valley	English Masters Area Challenge	24/02/2019
	Mark	Williams	V60	6.35	0	Newport	Welsh Masters League	12/06/2019

	Mark	Wyndham-Jones	V65	10.45	0	Norwich	Norfolk County Championships	11/05/2019
	Geoff	Ward	V65	10.11	0	Wrexham	North Wales Regional Championships	11/05/2019
	Michael H	Davies	V65	5.50	0	Cyncoed	WMAA	22/05/2019

SP4K								
	Ian	Bowles	V70	9.22	0	Nuneaton	Midland Masters AC Championships	09/06/2019
	Paul	Brooks	V70	8.20	0	Wrexham	North Wales Regional Championships	11/05/2019
	Ian	Robinson	V70	7.76	i	Lee Valley	English Masters Area Challenge	24/02/2019
	David	Jones	V70	7.25	i	Swansea	Welsh Masters Championships	10/02/2019
	Phil	Rees	V75	6.67	0	Wrexham	Welsh Masters League	05/06/2019

	John	Evans	V80	5.64	0	Kettering	Midland Veterans' League Division East	29/05/2019
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JT500								
	Ian	Bowles	V70	18.95	0	Nuneaton	Midland Masters AC Championships	09/06/2019
	Phil	Rees	V75	15.85	0	Cyncoed	WMAA	22/05/2019

JT600								
	Wayne	Howe	V60	38.89	0	Canterbury	Invicta East Kent Open Series	13-Jun-19
	Chris	Pruski	V60	30.07	0	Torun, POL	World Masters Championships - Outdoor Events	25/03/2019
	Chris	Berry	V60	20.47	0	Neath	Welsh Athletics League	19/05/2019
JT 600								
	Mark	Wyndham-Jones	V65	28.81	0	Norwich	Norfolk County Championships	12/05/2019
	Michael H	Davies	V65	15.32	0	Cyncoed	WMAA	22/05/2019

JT700								
	Martin	Tucker	V50	43.27	0	Connah's Quay	Deeside Spring Open	07/04/2019
	Gwynn	Wallace	V50	35.03	0	Abingdon	Southern Counties Veterans' League Western Division	20/05/2019
	Charles	Northey	V50	34.22	0	Cyncoed	WMAA	22/05/2019
	Robert	Eales	V50	24.82	0	Cyncoed	WMAA	22/05/2019
	Dave	Stokes	V55	24.71	0	Wrexham	Welsh Masters League	05/06/2019
	Derek	Osborne	V55	23.40	0	Cyncoed	WMAA	22/05/2019
	Keith	Powell	V55	22.23	0	Horspath	British Masters Open Pentathlon Championships	02/06/2019
	Glyndwr	Pugh	V55	18.24	0	Cyncoed	WMAA	22/05/2019
	Wayne	Howe	V60	31.90	0	Eltham	Southern Counties Veterans' League Kent Division 2	03-May-19

JT800								
	Dale	Garland	V35	50.33	0	St. Peter Port	Guernsey Intertrust Challenge Open Series	16/05/2019

	Ian	Williams	V40	29.77	0	Cyncoed	WMAA	22/05/2019
	Graham	Holder	V45	27.70	0	Brighton	Southern Athletics League Division 2E	19/05/2019
	Steven	Thomas-Spires	V45	27.38	0	Wrexham	Cheshire League	04/05/2019
	Adrian	Lewis	V45	16.48	0	Horspath	British Masters Open Pentathlon Championships	02/06/2019
	Martin	Tucker	V50	37.19	0	Connah's Quay	North of England League Division 3W	19/05/2019
	Gwynn	Wallace	V50	33.45	0	Andover	Southern Athletics League Division 2W	19/05/2019
	Dave	Stokes	V55	26.03	0	Connah's Quay	Cheshire League	04/05/2019
	Chris	Pruski	V60	26.55	0	Swansea	West Wales Regional Championships	11/05/2019

DT1K								
	Chris	Berry	V60	25.89	0	Neath	Welsh Athletics League	19/05/2019
	Chris	Pruski	V60	25.42	0	Swansea	Welsh Masters League	24/04/2019
	Mark	Wyndham-Jones	V65	35.55	0	Norwich	Norfolk County Championships	11/05/2019
	Geoff	Ward	V65	35.45	0	Wrexham	North Wales Regional Championships	11/05/2019
	Ian	Bowles	V70	32.71	0	Nuneaton	Midland Masters AC Championships	09/06/2019
	Ian	Robinson	V70	29.64	0	Wrexham	Welsh Masters League	05/06/2019
	Paul	Brooks	V70	27.56	0	Wrexham	North Wales Regional Championships	11/05/2019
	David	Jones	V70	14.64	0	Neath	Welsh Athletics League	19/05/2019
	Phil	Rees	V75	19.66	0	Swansea	Welsh Masters League	24/04/2019

DT 1.5K								
	Gwynn	Wallace	V50	33.05	0	Kettering	Midland Veterans' League Division East	29/05/2019
	Robert	Eales	V50	29.78	0	Newport	Welsh Masters League	12/06/2019
	Glyn	Price	V50	24.77	0	Newport	Welsh Masters League	12/06/2019
	David	Glendower	V50	24.41	0	Lee Valley	Lee Valley Throws Fest Open Series	19/05/2019
	Charles	Northey	V50	20.51	0	Neath	Welsh Athletics League	19/05/2019
	Dave	Stokes	V55	30.73	0	Connah's Quay	Deeside Spring Open	07/04/2019
	Derek	Osborne	V55	27.66	0	Newport	Welsh Masters League	12/06/2019
	Glyndwr	Pugh	V55	26.50	0	Newport	Welsh Masters League	12/06/2019
	Keith	Powell	V55	25.23	0	Horspath	British Masters Open Pentathlon Championships	02/06/2019
	Paul	Williams	V55	20.60	0	Birmingham	Midland Veterans' League Division North	05/06/2019
	Wayne	Howe	V60	28.60	0	Dartford	Southern Counties Veterans' League Kent Division 2	13-May-19

DT2K								
	Ian	Williams	V40	29.52	0	Lee Valley	British Masters Winter Throws Championships	09/03/2019
	Paul	Edwards	V40	20.03	0	Neath	Welsh Athletics League	19/05/2019
	Peter	Roberts	V45	34.33	0	Swansea	Welsh Masters League	24/04/2019
	Graham	Holder	V45	33.08	0	Chelmsford	British Athletics League Division 2	09/06/2019
	Steven	Thomas-Spires	V45	18.60	0	Stretford	North of England League Division 4W	19/05/2019
	Jason	Elworthy	V45	11.28	0	Neath	Welsh Athletics League	19/05/2019
	Adrian	Lewis	V45	10.20	0	Horspath	British Masters Open Pentathlon Championships	02/06/2019
	Gwynn	Wallace	V50	27.58	0	Andover	Southern Athletics League Division 2W	19/05/2019
	Dave	Stokes	V55	24.74	0	Connah's Quay	North of England League Division 3W	19/05/2019

HT7.26K								
	Graham	Holder	V45	50.70	0	Ashford	Kent County Championships	11/05/2019
	Peter	Roberts	V45	29.21	0	Swansea	British Athletics League Division 1	12/05/2019
	Steven	Thomas-Spires	V45	18.12	0	Stretford	North of England League Division 4W	19/05/2019
	Gwynn	Wallace	V50	23.89	0	Nuneaton	Midland Veterans' League Division East	01/05/2019
	Dave	Stokes	V55	21.25	0	Connah's Quay	North of England League Division 3W	19/05/2019
	David	Jones	V70	11.06	0	Swansea	West Wales Regional Championships	11/05/2019

HT6K								
	David	Glendower	V50	27.94	0	Lee Valley	Lee Valley Throws Fest Open Series	19/05/2019
	Robert	Eales	V50	27.76	0	Abingdon	Southern Counties Veterans' AC Championships	25/05/2019
	Gwynn	Wallace	V50	26.68	0	Abingdon	Southern Counties Veterans' AC Championships	25/05/2019
	Glyn	Price	V50	16.47	0	Newport	Welsh Masters League	12/06/2019
	Glyndwr	Pugh	V55	31.46	0	Swansea	Welsh Masters League	24/04/2019
	Derek	Osborne	V55	30.38	0	Swansea	Welsh Masters League	24/04/2019
	Dave	Stokes	V55	29.99	0	Nuneaton	Midland Masters AC Championships	09/06/2019

HT5K								
	Chris	Berry	V60	25.91	0	Swansea	Welsh Masters League	24/04/2019
	Graeme	Knowles	V60	25.43	0	Swansea	Welsh Masters League	24/04/2019
	Chris	Pruski	V60	15.66	0	Swansea	Welsh Masters League	24/04/2019

HT4K								
	Ian	Bowles	V70	30.84	0	Nuneaton	Midland Masters AC Championships	09/06/2019
	David	Jones	V70	18.04	0	Swansea	Welsh Masters League	24/04/2019
	Phil	Rees	V75	18.12	0	Nuneaton	Midland Masters AC Championships	09/06/2019

WT11.34K								
	David	Glendower	V50	9.84	i	Torun, POL	World Masters Indoor Championships	28/03/2019
	Gwynn	Wallace	V50	8.65	0	Derby	Midland Masters Throws Group Series Open	01/06/2019

Pent								
	Adrian	Lewis	V45	1493	0	Horspath	British Masters Open Pentathlon Championships	02/06/2019
	Gwynn	Wallace	V50	2299.00	0	Derby	Midland Masters Throws Group Series Open	01/06/2019
	Derek	Osborne	V55	3184.00	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019
	Keith	Powell	V55	2654.00	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	17/02/2019