

## Power of 10 Athlete Data

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25672	Lee Aherne	2019	V50	M	parkrun	16:46	Aberbeeg	Aberbeeg parkrun # 10	2019-01-01
25672	Lee Aherne	2019	V50	M	parkrun	16:50	Bryn Bach	Bryn Bach parkrun # 323	2019-01-05
25672	Lee Aherne	2019	V50	M	parkrun	17:15	Bryn Bach	Bryn Bach parkrun # 324	2019-01-12
25672	Lee Aherne	2019	V50	M	10K	34:41	Beachley	Speedway 10K	2019-01-20
111056	Eirian Arwyn	2019	V65	W	parkrun	28:33	Grangemoor	Grangemoor parkrun # 166	2019-01-19
111056	Eirian Arwyn	2019	V65	W	parkrun	28:50	Merthyr	Merthyr parkrun # 85	2019-01-12
111056	Eirian Arwyn	2019	V65	W	parkrun	29:20	Cardiff	Cardiff parkrun # 577	2019-01-01
111056	Eirian Arwyn	2019	V65	W	parkrun	29:22	Pontypool	Pontypool parkrun # 261	2019-01-05
111056	Eirian Arwyn	2019	V65	W	parkrun	30:27	Barry Island	Barry Island parkrun # 189	2019-01-01
25295	Brenda Avery	2019	V65	W	parkrun	24:58	Severn Bridge	Severn Bridge parkrun # 19	2019-01-05
25295	Brenda Avery	2019	V65	W	parkrun	26:06	Severn Bridge	Severn Bridge parkrun # 20	2019-01-12
717331	Lloyd Bevan	2019	V55	M	parkrun	23:39	South Oxhey	South Oxhey parkrun # 208	2019-01-05
717331	Lloyd Bevan	2019	V55	M	4.5MXC	35:12	Wimbledon Common	Veterans AC Masters Open 4.5	2019-01-19
717331	Lloyd Bevan	2019	V55	M	ZXC	44:17	Oxshott	Start Fitness Surrey Men's League Division 3/4	2019-01-12
118461	Christine Birch	2019	V70	W	3.75MXC	28:32	Corwen	North Wales Regional Championships	2019-01-05
118461	Christine Birch	2019	V70	W	ZXC	27:32	Northop	North Wales Senior League	2019-01-12
606184	David Boaler	2019	V60	M	60	14.11	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
26018	Amanda Broadhurst	2019	V45	W	60	9.55	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
26018	Amanda Broadhurst	2019	V45	W	200	31.98	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
26018	Amanda Broadhurst	2019	V45	W	LJ	3.72	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
26018	Amanda Broadhurst	2019	V45	W	TJ	8.84	Connah's Quay	North Wales Regional Championships	2019-01-12
26018	Amanda	2019	V45	W	SP4K	8.10	Connah's	North Wales	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Broadhurst						Quay	Regional Championships	01-12
23960	Ian Broadhurst	2019	V60	M	60	8.67	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
23960	Ian Broadhurst	2019	V60	M	200	27.20	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
726647	Scott Browne	2019	V40	M	200	27.38	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
726647	Scott Browne	2019	V40	M	400	59.65	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
726647	Scott Browne	2019	V40	M	800	2:12.62	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
726647	Scott Browne	2019	V40	M	1500	4:40.54	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
399109	Angela Bryant	2019	V55	W	60	9.60	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
399109	Angela Bryant	2019	V55	W	200	32.59	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
399109	Angela Bryant	2019	V55	W	400	87.72	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
399109	Angela Bryant	2019	V55	W	parkrun	34:44	Porthcawl	Porthcawl parkrun # 299	2019-01-12
399109	Angela Bryant	2019	V55	W	parkrun	35:08	Cardiff	Cardiff parkrun # 577	2019-01-01
566499	Ben Butler-Madden	2019	V35	M	parkrun	15:49	Cardiff	Cardiff parkrun # 578	2019-01-05
566499	Ben Butler-Madden	2019	V35	M	10KMT	37:15	Pontrhydyfen	Buff Trail 10K	2019-01-12
43000	Stephen Buttler	2019	V40	M	60	7.80	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
372760	Kevin Challinor	2019	V55	M	6.25MXC	46:29	Corwen	North Wales Regional Championships	2019-01-05
372760	Kevin Challinor	2019	V55	M	ZXC	37:13	Northop	North Wales Senior League	2019-01-12
607758	Ania Ciolek	2019	V35	W	parkrun	22:41	Somerdale Pavilion	Somerdale Pavilion parkrun # 8	2019-01-05
607758	Ania Ciolek	2019	V35	W	parkrun	24:16	Bryn Bach	Bryn Bach parkrun # 322	2019-01-01
607758	Ania Ciolek	2019	V35	W	parkrun	24:22	Penallta	Penallta parkrun # 180	2019-01-01
607758	Ania Ciolek	2019	V35	W	parkrun	24:33	Thornbury	Thornbury parkrun # 50	2019-01-12
199713	Lisa Cleary	2019	V50	W	parkrun	23:34	Aberbeeg	Aberbeeg	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								parkrun # 11	01-05
199713	Lisa Cleary	2019	V50	W	parkrun	25:23	Barry Island	Barry Island parkrun # 189	2019-01-01
199713	Lisa Cleary	2019	V50	W	parkrun	25:25	Cardiff	Cardiff parkrun # 577	2019-01-01
199713	Lisa Cleary	2019	V50	W	parkrun	25:33	Somerdale Pavilion	Somerdale Pavilion parkrun # 9	2019-01-12
119080	Martyn Cole	2019	V55	M	800	2:32.55	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
119080	Martyn Cole	2019	V55	M	1500	5:11.28	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
43859	Amanda Cook	2019	V40	W	LJ	4.51	Connah's Quay	North Wales Regional Championships	2019-01-12
43859	Amanda Cook	2019	V40	W	TJ	9.20	Connah's Quay	North Wales Regional Championships	2019-01-12
753949	Sarah Coote	2019	V35	W	800	2:34.08	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
753949	Sarah Coote	2019	V35	W	ZXC	NT	Monmouth	Gwent Leisure Centre League	2019-01-06
36008	Peter Crane	2019	V55	M	5.6MMT	36:51	Margam	Tata Steel Round the Reservoir 5.6 (Inc West Glamorgan League)	2019-01-13
5272	Phil Crane	2019	V55	M	parkrun	32:33	Mackay, AUS	Mackay parkrun # 137	2019-01-05
719036	Austin Davies	2019	V60	M	1500	5:40.34	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
35171	Roderick Davies	2019	V60	M	60	9.29	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
35171	Roderick Davies	2019	V60	M	60	9.36	Swansea	West Wales Regional Championships	2019-01-13
35171	Roderick Davies	2019	V60	M	200	31.36	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
35171	Roderick Davies	2019	V60	M	LJ	3.82	Swansea	West Wales Regional Championships	2019-01-12
14897	Brett Davis	2019	V55	M	400	62.80	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
14897	Brett Davis	2019	V55	M	800	2:24.21	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
14897	Brett Davis	2019	V55	M	parkrun	22:08	Newport	Newport	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								parkrun # 410	01-05
14897	Brett Davis	2019	V55	M	parkrun	22:23	Newport	Newport parkrun # 411	2019-01-12
386856	Jason Elworthy	2019	V45	M	200	52.73	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
386856	Jason Elworthy	2019	V45	M	SP5K	6.23	Cardiff	Welsh Athletics Shot in the Dark Open	2019-01-11
386856	Jason Elworthy	2019	V45	M	parkrun	47:41	Barry Island	Barry Island parkrun # 191	2019-01-12
386856	Jason Elworthy	2019	V45	M	parkrun	49:36	Barry Island	Barry Island parkrun # 192	2019-01-19
386856	Jason Elworthy	2019	V45	M	parkrun	49:38	Barry Island	Barry Island parkrun # 190	2019-01-05
2079	Huw Evans	2019	V45	M	10KXC	36:10	Rendcomb	Gloucestershire County Championships	2019-01-05
656064	Matthew Evans	2019	V35	M	1500	4:35.54	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
656064	Matthew Evans	2019	V35	M	parkrun	16:46	Bryn Bach	Bryn Bach parkrun # 323	2019-01-05
387047	Sarah Everitt	2019	V50	W	800	2:34.48	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
387047	Sarah Everitt	2019	V50	W	1500	5:16.98	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
387047	Sarah Everitt	2019	V50	W	parkrun	20:09	Eastville	Eastville parkrun # 59	2019-01-12
387047	Sarah Everitt	2019	V50	W	parkrun	20:31	Eastville	Eastville parkrun # 57	2019-01-01
387047	Sarah Everitt	2019	V50	W	5.28KXC	23:10	Yeovil	South West Inter County Championships	2019-01-06
745669	Paul Flynn	2019	V50	M	400	65.59	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
745669	Paul Flynn	2019	V50	M	800	2:28.07	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
745669	Paul Flynn	2019	V50	M	1500	5:12.05	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
745669	Paul Flynn	2019	V50	M	5.6MMT	34:16	Margam	Tata Steel Round the Reservoir 5.6 (Inc West Glamorgan League)	2019-01-13
26443	Dorothy Fraser	2019	V80	W	60	14.09	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
26443	Dorothy	2019	V80	W	200	54.37	Cardiff	Cardiff Met	2019-

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	Fraser							GP2: Non-Thomas Open	01-20
433542	John Gardener	2019	V75	M	parkrun	28:02	Haverfordwest	Haverfordwest parkrun # 70	2019-01-05
108974	Melanie Garland	2019	V55	W	60	9.07	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
108974	Melanie Garland	2019	V55	W	60	9.10	Birmingham (PB)	Midland Counties Open Series	2019-01-06
108974	Melanie Garland	2019	V55	W	60	9.13	Birmingham (PB)	Midland Counties Open Series	2019-01-06
108974	Melanie Garland	2019	V55	W	LJ	4.57	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
108974	Melanie Garland	2019	V55	W	LJ	4.53	Birmingham (PB)	Midland Counties Open Series	2019-01-05
95471	Sian Gifford	2019	V45	W	parkrun	23:36	Gloucester City	Gloucester City parkrun # 43	2019-01-12
44187	David Glendower	2019	V50	M	SP6K	7.69	Lee Valley	Lee Valley New Year Open	2019-01-01
240762	Michael Graz	2019	V45	M	800	2:31.45	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
240762	Michael Graz	2019	V45	M	parkrun	21:18	Lydney	Lydney parkrun # 158	2019-01-01
240762	Michael Graz	2019	V45	M	parkrun	21:42	Forest of Dean	Forest of Dean parkrun # 465	2019-01-01
181389	Martin Green	2019	V40	M	parkrun	16:59	Conwy	Conwy parkrun # 206	2019-01-05
181389	Martin Green	2019	V40	M	parkrun	27:22	Conwy	Conwy parkrun # 207	2019-01-12
181389	Martin Green	2019	V40	M	10K	34:03	Llandudno	Twin Piers 10K	2019-01-19
181389	Martin Green	2019	V40	M	HM	73:58	York	Brass Monkey Half Marathon	2019-01-13
812062	Donald Hale	2019	V65	M	parkrun	27:41	Conwy	Conwy parkrun # 207	2019-01-12
812062	Donald Hale	2019	V65	M	10K	53:21	Llandudno	Twin Piers 10K	2019-01-19
86646	Warwick Helps	2019	V40	M	6MXC	41:33	Footes Lane	FNB Guernsey League	2019-01-20
86646	Warwick Helps	2019	V40	M	12KXC	50:12	Curdridge	Hampshire County Championships	2019-01-05
24536	Iris Holder	2019	V75	W	60	12.04	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
861141	John Horsman	2019	V65	M	parkrun	27:33	Tamar Lakes	Tamar Lakes parkrun # 223	2019-01-12
446783	Mark Horsman	2019	V40	M	parkrun	18:47	Haverfordwest	Haverfordwest parkrun # 72	2019-01-19

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50041	Geran Hughes	2019	V50	M	6.25MXC	40:06	Corwen	North Wales Regional Championships	2019-01-05
69166	Ian Humphreys	2019	V55	M	parkrun	23:33	Burnham and Highbridge	Burnham and Highbridge parkrun # 184	2019-01-05
69166	Ian Humphreys	2019	V55	M	parkrun	23:45	Shepton Mallet	Shepton Mallet parkrun # 89	2019-01-19
69166	Ian Humphreys	2019	V55	M	parkrun	24:19	Shepton Mallet	Shepton Mallet parkrun # 86	2019-01-01
69166	Ian Humphreys	2019	V55	M	parkrun	24:27	Southwick Country Park	Southwick Country Park parkrun # 385	2019-01-01
69166	Ian Humphreys	2019	V55	M	parkrun	26:03	Burnham and Highbridge	Burnham and Highbridge parkrun # 185	2019-01-12
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	15:55	Cardiff	Cardiff parkrun # 579	2019-01-12
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	16:10	Cardiff	Cardiff parkrun # 578	2019-01-05
554362	Richard Jackson-Hookins	2019	V35	M	10K	32:13	Beachley	Speedway 10K	2019-01-20
42341	Mel James	2019	V70	M	60	10.10	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
42341	Mel James	2019	V70	M	200	35.95	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
313721	Jeanette Jenkins	2019	V55	W	parkrun	23:03	Aberbeeg	Aberbeeg parkrun # 12	2019-01-12
313721	Jeanette Jenkins	2019	V55	W	parkrun	23:49	Riverfront	Riverfront parkrun # 103	2019-01-01
313721	Jeanette Jenkins	2019	V55	W	parkrun	23:50	Pontypool	Pontypool parkrun # 261	2019-01-05
313721	Jeanette Jenkins	2019	V55	W	parkrun	23:59	Pontypool	Pontypool parkrun # 263	2019-01-19
313721	Jeanette Jenkins	2019	V55	W	parkrun	27:23	Newport	Newport parkrun # 409	2019-01-01
313721	Jeanette Jenkins	2019	V55	W	ZXC	NT	Monmouth	Gwent Leisure Centre League	2019-01-06
965885	Eleri Jones	2019	V35	W	60	8.73	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
965885	Eleri Jones	2019	V35	W	200	30.39	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
56658	Keri Jones	2019	V45	W	1500	6:07.48	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
48190	Lee Jones	2019	V45	M	10K	33:46	Llandudno	Twin Piers 10K	2019-01-19
48190	Lee Jones	2019	V45	M	6.	34:54	Corwen	North Wales	2019-

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					25MXC			Regional Championships	01-05
48190	Lee Jones	2019	V45	M	ZXC	28:08	Northop	North Wales Senior League	2019-01-12
522737	Llinos Jones	2019	V35	W	800	2:40.19	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
522737	Llinos Jones	2019	V35	W	1500	5:34.21	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
522737	Llinos Jones	2019	V35	W	parkrun	20:11	Grangemoor	Grangemoor parkrun # 163	2019-01-01
658483	Richard Jones	2019	V45	M	parkrun	17:52	Riverfront	Riverfront parkrun # 103	2019-01-01
658483	Richard Jones	2019	V45	M	parkrun	18:05	Newport	Newport parkrun # 409	2019-01-01
95639	Tegid Jones	2019	V40	M	parkrun	17:15	Harcourt Hill	Harcourt Hill parkrun # 217	2019-01-19
95639	Tegid Jones	2019	V40	M	parkrun	17:30	Witney	Witney parkrun # 42	2019-01-12
95639	Tegid Jones	2019	V40	M	8.5KXC	31:33	Oxford	Oxfordshire Cross Country League (Inc Oxfordshire Championships)	2019-01-06
438931	Mark Kallenberg	2019	V55	M	parkrun	22:29	Llanerchaeron	Llanerchaeron parkrun # 47	2019-01-12
438931	Mark Kallenberg	2019	V55	M	parkrun	23:05	Llanerchaeron	Llanerchaeron parkrun # 46	2019-01-05
842767	Louise Kirby	2019	V50	W	200	31.69	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
842767	Louise Kirby	2019	V50	W	400	73.64	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
842767	Louise Kirby	2019	V50	W	parkrun	29:15	Barry Island	Barry Island parkrun # 189	2019-01-01
10787	Sharon Leech	2019	V45	W	6.4MMT	46:03	Penarth	CF64 Winter 6.4	2019-01-20
66357	Elio Lepore	2019	V60	M	1500	5:21.58	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
66357	Elio Lepore	2019	V60	M	parkrun	19:17	Cardiff	Cardiff parkrun # 578	2019-01-05
66357	Elio Lepore	2019	V60	M	parkrun	19:33	Cardiff	Cardiff parkrun # 577	2019-01-01
599005	Adrian Lewis	2019	V45	M	400	63.62	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
599005	Adrian Lewis	2019	V45	M	800	2:21.83	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
599005	Adrian Lewis	2019	V45	M	1500	4:51.29	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20

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599005	Adrian Lewis	2019	V45	M	parkrun	18:07	Aberdare	Aberdare parkrun # 31	2019-01-19
599005	Adrian Lewis	2019	V45	M	parkrun	18:13	Aberbeeg	Aberbeeg parkrun # 10	2019-01-01
599005	Adrian Lewis	2019	V45	M	parkrun	18:13	Aberdare	Aberdare parkrun # 30	2019-01-12
599005	Adrian Lewis	2019	V45	M	parkrun	18:22	Bryn Bach	Bryn Bach parkrun # 322	2019-01-01
599005	Adrian Lewis	2019	V45	M	parkrun	18:43	Aberdare	Aberdare parkrun # 29	2019-01-05
44169	Karen Llewellyn	2019	V55	W	SP4K	7.44	Swansea	West Wales Regional Championships	2019-01-13
360439	Helen Lutley	2019	V65	W	1500	7:07.42	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
360439	Helen Lutley	2019	V65	W	parkrun	26:29	Llanerchaeron	Llanerchaeron parkrun # 46	2019-01-05
360439	Helen Lutley	2019	V65	W	parkrun	26:48	Llanerchaeron	Llanerchaeron parkrun # 47	2019-01-12
360439	Helen Lutley	2019	V65	W	parkrun	27:07	Llanerchaeron	Llanerchaeron parkrun # 48	2019-01-19
38546	Richard Marks	2019	V65	M	parkrun	23:38	Llanerchaeron	Llanerchaeron parkrun # 47	2019-01-12
24541	Daphne Marler	2019	V70	W	60	14.77	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
24541	Daphne Marler	2019	V70	W	60	14.80	Swansea	West Wales Regional Championships	2019-01-13
24541	Daphne Marler	2019	V70	W	LJ	1.90	Swansea	West Wales Regional Championships	2019-01-12
789642	Kieran McDonnell	2019	V60	M	200	29.07	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
861408	Alison McLellan	2019	V35	W	60	8.79	Connah's Quay	North Wales Regional Championships	2019-01-12
861408	Alison McLellan	2019	V35	W	60	8.81	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
861408	Alison McLellan	2019	V35	W	60	8.94	Sportcity	Sale Harriers Open Series	2019-01-06
861408	Alison McLellan	2019	V35	W	LJ	4.56	Connah's Quay	North Wales Regional Championships	2019-01-12
861408	Alison McLellan	2019	V35	W	LJ	4.29	Sportcity	Sale Harriers Open Series	2019-01-06
378562	James Morgan	2019	V45	M	60	8.43	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
378562	James Morgan	2019	V45	M	200	27.93	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20



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9472	Jeremy Mower	2019	V50	M	10KXC	39:09	Rendcomb	Gloucestershire County Championships	2019-01-05
9472	Jeremy Mower	2019	V50	M	10KXC	41:03	Droitwich	Birmingham League Division 3	2019-01-12
249610	Gillian Murphy	2019	V65	W	parkrun	29:32	Cardiff	Cardiff parkrun # 580	2019-01-19
249610	Gillian Murphy	2019	V65	W	parkrun	29:54	Cardiff	Cardiff parkrun # 578	2019-01-05
249610	Gillian Murphy	2019	V65	W	parkrun	29:58	Cardiff	Cardiff parkrun # 577	2019-01-01
23532	Mike Murphy	2019	V65	M	1500	5:48.51	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
23532	Mike Murphy	2019	V65	M	parkrun	22:28	Cardiff	Cardiff parkrun # 578	2019-01-05
23532	Mike Murphy	2019	V65	M	parkrun	26:33	Cardiff	Cardiff parkrun # 577	2019-01-01
566434	Alison Murray	2019	V50	W	PV	2.70	Lee Valley	South of England AA U20 / Senior Championships	2019-01-20
462645	Doug Nicholls	2019	V35	M	parkrun	16:38	Cardiff	Cardiff parkrun # 579	2019-01-12
462645	Doug Nicholls	2019	V35	M	6.5MXC	40:43	Halton	Sefton Brankner Cup (Inc RAF V Police)	2019-01-17
224418	Charlie Northey	2019	V50	M	parkrun	20:28	Eastbourne	Eastbourne parkrun # 372	2019-01-01
42374	Clive Osmond	2019	V55	M	800	2:50.77	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
2433	Georgie Parnell	2019	V35	W	800	2:24.56	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
89210	Stuart Pearce	2019	V40	M	60	8.02	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
89210	Stuart Pearce	2019	V40	M	200	26.55	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
374890	Andy Peet	2019	V50	M	parkrun	31:26	Leicester Victoria	Leicester Victoria parkrun # 162	2019-01-05
377409	John Peters	2019	V40	M	9.6KXC	28:34	Lancing	Sussex County Masters' Championships	2019-01-19
34938	Jenny Phillips	2019	V50	W	800	2:43.13	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
34938	Jenny Phillips	2019	V50	W	parkrun	22:00	Llyn Llech Owain	Llyn Llech Owain parkrun # 304	2019-01-05
34938	Jenny	2019	V50	W	5.6MMT	39:27	Margam	Tata Steel	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Phillips							Round the Reservoir 5.6 (Inc West Glamorgan League)	01-13
42345	Keith Powell	2019	V55	M	60	8.74	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
42345	Keith Powell	2019	V55	M	200	28.85	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
193879	Renate Prells	2019	V60	W	SP4K	6.78	Swansea	West Wales Regional Championships	2019-01-13
25853	Glyn Price	2019	V50	M	PV	4.00	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
1322	Sean Price	2019	V55	M	400	58.99	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
1322	Sean Price	2019	V55	M	800	2:13.16	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
1322	Sean Price	2019	V55	M	800	2:37.52	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
1322	Sean Price	2019	V55	M	parkrun	18:43	Aberbeeg	Aberbeeg parkrun # 12	2019-01-12
1322	Sean Price	2019	V55	M	parkrun	19:47	Cardiff	Cardiff parkrun # 577	2019-01-01
42370	David Proffitt	2019	V65	M	parkrun	24:38	Riverfront	Riverfront parkrun # 103	2019-01-01
42370	David Proffitt	2019	V65	M	parkrun	27:19	Riverfront	Riverfront parkrun # 104	2019-01-05
42370	David Proffitt	2019	V65	M	parkrun	28:15	Riverfront	Riverfront parkrun # 106	2019-01-19
42370	David Proffitt	2019	V65	M	parkrun	31:21	Newport	Newport parkrun # 409	2019-01-01
785044	Chris Pruski	2019	V60	M	60	9.97	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
75991	Lee Richards	2019	V35	M	200	32.37	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
4894	Mike Robbins	2019	V55	M	parkrun	22:18	Wepre	Wepre parkrun # 138	2019-01-01
4894	Mike Robbins	2019	V55	M	parkrun	22:21	Wepre	Wepre parkrun # 141	2019-01-19
4894	Mike Robbins	2019	V55	M	ZXC	33:49	Northop	North Wales Senior League	2019-01-12
72835	Barrie Roberts	2019	V75	M	800	3:34.68	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
72835	Barrie Roberts	2019	V75	M	1500	7:14.22	Cardiff	Cardiff Met GP2: Non-	2019-01-20

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Thomas Open	
72835	Barrie Roberts	2019	V75	M	parkrun	28:08	Cannon Hill	Cannon Hill parkrun # 424	2019-01-12
72835	Barrie Roberts	2019	V75	M	parkrun	34:55	Cannon Hill	Cannon Hill parkrun # 423	2019-01-05
22339	Huw Roberts	2019	V60	M	1500	6:03.28	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
22339	Huw Roberts	2019	V60	M	parkrun	20:46	Cardiff	Cardiff parkrun # 578	2019-01-05
895411	Mark Roberts	2019	V55	M	parkrun	20:09	Bryn Bach	Bryn Bach parkrun # 323	2019-01-05
15337	Rob Sheen	2019	V55	M	parkrun	19:30	Braunstone	Braunstone parkrun # 427	2019-01-05
15337	Rob Sheen	2019	V55	M	10K	39:59	Kites Hardwick	Draycote Water Winter 10K Series	2019-01-13
246785	Juliet Sidney	2019	V50	W	60	8.75	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
246785	Juliet Sidney	2019	V50	W	200	29.96	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20
31762	Clare St. John-Coleman	2019	V55	W	60	9.87	Lee Valley	Lee Valley New Year Open	2019-01-01
31762	Clare St. John-Coleman	2019	V55	W	60	10.04	Lee Valley	Lee Valley New Year Open	2019-01-01
42436	Dave Stokes	2019	V55	M	PV	2.10	Connah's Quay	North Wales Regional Championships	2019-01-12
42436	Dave Stokes	2019	V55	M	LJ	3.69	Connah's Quay	North Wales Regional Championships	2019-01-12
42436	Dave Stokes	2019	V55	M	TJ	7.18	Connah's Quay	North Wales Regional Championships	2019-01-12
42436	Dave Stokes	2019	V55	M	SP6K	8.77	Connah's Quay	North Wales Regional Championships	2019-01-12
340051	Ian Swanson	2019	V65	M	parkrun	28:55	Swansea Bay	Swansea Bay parkrun # 161	2019-01-19
340051	Ian Swanson	2019	V65	M	parkrun	29:12	Porthcawl	Porthcawl parkrun # 298	2019-01-05
340051	Ian Swanson	2019	V65	M	5.6MMT	54:35	Margam	Tata Steel Round the Reservoir 5.6 (Inc West Glamorgan League)	2019-01-13
222758	Jan Timberlake	2019	V50	W	60	9.79	Birmingham (PB)	Midland Counties Open Series	2019-01-06
222758	Jan	2019	V50	W	60HW50	12.31	Birmingham	Midland	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Timberlake						(PB)	Counties Open Series	01-06
222758	Jan Timberlake	2019	V50	W	LJ	3.98	Birmingham (PB)	Midland Counties Open Series	2019-01-05
222758	Jan Timberlake	2019	V50	W	TJ	8.38	Birmingham (PB)	Midland Counties Open Series	2019-01-05
928718	Martin Tucker	2019	V50	M	SP6K	10.45	Connah's Quay	North Wales Regional Championships	2019-01-12
42328	Steve Wadley	2019	V55	M	parkrun	22:16	Thornbury	Thornbury parkrun # 49	2019-01-05
42328	Steve Wadley	2019	V55	M	parkrun	22:41	Newport	Newport parkrun # 409	2019-01-01
42328	Steve Wadley	2019	V55	M	parkrun	32:24	Riverfront	Riverfront parkrun # 103	2019-01-01
51847	Peter Watkeys	2019	V35	M	800	2:06.74	Lee Valley	South of England AA U20 / Senior Championships	2019-01-20
928365	Mark Williams	2019	V60	M	1500	5:44.34	Cardiff	Cardiff Met GP2: Non-Thomas Open	2019-01-20