

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25672	Lee Aherne	2019	V50	M	800	2:24.47	Aberdare	Welsh Athletics League	2019-06-22
25672	Lee Aherne	2019	V50	M	3000	9:37.41	Coventry	England Masters Inter Area Challenge	2019-07-06
25672	Lee Aherne	2019	V50	M	parkrun	16:31	Bryn Bach	Bryn Bach parkrun # 346	2019-07-13
25672	Lee Aherne	2019	V50	M	parkrun	16:51	Bryn Bach	Bryn Bach parkrun # 343	2019-06-22
25672	Lee Aherne	2019	V50	M	parkrun	17:10	Bryn Bach	Bryn Bach parkrun # 344	2019-06-29
25672	Lee Aherne	2019	V50	M	5.5MNAD	NT	Machen	Gwent Leisure Centre League Machen	2019-07-02
25672	Lee Aherne	2019	V50	M	10K	47:15	Beachley	Speedway 10K	2019-06-16
25672	Lee Aherne	2019	V50	M	8.5ML	44:33	Caernarfon	Welsh Castles Relay	2019-06-08
75467	Catherine Alford	2019	V45	W	SP4K	7.64	Newport	Welsh Masters League	2019-06-12
75467	Catherine Alford	2019	V45	W	DT1K	21.77	Aberdare	Welsh Masters League	2019-07-10
75467	Catherine Alford	2019	V45	W	HT4K	NM	Newport	Welsh Masters League	2019-06-12
111056	Eirian Arwyn	2019	V65	W	100	19.0	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	200	42.1	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	200	43.5	Newport	Welsh Masters League	2019-06-12
111056	Eirian Arwyn	2019	V65	W	400	1:53.0	Newport	Welsh Masters League	2019-06-12
111056	Eirian Arwyn	2019	V65	W	800	4:07.5	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	1500	7:47.25	Coventry	England Masters Inter Area Challenge	2019-07-06
111056	Eirian Arwyn	2019	V65	W	1500	8:10.8	Newport	Welsh Masters League	2019-06-12
111056	Eirian Arwyn	2019	V65	W	3000	17:01.2	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	3000	17:14.3	Newport	Welsh Masters League	2019-06-12
111056	Eirian Arwyn	2019	V65	W	HJ	0.95	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	LJ	2.29	Newport	Welsh Masters League	2019-06-12
111056	Eirian Arwyn	2019	V65	W	TJ	6.00	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	SP3K	5.57	Newport	Welsh Masters League	2019-06-12

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
111056	Eirian Arwyn	2019	V65	W	DT1K	15.18	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	HT3K	13.74	Newport	Welsh Masters League	2019-06-12
111056	Eirian Arwyn	2019	V65	W	JT500	13.41	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	parkrun	27:26	Kingsway	Kingsway parkrun # 209	2019-07-13
111056	Eirian Arwyn	2019	V65	W	parkrun	28:27	Cwmbran	Cwmbran parkrun # 152	2019-06-22
111056	Eirian Arwyn	2019	V65	W	parkrun	28:31	Pont y Bala	Pont y Bala parkrun # 8	2019-06-01
111056	Eirian Arwyn	2019	V65	W	parkrun	29:30	Forest of Dean	Forest of Dean parkrun # 491	2019-06-29
111056	Eirian Arwyn	2019	V65	W	parkrun	29:41	Barry Island	Barry Island parkrun # 212	2019-06-15
25295	Brenda Avery	2019	V65	W	parkrun	24:10	Aberbeeg	Aberbeeg parkrun # 36	2019-07-13
25295	Brenda Avery	2019	V65	W	parkrun	24:18	Riverfront	Riverfront parkrun # 127	2019-06-22
25295	Brenda Avery	2019	V65	W	parkrun	24:25	Severn Bridge	Severn Bridge parkrun # 38	2019-06-01
25295	Brenda Avery	2019	V65	W	4M	32:08	Redwick	Rose Inn 4 Series	2019-06-11
25295	Brenda Avery	2019	V65	W	4M	33:47	Redwick	Rose Inn 4 Series	2019-07-09
25295	Brenda Avery	2019	V65	W	10K	51:26	Fairford	Fairford 10K	2019-06-09
25295	Brenda Avery	2019	V65	W	10K	51:55	Porthcawl	Porthcawl 10K	2019-07-07
25295	Brenda Avery	2019	V65	W	10K	51:58	Beachley	Speedway 10K	2019-06-16
42368	Chris Berry	2019	V60	M	HJ	1.25	Aberdare	Welsh Athletics League	2019-06-22
42368	Chris Berry	2019	V60	M	HJ	1.22	Coventry	England Masters Inter Area Challenge	2019-07-06
42368	Chris Berry	2019	V60	M	HJ	1.20	Aberdare	Welsh Masters League	2019-07-10
42368	Chris Berry	2019	V60	M	SP7.26K	8.48	Aberdare	Welsh Athletics League	2019-06-22
42368	Chris Berry	2019	V60	M	SP5K	9.37	Coventry	England Masters Inter Area Challenge	2019-07-06
42368	Chris Berry	2019	V60	M	DT2K	20.70	Aberdare	Welsh Athletics League	2019-06-22
42368	Chris Berry	2019	V60	M	DT1K	24.06	Aberdare	Welsh Masters League	2019-07-10
42368	Chris Berry	2019	V60	M	HT7.26K	27.22	Aberdare	Welsh Athletics League	2019-06-22
717331	Lloyd Bevan	2019	V55	M	5K	21:57	London Battersea Park	Veterans AC Summer Series 5K	2019-07-09

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717331	Lloyd Bevan	2019	V55	M	5K	22:07	Battersea Park	Self Transcendence 5K	2019-07-08
717331	Lloyd Bevan	2019	V55	M	parkrun	22:11	Grovelands	Grovelands parkrun # 470	2019-07-13
717331	Lloyd Bevan	2019	V55	M	parkrun	22:45	Barry Island	Barry Island parkrun # 215	2019-07-06
717331	Lloyd Bevan	2019	V55	M	10K	43:41	Battersea Park	Self Transcendence 10K	2019-06-01
717331	Lloyd Bevan	2019	V55	M	10K	46:14	Porthcawl	Porthcawl 10K	2019-07-07
118461	Christine Birch	2019	V70	W	5K	26:29	Rhyl	Runfest Wales 5K	2019-06-23
118461	Christine Birch	2019	V70	W	11KMT	63:04	Pentre-Llyn-Cymmer	Fairy Freckled Cow Llyn Alwen 11K	2019-07-07
72633	Ian Bowles	2019	V70	M	SP4K	9.22	Nuneaton	Midland Masters AC Championships	2019-06-09
72633	Ian Bowles	2019	V70	M	DT1K	32.71	Nuneaton	Midland Masters AC Championships	2019-06-09
72633	Ian Bowles	2019	V70	M	DT1K	30.84	Aberdare	Welsh Masters League	2019-07-10
72633	Ian Bowles	2019	V70	M	HT4K	30.84	Nuneaton	Midland Masters AC Championships	2019-06-09
72633	Ian Bowles	2019	V70	M	JT500	18.95	Nuneaton	Midland Masters AC Championships	2019-06-09
72633	Ian Bowles	2019	V70	M	JT500	16.03	Aberdare	Welsh Masters League	2019-07-10
26018	Amanda Broadhurst	2019	V45	W	200	31.59	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-29
26018	Amanda Broadhurst	2019	V45	W	400	70.37	Nuneaton	Midland Masters AC Championships	2019-06-09
26018	Amanda Broadhurst	2019	V45	W	800	2:56.30	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-30
26018	Amanda Broadhurst	2019	V45	W	80HW40	14.35	Hull	British Masters Combined Events Championships (inc North of England Masters	2019-06-29

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
26018	Amanda Broadhurst	2019	V45	W	HJ	1.31	Hull	Championships) British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-29
26018	Amanda Broadhurst	2019	V45	W	HJ	1.24	Coventry	England Masters Inter Area Challenge	2019-07-06
26018	Amanda Broadhurst	2019	V45	W	LJ	3.78	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-30
26018	Amanda Broadhurst	2019	V45	W	TJ	9.08	Nuneaton	Midland Masters AC Championships	2019-06-09
26018	Amanda Broadhurst	2019	V45	W	SP4K	8.42	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-29
26018	Amanda Broadhurst	2019	V45	W	JT600	25.62	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-30
26018	Amanda Broadhurst	2019	V45	W	JT600	22.13	Coventry	England Masters Inter Area Challenge	2019-07-06
26018	Amanda Broadhurst	2019	V45	W	HepW45	4026	Hull	British Masters Combined Events Championships (inc North of England Masters Championships)	2019-06-30
23960	Ian Broadhurst	2019	V60	M	100	13.32	Coventry	England Masters Inter Area Challenge	2019-07-06
23960	Ian Broadhurst	2019	V60	M	200	26.68	Coventry	England Masters Inter Area Challenge	2019-07-06
23960	Ian Broadhurst	2019	V60	M	400	61.66	Nuneaton	Midland Masters AC Championships	2019-06-09
23960	Ian Broadhurst	2019	V60	M	300HM60	47.41	Nuneaton	Midland Masters AC Championships	2019-06-09

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
399109	Angela Bryant	2019	V55	W	100	15.3	Gloucester	Avon League	2019-06-09
399109	Angela Bryant	2019	V55	W	100	15.3	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
399109	Angela Bryant	2019	V55	W	100	16.0	Aberdare	Welsh Masters League	2019-07-10
399109	Angela Bryant	2019	V55	W	100	16.1	Worcester	Worcester AC Open	2019-06-20
399109	Angela Bryant	2019	V55	W	200	32.17	Coventry	England Masters Inter Area Challenge	2019-07-06
399109	Angela Bryant	2019	V55	W	200	32.9	Aberdare	Welsh Masters League	2019-07-10
399109	Angela Bryant	2019	V55	W	200	33.8	Redditch	Midland Veterans' League Division South	2019-06-05
399109	Angela Bryant	2019	V55	W	200	33.8	Worcester	Worcester AC Open	2019-06-20
399109	Angela Bryant	2019	V55	W	200	34.3	Newport	Welsh Masters League	2019-06-12
566499	Ben Butler-Madden	2019	V35	M	5K	16:02	Cardiff	SSAFA 5K	2019-06-19
566499	Ben Butler-Madden	2019	V35	M	parkrun	17:49	Barry Island	Barry Island parkrun # 210	2019-06-01
566499	Ben Butler-Madden	2019	V35	M	parkrun	18:49	Barry Island	Barry Island parkrun # 214	2019-06-29
566499	Ben Butler-Madden	2019	V35	M	parkrun	19:09	Barry Island	Barry Island parkrun # 213	2019-06-22
566499	Ben Butler-Madden	2019	V35	M	parkrun	30:53	Ludlow	Ludlow parkrun # 171	2019-07-13
566499	Ben Butler-Madden	2019	V35	M	10K	34:29	Porthcawl	Porthcawl 10K	2019-07-07
566499	Ben Butler-Madden	2019	V35	M	12.3ML	68:13	Caernarfon	Welsh Castles Relay	2019-06-08
566499	Ben Butler-Madden	2019	V35	M	HM	75:11	Swansea	JCP Swansea Half Marathon	2019-06-23
43000	Stephen Buttler	2019	V40	M	100	12.5	Tipton	Midland League Division 3	2019-06-16
43000	Stephen Buttler	2019	V40	M	LJ	5.32	Tipton	Midland League Division 3	2019-06-16
43000	Stephen Buttler	2019	V40	M	LJ	5.08	Coventry	England Masters Inter Area Challenge	2019-07-06
43000	Stephen Buttler	2019	V40	M	SP7.26K	8.95	Nuneaton	Midland Masters AC Championships	2019-06-09
372760	Kevin Challinor	2019	V55	M	100	16.6	Wrexham	Welsh Masters League	2019-06-05
372760	Kevin Challinor	2019	V55	M	200	33.5	Wrexham	Welsh Masters League	2019-06-05
42753	Owen Chesher	2019	V35	M	200	24.94	Aberdare	Welsh Athletics League	2019-06-22
42753	Owen	2019	V35	M	400	54.82	Coventry	England Masters	2019-

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	Chesher							Inter Area Challenge	07-06
42753	Owen Chesher	2019	V35	M	HJ	1.84	Cardiff	Welsh Senior Championships	2019-07-14
42753	Owen Chesher	2019	V35	M	HJ	1.75	Coventry	England Masters Inter Area Challenge	2019-07-06
42753	Owen Chesher	2019	V35	M	HJ	1.70	Aberdare	Welsh Athletics League	2019-06-22
21207	Seriashe Childs	2019	V35	M	100	11.6	Cardiff	Welsh Senior Championships	2019-07-14
21207	Seriashe Childs	2019	V35	M	100	11.8	Aberdare	Welsh Masters League	2019-07-10
21207	Seriashe Childs	2019	V35	M	100	11.88	Horspath	Oxford City AC Open Graded Meeting	2019-06-19
607758	Ania Ciolek	2019	V35	W	parkrun	22:46	Bryn Bach	Bryn Bach parkrun # 343	2019-06-22
607758	Ania Ciolek	2019	V35	W	parkrun	22:58	Swansea Bay	Swansea Bay parkrun # 182	2019-06-15
607758	Ania Ciolek	2019	V35	W	parkrun	23:08	Swansea Bay	Swansea Bay parkrun # 181	2019-06-08
607758	Ania Ciolek	2019	V35	W	parkrun	23:09	Swansea Bay	Swansea Bay parkrun # 185	2019-07-13
607758	Ania Ciolek	2019	V35	W	parkrun	23:46	Belton House	Belton House parkrun # 161	2019-06-29
607758	Ania Ciolek	2019	V35	W	parkrun	23:56	Llanelli Coast	Llanelli Coast parkrun # 130	2019-07-06
607758	Ania Ciolek	2019	V35	W	parkrun	23:57	Pontypridd	Pontypridd parkrun # 265	2019-06-01
727639	Jon Clarke	2019	V60	M	100	16.9	Bury	Northern Masters Championships	2019-06-23
727639	Jon Clarke	2019	V60	M	HJ	0.90	Bury	Northern Masters Championships	2019-06-23
727639	Jon Clarke	2019	V60	M	LJ	3.00	Bury	Northern Masters Championships	2019-06-23
199713	Lisa Cleary	2019	V50	W	parkrun	25:17	Jersey	Jersey parkrun # 197	2019-07-13
199713	Lisa Cleary	2019	V50	W	parkrun	25:18	Cardiff	Cardiff parkrun # 603	2019-06-29
199713	Lisa Cleary	2019	V50	W	parkrun	25:49	Barry Island	Barry Island parkrun # 215	2019-07-06
199713	Lisa Cleary	2019	V50	W	parkrun	26:20	Barry Island	Barry Island parkrun # 210	2019-06-01
199713	Lisa Cleary	2019	V50	W	4M	33:05	Redwick	Rose Inn 4 Series	2019-06-11
199713	Lisa Cleary	2019	V50	W	10K	54:30	Porthcawl	Porthcawl 10K	2019-07-07
199713	Lisa Cleary	2019	V50	W	7.2MMT	85:09	Merthyr Mawr	Merthyr Mawr Rabbit Run 7.2	2019-06-15
119080	Martyn Cole	2019	V55	M	800	2:30.19	Nuneaton	Midland Masters	2019-

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								AC Championships	06-09
119080	Martyn Cole	2019	V55	M	1500	5:08.26	Nuneaton	Midland Masters AC Championships	2019-06-09
119080	Martyn Cole	2019	V55	M	3000	10:57.6	Redditch	Midland Veterans' League Division South	2019-06-05
15877	Peter Coles	2019	V55	M	3ML	17:22	Penarth	Cosmeston Relays	2019-07-10
81143	Emma Collins	2019	V55	W	5K	21:06	Ruthin	Ruthin 5K	2019-07-03
81143	Emma Collins	2019	V55	W	parkrun	22:17	Conwy	Conwy parkrun # 228	2019-06-08
81143	Emma Collins	2019	V55	W	parkrun	23:10	Bodelwyddan Castle	Bodelwyddan Castle parkrun # 35	2019-06-29
81143	Emma Collins	2019	V55	W	11KMT	51:05	Pentre-Llyn-Cymmer	Fairy Freckled Cow Llyn Alwen 11K	2019-07-07
81143	Emma Collins	2019	V55	W	HMMT	2:33:59	Llanberis	Scott Snowdonia Trail Half Marathon	2019-07-14
43859	Amanda Cook	2019	V40	W	80HW40	13.51	Coventry	England Masters Inter Area Challenge	2019-07-06
43859	Amanda Cook	2019	V40	W	LJ	4.40	Coventry	England Masters Inter Area Challenge	2019-07-06
43859	Amanda Cook	2019	V40	W	DT1K	22.83	Coventry	England Masters Inter Area Challenge	2019-07-06
753949	Sarah Coote	2019	V35	W	800	2:36.47	Aberdare	Welsh Athletics League	2019-06-22
753949	Sarah Coote	2019	V35	W	1M	5:55	Tredegar	Steve Jones 1 Mile Series	2019-06-21
753949	Sarah Coote	2019	V35	W	2ML	12:51	Cwmbran	Torfaen Sprint Relay (4 x 2M)	2019-06-19
554009	Claudia Cabbage	2019	V45	W	100	18.1	Basingstoke	Southern Counties Veterans' League Hampshire Division	2019-06-17
554009	Claudia Cabbage	2019	V45	W	HJ	1.28	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
554009	Claudia Cabbage	2019	V45	W	HJ	1.25	Portsmouth	Southern Athletics League Division 3SW	2019-06-15
554009	Claudia Cabbage	2019	V45	W	PV	2.20	Ashford	Senior 8 Counties Inter County Match	2019-07-14
554009	Claudia Cabbage	2019	V45	W	PV	2.15	Basingstoke	Southern Athletics League Division 3SW	2019-07-13

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554009	Claudia Cabbage	2019	V45	W	PV	2.10	Portsmouth	Southern Athletics League Division 3SW	2019-06-15
554009	Claudia Cabbage	2019	V45	W	PV	2.00	Coventry	England Masters Inter Area Challenge	2019-07-06
554009	Claudia Cabbage	2019	V45	W	PV	2.00	Aldershot	Southern Counties Veterans' League Hampshire Division	2019-07-08
554009	Claudia Cabbage	2019	V45	W	TJ	7.80	Basingstoke	Southern Counties Veterans' League Hampshire Division	2019-06-17
554009	Claudia Cabbage	2019	V45	W	SP4K	8.87	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
554009	Claudia Cabbage	2019	V45	W	SP4K	8.43	Aldershot	Southern Counties Veterans' League Hampshire Division	2019-07-08
554009	Claudia Cabbage	2019	V45	W	SP4K	8.29	Ashford	Senior 8 Counties Inter County Match	2019-07-14
554009	Claudia Cabbage	2019	V45	W	SP4K	8.25	Coventry	England Masters Inter Area Challenge	2019-07-06
554009	Claudia Cabbage	2019	V45	W	DT1K	21.97	Ashford	Senior 8 Counties Inter County Match	2019-07-14
554009	Claudia Cabbage	2019	V45	W	DT1K	20.01	Portsmouth	Southern Athletics League Division 3SW	2019-06-15
554009	Claudia Cabbage	2019	V45	W	DT1K	17.63	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
554009	Claudia Cabbage	2019	V45	W	HT4K	18.52	Basingstoke	Southern Counties Veterans' League Hampshire Division	2019-06-17
554009	Claudia Cabbage	2019	V45	W	HT4K	18.19	Coventry	England Masters Inter Area Challenge	2019-07-06
554009	Claudia Cabbage	2019	V45	W	JT600	19.71	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
554009	Claudia Cabbage	2019	V45	W	JT600	18.72	Basingstoke	Southern Counties Veterans' League Hampshire Division	2019-06-17
719036	Austin Davies	2019	V60	M	800	2:38.6	Lee Valley	Southern Athletics League	2019-06-16

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								Division 3N	
608969	Clare Davies	2019	V50	W	100	18.5	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	200	37.9	Newport	Welsh Masters League	2019-06-12
608969	Clare Davies	2019	V50	W	200	38.0	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	400	92.0	Newport	Welsh Masters League	2019-06-12
608969	Clare Davies	2019	V50	W	HJ	1.10	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	LJ	3.30	Newport	Welsh Masters League	2019-06-12
608969	Clare Davies	2019	V50	W	TJ	6.79	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	SP3K	7.98	Newport	Welsh Masters League	2019-06-12
608969	Clare Davies	2019	V50	W	DT1K	10.80	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	HT3K	14.34	Newport	Welsh Masters League	2019-06-12
608969	Clare Davies	2019	V50	W	JT500	12.59	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	parkrun	31:55	Bryn Bach	Bryn Bach parkrun # 344	2019-06-29
608969	Clare Davies	2019	V50	W	5M	53:36	Llanfrynach	Brecon AC 5	2019-06-04
210166	Neil Davies	2019	V50	M	400	71.7	Ashton under Lyne	North of England League Division 4W	2019-06-16
210166	Neil Davies	2019	V50	M	800	3:03.2	Ashton under Lyne	North of England League Division 4W	2019-06-16
210166	Neil Davies	2019	V50	M	HJ	1.46	Wrexham	Welsh Masters League	2019-06-05
210166	Neil Davies	2019	V50	M	HJ	1.34	Coventry	England Masters Inter Area Challenge	2019-07-06
210166	Neil Davies	2019	V50	M	SP7.26K	8.09	Ashton under Lyne	North of England League Division 4W	2019-06-16
210166	Neil Davies	2019	V50	M	HT7.26K	21.67	Ashton under Lyne	North of England League Division 4W	2019-06-16
210166	Neil Davies	2019	V50	M	JT800	40.88	Ashton under Lyne	North of England League Division 4W	2019-06-16
210166	Neil Davies	2019	V50	M	JT700	27.67	Coventry	England Masters Inter Area Challenge	2019-07-06
35171	Roderick Davies	2019	V60	M	100	14.5	Wrexham	Welsh Masters League	2019-06-05
35171	Roderick Davies	2019	V60	M	100	14.68	Exeter	South West Veterans	2019-06-16

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								Championships	
35171	Roderick Davies	2019	V60	M	100	15.0	Aberdare	Welsh Masters League	2019-07-10
35171	Roderick Davies	2019	V60	M	200	29.6	Wrexham	Welsh Masters League	2019-06-05
35171	Roderick Davies	2019	V60	M	200	30.38	Exeter	South West Veterans Championships	2019-06-16
35171	Roderick Davies	2019	V60	M	200	30.4	Aberdare	Welsh Masters League	2019-07-10
35171	Roderick Davies	2019	V60	M	LJ	4.13	Exeter	South West Veterans Championships	2019-06-16
35171	Roderick Davies	2019	V60	M	LJ	3.99	Coventry	England Masters Inter Area Challenge	2019-07-06
35171	Roderick Davies	2019	V60	M	LJ	3.72	Newport	Welsh Masters League	2019-06-12
14897	Brett Davis	2019	V55	M	400	61.7	Newport	Welsh Masters League	2019-06-12
14897	Brett Davis	2019	V55	M	400	63.11	Coventry	England Masters Inter Area Challenge	2019-07-06
14897	Brett Davis	2019	V55	M	800	2:21.3	Aberdare	Welsh Masters League	2019-07-10
14897	Brett Davis	2019	V55	M	800	2:23.71	Coventry	England Masters Inter Area Challenge	2019-07-06
14897	Brett Davis	2019	V55	M	1500	6:06.4	Newport	Welsh Masters League	2019-06-12
14897	Brett Davis	2019	V55	M	parkrun	21:25	Riverfront	Riverfront parkrun # 126	2019-06-15
14897	Brett Davis	2019	V55	M	parkrun	21:33	Newport	Newport parkrun # 433	2019-07-13
14897	Brett Davis	2019	V55	M	parkrun	21:51	Newport	Newport parkrun # 427	2019-06-01
14897	Brett Davis	2019	V55	M	parkrun	22:21	Barnstaple	Barnstaple parkrun # 336	2019-06-29
14897	Brett Davis	2019	V55	M	parkrun	22:22	Newport	Newport parkrun # 428	2019-06-08
748895	Susan Davis	2019	V55	W	100	19.9	Aberdare	Welsh Masters League	2019-07-10
748895	Susan Davis	2019	V55	W	200	43.8	Newport	Welsh Masters League	2019-06-12
748895	Susan Davis	2019	V55	W	200	44.1	Aberdare	Welsh Masters League	2019-07-10
748895	Susan Davis	2019	V55	W	400	1:42.5	Newport	Welsh Masters League	2019-06-12
748895	Susan Davis	2019	V55	W	parkrun	27:53	Riverfront	Riverfront parkrun # 126	2019-06-15
748895	Susan Davis	2019	V55	W	parkrun	28:04	Newport	Newport parkrun # 427	2019-06-01
748895	Susan Davis	2019	V55	W	parkrun	29:39	Barnstaple	Barnstaple parkrun # 336	2019-06-29

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
433709	Elizabeth Driver	2019	V60	W	86.83K	9:34:27	Pietermaritzburg, RSA	Comrades Marathon	2019-06-09
42049	Robert Eales	2019	V50	M	SP6K	10.76	Coventry	England Masters Inter Area Challenge	2019-07-06
42049	Robert Eales	2019	V50	M	DT1.5K	31.05	Coventry	England Masters Inter Area Challenge	2019-07-06
42049	Robert Eales	2019	V50	M	DT1.5K	29.78	Newport	Welsh Masters League	2019-06-12
42049	Robert Eales	2019	V50	M	HT6K	27.74	Coventry	England Masters Inter Area Challenge	2019-07-06
42049	Robert Eales	2019	V50	M	HT6K	27.03	Newport	Welsh Masters League	2019-06-12
198671	Paul Edwards	2019	V40	M	200	31.62	Aberdare	Welsh Athletics League	2019-06-22
198671	Paul Edwards	2019	V40	M	LJ	3.78	Aberdare	Welsh Athletics League	2019-06-22
198671	Paul Edwards	2019	V40	M	SP7.26K	7.01	Aberdare	Welsh Athletics League	2019-06-22
198671	Paul Edwards	2019	V40	M	DT2K	19.91	Aberdare	Welsh Athletics League	2019-06-22
198671	Paul Edwards	2019	V40	M	5K	22:06	Cardiff	SSAFA 5K	2019-06-19
198671	Paul Edwards	2019	V40	M	parkrun	22:39	Aberdare	Aberdare parkrun # 50	2019-06-15
198671	Paul Edwards	2019	V40	M	parkrun	22:50	Merthyr	Merthyr parkrun # 105	2019-06-08
386856	Jason Elworthy	2019	V45	M	SP7.26K	5.06	Aberdare	Welsh Athletics League	2019-06-22
386856	Jason Elworthy	2019	V45	M	SP6K	5.21	Cardiff	Welsh Senior Championships	2019-07-14
386856	Jason Elworthy	2019	V45	M	DT2K	18.24	Aberdare	Welsh Athletics League	2019-06-22
386856	Jason Elworthy	2019	V45	M	DT2K	12.55	Cardiff	Welsh Senior Championships	2019-07-14
386856	Jason Elworthy	2019	V45	M	HT7.26K	8.64	Cardiff	Welsh Senior Championships	2019-07-14
386856	Jason Elworthy	2019	V45	M	parkrun	45:30	Barry Island	Barry Island parkrun # 210	2019-06-01
386856	Jason Elworthy	2019	V45	M	parkrun	46:43	Barry Island	Barry Island parkrun # 216	2019-07-13
386856	Jason Elworthy	2019	V45	M	parkrun	46:58	Barry Island	Barry Island parkrun # 215	2019-07-06
23748	John Evans	2019	V80	M	100	18.9	Rugby	Midland Veterans' League Division East	2019-07-03
23748	John Evans	2019	V80	M	LJ	2.56	Rugby	Midland Veterans' League Division East	2019-07-03
656064	Matthew Evans	2019	V35	M	3000	9:45.2	Newport	Welsh Masters League	2019-06-12
656064	Matthew	2019	V35	M	3000	9:45.39	Coventry	England Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Evans							Inter Area Challenge	07-06
656064	Matthew Evans	2019	V35	M	3000SC	10:40.91	Cardiff	Welsh Senior Championships	2019-07-13
656064	Matthew Evans	2019	V35	M	2ML	10:26	Cwmbran	Torfaen Sprint Relay (4 x 2M)	2019-06-19
656064	Matthew Evans	2019	V35	M	5K	17:03	Cardiff	SSAFA 5K	2019-06-19
656064	Matthew Evans	2019	V35	M	5M	28:46	Llanfrynach	Brecon AC 5	2019-06-04
656064	Matthew Evans	2019	V35	M	9.1ML	55:23	Caernarfon	Welsh Castles Relay	2019-06-09
140387	Paul Evans	2019	V40	M	5M	43:07	Llanfrynach	Brecon AC 5	2019-06-04
140387	Paul Evans	2019	V40	M	9.1ML	86:00	Caernarfon	Welsh Castles Relay	2019-06-08
140387	Paul Evans	2019	V40	M	Mar	6:47:05	Tenby	Wales Marathon	2019-07-07
387047	Sarah Everitt	2019	V50	W	parkrun	21:17	Eastville	Eastville parkrun # 83	2019-07-13
387047	Sarah Everitt	2019	V50	W	parkrun	22:19	Eastville	Eastville parkrun # 82	2019-07-06
745669	Paul Flynn	2019	V50	M	3000	10:29.1	Aberdare	Welsh Masters League	2019-07-10
745669	Paul Flynn	2019	V50	M	parkrun	18:14	Birkenhead	Birkenhead parkrun # 203	2019-07-13
745669	Paul Flynn	2019	V50	M	30KMT	2:23:13	Gravesend	North Downs Run 30K	2019-06-30
302908	Lisa Franklin	2019	V50	W	SP4K	NM	Aberdare	Welsh Athletics League	2019-06-22
302908	Lisa Franklin	2019	V50	W	DT1K	14.94	Aberdare	Welsh Athletics League	2019-06-22
302908	Lisa Franklin	2019	V50	W	JT600	19.64	Aberdare	Welsh Athletics League	2019-06-22
302908	Lisa Franklin	2019	V50	W	JT500	21.44	Coventry	England Masters Inter Area Challenge	2019-07-06
26443	Dorothy Fraser	2019	V80	W	100	23.72	Nuneaton	Midland Masters AC Championships	2019-06-09
26443	Dorothy Fraser	2019	V80	W	200	54.1	Newport	Welsh Masters League	2019-06-12
26443	Dorothy Fraser	2019	V80	W	200	54.26	Nuneaton	Midland Masters AC Championships	2019-06-09
26443	Dorothy Fraser	2019	V80	W	SP3K	4.14	Coventry	England Masters Inter Area Challenge	2019-07-06
26443	Dorothy Fraser	2019	V80	W	SP2K	5.07	Nuneaton	Midland Masters AC Championships	2019-06-09
26443	Dorothy Fraser	2019	V80	W	SP2K	4.50	Newport	Welsh Masters League	2019-06-12
2109	Pat	2019	V70	W	800	3:59.9	Aberdare	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Gallagher							League	07-10
2109	Pat Gallagher	2019	V70	W	800	4:05.66	Coventry	England Masters Inter Area Challenge	2019-07-06
433542	John Gardener	2019	V75	M	parkrun	27:14	Haverfordwest	Haverfordwest parkrun # 90	2019-06-01
550	Lee Garland	2019	V40	M	1M	4:48	Castel	Vazon Mile	2019-06-25
108974	Melanie Garland	2019	V55	W	100	14.1	Bury	Northern Masters Championships	2019-06-23
108974	Melanie Garland	2019	V55	W	100	14.24	Nuneaton	Midland Masters AC Championships	2019-06-09
108974	Melanie Garland	2019	V55	W	100	14.5	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
108974	Melanie Garland	2019	V55	W	100	14.7	Worcester	Worcester AC Open	2019-06-20
108974	Melanie Garland	2019	V55	W	100	14.8	Aberdare	Welsh Masters League	2019-07-10
108974	Melanie Garland	2019	V55	W	200	29.9	Aberdare	Welsh Masters League	2019-07-10
108974	Melanie Garland	2019	V55	W	200	30.02	Nuneaton	Midland Masters AC Championships	2019-06-09
108974	Melanie Garland	2019	V55	W	200	30.2	Bury	Northern Masters Championships	2019-06-23
108974	Melanie Garland	2019	V55	W	200	30.9	Newport	Welsh Masters League	2019-06-12
108974	Melanie Garland	2019	V55	W	200	31.3	Worcester	Worcester AC Open	2019-06-20
108974	Melanie Garland	2019	V55	W	200	31.5	Tipton	Midland League Division 3	2019-06-16
108974	Melanie Garland	2019	V55	W	HJ	1.35	Redditch	Midland Veterans' League Division South	2019-06-05
108974	Melanie Garland	2019	V55	W	HJ	1.33	Coventry	England Masters Inter Area Challenge	2019-07-06
108974	Melanie Garland	2019	V55	W	HJ	1.30	Nuneaton	Midland Masters AC Championships	2019-06-09
108974	Melanie Garland	2019	V55	W	HJ	1.30	Tipton	Midland League Division 3	2019-06-16
108974	Melanie Garland	2019	V55	W	HJ	1.30	Bury	Northern Masters Championships	2019-06-23
108974	Melanie Garland	2019	V55	W	LJ	4.65	Coventry	England Masters Inter Area Challenge	2019-07-06
108974	Melanie Garland	2019	V55	W	LJ	4.60	Bury	Northern Masters Championships	2019-06-23

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
108974	Melanie Garland	2019	V55	W	LJ	4.57	Nuneaton	Midland Masters AC Championships	2019-06-09
108974	Melanie Garland	2019	V55	W	LJ	4.51	Newport	Welsh Masters League	2019-06-12
108974	Melanie Garland	2019	V55	W	LJ	4.44	Redditch	Midland Veterans' League Division South	2019-06-05
108974	Melanie Garland	2019	V55	W	LJ	4.36	Tipton	Midland League Division 3	2019-06-16
108974	Melanie Garland	2019	V55	W	TJ	9.31	Coventry	England Masters Inter Area Challenge	2019-07-06
108974	Melanie Garland	2019	V55	W	TJ	9.21	Bury	Northern Masters Championships	2019-06-23
108974	Melanie Garland	2019	V55	W	TJ	9.17	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
108974	Melanie Garland	2019	V55	W	TJ	9.09	Tipton	Midland League Division 3	2019-06-16
108974	Melanie Garland	2019	V55	W	TJ	9.07	Aberdare	Welsh Masters League	2019-07-10
108974	Melanie Garland	2019	V55	W	TJ	9.03	Nuneaton	Midland Masters AC Championships	2019-06-09
108974	Melanie Garland	2019	V55	W	TJ	8.94	Redditch	Midland Veterans' League Division South	2019-06-05
108974	Melanie Garland	2019	V55	W	SP3K	7.63	Newport	Welsh Masters League	2019-06-12
108974	Melanie Garland	2019	V55	W	DT1K	21.73	Bury	Northern Masters Championships	2019-06-23
108974	Melanie Garland	2019	V55	W	DT1K	21.40	Coventry	England Masters Inter Area Challenge	2019-07-06
108974	Melanie Garland	2019	V55	W	DT1K	20.91	Redditch	Midland Veterans' League Division South	2019-06-05
95471	Sian Gifford	2019	V45	W	parkrun	22:50	Pontypridd	Pontypridd parkrun # 266	2019-06-08
44187	David Glendower	2019	V50	M	SP6K	7.40	Belfast	Northern Ireland & Ulster Masters Championships	2019-06-29
44187	David Glendower	2019	V50	M	DT1.5K	20.22	Belfast	Northern Ireland & Ulster Masters Championships	2019-06-29
44187	David Glendower	2019	V50	M	HT6K	25.11	Belfast	Northern Ireland & Ulster Masters Championships	2019-06-29
4323	Jon Grainger	2019	V50	M	1500	4:42.9	Bracknell	Southern Athletics League Division 1	2019-07-13
4323	Jon	2019	V50	M	1500	4:46.9	Basingstoke	Southern	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Grainger							Counties Veterans' League Hampshire Division	06-17
4323	Jon Grainger	2019	V50	M	parkrun	18:57	Brockenhurst	Brockenhurst parkrun # 308	2019-06-15
240762	Michael Graz	2019	V45	M	200	29.5	Aberdare	Welsh Masters League	2019-07-10
240762	Michael Graz	2019	V45	M	800	2:31.3	Aberdare	Welsh Masters League	2019-07-10
181389	Martin Green	2019	V40	M	1500	4:44.8	Wrexham	Welsh Masters League	2019-06-05
181389	Martin Green	2019	V40	M	3000	10:02.8	Wrexham	Welsh Masters League	2019-06-05
181389	Martin Green	2019	V40	M	parkrun	18:22	Conwy	Conwy parkrun # 231	2019-06-29
181389	Martin Green	2019	V40	M	parkrun	18:33	Hafan Pwllheli	Hafan Pwllheli parkrun # 15	2019-06-08
181389	Martin Green	2019	V40	M	parkrun	21:19	Conwy	Conwy parkrun # 233	2019-07-13
181389	Martin Green	2019	V40	M	parkrun	22:23	Conwy	Conwy parkrun # 229	2019-06-15
181389	Martin Green	2019	V40	M	10K	34:05	Stone	Stone St Michael's 10K	2019-06-16
181389	Martin Green	2019	V40	M	10KNAD	36:26	Deiniolen	Deiniolen 10K	2019-06-12
181389	Martin Green	2019	V40	M	10KMT	34:48	y Felinheli	Felinheli 10K	2019-07-03
181389	Martin Green	2019	V40	M	HM	78:16	Rhyl	Runfest Wales Half Marathon	2019-06-23
812062	Donald Hale	2019	V65	M	5K	22:51	Rhyl	Runfest Wales 5K	2019-06-23
812062	Donald Hale	2019	V65	M	parkrun	23:03	Conwy	Conwy parkrun # 231	2019-06-29
812062	Donald Hale	2019	V65	M	parkrun	23:05	Conwy	Conwy parkrun # 232	2019-07-06
812062	Donald Hale	2019	V65	M	parkrun	23:08	Conwy	Conwy parkrun # 233	2019-07-13
812062	Donald Hale	2019	V65	M	parkrun	23:20	Conwy	Conwy parkrun # 230	2019-06-22
812062	Donald Hale	2019	V65	M	parkrun	23:22	Conwy	Conwy parkrun # 228	2019-06-08
812062	Donald Hale	2019	V65	M	parkrun	23:35	Conwy	Conwy parkrun # 227	2019-06-01
812062	Donald Hale	2019	V65	M	10KNAD	53:22	Deiniolen	Deiniolen 10K	2019-06-12
812062	Donald Hale	2019	V65	M	10KMT	49:03	y Felinheli	Felinheli 10K	2019-07-03
812062	Donald Hale	2019	V65	M	HM	1:58:20	Southport	Southport Half Marathon	2019-06-30
66755	Haydn Hartnell	2019	V55	M	800	2:48.0	Aberdare	Welsh Masters League	2019-07-10
66755	Haydn	2019	V55	M	1500	5:32.0	Newport	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Hartnell							League	06-12
66755	Haydn Hartnell	2019	V55	M	3000	11:41.8	Aberdare	Welsh Masters League	2019-07-10
66755	Haydn Hartnell	2019	V55	M	parkrun	19:16	Swansea Bay	Swansea Bay parkrun # 182	2019-06-15
66755	Haydn Hartnell	2019	V55	M	parkrun	19:22	Aberbeeg	Aberbeeg parkrun # 33	2019-06-22
66755	Haydn Hartnell	2019	V55	M	5.5MNAD	NT	Machen	Gwent Leisure Centre League Machen	2019-07-02
19778	Graham Holder	2019	V45	M	SP7.26K	10.85	Erith	Southern Athletics League Division 2E	2019-07-13
19778	Graham Holder	2019	V45	M	DT2K	34.20	Erith	Southern Athletics League Division 2E	2019-07-13
19778	Graham Holder	2019	V45	M	DT2K	33.08	Chelmsford	British Athletics League Division 2	2019-06-09
19778	Graham Holder	2019	V45	M	HT7.26K	51.68	Dartford	Kent County 3000m / 10,000m Championships inc. Dartford Harriers Open Meeting	2019-06-26
19778	Graham Holder	2019	V45	M	HT7.26K	49.95	Chelmsford	British Athletics League Division 2	2019-06-09
19778	Graham Holder	2019	V45	M	HT7.26K	49.40	Erith	Southern Athletics League Division 2E	2019-07-13
19778	Graham Holder	2019	V45	M	HT7.26K	49.37	Ashford	Southern Counties Veterans' League Kent Division 1	2019-06-24
19778	Graham Holder	2019	V45	M	HT7.26K	48.41	Ashford	Senior 8 Counties Inter County Match	2019-07-14
24536	Iris Holder	2019	V75	W	100	18.35	Coventry	England Masters Inter Area Challenge	2019-07-06
24536	Iris Holder	2019	V75	W	100	18.58	Nuneaton	Midland Masters AC Championships	2019-06-09
24536	Iris Holder	2019	V75	W	100	19.0	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
24536	Iris Holder	2019	V75	W	100	19.3	Aberdare	Welsh Masters League	2019-07-10
24536	Iris Holder	2019	V75	W	100	19.5	Worcester	Worcester AC Open	2019-06-20
24536	Iris Holder	2019	V75	W	200	42.5	Redditch	Midland Veterans' League Division South	2019-06-05

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
24536	Iris Holder	2019	V75	W	200	43.1	Newport	Welsh Masters League	2019-06-12
24536	Iris Holder	2019	V75	W	LJ	2.86	Nuneaton	Midland Masters AC Championships	2019-06-09
24536	Iris Holder	2019	V75	W	LJ	2.76	Coventry	England Masters Inter Area Challenge	2019-07-06
24536	Iris Holder	2019	V75	W	TJ	6.01	Aberdare	Welsh Masters League	2019-07-10
24536	Iris Holder	2019	V75	W	JT500	6.57	Redditch	Midland Veterans' League Division South	2019-06-05
861141	John Horsman	2019	V65	M	parkrun	26:32	Llanerchaeron	Llanerchaeron parkrun # 66	2019-06-08
861141	John Horsman	2019	V65	M	parkrun	27:40	Llanerchaeron	Llanerchaeron parkrun # 70	2019-07-06
861141	John Horsman	2019	V65	M	HM	2:25:39	Swansea	JCP Swansea Half Marathon	2019-06-23
446783	Mark Horsman	2019	V40	M	3ML	16:14	Penarth	Cosmeston Relays	2019-07-10
446783	Mark Horsman	2019	V40	M	5K	16:40	Cardiff	SSAFA 5K	2019-06-19
446783	Mark Horsman	2019	V40	M	parkrun	17:29	Cardiff	Cardiff parkrun # 601	2019-06-15
446783	Mark Horsman	2019	V40	M	parkrun	17:37	Llyn Llech Owain	Llyn Llech Owain parkrun # 326	2019-06-29
446783	Mark Horsman	2019	V40	M	parkrun	17:51	Llanerchaeron	Llanerchaeron parkrun # 66	2019-06-08
446783	Mark Horsman	2019	V40	M	parkrun	17:56	Llanerchaeron	Llanerchaeron parkrun # 70	2019-07-06
446783	Mark Horsman	2019	V40	M	10K	35:02	Poole	Poole Festival of Running 10K	2019-06-02
446783	Mark Horsman	2019	V40	M	10K	36:12	Ammanford	Ammanford 10K	2019-07-14
446783	Mark Horsman	2019	V40	M	HM	78:30	Swansea	JCP Swansea Half Marathon	2019-06-23
205173	Wayne Howe	2019	V60	M	LJ	4.41	Canterbury	Invicta East Kent Open Series	2019-06-13
205173	Wayne Howe	2019	V60	M	LJ	4.40	Dartford	Kent County 3000m / 10,000m Championships inc. Dartford Harriers Open Meeting	2019-06-26
205173	Wayne Howe	2019	V60	M	TJ	9.24	Bromley	Blackheath & Bromley Open Series	2019-06-17
205173	Wayne Howe	2019	V60	M	JT600	38.89	Canterbury	Invicta East Kent Open Series	2019-06-13
205173	Wayne Howe	2019	V60	M	JT600	38.65	Bromley	Blackheath & Bromley Open Series	2019-06-17

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
69166	Ian Humphreys	2019	V55	M	parkrun	23:04	Burnham and Highbridge	Burnham and Highbridge parkrun # 207	2019-06-15
69166	Ian Humphreys	2019	V55	M	parkrun	24:20	Newport	Newport parkrun # 431	2019-06-29
69166	Ian Humphreys	2019	V55	M	parkrun	25:09	Yeovil Montacute	Yeovil Montacute parkrun # 261	2019-06-08
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	15:51	Cardiff	Cardiff parkrun # 603	2019-06-29
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	16:06	Aberdare	Aberdare parkrun # 54	2019-07-13
554362	Richard Jackson-Hookins	2019	V35	M	10K	32:43	Beachley	Speedway 10K	2019-06-16
554362	Richard Jackson-Hookins	2019	V35	M	13.1ML	75:46	Caernarfon	Welsh Castles Relay	2019-06-08
554362	Richard Jackson-Hookins	2019	V35	M	HM	71:13	Swansea	JCP Swansea Half Marathon	2019-06-23
42341	Mel James	2019	V70	M	100	15.80	Nuneaton	Midland Masters AC Championships	2019-06-09
42341	Mel James	2019	V70	M	100	16.4	Wrexham	Welsh Masters League	2019-06-05
42341	Mel James	2019	V70	M	100	16.4	Aberdare	Welsh Masters League	2019-07-10
42341	Mel James	2019	V70	M	200	32.97	Nuneaton	Midland Masters AC Championships	2019-06-09
42341	Mel James	2019	V70	M	200	33.6	Aberdare	Welsh Masters League	2019-07-10
42341	Mel James	2019	V70	M	200	33.7	Wrexham	Welsh Masters League	2019-06-05
42341	Mel James	2019	V70	M	400	85.10	Nuneaton	Midland Masters AC Championships	2019-06-09
42341	Mel James	2019	V70	M	400	85.1	Newport	Welsh Masters League	2019-06-12
313721	Jeanette Jenkins	2019	V55	W	parkrun	27:13	Pontypool	Pontypool parkrun # 281	2019-06-08
313721	Jeanette Jenkins	2019	V55	W	parkrun	27:24	Pontypool	Pontypool parkrun # 280	2019-06-01
313721	Jeanette Jenkins	2019	V55	W	parkrun	29:15	Pontypool	Pontypool parkrun # 282	2019-06-15
313721	Jeanette Jenkins	2019	V55	W	parkrun	29:27	Pontypool	Pontypool parkrun # 283	2019-06-22
313721	Jeanette Jenkins	2019	V55	W	parkrun	30:20	Pontypool	Pontypool parkrun # 284	2019-07-06
313721	Jeanette Jenkins	2019	V55	W	4M	29:29	Redwick	Rose Inn 4 Series	2019-06-11

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
313721	Jeanette Jenkins	2019	V55	W	4M	29:48	Redwick	Rose Inn 4 Series	2019-07-09
313721	Jeanette Jenkins	2019	V55	W	5.5MNAD	NT	Machen	Gwent Leisure Centre League Machen	2019-07-02
313721	Jeanette Jenkins	2019	V55	W	6MMT	57:35	Tintern	Tintern Trot 6	2019-07-04
313721	Jeanette Jenkins	2019	V55	W	10KMT	56:38	Hopkinstown	The Loop 10K	2019-07-14
85793	David Jones	2019	V70	M	SP4K	6.41	Aberdare	Welsh Athletics League	2019-06-22
85793	David Jones	2019	V70	M	DT1K	13.54	Aberdare	Welsh Masters League	2019-07-10
85793	David Jones	2019	V70	M	DT1K	12.58	Aberdare	Welsh Athletics League	2019-06-22
85793	David Jones	2019	V70	M	HT4K	18.40	Aberdare	Welsh Athletics League	2019-06-22
85793	David Jones	2019	V70	M	JT600	11.18	Aberdare	Welsh Masters League	2019-07-10
85793	David Jones	2019	V70	M	JT500	14.34	Aberdare	Welsh Athletics League	2019-06-22
69228	Jos Jones	2019	V40	M	2.5ML	16:40	Ivybridge	Erme Valley Relays (4 x 2.5)	2019-07-05
69228	Jos Jones	2019	V40	M	5K	20:30	Exeter	Run Exe Summer 5K Series	2019-07-02
69228	Jos Jones	2019	V40	M	5K	20:34	Exeter	Run Exe Summer 5K Series	2019-06-04
69228	Jos Jones	2019	V40	M	parkrun	19:59	Exmouth	Exmouth parkrun # 78	2019-06-22
69228	Jos Jones	2019	V40	M	parkrun	20:15	Exmouth	Exmouth parkrun # 76	2019-06-08
69228	Jos Jones	2019	V40	M	parkrun	20:31	Exmouth	Exmouth parkrun # 79	2019-06-29
56658	Keri Jones	2019	V45	W	1M	6:35	Tredegar	Steve Jones 1 Mile Series	2019-06-21
56658	Keri Jones	2019	V45	W	parkrun	22:27	Bryn Bach	Bryn Bach parkrun # 344	2019-06-29
56658	Keri Jones	2019	V45	W	4M	28:52	Cardiff	Cardiff Summer Series 4	2019-07-05
48190	Lee Jones	2019	V45	M	5K	16:08	Horwich	Horwich Festival of Running BMAF 5K	2019-06-16
522737	Llinos Jones	2019	V35	W	5K	20:15	Swansea	Swansea Bay Summer 5K Series	2019-06-13
522737	Llinos Jones	2019	V35	W	parkrun	20:23	Swansea Bay	Swansea Bay parkrun # 181	2019-06-08
522737	Llinos Jones	2019	V35	W	parkrun	20:39	Gnoll	Gnoll parkrun # 186	2019-07-13
522737	Llinos Jones	2019	V35	W	parkrun	21:28	Llyn Llech Owain	Llyn Llech Owain parkrun # 326	2019-06-29
522737	Llinos Jones	2019	V35	W	10K	41:45	Porthcawl	Porthcawl 10K	2019-07-07

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
522737	Llinos Jones	2019	V35	W	HM	97:07	Swansea	JCP Swansea Half Marathon	2019-06-23
658483	Richard Jones	2019	V45	M	parkrun	16:37	Riverfront	Riverfront parkrun # 130	2019-07-13
658483	Richard Jones	2019	V45	M	parkrun	16:49	Riverfront	Riverfront parkrun # 128	2019-06-29
658483	Richard Jones	2019	V45	M	5.5MNAD	NT	Machen	Gwent Leisure Centre League Machen	2019-07-02
658483	Richard Jones	2019	V45	M	10K	34:57	Beachley	Speedway 10K	2019-06-16
658483	Richard Jones	2019	V45	M	HM	78:54	Swansea	JCP Swansea Half Marathon	2019-06-23
95639	Tegid Jones	2019	V40	M	4.25MNAD	22:52	Bletchington	Kidlington AC Mota-vation Series (4.25)	2019-06-06
95639	Tegid Jones	2019	V40	M	10KMT	38:03	Wytham	Wytham Woods (Oxford) 10K	2019-06-09
842767	Louise Kirby	2019	V50	W	100	15.6	Aberdare	Welsh Masters League	2019-07-10
842767	Louise Kirby	2019	V50	W	200	32.0	Aberdare	Welsh Masters League	2019-07-10
842767	Louise Kirby	2019	V50	W	400	75.10	Coventry	England Masters Inter Area Challenge	2019-07-06
66357	Elio Lepore	2019	V60	M	800	2:43.7	Aberdare	Welsh Masters League	2019-07-10
66357	Elio Lepore	2019	V60	M	1500	5:24.24	Coventry	England Masters Inter Area Challenge	2019-07-06
66357	Elio Lepore	2019	V60	M	3000	11:21.5	Aberdare	Welsh Masters League	2019-07-10
66357	Elio Lepore	2019	V60	M	parkrun	19:26	Cardiff	Cardiff parkrun # 602	2019-06-22
66357	Elio Lepore	2019	V60	M	parkrun	19:40	Cardiff	Cardiff parkrun # 600	2019-06-08
599005	Adrian Lewis	2019	V45	M	100	15.9	Aberdare	Welsh Masters League	2019-07-10
599005	Adrian Lewis	2019	V45	M	200	30.1	Wrexham	Welsh Masters League	2019-06-05
599005	Adrian Lewis	2019	V45	M	200	30.3	Aberdare	Welsh Masters League	2019-07-10
599005	Adrian Lewis	2019	V45	M	200	30.32	Horspath	British Masters Open Pentathlon Championships	2019-06-02
599005	Adrian Lewis	2019	V45	M	200	31.5	Newport	Welsh Masters League	2019-06-12
599005	Adrian Lewis	2019	V45	M	400	63.2	Newport	Welsh Masters League	2019-06-12
599005	Adrian Lewis	2019	V45	M	800	2:19.1	Aberdare	Welsh Masters League	2019-07-10
599005	Adrian Lewis	2019	V45	M	800	2:34.8	Wrexham	Welsh Masters League	2019-06-05
599005	Adrian	2019	V45	M	1500	4:46.4	Wrexham	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Lewis							League	06-05
599005	Adrian Lewis	2019	V45	M	1500	4:56.47	Coventry	England Masters Inter Area Challenge	2019-07-06
599005	Adrian Lewis	2019	V45	M	1500	4:58.0	Newport	Welsh Masters League	2019-06-12
599005	Adrian Lewis	2019	V45	M	1500	5:07.23	Horspath	British Masters Open Pentathlon Championships	2019-06-02
599005	Adrian Lewis	2019	V45	M	3000	10:52.5	Newport	Welsh Masters League	2019-06-12
599005	Adrian Lewis	2019	V45	M	3000	10:58.9	Aberdare	Welsh Masters League	2019-07-10
599005	Adrian Lewis	2019	V45	M	LJ	3.18	Horspath	British Masters Open Pentathlon Championships	2019-06-02
599005	Adrian Lewis	2019	V45	M	LJ	2.96	Wrexham	Welsh Masters League	2019-06-05
599005	Adrian Lewis	2019	V45	M	LJ	2.92	Newport	Welsh Masters League	2019-06-12
599005	Adrian Lewis	2019	V45	M	DT2K	10.20	Horspath	British Masters Open Pentathlon Championships	2019-06-02
599005	Adrian Lewis	2019	V45	M	JT800	16.48	Horspath	British Masters Open Pentathlon Championships	2019-06-02
599005	Adrian Lewis	2019	V45	M	PenM45	1493	Horspath	British Masters Open Pentathlon Championships	2019-06-02
599005	Adrian Lewis	2019	V45	M	3M	17:34	Cardiff	Cardiff Summer Series 3	2019-06-14
599005	Adrian Lewis	2019	V45	M	parkrun	18:05	Aberdare	Aberdare parkrun # 51	2019-06-22
599005	Adrian Lewis	2019	V45	M	parkrun	18:33	Aberdare	Aberdare parkrun # 54	2019-07-13
599005	Adrian Lewis	2019	V45	M	parkrun	18:51	Aberdare	Aberdare parkrun # 48	2019-06-01
599005	Adrian Lewis	2019	V45	M	parkrun	19:08	Eastville	Eastville parkrun # 79	2019-06-15
599005	Adrian Lewis	2019	V45	M	parkrun	19:21	Llyn Llech Owain	Llyn Llech Owain parkrun # 326	2019-06-29
599005	Adrian Lewis	2019	V45	M	parkrun	21:42	Newent	Newent parkrun # 323	2019-07-06
599005	Adrian Lewis	2019	V45	M	4M	23:52	Cardiff	Cardiff Summer Series 4	2019-07-05
599005	Adrian Lewis	2019	V45	M	5M	30:35	Llanfrynach	Brecon AC 5	2019-06-04
44169	Karen Llewellyn	2019	V55	W	SP4K	7.53	Aberdare	Welsh Athletics League	2019-06-22
44169	Karen Llewellyn	2019	V55	W	SP3K	7.73	Newport	Welsh Masters League	2019-06-12
44169	Karen Llewellyn	2019	V55	W	DT1K	17.42	Aberdare	Welsh Athletics League	2019-06-22
44169	Karen	2019	V55	W	HT3K	27.43	Newport	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Llewelin							League	06-12
44169	Karen Llewelin	2019	V55	W	HT3K	26.29	Aberdare	Welsh Athletics League	2019-06-22
77971	Margaret Ludden	2019	V55	W	5K	22:17	London Olympic Park	RunThrough Chase the Sun Olympic Park 5K	2019-06-05
38546	Richard Marks	2019	V65	M	800	2:51.0	Aberdare	Welsh Masters League	2019-07-10
38546	Richard Marks	2019	V65	M	3000	12:13.9	Aberdare	Welsh Masters League	2019-07-10
38546	Richard Marks	2019	V65	M	parkrun	21:36	Llanerchaeron	Llanerchaeron parkrun # 65	2019-06-01
24028	Caroline Marler	2019	V65	W	100	16.3	Bury	Northern Masters Championships	2019-06-23
24028	Caroline Marler	2019	V65	W	100	16.41	Coventry	England Masters Inter Area Challenge	2019-07-06
24028	Caroline Marler	2019	V65	W	100	16.9	Sportcity	Joe Moran Memorial Veterans Open	2019-06-05
24028	Caroline Marler	2019	V65	W	200	33.65	Coventry	England Masters Inter Area Challenge	2019-07-06
24028	Caroline Marler	2019	V65	W	200	33.7	Bury	Northern Masters Championships	2019-06-23
24028	Caroline Marler	2019	V65	W	200	35.5	Sportcity	Joe Moran Memorial Veterans Open	2019-06-05
24028	Caroline Marler	2019	V65	W	400	79.9	Bury	Northern Masters Championships	2019-06-23
24541	Daphne Marler	2019	V70	W	100	25.27	Exeter	South West Veterans Championships	2019-06-16
24541	Daphne Marler	2019	V70	W	LJ	2.00	Exeter	South West Veterans Championships	2019-06-16
24541	Daphne Marler	2019	V70	W	LJ	1.72	Newport	Welsh Masters League	2019-06-12
24541	Daphne Marler	2019	V70	W	TJ	4.71	Exeter	South West Veterans Championships	2019-06-16
24541	Daphne Marler	2019	V70	W	TJ	4.40	Aberdare	Welsh Masters League	2019-07-10
24541	Daphne Marler	2019	V70	W	DT1K	10.74	Aberdare	Welsh Masters League	2019-07-10
24541	Daphne Marler	2019	V70	W	HT3K	10.96	Newport	Welsh Masters League	2019-06-12
220894	Rachel Matthews	2019	V40	W	parkrun	22:34	Penallta	Penallta parkrun # 201	2019-06-01
18470	Sean McCormack	2019	V55	M	3000	11:12.7	Wrexham	Welsh Masters League	2019-06-05

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
18470	Sean McCormack	2019	V55	M	5K	19:31	Rhyl	Runfest Wales 5K	2019-06-23
789642	Kieran McDonnell	2019	V60	M	100	13.90	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	2019-06-05
789642	Kieran McDonnell	2019	V60	M	200	28.70	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	2019-06-05
789642	Kieran McDonnell	2019	V60	M	200	29.1	Newport	Welsh Masters League	2019-06-12
789642	Kieran McDonnell	2019	V60	M	200	29.5	Aberdare	Welsh Masters League	2019-07-10
789642	Kieran McDonnell	2019	V60	M	400	62.09	Coventry	England Masters Inter Area Challenge	2019-07-06
789642	Kieran McDonnell	2019	V60	M	400	63.1	Newport	Welsh Masters League	2019-06-12
789642	Kieran McDonnell	2019	V60	M	800	2:30.2	Aberdare	Welsh Masters League	2019-07-10
789642	Kieran McDonnell	2019	V60	M	1500	6:06.8	Newport	Welsh Masters League	2019-06-12
861408	Alison McLellan	2019	V35	W	100	13.54	Coventry	England Masters Inter Area Challenge	2019-07-06
861408	Alison McLellan	2019	V35	W	100	14.10	Liverpool	North of England League Division 3W	2019-06-16
861408	Alison McLellan	2019	V35	W	200	27.54	Coventry	England Masters Inter Area Challenge	2019-07-06
861408	Alison McLellan	2019	V35	W	LJ	4.36	Liverpool	North of England League Division 3W	2019-06-16
861408	Alison McLellan	2019	V35	W	TJ	9.64	Coventry	England Masters Inter Area Challenge	2019-07-06
861408	Alison McLellan	2019	V35	W	TJ	9.42	Liverpool	North of England League Division 3W	2019-06-16
378562	James Morgan	2019	V45	M	100	12.93	Exeter	South West Veterans Championships	2019-06-16
378562	James Morgan	2019	V45	M	100	13.17	Nuneaton	Midland Masters AC Championships	2019-06-09
378562	James Morgan	2019	V45	M	200	26.31	Nuneaton	Midland Masters AC Championships	2019-06-09