

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25672	Lee Aherne	2022	V55	M	parkrun	16:55	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 152	2022-01-01
25672	Lee Aherne	2022	V55	M	parkrun	17:41	Mallards Pike	Mallards Pike parkrun # 41	2022-01-08
25672	Lee Aherne	2022	V55	M	parkrun	18:06	Eastville	Eastville parkrun # 139	2022-01-15
25672	Lee Aherne	2021	V50	M	parkrun	17:12	Bryn Bach	Bryn Bach parkrun # 397	2021-12-18
111056	Eirian Arwyn	2022	V65	W	parkrun	30:21	Gloucester City	Gloucester City parkrun # 117	2022-01-01
111056	Eirian Arwyn	2022	V65	W	parkrun	32:29	Lydney	Lydney parkrun # 245	2022-01-08
111056	Eirian Arwyn	2021	V65	W	parkrun	30:20	Tremorfa	Tremorfa parkrun # 38	2021-12-25
111056	Eirian Arwyn	2021	V65	W	parkrun	30:29	Cwmbran	Cwmbran parkrun # 206	2021-12-11
111056	Eirian Arwyn	2021	V65	W	parkrun	32:41	Trelai Park	Trelai Park parkrun # 19	2021-12-18
85021	Mark Baker	2022	V55	M	parkrun	24:01	Brueton	Brueton parkrun # 526	2022-01-01
349414	Chris Baldwin	2022	V65	M	parkrun	26:10	Nova Prestatyn	Nova Prestatyn parkrun # 26	2022-01-15
349414	Chris Baldwin	2021	V65	M	parkrun	26:13	Pont y Bala	Pont y Bala parkrun # 67	2021-12-25
349414	Chris Baldwin	2021	V65	M	parkrun	26:50	Nova Prestatyn	Nova Prestatyn parkrun # 25	2021-12-18
116386	Paul Bevan	2021	V60	M	parkrun	22:47	Cardiff	Cardiff parkrun # 659	2021-12-25
399109	Angela Bryant	2021	V60	W	parkrun	39:50	Cardiff	Cardiff parkrun # 659	2021-12-25
399109	Angela Bryant	2021	V60	W	parkrun	45:32	Ross-on-Wye	Ross-on-Wye parkrun # 39	2021-12-11
566499	Ben Butler-Madden	2021	V35	M	parkrun	17:59	Barry Island	Barry Island parkrun # 270	2021-12-25
566499	Ben Butler-Madden	2021	V35	M	parkrun	18:05	Warrington	Warrington parkrun # 350	2021-12-11
998315	Julie Chamberlain	2021	V35	W	parkrun	20:47	Cardiff	Cardiff parkrun # 659	2021-12-25
998315	Julie Chamberlain	2021	V35	W	parkrun	21:27	Cardiff	Cardiff parkrun # 657	2021-12-11
998315	Julie Chamberlain	2021	V35	W	parkrun	21:56	Cardiff	Cardiff parkrun # 658	2021-12-18
93933	Kay Chapman	2021	V50	W	parkrun	23:26	Cwmbran	Cwmbran parkrun # 206	2021-12-11
93933	Kay Chapman	2021	V50	W	parkrun	25:48	Haverfordwest	Haverfordwest parkrun # 148	2021-12-25
607758	Ania Ciolek	2022	V40	W	parkrun	23:18	Swansea Bay	Swansea Bay parkrun # 238	2022-01-15
607758	Ania Ciolek	2021	V40	W	parkrun	23:16	Edgbaston Reservoir	Edgbaston Reservoir	2021-12-11

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								parkrun # 17	
607758	Ania Ciolek	2021	V40	W	parkrun	25:12	Aberdare	Aberdare parkrun # 102	2021-12-25
607758	Ania Ciolek	2021	V40	W	parkrun	27:08	Tremorfa	Tremorfa parkrun # 37	2021-12-18
199713	Lisa Cleary	2022	V55	W	parkrun	24:53	Tetbury Goods Shed	Tetbury Goods Shed parkrun # 66	2022-01-08
199713	Lisa Cleary	2021	V55	W	parkrun	22:42	Cardiff	Cardiff parkrun # 658	2021-12-18
199713	Lisa Cleary	2021	V55	W	parkrun	24:25	Cosmeston Lakes	Cosmeston Lakes parkrun # 29	2021-12-11
199713	Lisa Cleary	2021	V55	W	parkrun	24:30	Barry Island	Barry Island parkrun # 270	2021-12-25
293585	Maggie Collingborn	2021	V55	W	parkrun	22:59	Lee-on-the-Solent	Lee-on-the-Solent parkrun # 273	2021-12-11
293585	Maggie Collingborn	2021	V55	W	parkrun	23:12	Aberystwyth	Aberystwyth parkrun # 419	2021-12-25
293585	Maggie Collingborn	2021	V55	W	parkrun	25:57	Southsea	Southsea parkrun # 360	2021-12-18
81143	Emma Collins	2022	V55	W	parkrun	21:49	Chester	Chester parkrun # 214	2022-01-08
81143	Emma Collins	2022	V55	W	parkrun	22:19	Nova Prestatyn	Nova Prestatyn parkrun # 26	2022-01-15
81143	Emma Collins	2021	V55	W	parkrun	22:11	Nova Prestatyn	Nova Prestatyn parkrun # 25	2021-12-18
748598	Owen Davies	2021	V45	M	parkrun	18:53	Llyn Llech Owain	Llyn Llech Owain parkrun # 377	2021-12-11
748598	Owen Davies	2021	V45	M	parkrun	18:57	Llyn Llech Owain	Llyn Llech Owain parkrun # 378	2021-12-18
5677	Stephen Davies	2022	V60	M	parkrun	27:54	Sherwood Pines	Sherwood Pines parkrun # 241	2022-01-01
14897	Brett Davis	2021	V55	M	parkrun	22:32	Newport	Newport parkrun # 481	2021-12-11
83858	Brian Dias	2021	V35	M	parkrun	21:33	Cardiff	Cardiff parkrun # 658	2021-12-18
198671	Paul Edwards	2022	V45	M	parkrun	24:25	Pontypridd	Pontypridd parkrun # 318	2022-01-15
198671	Paul Edwards	2022	V45	M	parkrun	37:06	Pomphrey Hill	Pomphrey Hill parkrun # 337	2022-01-08
198671	Paul Edwards	2022	V45	M	parkrun	38:17	Eastville	Eastville parkrun # 137	2022-01-01
198671	Paul Edwards	2021	V45	M	parkrun	23:38	Grangemoor	Grangemoor parkrun # 242	2021-12-11
386856	Jason Elworthy	2022	V50	M	parkrun	1:07:33	Chipping Sodbury	Chipping Sodbury parkrun # 326	2022-01-08
2079	Huw Evans	2022	V45	M	parkrun	17:07	Worcester Pitchcroft	Worcester Pitchcroft	2022-01-01

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								parkrun # 152	
140387	Paul Evans	2022	V45	M	parkrun	25:29	Mallards Pike	Mallards Pike parkrun # 42	2022-01-15
140387	Paul Evans	2022	V45	M	parkrun	27:39	Ross-on-Wye	Ross-on-Wye parkrun # 41	2022-01-01
140387	Paul Evans	2021	V45	M	parkrun	23:55	Groe	Groe parkrun # 68	2021-12-11
387047	Sarah Everitt	2022	V55	W	parkrun	20:27	Eastville	Eastville parkrun # 138	2022-01-08
387047	Sarah Everitt	2021	V50	W	parkrun	20:03	Eastville	Eastville parkrun # 136	2021-12-18
73041	Chris Fulcher	2021	V50	M	parkrun	22:40	Gnoll	Gnoll parkrun # 237	2021-12-18
884435	David George	2022	V50	M	parkrun	23:25	Stratford-upon-Avon	Stratford-upon-Avon parkrun # 230	2022-01-01
884435	David George	2022	V50	M	parkrun	24:10	Tetbury Goods Shed	Tetbury Goods Shed parkrun # 67	2022-01-15
884435	David George	2022	V50	M	parkrun	26:44	Sharpham Road Playing Fields	Sharpham Road Playing Fields parkrun # 16	2022-01-08
884435	David George	2021	V50	M	parkrun	23:06	Tremorfa	Tremorfa parkrun # 38	2021-12-25
884435	David George	2021	V50	M	parkrun	24:16	Llyn Llech Owain	Llyn Llech Owain parkrun # 377	2021-12-11
884435	David George	2021	V50	M	parkrun	26:35	Ludlow	Ludlow parkrun # 227	2021-12-18
95471	Sian Gifford	2022	V50	W	parkrun	24:33	Mallards Pike	Mallards Pike parkrun # 42	2022-01-15
812062	Donald Hale	2022	V65	M	parkrun	24:36	Conwy	Conwy parkrun # 283	2022-01-15
812062	Donald Hale	2021	V65	M	parkrun	25:47	Conwy	Conwy parkrun # 282	2021-12-18
369398	Annette Hames	2022	V60	W	parkrun	26:46	Chopwell Wood	Chopwell Wood parkrun # 5	2022-01-01
868004	Matthew Harding	2022	V40	M	parkrun	26:29	Ellesmere Port	Ellesmere Port parkrun # 300	2022-01-01
868004	Matthew Harding	2022	V40	M	parkrun	35:14	Wepre	Wepre parkrun # 219	2022-01-15
868004	Matthew Harding	2021	V40	M	parkrun	26:33	Wepre	Wepre parkrun # 218	2021-12-18
19778	Graham Holder	2022	V45	M	parkrun	31:44	Bexley	Bexley parkrun # 447	2022-01-08
19778	Graham Holder	2022	V45	M	parkrun	31:55	Bexley	Bexley parkrun # 446	2022-01-01
50041	Geran Hughes	2022	V55	M	parkrun	19:11	Birkenhead	Birkenhead parkrun # 260	2022-01-08
69166	Ian Humphreys	2022	V55	M	parkrun	26:42	Burnham and Highbridge	Burnham and Highbridge parkrun # 268	2022-01-01
69166	Ian	2022	V55	M	parkrun	27:12	Burnham and	Burnham and	2022-

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	Humphreys						Highbridge	Highbridge parkrun # 270	01-15
69166	Ian Humphreys	2021	V55	M	parkrun	27:43	Street	Street parkrun # 119	2021-12-25
313721	Jeanette Jenkins	2022	V60	W	parkrun	35:07	Cwmbran	Cwmbran parkrun # 208	2022-01-15
313721	Jeanette Jenkins	2021	V60	W	parkrun	32:48	Pontypool	Pontypool parkrun # 335	2021-12-11
237338	Gary John	2021	V65	M	parkrun	23:19	Cardiff	Cardiff parkrun # 657	2021-12-11
237338	Gary John	2021	V65	M	parkrun	23:20	Cardiff	Cardiff parkrun # 658	2021-12-18
522737	Llinos Jones	2022	V40	W	parkrun	21:53	Llyn Llech Owain	Llyn Llech Owain parkrun # 380	2022-01-15
522737	Llinos Jones	2021	V40	W	parkrun	21:46	Llyn Llech Owain	Llyn Llech Owain parkrun # 379	2021-12-25
658483	Richard Jones	2021	V45	M	parkrun	16:35	Riverfront	Riverfront parkrun # 182	2021-12-25
95639	Tegid Jones	2022	V45	M	parkrun	17:48	Harcourt Hill	Harcourt Hill parkrun # 295	2022-01-15
95639	Tegid Jones	2021	V40	M	parkrun	17:10	Horspath	Horspath parkrun # 18	2021-12-18
95639	Tegid Jones	2021	V40	M	parkrun	19:25	Witney	Witney parkrun # 112	2021-12-25
842767	Louise Kirby	2021	V50	W	parkrun	26:56	Bryn Bach	Bryn Bach parkrun # 398	2021-12-25
453541	Edward Land	2021	V40	M	parkrun	21:02	Aberystwyth	Aberystwyth parkrun # 419	2021-12-25
453541	Edward Land	2021	V40	M	parkrun	22:32	Aberystwyth	Aberystwyth parkrun # 417	2021-12-11
10787	Sharon Leech	2021	V50	W	parkrun	20:16	Sandy Water	Sandy Water parkrun # 16	2021-12-11
10787	Sharon Leech	2021	V50	W	parkrun	21:10	Brynaman	Brynaman parkrun # 40	2021-12-18
66357	Elio Lepore	2021	V65	M	parkrun	20:42	Cardiff	Cardiff parkrun # 658	2021-12-18
66357	Elio Lepore	2021	V65	M	parkrun	21:10	Cardiff	Cardiff parkrun # 657	2021-12-11
599005	Adrian Lewis	2022	V50	M	parkrun	17:32	Pontypridd	Pontypridd parkrun # 318	2022-01-15
599005	Adrian Lewis	2022	V50	M	parkrun	18:58	Ross-on-Wye	Ross-on-Wye parkrun # 41	2022-01-01
599005	Adrian Lewis	2022	V50	M	parkrun	20:22	Ross-on-Wye	Ross-on-Wye parkrun # 42	2022-01-08
599005	Adrian Lewis	2021	V45	M	parkrun	18:11	Aberdare	Aberdare parkrun # 102	2021-12-25
599005	Adrian Lewis	2021	V45	M	parkrun	18:47	Tewkesbury	Tewkesbury parkrun # 234	2021-12-11
599005	Adrian Lewis	2021	V45	M	parkrun	24:16	Aberdare	Aberdare parkrun # 101	2021-12-18
958405	Simon A	2021	V40	M	parkrun	17:40	Merthyr	Merthyr	2021-

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	Lewis							parkrun # 158	12-11
958405	Simon A Lewis	2021	V40	M	parkrun	18:10	Merthyr	Merthyr parkrun # 159	2021-12-18
31956	Darryn McAtee	2021	V60	M	parkrun	22:42	Riverfront	Riverfront parkrun # 180	2021-12-11
9472	Jeremy Mower	2022	V55	M	parkrun	18:20	Gloucester City	Gloucester City parkrun # 117	2022-01-01
462645	Doug Nicholls	2021	V40	M	parkrun	17:19	Cardiff	Cardiff parkrun # 659	2021-12-25
25923	Derek Osborne	2021	V55	M	parkrun	24:31	Barry Island	Barry Island parkrun # 270	2021-12-25
42374	Clive Osmond	2021	V60	M	parkrun	23:17	Cardiff	Cardiff parkrun # 659	2021-12-25
374890	Andy Peet	2022	V50	M	parkrun	19:09	Leicester Victoria	Leicester Victoria parkrun # 246	2022-01-01
374890	Andy Peet	2021	V50	M	parkrun	19:07	Leicester Victoria	Leicester Victoria parkrun # 245	2021-12-18
374890	Andy Peet	2021	V50	M	parkrun	19:45	Leicester Victoria	Leicester Victoria parkrun # 244	2021-12-11
374890	Andy Peet	2021	V50	M	parkrun	19:59	Braunstone	Braunstone parkrun # 511	2021-12-25
34938	Jenny Phillips	2021	V50	W	parkrun	22:11	Sandy Water	Sandy Water parkrun # 17	2021-12-18
1322	Sean Price	2022	V55	M	parkrun	20:44	Pontypridd	Pontypridd parkrun # 318	2022-01-15
1322	Sean Price	2021	V55	M	parkrun	19:05	Cardiff	Cardiff parkrun # 658	2021-12-18
1322	Sean Price	2021	V55	M	parkrun	19:15	Pontypridd	Pontypridd parkrun # 316	2021-12-11
42370	David Proffitt	2022	V65	M	parkrun	24:34	Berkeley Green	Berkeley Green parkrun # 26	2022-01-15
42370	David Proffitt	2021	V65	M	parkrun	24:34	Riverfront	Riverfront parkrun # 182	2021-12-25
42370	David Proffitt	2021	V65	M	parkrun	24:39	Riverfront	Riverfront parkrun # 180	2021-12-11
42370	David Proffitt	2021	V65	M	parkrun	28:48	Riverfront	Riverfront parkrun # 181	2021-12-18
785044	Chris Pruski	2021	V65	M	parkrun	26:38	Swansea Bay	Swansea Bay parkrun # 236	2021-12-11
69509	Christopher Purse	2022	V60	M	parkrun	20:01	Princes	Princes parkrun # 488	2022-01-15
69509	Christopher Purse	2022	V60	M	parkrun	20:26	Chelmsford Central	Chelmsford Central parkrun # 407	2022-01-08
69509	Christopher Purse	2022	V60	M	parkrun	20:45	Chelmsford Central	Chelmsford Central parkrun # 406	2022-01-01
69509	Christopher Purse	2021	V60	M	parkrun	19:41	Chelmsford Central	Chelmsford Central parkrun # 403	2021-12-11
69509	Christopher	2021	V60	M	parkrun	21:36	Chelmsford	Chelmsford	2021-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Purse						Central	Central parkrun # 405	12-25
2484	Gareth Robbins	2022	V40	M	parkrun	23:08	Gnoll	Gnoll parkrun # 239	2022-01-15
2484	Gareth Robbins	2021	V35	M	parkrun	23:28	Gnoll	Gnoll parkrun # 236	2021-12-11
2484	Gareth Robbins	2021	V35	M	parkrun	23:31	Gnoll	Gnoll parkrun # 238	2021-12-25
4894	Mike Robbins	2022	V55	M	parkrun	23:04	Wepre	Wepre parkrun # 219	2022-01-15
4894	Mike Robbins	2021	V55	M	parkrun	22:29	Wepre	Wepre parkrun # 217	2021-12-11
4894	Mike Robbins	2021	V55	M	parkrun	23:09	Wepre	Wepre parkrun # 218	2021-12-18
72835	Barrie Roberts	2022	V75	M	parkrun	30:43	Edgbaston Reservoir	Edgbaston Reservoir parkrun # 19	2022-01-01
22339	Huw Roberts	2021	V60	M	parkrun	23:07	Cardiff	Cardiff parkrun # 657	2021-12-11
895411	Mark Roberts	2021	V60	M	parkrun	24:17	Bryn Bach	Bryn Bach parkrun # 397	2021-12-18
723559	Katy Roy	2022	V35	W	parkrun	18:59	Burnham and Highbridge	Burnham and Highbridge parkrun # 269	2022-01-08
15337	Rob Sheen	2021	V55	M	parkrun	19:03	Watermead Country Park	Watermead Country Park parkrun # 13	2021-12-18
42257	Mark Shepherd	2022	V50	M	parkrun	28:46	Cannock Chase	Cannock Chase parkrun # 183	2022-01-01
42257	Mark Shepherd	2021	V50	M	parkrun	32:38	Aberdare	Aberdare parkrun # 102	2021-12-25
340051	Ian Swanson	2021	V70	M	parkrun	34:59	Maesteg	Maesteg parkrun # 148	2021-12-18
340051	Ian Swanson	2021	V70	M	parkrun	35:18	Gnoll	Gnoll parkrun # 236	2021-12-11
340051	Ian Swanson	2021	V70	M	parkrun	38:31	Gnoll	Gnoll parkrun # 238	2021-12-25
1602	James Thie	2022	V40	M	parkrun	17:27	Clevedon Salthouse Fields	Clevedon Salthouse Fields parkrun # 46	2022-01-08
1602	James Thie	2022	V40	M	parkrun	17:48	Basildon	Basildon parkrun # 340	2022-01-15
11377	Daniel Thorogood	2021	V55	M	parkrun	24:26	Aberystwyth	Aberystwyth parkrun # 419	2021-12-25
894665	Jane Thorogood	2021	V50	W	parkrun	34:49	Aberystwyth	Aberystwyth parkrun # 419	2021-12-25
51847	Peter Watkeys	2021	V35	M	parkrun	16:54	Sandy Water	Sandy Water parkrun # 17	2021-12-18
766506	David John Williams	2021	V35	M	parkrun	15:54	Pontypridd	Pontypridd parkrun # 317	2021-12-18
928365	Mark Williams	2022	V60	M	parkrun	21:01	Pontypridd	Pontypridd parkrun # 318	2022-01-15
928365	Mark	2021	V60	M	parkrun	21:05	Aberdare	Aberdare	2021-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Williams							parkrun # 102	12-25