

Men's Rankings WMAL - 1st to 28th May 2021									
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date	
Peter Watkeys	2021	V35	M	800	2:05.46	Basingstoke	Basingstoke & Mid Hants AC 2 Lap Open Meet	2021-05-22	
Peter Watkeys	2021	V35	M	1500	4:24.5	Basingstoke	Basingstoke & Mid Hants AC Season Starter	2021-05-01	
David John Williams	2021	V35	M	1500	4:15.01	Carmarthen	Welsh Endurance Meeting 1	2021-05-26	
Kieran Golding	2021	V40	M	600	1:55.64	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	2021-05-09	
Kieran Golding	2021	V40	M	JT800	32.12	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	2021-05-09	
Matthew Harding	2021	V40	M	100	12.5	Salford	North of England League West 2S	2021-05-22	
Matthew Harding	2021	V40	M	200	25.4	Salford	North of England League West 2S	2021-05-22	
Warwick Helps	2021	V40	M	5000	18:37.53	St. Peter Port	Guernsey Athletics Track & Field Series	2021-05-23	
Huw Evans	2021	V45	M	3000	9:47.59	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	2021-05-09	
Lee Garland	2021	V45	M	5000	17:56.66	St. Peter Port	Guernsey Athletics Track & Field Series	2021-05-23	
Graham Holder	2021	V45	M	DT2K	30.68	Ashford	Kent County Championships	2021-05-08	
Graham Holder	2021	V45	M	HT7.26K	47.21	Ashford	Kent County Championships	2021-05-08	
Adrian Lewis	2021	V45	M	800	2:17.51	Carmarthen	Welsh Endurance Meeting 1	2021-05-26	
James Rogers	2021	V45	M	800	2:52.01	Stretford	Trafford Grand Prix	2021-05-18	
James Rogers	2021	V45	M	3000	11:37.69	Stretford	Trafford Grand Prix	2021-05-18	
James Rogers	2021	V45	M	5000	20:31.7	Salford	North of England League West 2S	2021-05-22	
James Rogers	2021	V45	M	3000SC	13:09.5	Salford	North of England League West 2S	2021-05-22	
Neil Davies	2021	V50	M	400	64.46	Stretford	Trafford Sprints Grand Prix	2021-05-25	
Paul Flynn	2021	V50	M	5000	17:58.12	Carmarthen	Welsh Endurance Meeting 1	2021-05-26	
David Glendower	2021	V50	M	DT1.5K	20.01	Gillingham	Medway & Maidstone Open Meeting	2021-05-03	
Russell Whiting	2021	V50	M	100	12.05	Worthing	Worthing Open Meeting	2021-05-02	
Russell Whiting	2021	V50	M	200	24.99	Worthing	Worthing Open Meeting	2021-05-02	
Brett Davis	2021	V55	M	400	62.2	Braunton	North Devon AC Summer Open Series 1	2021-05-16	
Jeremy Mower	2021	V55	M	5000	18:06.9	Gloucester	Gloucestershire County Championships	2021-05-16	
Rob Sheen	2021	V55	M	3000	DNF	Milton Keynes	SOAR MK3000 PB Special	2021-05-22	
Dave Stokes	2021	V55	M	PV	2.20	Salford	North of England League West 2S	2021-05-22	
Dave Stokes	2021	V55	M	SP7.26K	7.76	Salford	North of England League West 2S	2021-05-22	
Dave Stokes	2021	V55	M	DT2K	23.29	Salford	North of England League West 2S	2021-05-22	
Dave Stokes	2021	V55	M	HT7.26K	23.62	Salford	North of England League West 2S	2021-05-22	
Dave Stokes	2021	V55	M	JT800	21.71	Salford	North of England League West 2S	2021-05-22	
David Williams	2021	V55	M	3000	10:11.59	Wimbledon	Wimbo Distance Night	2021-05-19	
David Williams	2021	V55	M	5000	18:02.4	Battersea Park	Herne Hill Harriers Open Endurance Meeting	2021-05-22	
David Williams	2021	V55	M	5000	18:15.96	Carshalton	SLAN 'Out to Play' Track & Field Open	2021-05-16	
Paul Williams	2021	V55	M	100	13.2	Telford	Midlands Veterans T&F League	2021-05-26	
Paul Williams	2021	V55	M	400	65	Telford	Midlands Veterans T&F League	2021-05-26	
Paul Williams	2021	V55	M	TJ	9.11	Telford	Midlands Veterans T&F League	2021-05-26	
Robin Wood	2021	V55	M	100	14.51	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	2021-05-22	
Jon Clarke	2021	V60	M	100	18.78	Stretford	Trafford Sprints Grand Prix	2021-05-25	
Roderick Davies	2021	V60	M	100	14.98	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	2021-05-22	
Keith Powell	2021	V60	M	100	14.30	Yeovil	Bill Whistlecroft Yeovil Spring Track & Throws Open	2021-05-01	
Keith Powell	2021	V60	M	PV	2.50	Yeovil	Yeovil Distance, Steeplechase & Jumps Open	2021-05-08	
Keith Powell	2021	V60	M	LJ	4.06	Yeovil	Yeovil Distance, Steeplechase & Jumps Open	2021-05-08	
Keith Powell	2021	V60	M	LJ	4.04	Yeovil	Yeovil Distance, Steeplechase & Jumps Open	2021-05-08	
Kieran McDonnell	2021	V65	M	100	14.44	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	2021-05-22	
Chris Pruski	2021	V65	M	100	16.39	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	2021-05-22	