

WMAA Men's Season 2019 Rankings 19th August Post BMAF Champs



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

100								
	Seriashe	Childs	V35	11.60	0	Cardiff	sh Senior Champions	14/07/2019
	Owen	Chesher	V35	12.36	0	Brecon	h Masters Champion	21/07/2019
	Stephen	Buttler	V40	12.50	0	Tipton	land League Division	16/06/2019
	Stuart	Pearce	V40	12.53	0	Cardiff	unWithTheWind Spr	07/08/2019
	Scott	Browne	V40	13.52	0	Brecon	h Masters Champion	21/07/2019
	Paul	Edwards	V40	14.60	0	Cardiff Met	Velsh Masters League	22/05/2019
	Dean	Webster	V40	15.50	0	Aberdare	Velsh Masters League	10/07/2019
	James	Morgan	V45	12.90	0	Brecon	h Masters Champion	21/07/2019
	Steven	Thomas-Spires	V45	13.66	0	Wrexham	ales Regional Champ	11/05/2019
	Adrian	Lewis	V45	15.50	0	Cardiff Met	Velsh Masters League	22/05/2019
	Jason	Elworthy	V45	22.05	w	Neath	Velsh Athletics League	19/05/2019
	Russell	Whiting	V50	12.10	0	Brecon	h Masters Champion	21/07/2019
	Robin	Wood	V50	13.10	0	Swansea	ales Regional Champ	11/05/2019
	Glyn	Price	V50	13.90	0	Cardiff Met	Velsh Masters League	22/05/2019
	Charles	Northey	V50	16.40	0	Aberdare	Velsh Masters League	10/07/2019
	Paul	Williams	V55	12.94	0	Brecon	h Masters Champion	21/07/2019
	Keith	Powell	V55	13.80	0	Cardiff Met	Velsh Masters League	22/05/2019
	Derek	Osborne	V55	14.70	0	Cardiff Met	Velsh Masters League	22/05/2019
	Mark	Roberts	V55	15.40	0	Cardiff Met	Velsh Masters League	22/05/2019
	Kevin	Challinor	V55	16.60	0	Wrexham	Velsh Masters League	05/06/2019
	Ian	Broadhurst	V60	13.32	0	Coventry	Masters Inter Area C	06/07/2019
	Kieran	Mcdonnell	V60	13.55	w	Cardiff	unWithTheWind Spr	15/05/2019
	Roderick	Davies	V60	14.30	0	Cardiff Met	Velsh Masters League	22/05/2019
	Austin	Davies	V60	14.62	0	Brecon	h Masters Champion	21/07/2019
	Chris	Norton	V60	16.30	0	Cardiff Met	Velsh Masters League	22/05/2019
	Chris	Pruski	V60	16.60	0	Wrexham	Velsh Masters League	05/06/2019
	Jon	Clarke	V60	16.90	0	Bury	ern Masters Champi	23/06/2019
	Mark	Williams	V60	17.20	0	Cardiff Met	Velsh Masters League	22/05/2019
	Alan	Mann	V60	19.40	0	Brecon	h Masters Champion	21/07/2019
	Mark	Wyndham-Jones	V65	14.10	w	Norwich	olk County Champion	11/05/2019
	Ian	Swanson	V65	23.10				
	Glyn	Sutton	V70	14.10	0	Cardiff Met	Velsh Masters League	22/05/2019
	Geoff	Wright	V70	18.53	0	Coventry	Masters Inter Area C	06/07/2019
	Mel	James	V75	15.80	0	Nuneaton	h Masters AC Champ	09/06/2019
	Phil	Rees	V75	22.60	0	Cardiff Met	Velsh Masters League	22/05/2019
	John	Evans	V80	18.90	0	Rugby	eterans' League Div	03/07/2019
100MH								
	Neil	Davies	V50	20.59	w	Brecon	h Masters Champion	21/07/2019
	Derek	Osborne	V55	18.64	w	Brecon	h Masters Champion	21/07/2019

200								
	Adebowale	Ademuyewo	V35	22.60	0	Tamworth	dland League Divisio	07/07/2019
	Owen	Chesher	V35	24.94	0	Aberdare	Velsh Athletics Leagu	22/06/2019
	Lee	Richards	V35	32.37	i	Cardiff	Met GP2: Non-Thom	20/01/2019
	Stuart	Pearce	V40	26.37	i	Lee Valley	h Masters Champion	10/03/2019
	Scott	Browne	V40	27.25	w	Brecon	h Masters Champion	21/07/2019
	Paul	Edwards	V40	31.00	0	Swansea	Velsh Masters Leagu	24/04/2019
	Dean	Webster	V40	31.20	0	Aberdare	Velsh Masters Leagu	10/07/2019
	James	Morgan	V45	26.31	0	Nuneaton	Masters AC Champ	09/06/2019
	Steven	Thomas-Spires	V45	28.40	0	Wrexham	Velsh Masters Leagu	05/06/2019
	Adrian	Lewis	V45	28.90	0	Swansea	Velsh Masters Leagu	24/04/2019
	Michael	Graz	V45	29.50	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Jason	Elworthy	V45	52.73	i	Cardiff	Met GP2: Non-Thom	20/01/2019
	Russell	Whiting	V50	25.56	0	Coventry	Masters Inter Area C	06/07/2019
	Robin	Wood	V50	28.50	0	Newport	Velsh Masters Leagu	12/06/2019
	Gwynn	Wallace	V50	30.20	0	Kettering	Veterans' League Div	29/05/2019
	Glyn	Price	V50	30.30	0	Newport	Velsh Masters Leagu	12/06/2019
	Charles	Northey	V50	32.40	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Paul	Williams	V55	26.83	0	Birmingham	eterans' League Divi	05/06/2019
	Keith	Powell	V55	28.40	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Derek	Osborne	V55	29.50	0	Newport	Velsh Masters Leagu	12/06/2019
	Mark	Roberts	V55	32.80	0	Newport	Velsh Masters Leagu	12/06/2019
	Kevin	Challinor	V55	33.50	0	Wrexham	Velsh Masters Leagu	05/06/2019
	Jeffrey	Hanson	V55	37.90	0	Swansea	Velsh Masters Leagu	24/04/2019
	Ian	Broadhurst	V60	26.68	0	Coventry	Masters Inter Area C	06/07/2019
	Kieran	Mcdonnell	V60	28.07	0	Cardiff	unWithTheWind Spr	15/05/2019
	Roderick	Davies	V60	29.60	0	Wrexham	Velsh Masters Leagu	05/06/2019
	Graeme	Knowles	V60	31.70	0	Swansea	Velsh Masters Leagu	24/04/2019
	Duncan	Steward	V60	32.71	w	Brecon	h Masters Champion	21/07/2019
	Chris	Norton	V60	33.40	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Mark	Williams	V60	34.20	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Richard	Webster	V60	41.40	0	Newport	Velsh Masters Leagu	12/06/2019
	Alan	Mann	V60	45.76	w	Brecon	h Masters Champion	21/07/2019
	Mark	Wyndham-Jones	V65	30.70	0	Norwich	ilk County Champion	11/05/2019
	Michael H	Davies	V65	35.90	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Ian	Swanson	V65	45.20	0	Newport	Velsh Masters Leagu	12/06/2019
	Geoff	Wright	V70	38.99	0	Coventry	Masters Inter Area C	06/07/2019
	Mel	James	V75	32.97	0	Nuneaton	Masters AC Champ	09/06/2019
	Phil	Rees	V75	54.50	0	Swansea	Velsh Masters Leagu	24/04/2019
	John	Evans	V80	40.30	0	Kettering	Veterans' League Div	29/05/2019
300								
	Lee	Richards	V35	39.87	i	Cardiff	Met GP1: Christmas	16/12/2018
300MH								
	Ian	Broadhurst	V60	47.41	0	Nuneaton	Masters AC Champ	09/06/2019

400										
	Dale	Garland	V35	50.46	0	St. Peter Port	ntertrust Challenge			16/05/2019
	David John	Williams	V35	54.00	0	Cardiff Met	Welsh Masters Leagu			22/05/2019
	Owen	Chesher	V35	54.82	0	Coventry	Masters Inter Area C			06/07/2019
	Scott	Browne	V40	59.43	0	Brecon	h Masters Champior			21/07/2019
	Dean	Webster	V40	69.60	0	Newport	Welsh Masters Leagu			12/06/2019
	Michael	Graz	V45	62.90	0.00	Brecon	h Masters Champior			43667.00
	Adrian	Lewis	V45	63.20	0	Newport	Welsh Masters Leagu			12/06/2019

	Paul	Flynn	V50	65.59	i	Cardiff	Met GP2: Non-Thom			20/01/2019
	Neil	Davies	V50	66.32	0	Brecon	h Masters Champior			21/07/2019
	Robin	Wood	V50	68.20	0	Newport	Welsh Masters Leagu			12/06/2019
	Charles	Northey	V50	76.40		Newport	Welsh Masters Leagu			12/06/2019

	Sean	Price	V55	58.99	i	Cardiff	Met GP2: Non-Thom			20/01/2019
	Brett	Davis	V55	60.94	0	Birmingham	h Masters Champior			10/08/2019
	Derek	Osborne	V55	66.10	0	Swansea	Welsh Masters Leagu			24/04/2019
	Mark	Roberts	V55	68.80	0	Cardiff Met	Welsh Masters Leagu			22/05/2019
	Martyn	Cole	V55	69.32	0	Brecon	h Masters Champior			21/07/2019
	Kevin	Challinor	V55	72.09	0	Connah's Quay	Deeside Spring Oper			07/04/2019
	Jeffrey	Hanson	V55	84.00	0	Swansea	Welsh Masters Leagu			24/04/2019

	Ian	Broadhurst	V60	61.66	0	Nuneaton	I Masters AC Champ			09/06/2019
	Kieran	Mcdonnell	V60	61.98	0	Brecon	h Masters Champior			21/07/2019
	David	Boaler	V60	67.50	0	Cardiff Met	Welsh Masters Leagu			22/05/2019
	Mark	Williams	V60	67.50	0	Cardiff Met	Welsh Masters Leagu			22/05/2019
	Chris	Norton	V60	80.50	0	Cardiff Met	Welsh Masters Leagu			22/05/2019
	Wayne	Howe	V60	82.10	0	Eltham	ies Veterans' Leagu			03/05/2019
	Richard	Webster	V60	92.70	0	Newport	Welsh Masters Leagu			12/06/2019
	Alan	Mann	V60	01:44.18	0	Brecon	h Masters Champior			21/07/2019

	Michael H	Davies	V65	83.50	0	Cardiff Met	Welsh Masters Leagu			22/05/2019
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	Ian	Swanson	V65	01:53.50	0	Cardiff Met	Welsh Masters Leagu			22/05/2019
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	Mel	James	V75	84.70	0	Cardiff Met	Welsh Masters Leagu			22/05/2019
	Barrie	Roberts	V75	96.07	i	Lee Valley	h Masters Area Cha			24/02/2019

400mh										
	Dale	Garland	V35	54.99	55.4	St. Peter Port	ntertrust Challenge			05/05/2019

	Mark	Roberts	V55	76.97	0	Brecon	h Masters Champior			21/07/2019
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600m										
	Brett	Davis	V55	01:42.82	i	Cardiff	Met GP1: Christmas			16/12/2018

800								
	David John	Williams	V35	02:01.18	0	Swansea	AL Middle Distance C	31/07/2019
	Peter	Watkeys	V35	02:02.34	i	Lee Valley	h Masters Area Cha	24/02/2019
	Robert	Prady	V35	02:14.50	0	Swansea	ales Regional Champ	11/05/2019
	Matthew	Evans	V35	02:15.90	0	Cyncoed	WMAA	22/05/2019
	Scott	Browne	V40	02:11.59	0	Brecon	h Masters Champion	21/07/2019
	Dean	Webster	V40	02:37.00	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Adrian	Lewis	V45	02:19.10	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Michael	Graz	V45	02:25.03	0	Brecon	h Masters Champion	21/07/2019

	Lee	Aherne	V50	02:24.47	0	Aberdare	Velsh Athletics Leagu	22/06/2019
	Paul	Flynn	V50	02:28.07	i	Cardiff	Met GP2: Non-Thom	20/01/2019
	Charles	Northey	V50	02:36.17	0	Brecon	h Masters Champion	21/07/2019
	Neil	Davies	V50	03:00.80	0	Wrexham	England League Div	14/07/2019
	Sean	Price	V55	02:13.16	i	Cardiff	Met GP2: Non-Thom	20/01/2019
	Jon	Grainger	V55	02:17.20	0	Winchester	s Veterans' League H	20/05/2019
	Brett	Davis	V55	02:17.92	i	Torun, POL	asters Indoor Cham	27/03/2019
	Martyn	Cole	V55	02:23.70	0	Cheltenham	er Memorial Games	06/05/2019
	Kevin	Challinor	V55	02:42.32	0	Wrexham	ales Regional Champ	11/05/2019
	Mike	Robbins	V55	02:43.10	0	Wrexham	Cheshire League	04/05/2019
	Clive	Osmond	V55	02:50.77	i	Cardiff	Met GP2: Non-Thom	20/01/2019
	Mark	Roberts	V55	02:33.74	0	Swansea	ea Harriers Open M	07/04/2019
	Jeffrey	Hanson	V55	03:12.20	0	Swansea	Velsh Masters Leagu	24/04/2019

	Kieran	Mcdonnell	V60	02:30.20	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Austin	Davies	V60	02:37.40	0	Sandy	h Athletics League Di	18/05/2019
	Elio	Lepore	V60	02:43.70	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Mark	Williams	V60	02:51.00	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Chris	Norton	V60	03:18.50	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Richard	Webster	V60	03:33.40	0	Cyncoed	WMAA	22/05/2019
	Alan	Mann	V60	04:16.95	0	Brecon	h Masters Champion	21/07/2019
	Richard	Marks	V65	02:51.00	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Mike	Murphy	V65	02:54.33	0	Brecon	h Masters Champion	21/07/2019
	Michael H	Davies	V65	03:04.80	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Ian	Swanson	V65	04:19.00	0	Swansea	Velsh Masters Leagu	24/04/2019
	Paul	Allen	V70	03:18.63	i	Lee Valley	h Masters Area Cha	24/02/2019
	Barrie	Roberts	V75	03:22.32	0	Tipton	BMC Regional Races	13/08/2019

1000								
	Derek	Osborne	V55	03:26.98	i	Lee Valley	ampionships (inc So	17/02/2019
	Keith	Powell	V55	04:03.99	i	Lee Valley	ampionships (inc So	17/02/2019

1500								
James	Thie	V35	04:07.33	i	Torun, POL	asters Indoor Cham		30/03/2019
Sion	Lewis	V35	04:23.05	0	Finsbury Park	& London Heathsid		01/06/2019
Matthew	Evans	V35	04:24.27	i	Lee Valley	h Masters Champior		09/03/2019
Robert	Prady	V35	04:35.74	0	Neath	Velsh Athletics Leagu		19/05/2019
Lee	Garland	V40	04:29.05	0	Birmingham	h Masters Champior		10/08/2019
Tegid	Jones	V40	04:31.87	0	Abingdon	: Charles Kear Mem		24/03/2019
Scott	Browne	V40	04:39.67	0	Brecon	h Masters Champior		21/07/2019
Dean	Webster	V40	05:33.80	0	Newport	Velsh Masters Leagu		12/06/2019
Adrian	Lewis	V45	04:46.40	0	Wrexham	Velsh Masters Leagu		05/06/2019
Paul	Flynn	V50	05:12.05	i	Cardiff	Met GP2: Non-Thom		20/01/2019
Jon	Grainger	V55	04:42.90	0	Bracknell	n Athletics League D		13/07/2019
Martyn	Cole	V55	04:56.73	0	Tipton	BMC Regional Races		21/05/2019
Sean	Price	V55	05:17.00	0	Brecon	h Masters Champior		21/07/2019
Mike	Robbins	V55	05:23.80	0	Stretford	England League Div		19/05/2019
Haydn	Hartnell	V55	05:32.00	0	Newport	Velsh Masters Leagu		12/06/2019
Mark	Roberts	V55	05:33.47	0	Neath	Velsh Athletics Leagu		19/05/2019
Kevin	Challinor	V55	05:50.87	0	Brecon	h Masters Champior		21/07/2019
Brett	Davis	V55	06:06.40	0	Newport	Velsh Masters Leagu		12/06/2019
Jeffrey	Hanson	V55	06:54.10	0	Cardiff Met	Velsh Masters Leagu		22/05/2019
Keith	Powell	V55	07:08.30	0	Horspath	s Open Pentathlon C		02/06/2019
Elio	Lepore	V60	05:21.58	i	Cardiff	Met GP2: Non-Thom		20/01/2019
Mark	Williams	V60	05:33.68	0	Newport	AL Middle Distance C		14/08/2019
Austin	Davies	V60	05:37.10	0	Brecon	h Masters Champior		21/07/2019
Huw	Roberts	V60	06:03.28	i	Cardiff	Met GP2: Non-Thom		20/01/2019
Kieran	Mcdonnell	V60	06:06.80	0	Newport	Velsh Masters Leagu		12/06/2019
Chris	Norton	V60	07:13.30	0	Newport	Velsh Masters Leagu		12/06/2019
Alan	Mann	V60	09:07.49	0	Brecon	h Masters Champior		21/07/2019
Mike	Murphy	V65	05:43.50	0	Cardiff Met	Velsh Masters Leagu		22/05/2019
David	Proffitt	V65	06:22.20	0	Brecon	h Masters Champior		21/07/2019
Ian	Swanson	V65	09:01.60	0	Cardiff Met	Velsh Masters Leagu		22/05/2019
Paul	Allen	V70	06:30.57	i	Lee Valley	h Masters Area Cha		24/02/2019
Barrie	Roberts	V75	07:05.70	0	Worcester	Worcester AC Open		20/06/2019

Mile								
James	Thie	V35	04:25.45	i	Cardiff	sh Athletics Internat		03/03/2019
David John	Williams	V35	04:33.00	0	London	ality Westminster M		26/05/2019
Sion	Lewis	V35	04:43.00	0	London	ality Westminster M		26/05/2019
Lee	Garland	V40	04:48.00	0	Castel	Vazon Mile		25/06/2019
Huw	Evans	V45	04:48.00	0	Tredegar	eve Jones 1 Mile Ser		17/05/2019
Richard	Jones	V45	04:51.00	0	Tredegar	eve Jones 1 Mile Ser		17/05/2019
Adrian	Lewis	V45	5:13:00	0	Tewkesbury	Bushley Mile		22/04/2019
Jon	Grainger	V55	05:12:00	0	London	ality Westminster M		26/05/2019
Sean	Price	V55	05:32:00	0	Tredegar	eve Jones 1 Mile Ser		21/06/2019
Martyn	Cole	V55	05:28:00	0	London	ality Westminster M		26/05/2019
Brett	Davis	V55	05:56:00	0	London	ality Westminster M		26/05/2019
Mark	Roberts	V55	06:02:00	0	Tredegar	eve Jones 1 Mile Ser		17/05/2019
Elio	Lepore	V60	05:55:00	0	Cardiff	diff Summer Series		03/05/2019
Mark	Williams	V60	06:09:00	0	Tredegar	eve Jones 1 Mile Ser		21/06/2019
Mike	Murphy	V65	06:11:00	0	Cardiff	diff Summer Series		03/05/2019
Barrie	Roberts	V75	07:32.90	0	Coventry	ckshire Open Graded		03/07/2019

2000s/c								
	Matthew	Evans	V35	06:43.70	0	Swansea	ales Regional Cham	11/05/2019
	Jeremy	Mower	V50	07:24.90	0	Gloucester	land League Divisid	19/05/2019
3000/sc								
	Matthew	Evans	V35	10:38.90	0	Birmingham	h Masters Champion	11/08/2019
	Lee	Garland	V40	10:56.90	0	Birmingham	h Masters Champion	11/08/2019
3000								
	Matthew	Evans	V35	09:30.40	0	Swansea	Velsh Masters Leagu	24/04/2019
	Sion	Lewis	V35	09:39.04	+	Milton Keynes	MK5000 PB Special	27/07/2019
	Robert	Prady	V35	09:56.56	0	Swansea	sea Harriers Open M	07/04/2019
	Steven	Rees	V40	09:38.30	0	Swansea	Velsh Masters Leagu	24/04/2019
	Joe	Thomas	V40	09:43.20	0	Swansea	Velsh Masters Leagu	24/04/2019
	Scott	Browne	V40	10:29.20	0	Swansea	Velsh Masters Leagu	24/04/2019
	Dean	Webster	V40	12:00.10	0	Swansea	Velsh Masters Leagu	24/04/2019
	Tegid	Jones	V40	09:25.50	0	Cheltenham	er Memorial Games	06/05/2019
	Huw	Evans	V45	09:33.10	i	Cardiff	Met GP1: Christmas	16/12/2018
	Richard	Jones	V45	09:43.20	0	Swansea	Velsh Masters Leagu	24/04/2019
	Adrian	Lewis	V45	10:07.95	i	Cardiff	Met GP1: Christmas	16/12/2018
	Lee	Aherne	V50	09:37.41	0	Coventry	Masters Inter Area C	06/07/2019
	Paul	Flynn	V50	10:29.10	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Sean	McCormack	V50	11:12.70	0	Wrexham	Velsh Masters Leagu	05/06/2019
	Charles	Northey	V50	13:17.10	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Martyn	Cole	V55	10:57.60	0	Redditch	eterans' League Divi	05/06/2019
	Sean	McCormack	V55	11:12.70	0	Wrexham	Velsh Masters Leagu	05/06/2019
	Mike	Robbins	V55	11:14.30	0	Wrexham	ales Regional Cham	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	Met GP1: Christmas	16/12/2018
	Jeffrey	Hanson	V55	15:09.90	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Elio	Lepore	V60	11:21.50	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Mark	Williams	V60	11:47.56	0	Coventry	Masters Inter Area C	06/07/2019
	Huw	Roberts	V60	12:07.67	i	Cardiff	Met GP1: Christmas	16/12/2018
	Austin	Davies	V60	12:13.09	i	Cardiff	Met GP1: Christmas	16/12/2018
	Alan	Mann	V60	19:23.44	0	Brecon	h Masters Champion	21/07/2019
	Richard	Marks	V65	12:13.90	0	Aberdare	Velsh Masters Leagu	10/07/2019
	Mike	Murphy	V65	12:27.65	0	Brecon	h Masters Champion	21/07/2019
	David	Proffitt	V65	13:18.51	0	Brecon	h Masters Champion	21/07/2019
	Ian	Swanson	V65	18:04.00	0	Newport	Velsh Masters Leagu	12/06/2019
	Barrie	Roberts	V75	14:32.90	0	Leamington	ckshire Open Graded	07/08/2019

5000								
	Sion	Lewis	V35	16:11.3	0	Milton Keynes	MK5000 PB Special	27/07/2019
	Peter	Watkeys	V35	17:00.61	0	Basingstoke	Athletics League Div	15/06/2019
	Joe	Thomas	V40	16:45.78	0	Brecon	h Masters Champion	21/07/2019
	Lee	Garland	V40	17:17.92	0	St. Peter Port	ntertrust Challenge	05/05/2019
	David	Skidmore	V40	17:47.50	0	Guildford	Athletics League Div	15/06/2019
	Lee	Jones	V45	16:08.90	0	Connah's Quay	England League Div	19/05/2019
	Lee	Aherne	V50	16:29.65	0	Birmingham	h Masters Champion	11/08/2019
	Paul	Flynn	V50	18:08.74	0	Birmingham	h Masters Champion	11/08/2019
	Sean	McCormack	V50	19:52.15	0	Brecon	h Masters Champion	21/07/2019
	Mike	Robbins	V55	19:12.70	0	Bebington	ndurance Open Ser	08/05/2019
	Sean	McCormack	V55	19:52.15	0	Brecon	h Masters Champion	21/07/2019
	Kevin	Challinor	V55	22:10.53	0	Brecon	h Masters Champion	21/07/2019
	David	Murrie	V60	24:02.00	0	Ashton under Lyne	Masters 5000m Char	24/07/2019
	Mike	Murphy	V65	21:58.61	0	Brecon	h Masters Champion	21/07/2019
10000								
	Sion	Lewis	V35	35:37.50	0	Walthamstow	Orion Harriers Fast	07/06/2019
2000W								
	Mark	Williams	V60	10:10.88	i	Lee Valley	h Masters Area Cha	24/02/2019
3000W								
	Jason	Elworthy	V45	28:57.05	0	Neath	Welsh Athletics Leagu	19/05/2019



HJ								
	Owen	Chesher	V35	1.84	0	Cardiff	sh Senior Champions	14/07/2019
	Paul	Edwards	V40	1.15	0	Cyncoed	WMAA	22/05/2019
	Steve	Ingram	V45	1.65	0	Swansea	ales Regional Cham	11/05/2019
	Steven	Thomas-Spires	V45	1.30	0	Wrexham	ales Regional Cham	11/05/2019
	Glyn	Price	V50	1.50	0	Cyncoed	WMAA	22/05/2019
	Neil	Davies	V50	1.46	0	Wrexham	Welsh Masters Leagu	05/06/2019
	Charles	Northey	V50	1.30	0	Cyncoed	WMAA	22/05/2019
	Robin	Wood	V50	1.30	i	Swansea	h Masters Champion	10/02/2019
	Derek	Osborne	V55	1.47	i	Lee Valley	ampionships (inc So	17/02/2019
	Keith	Powell	V55	1.38	i	Lee Valley	ampionships (inc So	17/02/2019
	Dave	Stokes	V55	1.10	0	Connah's Quay	Cheshire League	04/05/2019
	Chris	Berry	V60	1.30	0	Brecon	h Masters Champion	21/07/2019
	David	Murrie	V60	1.30	0	Brecon	h Masters Champion	21/07/2019
	Jon	Clarke	V60	0.90	0	Bury	rn Masters Champi	23/06/2019
	Mark	Wyndham-Jones	V65	1.35	0	Norwich	olk County Champion	12/05/2019
	Ian	Swanson	V65	1.10	i	Cyncoed	WMAA	22/05/2019
	Ian	Robinson	V70	1.02	i	Lee Valley	h Masters Area Cha	24/02/2019
	Phil	Rees	V75	0.90	i	Lee Valley	h Masters Champion	09/03/2019

U								
	Dale	Garland	V35	6.86	w	Gibraltar, GIB	t International Islan	10/07/2019
	Stephen	Buttler	V40	5.32	0	Tipton	dland League Divisic	16/06/2019
	Ian	Williams	V40	3.81	i	Swansea	h Masters Champior	10/02/2019
	Paul	Edwards	V40	3.78	0	Aberdare	Velsh Athletics Leagu	22/06/2019
	Steve	Ingram	V45	4.76	0	Newport	Velsh Masters Leagu	12/06/2019
	Steven	Thomas-Spires	V45	4.39	0	Wrexham	ales Regional Champ	11/05/2019
	Adrian	Lewis	V45	3.18	0	Horspath	s Open Pentathlon C	02/06/2019
	Jason	Elworthy	V45	2.20	0	Neath	Velsh Athletics Leagu	19/05/2019
	Robin	Wood	V50	4.63	i	Lee Valley	h Masters Area Cha	24/02/2019
	Glyn	Price	V50	4.63	0	Newport	Velsh Masters Leagu	12/06/2019
	Martin	Tucker	V50	3.17	i	Swansea	h Masters Champior	10/02/2019
	Keith	Powell	V55	4.70	0	Birmingham	h Masters Champior	10/08/2019
	Derek	Osborne	V55	4.64	i	Lee Valley	ampionships (inc So	17/02/2019
	Paul	Williams	V55	4.31	0	Birmingham	eterans' League Divi	05/06/2019
	Dave	Shields	V55	4.04	i	Lee Valley	ampionships (inc So	17/02/2019
	Dave	Stokes	V55	3.81	0	Bury	rn Masters Champic	23/06/2019
	Wayne	Howe	V60	4.41	0	Canterbury	ta East Kent Open S	13/06/2019
	Roderick	Davies	V60	4.16	0	Cyncoed	WMAA	22/05/2019
	Duncan	Steward	V60	4.15	i	Swansea	h Masters Champior	10/02/2019
	Chris	Berry	V60	3.12	i	Swansea	h Masters Champior	10/02/2019
	Jon	Clarke	V60	3.00	0	Bury	rn Masters Champic	23/06/2019
	Chris	Norton	V60	2.32	0	Newport	Velsh Masters Leagu	12/06/2019
	Ian	Swanson	V65	2.65	i	Swansea	h Masters Champior	10/02/2019
	Allan	Cheers	V70	3.44	i	Swansea	h Masters Champior	10/02/2019
	Phil	Rees	V75	2.35	0	Wrexham	Velsh Masters Leagu	05/06/2019
	John	Evans	V80	2.56	0	Rugby	eterans' League Div	03/07/2019

TJ								
	Steve	Ingram	V45	8.41	0	Swansea	Welsh Masters League	24/04/2019
	Steven	Thomas-Spires	V45	9.04	0	Coventry	Masters Inter Area	06/07/2019

	Robin	Wood	V50	9.94	i	Lee Valley	h Masters Area Cha	24/02/2019
	Glyn	Price	V50	9.08	0	Swansea	Welsh Masters League	24/04/2019
	Derek	Osborne	V55	9.98	0	Swansea	Welsh Masters League	24/04/2019
	Paul	Williams	V55	9.23	0	Burton	eterans' League Div	03/07/2019
	Dave	Shields	V55	8.91	i	Lee Valley	h Masters Champion	10/03/2019
	Dave	Stokes	V55	7.18	i	Connah's Quay	ales Regional Cham	12/01/2019
	Wayne	Howe	V60	9.24	0	Bromley	ath & Bromley Ope	17/06/2019
	David	Murrie	V60	8.68	0	Brecon	h Masters Champion	21/07/2019
	Duncan	Steward	V60	8.11	i	Swansea	h Masters Champion	10/02/2019
	Graeme	Knowles	V60	7.31	0	Swansea	Welsh Masters League	24/04/2019
	Ian	Swanson	V65	5.02	i	Swansea	h Masters Champion	10/02/2019
	Sean	Power	V75	8.32	i	Swansea	h Masters Champion	10/02/2019
	Phil	Rees	V75	5.61	i	Lee Valley	h Masters Champion	10/03/2019

PV								
	Glyn	Price	V50	4.05	i	Cardiff	hletics Senior Cham	27/01/2019
	Dave	Gordon	V50	3.45	i	Torun, POL	asters Indoor Cham	28/03/2019
	Gwynn	Wallace	V50	1.20	0	Abingdon	es Veterans' League	20/05/2019
	Derek	Osborne	V55	2.75	0	Neath	Welsh Athletics League	19/05/2019
	Keith	Powell	V55	2.60	i	Lee Valley	h Masters Champion	10/03/2019
	Dave	Stokes	V55	2.30	i	Swansea	h Masters Champion	10/02/2019

SP7.26K								
	Stephen	Buttler	V40	9.17	0	Telford	County Champions	11/05/2019
	Ian	Williams	V40	9.13	i	Swansea	h Masters Champion	10/02/2019
	Paul	Edwards	V40	7.01	0	Aberdare	Welsh Athletics League	22/06/2019
	Graham	Holder	V45	10.86	0	Basilidon	h Athletics League Div	13/04/2019
	Peter	Roberts	V45	10.54	0	Swansea	ales Regional Champ	11/05/2019
	Steve	Ingram	V45	9.40	0	Swansea	ales Regional Champ	11/05/2019
	Steven	Thomas-Spires	V45	7.01	0	Stretford	England League Div	19/05/2019
	Jason	Elworthy	V45	5.37	i	Cardiff	hletics Senior Cham	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	England League Div	19/05/2019
	Gwynn	Wallace	V50	9.15	0	Bedford	Athletics League Div	13/04/2019
	Neil	Davies	V50	8.49	0	Wrexham	England League Div	14/07/2019
	Robin	Wood	V50	8.36	0	Swansea	ales Regional Champ	11/05/2019
	Charles	Northey	V50	7.37	0	Cyncoed	WMAA	22/05/2019
	Paul	Williams	V55	7.76	0	Birmingham	eterans' League Divi	05/06/2019
	Dave	Stokes	V55	7.44	i	Swansea	h Masters Champion	10/02/2019
	Keith	Powell	V55	7.44	0	Aberdare	Welsh Athletics League	22/06/2019
	Chris	Berry	V60	8.48	0	Aberdare	Welsh Athletics League	22/06/2019
	Mark	Williams	V60	6.98	0	Aberdare	Welsh Athletics League	22/06/2019

	Geoff	Ward	V65	8.00	0	Wrexham	England League Div	14/07/2019
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SP6K								
	Robert	Eales	V50	11.15	i	Swansea	h Masters Champion	10/02/2019
	Martin	Tucker	V50	11.11	i	Swansea	h Masters Champion	10/02/2019
	Gwynn	Wallace	V50	9.99	0	Horspath	es Veterans' League	29/04/2019
	Glyn	Price	V50	9.28	0	Cyncoed	WMAA	22/05/2019
	Robin	Wood	V50	9.15	i	Swansea	h Masters Champion	10/02/2019
	Neil	Davies	V50	8.95	0	Brecon	h Masters Champion	21/07/2019
	David	Glendower	V50	8.26	i	Torun, POL	asters Indoor Cham	26/03/2019

	Glyndwr	Pugh	V55	9.32	0	Cyncoed	WMAA	22/05/2019
	Dave	Stokes	V55	8.84	i	Swansea	h Masters Champion	10/02/2019
	Derek	Osborne	V55	8.79	i	Swansea	h Masters Champion	10/02/2019
	Paul	Williams	V55	8.31	0	Burton	eterans' League Divi	03/07/2019
	Keith	Powell	V55	7.67	i	Swansea	h Masters Champion	10/02/2019

SP5K								
	Jason	Elworthy	V45	6.23	i	Cardiff	hletics Shot in the D	11/01/2019
	Duncan	Steward	V60	10.06	0	Brecon	h Masters Champion	21/07/2019
	Chris	Berry	V60	9.97	i	Swansea	h Masters Champion	10/02/2019
	Chris	Pruski	V60	8.19	0	Wrexham	Welsh Masters League	05/06/2019
	Roderick	Davies	V60	7.07	i	Lee Valley	h Masters Area Cha	24/02/2019
	Mark	Williams	V60	6.35	0	Newport	Welsh Masters League	12/06/2019

	Mark	Wyndham-Jones	V65	10.45	0	Norwich	olk County Champion	11/05/2019
	Geoff	Ward	V65	10.11	0	Wrexham	ales Regional Champ	11/05/2019
	Michael H	Davies	V65	6.38	0	Newport	Welsh Masters League	12/06/2019

SP4K								
	Ian	Bowles	V70	9.61	0	Brecon	h Masters Champion	21/07/2019
	Paul	Brooks	V70	8.20	0	Wrexham	ales Regional Champ	11/05/2019
	Ian	Robinson	V70	7.76	i	Lee Valley	h Masters Area Cha	24/02/2019
	David	Jones	V70	7.25	i	Swansea	h Masters Champion	10/02/2019
	Phil	Rees	V75	6.67	0	Wrexham	Welsh Masters League	05/06/2019

	John	Evans	V80	5.64	0	Kettering	eterans' League Div	29/05/2019
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JT500								
	Ian	Robinson	V70	23.70	0	Brecon	h Masters Champion	21/07/2019
	Ian	Bowles	V70	20.87	0	Brecon	h Masters Champion	21/07/2019
	Phil	Rees	V75	15.85	0	Cyncoed	WMAA	22/05/2019

JT600								
	Wayne	Howe	V60	38.89	0	Canterbury	ta East Kent Open S	13/06/2019
	Duncan	Steward	V60	32.34	0	Brecon	h Masters Champion	21/07/2019
	Chris	Pruski	V60	30.07	0	Torun, POL	s Championships - C	25/03/2019
	Chris	Berry	V60	20.47	0	Neath	Welsh Athletics Leagu	19/05/2019
	Mark	Williams	V60	13.85	0	Aberdare	Welsh Masters Leagu	10/07/2019

JT 600								
	Geoff	Ward	V65	31.88	0	Brecon	h Masters Champion	21/07/2019
	Mark	Wyndham-Jones	V65	28.81	0	Norwich	olk County Champion	12/05/2019
	Michael H	Davies	V65	15.32	0	Cyncoed	WMAA	22/05/2019
	Phil	Rees	V75	12.57	0	Aberdare	Welsh Masters Leagu	10/07/2019
	David	Jones	V70	11.18	0	Aberdare	Welsh Masters Leagu	10/07/2019

JT700								
	Martin	Tucker	V50	43.27	0	Connah's Quay	Deeside Spring Oper	07/04/2019
	Gwynn	Wallace	V50	35.03	0	Abingdon	es Veterans' League	20/05/2019
	Charles	Northey	V50	34.94	0	Brecon	h Masters Champion	21/07/2019
	Neil	Davies	V50	27.67	0	Coventry	Masters Inter Area C	06/07/2019
	Robert	Eales	V50	24.82	0	Cyncoed	WMAA	22/05/2019

	Jonathan	Powell	V55	35.53	0	Brecon	h Masters Champion	43667
	Derek	Osborne	V55	29.77	0	Aberdare	Welsh Masters Leagu	10/07/2019
	Dave	Stokes	V55	24.71	0	Wrexham	Welsh Masters Leagu	05/06/2019
	Keith	Powell	V55	22.23	0	Horspath	s Open Pentathlon C	02/06/2019
	Glyndwr	Pugh	V55	20.78	0	Brecon	h Masters Champion	21/07/2019

	Wayne	Howe	V60	31.90	0	Eltham	ies Veterans' Leagu	03/05/2019
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JT800								
	Dale	Garland	V35	50.33	0	St. Peter Port	ntertrust Challenge C	16/05/2019

	Ian	Williams	V40	29.77	0	Cyncoed	WMAA	22/05/2019
	Graham	Holder	V45	27.70	0	Brighton	h Athletics League D	19/05/2019
	Steven	Thomas-Spires	V45	27.38	0	Wrexham	Cheshire League	04/05/2019
	Adrian	Lewis	V45	16.48	0	Horspath	s Open Pentathlon C	02/06/2019

	Neil	Davies	V50	40.88	0	Ashton under Lyne	England League Div	16/06/2019
	Martin	Tucker	V50	37.19	0	Connah's Quay	England League Div	19/05/2019
	Gwynn	Wallace	V50	33.45	0	Andover	Athletics League Di	19/05/2019
	Charles	Northey	V50	32.21	0	Aberdare	Welsh Athletics Leagu	22/06/2019

	Dave	Stokes	V55	26.03	0	Connah's Quay	Cheshire League	04/05/2019
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	Chris	Pruski	V60	26.55	0	Swansea	ales Regional Champ	11/05/2019
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	Geoff	Ward	V65	25.83	0	Wrexham	England League Div	14/07/2019
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DT1K								
	Duncan	Steward	V60	26.05	0	Brecon	h Masters Champion	21/07/2019
	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	Williams	V60	18.85	0	Aberdare	Welsh Masters League	10/07/2019

	Mark	Wyndham-Jones	V65	38.84	0	Brecon	h Masters Champion	21/07/2019
	Geoff	Ward	V65	35.45	0	Wrexham	ales Regional Champ	11/05/2019

	Ian	Bowles	V70	32.71	0	Nuneaton	Masters AC Champ	09/06/2019
	Ian	Robinson	V70	29.86	0	Brecon	h Masters Champion	21/07/2019
	Paul	Brooks	V70	27.56	0	Wrexham	ales Regional Champ	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
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DT 1.5K								
	Gwynn	Wallace	V50	33.05	0	Kettering	eterans' League Div	29/05/2019
	Robert	Eales	V50	31.05	0	Coventry	Masters Inter Area C	06/07/2019
	Glyn	Price	V50	24.77	0	Newport	Welsh Masters League	12/06/2019
	David	Glendower	V50	24.41	0	Lee Valley	ley Throws Fest Ope	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 Oper	07/04/2019
	Glyndwr	Pugh	V55	29.93	0	Brecon	h Masters Champion	21/07/2019
	Derek	Osborne	V55	27.66	0	Newport	Welsh Masters League	12/06/2019
	Keith	Powell	V55	25.23	0	Horspath	s Open Pentathlon C	02/06/2019
	Paul	Williams	V55	20.60	0	Birmingham	eterans' League Div	05/06/2019

	Wayne	Howe	V60	28.60	0	Dartford	ies Veterans' League	13/05/2019
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DT2K								
	Ian	Williams	V40	29.52	0	Lee Valley	rs Winter Throws C	09/03/2019
	Paul	Edwards	V40	20.03	0	Neath	Welsh Athletics League	19/05/2019
	Peter	Roberts	V45	36.58	0	Coventry	Masters Inter Area C	06/07/2019
	Graham	Holder	V45	34.20	0	Erith	h Athletics League D	13/07/2019
	Steve	Ingram	V45	32.42	0	Aberdare	Welsh Masters League	10/07/2019
	Steven	Thomas-Spires	V45	19.82	0	Preston	England League Div	10/08/2019
	Jason	Elworthy	V45	11.28	0	Neath	Welsh Athletics League	19/05/2019
	Adrian	Lewis	V45	10.20	0	Horspath	s Open Pentathlon C	02/06/2019
	Gwynn	Wallace	V50	27.58	0	Andover	Athletics League Div	19/05/2019
	Charles	Northey	V50	18.24	0	Aberdare	Welsh Athletics League	22/06/2019
	Dave	Stokes	V55	24.74	0	Connah's Quay	England League Div	19/05/2019
	Keith	Powell	V55	20.40	0	Aberdare	Welsh Athletics League	22/06/2019
	Chris	Berry	V60	20.70	0	Aberdare	Welsh Athletics League	22/06/2019
	Mark	Williams	V60	11.61	0	Aberdare	Welsh Athletics League	22/06/2019
	Geoff	Ward	V65	23.80	0	Wrexham	England League Div	14/07/2019

HT7.26K								
	Graham	Holder	V45	51.68	0	Dartford	Championships inc.	26/06/2019
	Peter	Roberts	V45	29.21	0	Swansea	Athletics League Div	12/05/2019
	Steven	Thomas-Spires	V45	19.38	0	Ashton under Lyne	England League Div	16/06/2019
	Gwynn	Wallace	V50	23.89	0	Nuneaton	Veterans' League Div	01/05/2019
	Neil	Davies	V50	21.67	0	Ashton under Lyne	England League Div	16/06/2019
	Dave	Stokes	V55	21.25	0	Connah's Quay	England League Div	19/05/2019
	Chris	Berry	V60	27.22	0	Aberdare	Welsh Athletics League	22/06/2019
	David	Jones	V70	11.06	0	Swansea	ales Regional Champ	11/05/2019

HT6K								
	Robert	Eales	V50	30.94	0	Brecon	h Masters Champion	21/07/2019
	David	Glendower	V50	27.94	0	Lee Valley	ley Throws Fest Ope	19/05/2019
	Gwynn	Wallace	V50	26.68	0	Abingdon	nties Veterans' AC C	25/05/2019
	Neil	Davies	V50	24.80	0	Brecon	h Masters Champion	21/07/2019
	Glyn	Price	V50	16.47	0	Newport	Welsh Masters Leagu	12/06/2019
	Charles	Northey	V50	14.96	0	Newport	Welsh Masters Leagu	12/06/2019
	Glyndwr	Pugh	V55	33.55	0	Brecon	h Masters Champion	21/07/2019
	Derek	Osborne	V55	30.38	0	Swansea	Welsh Masters Leagu	24/04/2019
	Dave	Stokes	V55	29.99	0	Nuneaton	I Masters AC Champ	09/06/2019

HT5K								
	Duncan	Steward	V60	29.30	0	Brecon	h Masters Champion	21/07/2019
	Chris	Berry	V60	26.36	0	Brecon	h Masters Champion	21/07/2019
	Graeme	Knowles	V60	25.43	0	Swansea	Welsh Masters Leagu	24/04/2019
	Chris	Pruski	V60	15.66	0	Swansea	Welsh Masters Leagu	24/04/2019

HT5K								
	Mark	Wyndham-Jones	V65	29.31	0	Brecon	h Masters Champion	21/07/2019

HT4K								
	Ian	Bowles	V70	31.93	0	Brecon	h Masters Champion	21/07/2019
	David	Jones	V70	18.40	0	Aberdare	Welsh Athletics League	22/06/2019
	Phil	Rees	V75	18.12	0	Nuneaton	I Masters AC Champ	09/06/2019

WT11.34K								
	David	Glendower	V50	9.84	i	Torun, POL	asters Indoor Cham	28/03/2019
	Gwynn	Wallace	V50	8.65	0	Derby	sters Throws Group	01/06/2019
	Dave	Stokes	V55	11.37	0	Birmingham	h Masters Champion	11/08/2019
	Glyndwr	Pugh	V55	11.26	0	Brecon	h Masters Champion	21/07/2019
	Jonathan	Powell	V55	6.77	0	Brecon	h Masters Champion	21/07/2019

WT7.26K	Ian	Bowles	V70	11.40	0.00	Hull	British Masters	29/06/2019
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WT9.08K	Duncan	Steward	V60	11.41	0	Brecon	h Masters Champion	21/07/2019
	Chris	Berry	V60	7.37	0	Brecon	Welsh Masters Championships	21/07/2019

Pent								
	Adrian	Lewis	V45	1493	0	Horspath	s Open Pentathlon C	02/06/2019
	Gwynn	Wallace	V50	2299.00	0	Derby	sters Throws Group	01/06/2019
	Derek	Osborne	V55	3184.00	i	Lee Valley	ampionships (inc Soc	17/02/2019
	Keith	Powell	V55	2654.00	i	Lee Valley	ampionships (inc Soc	17/02/2019
	Ian	Bowles	V70	3154.00	0	Hull	mpionships (inc Nor	29/06/2019