

## Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
2109	Pat Gallagher	2019	V70	W	800	4:05.66	Coventry	England Masters Inter Area Challenge	2019-07-06
2109	Pat Gallagher	2019	V70	W	1500	7:55.94	Birmingham	British Masters Championships	2019-08-10
433542	John Gardener	2019	V75	M	5KMT	28:01	Cardigan	Poppitt Sands 5K Series	2019-08-20
433542	John Gardener	2019	V75	M	parkrun	28:46	Haverfordwest	Haverfordwest parkrun # 105	2019-09-14
433542	John Gardener	2019	V75	M	parkrun	29:37	Haverfordwest	Haverfordwest parkrun # 106	2019-09-21
433542	John Gardener	2019	V75	M	parkrun	30:39	Haverfordwest	Haverfordwest parkrun # 108	2019-10-05
433542	John Gardener	2019	V75	M	10K	57:52	Dale	Pembrokeshire 10K / Half Marathon	2019-09-29
550	Lee Garland	2019	V40	M	1500	4:29.05	Birmingham	British Masters Championships	2019-08-10
550	Lee Garland	2019	V40	M	3000SC	10:56.90	Birmingham	British Masters Championships	2019-08-11
108974	Melanie Garland	2019	V55	W	100	14.3	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17
108974	Melanie Garland	2019	V55	W	100	14.3	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-24
108974	Melanie Garland	2019	V55	W	100	14.40	Brecon	Welsh Masters Championships	2019-07-21
108974	Melanie Garland	2019	V55	W	100	14.49	Caorle, ITA	European Masters Stadia Championships	2019-09-06
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	14.69	Birmingham	British Masters Championships	2019-08-10
108974	Melanie Garland	2019	V55	W	100	14.74	Caorle, ITA	European Masters Stadia Championships	2019-09-05
108974	Melanie Garland	2019	V55	W	100	14.8	Aberdare	Welsh Masters League	2019-07-10
108974	Melanie Garland	2019	V55	W	100	14.86	Nottingham	Midland Veterans' League Cup Final	2019-08-31
108974	Melanie Garland	2019	V55	W	200	29.9	Aberdare	Welsh Masters League	2019-07-10
108974	Melanie Garland	2019	V55	W	200	29.9	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17
108974	Melanie Garland	2019	V55	W	200	30.2	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-24

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
108974	Melanie Garland	2019	V55	W	200	30.44	Brecon	Welsh Masters Championships	2019-07-21
108974	Melanie Garland	2019	V55	W	200	30.5	Worcester	Midland Veterans' League Division South	2019-07-31
108974	Melanie Garland	2019	V55	W	200	30.5	Swindon	Mark Cawte Memorial Open Meeting	2019-09-29
108974	Melanie Garland	2019	V55	W	200	30.65	Birmingham	British Masters Championships	2019-08-11
108974	Melanie Garland	2019	V55	W	HJ	1.35	Nottingham	Midland Veterans' League Cup Final	2019-08-31
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	1.32	Caorle, ITA	European Masters Stadia Championships	2019-09-15
108974	Melanie Garland	2019	V55	W	HJ	1.30	Brecon	Welsh Masters Championships	2019-07-21
108974	Melanie Garland	2019	V55	W	HJ	1.30	Sutton Coldfield	Midland League Division 3	2019-08-03
108974	Melanie Garland	2019	V55	W	HJ	1.30	Birmingham	British Masters Championships	2019-08-10
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	4.64	Swindon	Mark Cawte Memorial Open Meeting	2019-09-29
108974	Melanie Garland	2019	V55	W	LJ	4.53	Caorle, ITA	European Masters Stadia Championships	2019-09-11
108974	Melanie Garland	2019	V55	W	LJ	4.48	Brecon	Welsh Masters Championships	2019-07-21
108974	Melanie Garland	2019	V55	W	LJ	4.48	Birmingham	British Masters Championships	2019-08-10
108974	Melanie Garland	2019	V55	W	LJ	4.41	Sutton Coldfield	Midland League Division 3	2019-08-03
108974	Melanie Garland	2019	V55	W	LJ	4.20	Nottingham	Midland Veterans' League Cup Final	2019-08-31
108974	Melanie Garland	2019	V55	W	TJ	9.48	Caorle, ITA	European Masters Stadia Championships	2019-09-07
108974	Melanie Garland	2019	V55	W	TJ	9.43	Birmingham	British Masters Championships	2019-08-11
108974	Melanie Garland	2019	V55	W	TJ	9.39	Sutton Coldfield	Midland League Division 3	2019-08-03
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	9.24	Jesolo, ITA	European Masters Stadia	2019-09-07

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Championships	
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	9.07	Aberdare	Welsh Masters League	2019-07-10
108974	Melanie Garland	2019	V55	W	TJ	9.07	Worcester	Midland Veterans' League Division South	2019-07-31
108974	Melanie Garland	2019	V55	W	TJ	8.96	Nottingham	Midland Veterans' League Cup Final	2019-08-31
108974	Melanie Garland	2019	V55	W	TJ	8.78	Brecon	Welsh Masters Championships	2019-07-21
108974	Melanie Garland	2019	V55	W	DT1K	21.40	Coventry	England Masters Inter Area Challenge	2019-07-06
95471	Sian Gifford	2019	V45	W	parkrun	35:23	Colchester Castle	Colchester Castle parkrun # 336	2019-09-07
44187	David Glendower	2019	V50	M	SP6K	7.70	Tooting Bec	Herne Hill Harriers Open	2019-08-24
44187	David Glendower	2019	V50	M	SP6K	7.55	Turin, ITA	European Masters Games	2019-08-01
44187	David Glendower	2019	V50	M	DT1.5K	19.72	Turin, ITA	European Masters Games	2019-07-30
44187	David Glendower	2019	V50	M	DT1K	20.21	Tooting Bec	Herne Hill Harriers Open	2019-08-24
44187	David Glendower	2019	V50	M	HT6K	24.15	Turin, ITA	European Masters Games	2019-07-30
44187	David Glendower	2019	V50	M	HT6K	22.44	Tooting Bec	Herne Hill Harriers Open	2019-08-24
4323	Jon Grainger	2019	V50	M	800	2:16.6	Southampton	Southampton Graded Open	2019-07-24
4323	Jon Grainger	2019	V50	M	1500	4:42.9	Bracknell	Southern Athletics League Division 1	2019-07-13
4323	Jon Grainger	2019	V50	M	1500	4:43.05	Birmingham	British Masters Championships	2019-08-10
240762	Michael Graz	2019	V45	M	200	29.5	Aberdare	Welsh Masters League	2019-07-10
240762	Michael Graz	2019	V45	M	200	30.12	Brecon	Welsh Masters Championships	2019-07-21
240762	Michael Graz	2019	V45	M	400	62.90	Brecon	Welsh Masters Championships	2019-07-21
240762	Michael Graz	2019	V45	M	800	2:25.03	Brecon	Welsh Masters Championships	2019-07-21
240762	Michael Graz	2019	V45	M	800	2:28.26	Newport	MDAL Middle Distance Open	2019-08-14
240762	Michael Graz	2019	V45	M	800	2:31.3	Aberdare	Welsh Masters League	2019-07-10
240762	Michael Graz	2019	V45	M	800	2:32.78	Telford	Telford Games Open	2019-09-07
181389	Martin	2019	V40	M	4KL	13:09	Llandudno	North Wales	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Green							Regional Relay Championships	09-15
181389	Martin Green	2019	V40	M	5K	16:25	Kingsley	Mid Cheshire 5K	2019-08-29
181389	Martin Green	2019	V40	M	parkrun	18:17	Conwy	Conwy parkrun # 239	2019-08-24
181389	Martin Green	2019	V40	M	parkrun	21:19	Conwy	Conwy parkrun # 233	2019-07-13
181389	Martin Green	2019	V40	M	parkrun	21:39	Conwy	Conwy parkrun # 240	2019-08-31
181389	Martin Green	2019	V40	M	10K	34:29	Warrington	Birchwood 10K	2019-08-18
181389	Martin Green	2019	V40	M	10KMT	34:48	y Felinheli	Felinheli 10K	2019-07-03
181389	Martin Green	2019	V40	M	HM	73:19	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
181389	Martin Green	2019	V40	M	20M	1:56:08	Lancaster	Golden Ball 10 / 20	2019-09-01
181389	Martin Green	2019	V40	M	ZXC	30:45	Wrexham	North Wales Senior League	2019-10-05
812062	Donald Hale	2019	V65	M	4KL	17:51	Llandudno	North Wales Regional Relay Championships	2019-09-15
812062	Donald Hale	2019	V65	M	parkrun	22:42	Conwy	Conwy parkrun # 242	2019-09-14
812062	Donald Hale	2019	V65	M	parkrun	22:45	Conwy	Conwy parkrun # 241	2019-09-07
812062	Donald Hale	2019	V65	M	parkrun	22:52	Conwy	Conwy parkrun # 240	2019-08-31
812062	Donald Hale	2019	V65	M	parkrun	22:59	Conwy	Conwy parkrun # 235	2019-07-27
812062	Donald Hale	2019	V65	M	parkrun	23:02	Conwy	Conwy parkrun # 239	2019-08-24
812062	Donald Hale	2019	V65	M	parkrun	23:04	Conwy	Conwy parkrun # 236	2019-08-03
812062	Donald Hale	2019	V65	M	parkrun	23:05	Conwy	Conwy parkrun # 232	2019-07-06
812062	Donald Hale	2019	V65	M	parkrun	23:05	Conwy	Conwy parkrun # 243	2019-09-21
812062	Donald Hale	2019	V65	M	parkrun	23:08	Conwy	Conwy parkrun # 233	2019-07-13
812062	Donald Hale	2019	V65	M	parkrun	23:11	Conwy	Conwy parkrun # 238	2019-08-17
812062	Donald Hale	2019	V65	M	parkrun	23:12	Conwy	Conwy parkrun # 234	2019-07-20
812062	Donald Hale	2019	V65	M	parkrun	23:24	Conwy	Conwy parkrun # 237	2019-08-10
812062	Donald Hale	2019	V65	M	parkrun	23:42	Conwy	Conwy parkrun # 244	2019-09-28
812062	Donald Hale	2019	V65	M	5M	38:02	Holyhead	Holyhead Breakwater 5	2019-07-28
812062	Donald Hale	2019	V65	M	10K	49:16	Caernarfon	Caernarfon 10K	2019-08-07

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
812062	Donald Hale	2019	V65	M	10KMT	49:03	y Felinheli	Felinheli 10K	2019-07-03
812062	Donald Hale	2019	V65	M	HM	1:54:31	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
369398	Annette Hames	2019	V60	W	3000	12:52.1	Jarrow	North East Masters AA League	2019-07-15
369398	Annette Hames	2019	V60	W	5000	22:16.61	Brecon	Welsh Masters Championships	2019-07-21
369398	Annette Hames	2019	V60	W	10000	46:27.55	Jarrow	North East Counties AA Pentathlon Championship & Open	2019-09-21
369398	Annette Hames	2019	V60	W	parkrun	21:47	Newcastle	Newcastle parkrun # 482	2019-10-05
369398	Annette Hames	2019	V60	W	parkrun	21:54	Newcastle	Newcastle parkrun # 479	2019-09-14
369398	Annette Hames	2019	V60	W	parkrun	21:59	Tyne Green	Tyne Green parkrun # 12	2019-07-13
369398	Annette Hames	2019	V60	W	parkrun	22:05	Newcastle	Newcastle parkrun # 470	2019-07-06
369398	Annette Hames	2019	V60	W	parkrun	22:24	Newcastle	Newcastle parkrun # 481	2019-09-28
369398	Annette Hames	2019	V60	W	parkrun	22:42	Edinburgh	Edinburgh parkrun # 509	2019-08-17
369398	Annette Hames	2019	V60	W	parkrun	22:45	Newcastle	Newcastle parkrun # 476	2019-08-24
369398	Annette Hames	2019	V60	W	parkrun	22:46	Newcastle	Newcastle parkrun # 474	2019-08-10
369398	Annette Hames	2019	V60	W	parkrun	22:48	Newcastle	Newcastle parkrun # 477	2019-08-31
66755	Haydn Hartnell	2019	V55	M	800	2:48.0	Aberdare	Welsh Masters League	2019-07-10
66755	Haydn Hartnell	2019	V55	M	3000	11:41.8	Aberdare	Welsh Masters League	2019-07-10
66755	Haydn Hartnell	2019	V55	M	parkrun	20:47	Tamar Lakes	Tamar Lakes parkrun # 255	2019-08-24
66755	Haydn Hartnell	2019	V55	M	4M	25:26	Redwick	Rose Inn 4 Series	2019-08-13
66755	Haydn Hartnell	2019	V55	M	5.5MNAD	NT	Machen	Gwent Leisure Centre League Machen	2019-07-02
66755	Haydn Hartnell	2019	V55	M	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
66755	Haydn Hartnell	2019	V55	M	10K	40:08	Cardiff	Cardiff 10K	2019-09-01
66755	Haydn Hartnell	2019	V55	M	10K	40:58	Swansea	Admiral Swansea Bay 10K	2019-09-22
66755	Haydn Hartnell	2019	V55	M	HM	92:39	Cardiff	Cardiff Half Marathon	2019-10-06
86646	Warwick	2019	V40	M	5KMT	18:46	Le Villocq	5K in the Park	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Helps								08-08
86646	Warwick Helps	2019	V40	M	4.75MMT	29:29	L'Ancrese	Keith Falla Memorial Full Course 4.75	2019-08-22
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	SP7.26K	10.65	Woodford Green	Southern Athletics League Division 2E	2019-08-17
19778	Graham Holder	2019	V45	M	SP7.26K	10.64	Erith	Kent County Combined Events Championships (inc Masters Championships)	2019-09-15
19778	Graham Holder	2019	V45	M	SP7.26K	10.56	Brecon	Welsh Masters Championships	2019-07-21
19778	Graham Holder	2019	V45	M	SP7.26K	10.34	Tooting Bec	Herne Hill Harriers Throws Fest	2019-09-29
19778	Graham Holder	2019	V45	M	WT15.88K	13.77	Birmingham	British Masters Championships	2019-08-11
19778	Graham Holder	2019	V45	M	WT15.88K	13.61	Brecon	Welsh Masters Championships	2019-07-21
19778	Graham Holder	2019	V45	M	WT15.88K	13.50	Tooting Bec	Herne Hill Harriers Throws Fest	2019-09-29
19778	Graham Holder	2019	V45	M	DT2K	35.31	Tooting Bec	Herne Hill Harriers Throws Fest	2019-09-29
19778	Graham Holder	2019	V45	M	DT2K	35.15	Brecon	Welsh Masters Championships	2019-07-21
19778	Graham Holder	2019	V45	M	DT2K	34.60	Woodford Green	Southern Athletics League Division 2E	2019-08-17
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	32.90	Erith	Kent County Combined Events Championships (inc Masters Championships)	2019-09-15
19778	Graham Holder	2019	V45	M	DT2K	32.48	Erith	Southern Counties Veterans' League Kent Division 1	2019-07-19
19778	Graham Holder	2019	V45	M	HT7.26K	51.57	Birmingham	British Masters Championships	2019-08-11
19778	Graham Holder	2019	V45	M	HT7.26K	50.63	Woodford Green	Southern Athletics League Division 2E	2019-08-17
19778	Graham Holder	2019	V45	M	HT7.26K	49.69	Scotstoun	British Athletics League Division	2019-08-03

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								2	
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	49.39	Erith	Kent County Combined Events Championships (inc Masters Championships)	2019-09-15
19778	Graham Holder	2019	V45	M	HT7.26K	49.05	Brecon	Welsh Masters Championships	2019-07-21
19778	Graham Holder	2019	V45	M	HT7.26K	48.41	Ashford	Senior 8 Counties Inter County Match	2019-07-14
19778	Graham Holder	2019	V45	M	HT7.26K	48.17	Tooting Bec	Herne Hill Harriers Throws Fest	2019-09-29
19778	Graham Holder	2019	V45	M	JT800	29.71	Tooting Bec	Herne Hill Harriers Throws Fest	2019-09-29
19778	Graham Holder	2019	V45	M	PenWtM45	3334	Tooting Bec	Herne Hill Harriers Throws Fest	2019-09-29
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	18.46	Brecon	Welsh Masters Championships	2019-07-21
24536	Iris Holder	2019	V75	W	100	18.59	Birmingham	British Masters Championships	2019-08-10
24536	Iris Holder	2019	V75	W	100	18.83	Nottingham	Midland Veterans' League Cup Final	2019-08-31
24536	Iris Holder	2019	V75	W	100	18.93	Caorle, ITA	European Masters Stadia Championships	2019-09-06
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	200	41.9	Worcester	Midland Veterans' League Division South	2019-07-31
24536	Iris Holder	2019	V75	W	LJ	3.00	Caorle, ITA	European Masters Stadia Championships	2019-09-09
24536	Iris Holder	2019	V75	W	LJ	2.92	Worcester	Midland Veterans' League Division South	2019-07-31
24536	Iris Holder	2019	V75	W	LJ	2.90	Brecon	Welsh Masters Championships	2019-07-21
24536	Iris Holder	2019	V75	W	LJ	2.76	Coventry	England Masters Inter Area	2019-07-06

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								Challenge	
24536	Iris Holder	2019	V75	W	LJ	2.74	Nottingham	Midland Veterans' League Cup Final	2019-08-31
24536	Iris Holder	2019	V75	W	LJ	2.67	Birmingham	British Masters Championships	2019-08-10
24536	Iris Holder	2019	V75	W	TJ	6.42	Caorle, ITA	European Masters Stadia Championships	2019-09-05
24536	Iris Holder	2019	V75	W	TJ	6.38	Nottingham	Midland Veterans' League Cup Final	2019-08-31
24536	Iris Holder	2019	V75	W	TJ	6.28	Birmingham	British Masters Championships	2019-08-11
24536	Iris Holder	2019	V75	W	TJ	6.04	Worcester	Midland Veterans' League Division South	2019-07-31
24536	Iris Holder	2019	V75	W	TJ	6.01	Aberdare	Welsh Masters League	2019-07-10
24536	Iris Holder	2019	V75	W	TJ	5.86	Brecon	Welsh Masters Championships	2019-07-21
24536	Iris Holder	2019	V75	W	SP3K	5.47	Nottingham	Midland Veterans' League Cup Final	2019-08-31
861141	John Horsman	2019	V65	M	parkrun	26:24	Milford Waterfront	Milford Waterfront parkrun # 3	2019-09-21
861141	John Horsman	2019	V65	M	parkrun	27:14	Llanerchaeron	Llanerchaeron parkrun # 76	2019-08-17
861141	John Horsman	2019	V65	M	parkrun	27:18	Llanerchaeron	Llanerchaeron parkrun # 74	2019-08-03
861141	John Horsman	2019	V65	M	parkrun	27:30	Llanerchaeron	Llanerchaeron parkrun # 72	2019-07-20
861141	John Horsman	2019	V65	M	parkrun	27:38	Llyn Llech Owain	Llyn Llech Owain parkrun # 334	2019-08-31
861141	John Horsman	2019	V65	M	parkrun	27:40	Llanerchaeron	Llanerchaeron parkrun # 70	2019-07-06
861141	John Horsman	2019	V65	M	HM	2:29:01	Cardiff	Cardiff Half Marathon	2019-10-06
446783	Mark Horsman	2019	V40	M	3ML	16:14	Penarth	Cosmeston Relays	2019-07-10
446783	Mark Horsman	2019	V40	M	5K	16:38	Cardiff	SSAFA 5K	2019-07-24
446783	Mark Horsman	2019	V40	M	5K	17:16	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
446783	Mark Horsman	2019	V40	M	parkrun	16:51	Cardiff	Cardiff parkrun # 607	2019-07-27
446783	Mark Horsman	2019	V40	M	parkrun	17:41	Bushy Park	Bushy Park parkrun # 798	2019-07-20
446783	Mark Horsman	2019	V40	M	parkrun	17:56	Llanerchaeron	Llanerchaeron parkrun # 70	2019-07-06
446783	Mark Horsman	2019	V40	M	5.4KL	18:03	Llanelli	Welsh Relay Championships	2019-09-15
446783	Mark	2019	V40	M	10K	34:14	Cardiff	Cardiff 10K	2019-



ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Horsman								09-01
446783	Mark Horsman	2019	V40	M	10K	34:15	Swansea	Admiral Swansea Bay 10K	2019-09-22
446783	Mark Horsman	2019	V40	M	10K	36:12	Ammanford	Ammanford 10K	2019-07-14
446783	Mark Horsman	2019	V40	M	HM	76:42	Cardiff	Cardiff Half Marathon	2019-10-06
205173	Wayne Howe	2019	V60	M	LJ	4.26	Kingston	Veterans AC Championships	2019-07-14
205173	Wayne Howe	2019	V60	M	TJ	9.16	Kingston	Veterans AC Championships	2019-07-14
205173	Wayne Howe	2019	V60	M	DT1K	31.95	Kingston	Veterans AC Championships	2019-07-14
205173	Wayne Howe	2019	V60	M	JT600	37.89	Kingston	Veterans AC Championships	2019-07-14
50041	Geran Hughes	2019	V50	M	parkrun	19:44	Conwy	Conwy parkrun # 244	2019-09-28
50041	Geran Hughes	2019	V50	M	parkrun	20:23	Haverfordwest	Haverfordwest parkrun # 100	2019-08-10
50041	Geran Hughes	2019	V50	M	ZXC	34:51	Wrexham	North Wales Senior League	2019-10-05
69166	Ian Humphreys	2019	V55	M	parkrun	24:26	Burnham and Highbridge	Burnham and Highbridge parkrun # 220	2019-09-14
69166	Ian Humphreys	2019	V55	M	parkrun	24:30	Southwick Country Park	Southwick Country Park parkrun # 420	2019-08-31
69166	Ian Humphreys	2019	V55	M	parkrun	24:33	Burnham and Highbridge	Burnham and Highbridge parkrun # 216	2019-08-17
69166	Ian Humphreys	2019	V55	M	parkrun	24:46	Burnham and Highbridge	Burnham and Highbridge parkrun # 215	2019-08-10
69166	Ian Humphreys	2019	V55	M	parkrun	25:40	Burnham and Highbridge	Burnham and Highbridge parkrun # 213	2019-07-27
39653	Steve Ingram	2019	V45	M	HJ	1.59	Cardiff	Welsh Senior Championships	2019-07-14
39653	Steve Ingram	2019	V45	M	HJ	1.55	Jesolo, ITA	European Masters Stadia Championships	2019-09-07
39653	Steve Ingram	2019	V45	M	HJ	1.40	Aberdare	Welsh Masters League	2019-07-10
39653	Steve Ingram	2019	V45	M	LJ	4.49	Cardiff	Welsh Senior Championships	2019-07-14
39653	Steve Ingram	2019	V45	M	DT2K	32.42	Aberdare	Welsh Masters League	2019-07-10
39653	Steve Ingram	2019	V45	M	DT2K	29.60	Brecon	Welsh Masters Championships	2019-07-21
102508	Tim Iveson	2019	V35	M	parkrun	16:10	Bryn Bach	Bryn Bach parkrun # 354	2019-09-14
102508	Tim Iveson	2019	V35	M	parkrun	16:25	Groe	Groe parkrun # 23	2019-08-24

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
102508	Tim Iveson	2019	V35	M	parkrun	16:38	Groe	Groe parkrun # 19	2019-07-27
102508	Tim Iveson	2019	V35	M	parkrun	16:39	Groe	Groe parkrun # 22	2019-08-17
102508	Tim Iveson	2019	V35	M	parkrun	16:48	Groe	Groe parkrun # 18	2019-07-20
102508	Tim Iveson	2019	V35	M	10K	32:52	Cardiff	Cardiff 10K	2019-09-01
102508	Tim Iveson	2019	V35	M	10K	34:08	Barry Island 10K	Barry Island 10K	2019-08-04
102508	Tim Iveson	2019	V35	M	HM	71:52	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
102508	Tim Iveson	2019	V35	M	HM	72:34	Cardiff	Cardiff Half Marathon	2019-10-06
554362	Richard Jackson-Hookins	2019	V35	M	5000	15:57.21	Yate	Bristol & West AC Night of Fast 5000m Open	2019-07-27
554362	Richard Jackson-Hookins	2019	V35	M	5K	15:54	Cardiff	SSAFA 5K	2019-07-24
554362	Richard Jackson-Hookins	2019	V35	M	5K	15:57	Cardiff	Cardiff The Chase 5K	2019-07-17
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	15:33	Cardiff	Cardiff parkrun # 615	2019-09-21
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	15:56	Grangemoor	Grangemoor parkrun # 200	2019-09-14
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	16:05	Pontypridd	Pontypridd parkrun # 271	2019-07-20
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	33:37	Barry Island 10K	Barry Island 10K	2019-08-04
554362	Richard Jackson-Hookins	2019	V35	M	HM	72:47	Maidenhead	Maidenhead Half Marathon	2019-09-01
554362	Richard Jackson-Hookins	2019	V35	M	HM	74:27	Chepstow	Severn Bridge Half Marathon	2019-08-25
554362	Richard Jackson-Hookins	2019	V35	M	HM	79:43	Chippenham	Chippenham Half Marathon	2019-09-08
554362	Richard Jackson-Hookins	2019	V35	M	Mar	2:26:58	Berlin, GER	BMW Berlin Marathon	2019-09-29
42341	Mel James	2019	V70	M	100	16.08	Birmingham	British Masters Championships	2019-08-10
42341	Mel James	2019	V70	M	100	16.13	Kingston	Veterans AC Championships	2019-07-14
42341	Mel James	2019	V70	M	100	16.13	Brecon	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Championships	07-21
42341	Mel James	2019	V70	M	100	16.4	Aberdare	Welsh Masters League	2019-07-10
42341	Mel James	2019	V70	M	100	16.42	Jesolo, ITA	European Masters Stadia Championships	2019-09-05
42341	Mel James	2019	V70	M	200	33.6	Aberdare	Welsh Masters League	2019-07-10
42341	Mel James	2019	V70	M	200	33.79	Birmingham	British Masters Championships	2019-08-11
42341	Mel James	2019	V70	M	200	33.91	Brecon	Welsh Masters Championships	2019-07-21
42341	Mel James	2019	V70	M	200	33.98	Jesolo, ITA	European Masters Stadia Championships	2019-09-11
42341	Mel James	2019	V70	M	200	34.40	Kingston	Veterans AC Championships	2019-07-14
42341	Mel James	2019	V70	M	400	85.8	Brecon	Welsh Masters Championships	2019-07-21
42341	Mel James	2019	V70	M	400	86.17	Jesolo, ITA	European Masters Stadia Championships	2019-09-08
42341	Mel James	2019	V70	M	400	87.98	Birmingham	British Masters Championships	2019-08-10
107445	Ruth Jansen	2019	V45	W	SP4K	9.00	Brecon	Welsh Masters Championships	2019-07-21
107445	Ruth Jansen	2019	V45	W	JT600	25.50	Brecon	Welsh Masters Championships	2019-07-21
313721	Jeanette Jenkins	2019	V55	W	1.91ML	13:59	Redwick	Rose Inn Relays (3 x 1.91)	2019-09-03
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:01	Pontypool	Pontypool parkrun # 291	2019-08-31
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:04	Pontypridd	Pontypridd parkrun # 280	2019-10-05
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:18	Pontypool	Pontypool parkrun # 292	2019-09-07
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:20	Pontypool	Pontypool parkrun # 290	2019-08-24
313721	Jeanette Jenkins	2019	V55	W	parkrun	25:32	Pontypool	Pontypool parkrun # 293	2019-09-14
313721	Jeanette Jenkins	2019	V55	W	parkrun	27:06	Medina I.O.W.	Medina I.O.W. parkrun # 422	2019-08-17
313721	Jeanette Jenkins	2019	V55	W	parkrun	30:00	Pontypool	Pontypool parkrun # 295	2019-09-28
313721	Jeanette Jenkins	2019	V55	W	parkrun	30:17	Pontypool	Pontypool parkrun # 285	2019-07-20
313721	Jeanette Jenkins	2019	V55	W	parkrun	30:20	Pontypool	Pontypool parkrun # 284	2019-07-06
313721	Jeanette Jenkins	2019	V55	W	4M	29:44	Redwick	Rose Inn 4 Series	2019-08-13
313721	Jeanette Jenkins	2019	V55	W	4M	29:48	Redwick	Rose Inn 4 Series	2019-07-09
313721	Jeanette	2019	V55	W	5.5MNAD	NT	Machen	Gwent Leisure	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Jenkins							Centre League Machen	07-02
313721	Jeanette Jenkins	2019	V55	W	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
313721	Jeanette Jenkins	2019	V55	W	6MMT	57:35	Tintern	Tintern Trot 6	2019-07-04
313721	Jeanette Jenkins	2019	V55	W	10K	48:37	Swansea	Admiral Swansea Bay 10K	2019-09-22
313721	Jeanette Jenkins	2019	V55	W	10KMT	56:38	Hopkinstown	The Loop 10K	2019-07-14
313721	Jeanette Jenkins	2019	V55	W	10KMT	59:58	Wentwood	Wentwood 10K	2019-09-08
313721	Jeanette Jenkins	2019	V55	W	HM	1:56:14	Ryde	Isle of Wight Half Marathon	2019-08-18
313721	Jeanette Jenkins	2019	V55	W	HMMT	2:49:04	Hexworthy	Something Wild Festival	2019-08-04
237338	Gary John	2019	V60	M	parkrun	24:29	Cardiff	Cardiff parkrun # 617	2019-10-05
237338	Gary John	2019	V60	M	parkrun	25:54	Cardiff	Cardiff parkrun # 616	2019-09-28
237338	Gary John	2019	V60	M	parkrun	27:04	Cardiff	Cardiff parkrun # 611	2019-08-24
85793	David Jones	2019	V70	M	SP4K	6.49	Brecon	Welsh Masters Championships	2019-07-21
85793	David Jones	2019	V70	M	DT1K	13.54	Aberdare	Welsh Masters League	2019-07-10
85793	David Jones	2019	V70	M	DT1K	13.24	Brecon	Welsh Masters Championships	2019-07-21
85793	David Jones	2019	V70	M	HT4K	16.34	Brecon	Welsh Masters Championships	2019-07-21
85793	David Jones	2019	V70	M	JT500	11.18	Aberdare	Welsh Masters League	2019-07-10
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
56658	Keri Jones	2019	V45	W	3000	13:00.57	Brecon	Welsh Masters Championships	2019-07-21
56658	Keri Jones	2019	V45	W	parkrun	22:02	Aberbeeg	Aberbeeg parkrun # 43	2019-09-07
56658	Keri Jones	2019	V45	W	parkrun	22:41	Wycombe Rye	Wycombe Rye parkrun # 363	2019-08-24
56658	Keri Jones	2019	V45	W	4M	28:52	Cardiff	Cardiff Summer Series 4	2019-07-05
56658	Keri Jones	2019	V45	W	5M	38:42	Bargoed	Parc Cwm Darran 5	2019-08-18
56658	Keri Jones	2019	V45	W	10K	47:56	Barry Island 10K	Barry Island 10K	2019-08-04
522737	Llinos Jones	2019	V35	W	1500	5:11.50	Swansea	MDAL Middle Distance Open	2019-07-31
522737	Llinos	2019	V35	W	Mile	5:32.66	Cardiff	Cardiff Night of	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Jones							Endurance	09-14
522737	Llinos Jones	2019	V35	W	5000	20:06.91	Brecon	Welsh Masters Championships	2019-07-21
522737	Llinos Jones	2019	V35	W	5KMT	20:53	Cardigan	Poppitt Sands 5K Series	2019-08-20
522737	Llinos Jones	2019	V35	W	parkrun	19:58	Brynaman	Brynaman parkrun # 1	2019-09-21
522737	Llinos Jones	2019	V35	W	parkrun	20:04	Pontypridd	Pontypridd parkrun # 272	2019-07-27
522737	Llinos Jones	2019	V35	W	parkrun	20:31	Porthcawl	Porthcawl parkrun # 328	2019-08-17
522737	Llinos Jones	2019	V35	W	parkrun	20:39	Gnoll	Gnoll parkrun # 186	2019-07-13
522737	Llinos Jones	2019	V35	W	5.4KL	22:33	Llanelli	Welsh Relay Championships	2019-09-15
522737	Llinos Jones	2019	V35	W	10K	40:01	Cardiff	Cardiff 10K	2019-09-01
522737	Llinos Jones	2019	V35	W	10K	40:09	Swansea	Admiral Swansea Bay 10K	2019-09-22
522737	Llinos Jones	2019	V35	W	10K	41:45	Porthcawl	Porthcawl 10K	2019-07-07
522737	Llinos Jones	2019	V35	W	10K	41:51	Barry Island 10K	Barry Island 10K	2019-08-04
522737	Llinos Jones	2019	V35	W	10K	43:42	Chepstow	Severn Bridge 10K	2019-08-25
522737	Llinos Jones	2019	V35	W	HM	87:03	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
522737	Llinos Jones	2019	V35	W	HM	87:06	Cardiff	Cardiff Half Marathon	2019-10-06
522737	Llinos Jones	2019	V35	W	HMMT	90:49	Glyncorrwg	Port Talbot Half Marathon	2019-08-11
658483	Richard Jones	2019	V45	M	5K	16:26	Cardiff	SSAFA 5K	2019-07-24
658483	Richard Jones	2019	V45	M	parkrun	16:25	Cardiff	Cardiff parkrun # 607	2019-07-27
658483	Richard Jones	2019	V45	M	parkrun	16:37	Riverfront	Riverfront parkrun # 130	2019-07-13
658483	Richard Jones	2019	V45	M	5.5MNAD	NT	Machen	Gwent Leisure Centre League Machen	2019-07-02
658483	Richard Jones	2019	V45	M	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
658483	Richard Jones	2019	V45	M	10K	34:24	Barry Island 10K	Barry Island 10K	2019-08-04
658483	Richard Jones	2019	V45	M	HM	75:24	Cardiff	Cardiff Half Marathon	2019-10-06
95639	Tegid Jones	2019	V40	M	parkrun	16:39	Harcourt Hill	Harcourt Hill parkrun # 250	2019-09-14
95639	Tegid Jones	2019	V40	M	parkrun	16:52	Harcourt Hill	Harcourt Hill parkrun # 248	2019-08-31
95639	Tegid	2019	V40	M	parkrun	17:06	Witney	Witney parkrun #	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Jones							77	09-21
95639	Tegid Jones	2019	V40	M	parkrun	17:23	Harcourt Hill	Harcourt Hill parkrun # 243	2019-07-27
95639	Tegid Jones	2019	V40	M	parkrun	18:56	Harcourt Hill	Harcourt Hill parkrun # 242	2019-07-20
95639	Tegid Jones	2019	V40	M	parkrun	22:39	Witney	Witney parkrun # 79	2019-10-05
95639	Tegid Jones	2019	V40	M	parkrun	23:28	Witney	Witney parkrun # 70	2019-08-03
95639	Tegid Jones	2019	V40	M	4MMT	20:57	Kidlington	Kidlington AC Mota-vation Series (4)	2019-08-29
95639	Tegid Jones	2019	V40	M	4.21M	24:28	Combe	Kidlington AC Mota-vation Series (4.21)	2019-07-25
95639	Tegid Jones	2019	V40	M	5M	26:32	East Hanney	Hanney 5	2019-10-06
95639	Tegid Jones	2019	V40	M	6M	33:45	Hook Norton	Hooky 6	2019-08-04
95639	Tegid Jones	2019	V40	M	10M	56:40	Witney	Cotswold Classic 10	2019-09-07
842767	Louise Kirby	2019	V50	W	100	15.16	Brecon	Welsh Masters Championships	2019-07-21
842767	Louise Kirby	2019	V50	W	100	15.6	Aberdare	Welsh Masters League	2019-07-10
842767	Louise Kirby	2019	V50	W	200	31.69	Brecon	Welsh Masters Championships	2019-07-21
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
842767	Louise Kirby	2019	V50	W	400	76.3	Brecon	Welsh Masters Championships	2019-07-21
842767	Louise Kirby	2019	V50	W	parkrun	27:30	Bryn Bach	Bryn Bach parkrun # 348	2019-07-27
842767	Louise Kirby	2019	V50	W	parkrun	27:36	Bryn Bach	Bryn Bach parkrun # 349	2019-08-10
842767	Louise Kirby	2019	V50	W	parkrun	27:45	Aberbeeg	Aberbeeg parkrun # 39	2019-08-03
453541	Edward Land	2019	V35	M	400	62.06	Birmingham	British Masters Championships	2019-08-10
453541	Edward Land	2019	V35	M	1500	4:44.84	Birmingham	British Masters Championships	2019-08-10
453541	Edward Land	2019	V35	M	parkrun	17:07	Aberystwyth	Aberystwyth parkrun # 372	2019-09-14
453541	Edward Land	2019	V35	M	parkrun	18:13	Aberystwyth	Aberystwyth parkrun # 364	2019-07-20
453541	Edward Land	2019	V35	M	parkrun	18:22	Telford	Telford parkrun # 314	2019-09-21
453541	Edward Land	2019	V35	M	parkrun	18:26	Swansea Bay	Swansea Bay parkrun # 191	2019-08-24
453541	Edward	2019	V35	M	parkrun	19:04	Aberystwyth	Aberystwyth	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Land							parkrun # 371	09-07
453541	Edward Land	2019	V35	M	parkrun	19:18	Aberystwyth	Aberystwyth parkrun # 366	2019-08-03
453541	Edward Land	2019	V35	M	parkrun	19:29	Aberystwyth	Aberystwyth parkrun # 375	2019-10-05
453541	Edward Land	2019	V35	M	parkrun	19:46	Aberystwyth	Aberystwyth parkrun # 374	2019-09-28
453541	Edward Land	2019	V35	M	parkrun	20:06	Aberystwyth	Aberystwyth parkrun # 370	2019-08-31
453541	Edward Land	2019	V35	M	parkrun	20:28	Aberystwyth	Aberystwyth parkrun # 368	2019-08-17
453541	Edward Land	2019	V35	M	5M	29:10	Dolgellau	Dolgellau 5	2019-07-27
453541	Edward Land	2019	V35	M	10K	35:00	Cardiff	Cardiff 10K	2019-09-01
453541	Edward Land	2019	V35	M	10K	35:28	Swansea	Admiral Swansea Bay 10K	2019-09-22
453541	Edward Land	2019	V35	M	10K	36:18	Barry Island 10K	Barry Island 10K	2019-08-04
453541	Edward Land	2019	V35	M	HM	75:33	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
453541	Edward Land	2019	V35	M	HM	87:37	Cardiff	Cardiff Half Marathon	2019-10-06
453541	Edward Land	2019	V35	M	MarMT	5:03:39	Llanberis	Scott Snowdonia Trail Marathon	2019-07-14
10787	Sharon Leech	2019	V45	W	parkrun	20:05	Llanelli Coast	Llanelli Coast parkrun # 142	2019-10-05
10787	Sharon Leech	2019	V45	W	parkrun	20:29	Brynaman	Brynaman parkrun # 1	2019-09-21
66357	Elio Lepore	2019	V60	M	800	2:43.7	Aberdare	Welsh Masters League	2019-07-10
66357	Elio Lepore	2019	V60	M	1500	5:19.81	Jesolo, ITA	European Masters Stadia Championships	2019-09-05
66357	Elio Lepore	2019	V60	M	1500	5:20.20	Jesolo, ITA	European Masters Stadia Championships	2019-09-07
66357	Elio Lepore	2019	V60	M	1500	5:23.37	Brecon	Welsh Masters Championships	2019-07-21
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	19:17	Cardiff	Cardiff parkrun # 610	2019-08-17
66357	Elio Lepore	2019	V60	M	parkrun	19:28	Cardiff	Cardiff parkrun # 616	2019-09-28
66357	Elio Lepore	2019	V60	M	parkrun	19:29	Cardiff	Cardiff parkrun # 612	2019-08-31
66357	Elio Lepore	2019	V60	M	10K	41:17	Barry Island 10K	Barry Island 10K	2019-08-04

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
599005	Adrian Lewis	2019	V45	M	100	15.9	Aberdare	Welsh Masters League	2019-07-10
599005	Adrian Lewis	2019	V45	M	200	30.3	Aberdare	Welsh Masters League	2019-07-10
599005	Adrian Lewis	2019	V45	M	800	2:19.1	Aberdare	Welsh Masters League	2019-07-10
599005	Adrian Lewis	2019	V45	M	800	2:19.71	Brecon	Welsh Masters Championships	2019-07-21
599005	Adrian Lewis	2019	V45	M	800	2:20.76	Swansea	MDAL Middle Distance Open	2019-07-31
599005	Adrian Lewis	2019	V45	M	1500	4:48.06	Brecon	Welsh Masters Championships	2019-07-21
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	3000	10:58.9	Aberdare	Welsh Masters League	2019-07-10
599005	Adrian Lewis	2019	V45	M	3000	11:24.50	Brecon	Welsh Masters Championships	2019-07-21
599005	Adrian Lewis	2019	V45	M	parkrun	18:12	Aberdare	Aberdare parkrun # 58	2019-08-24
599005	Adrian Lewis	2019	V45	M	parkrun	18:16	Aberdare	Aberdare parkrun # 60	2019-09-07
599005	Adrian Lewis	2019	V45	M	parkrun	18:26	Groe	Groe parkrun # 24	2019-08-31
599005	Adrian Lewis	2019	V45	M	parkrun	18:33	Aberdare	Aberdare parkrun # 54	2019-07-13
599005	Adrian Lewis	2019	V45	M	parkrun	18:35	Cardiff	Cardiff parkrun # 610	2019-08-17
599005	Adrian Lewis	2019	V45	M	parkrun	18:52	Aberdare	Aberdare parkrun # 63	2019-09-28
599005	Adrian Lewis	2019	V45	M	parkrun	19:17	Penallta	Penallta parkrun # 210	2019-08-03
599005	Adrian Lewis	2019	V45	M	parkrun	19:26	Newent	Newent parkrun # 336	2019-10-05
599005	Adrian Lewis	2019	V45	M	parkrun	20:38	Merthyr	Merthyr parkrun # 111	2019-07-20
599005	Adrian Lewis	2019	V45	M	parkrun	21:16	Grangemoor	Grangemoor parkrun # 200	2019-09-14
599005	Adrian Lewis	2019	V45	M	parkrun	21:42	Newent	Newent parkrun # 323	2019-07-06
599005	Adrian Lewis	2019	V45	M	parkrun	22:22	Aberdare	Aberdare parkrun # 62	2019-09-21
599005	Adrian Lewis	2019	V45	M	5.4KL	21:15	Llanelli	Welsh Relay Championships	2019-09-15
599005	Adrian Lewis	2019	V45	M	4M	23:52	Cardiff	Cardiff Summer Series 4	2019-07-05
599005	Adrian Lewis	2019	V45	M	10KMT	43:44	Pontrhydyfen	Tough Runner Trail Festival 10K	2019-07-27
690191	Sion Lewis	2019	V35	M	1500	4:28.48	Birmingham	British Masters Championships	2019-08-10
690191	Sion Lewis	2019	V35	M	3000	9:39.04	Milton Keynes	MK5000 PB Special	2019-07-27



ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
690191	Sion Lewis	2019	V35	M	5000	16:00.31	Parliament Hill	City of London / Highgate Harriers Open Meeting	2019-09-11
690191	Sion Lewis	2019	V35	M	5000	16:11.29	Milton Keynes	MK5000 PB Special	2019-07-27
690191	Sion Lewis	2019	V35	M	5000	16:11.73	Birmingham	British Masters Championships	2019-08-11
690191	Sion Lewis	2019	V35	M	1ML	4:40	Battersea Park	Self Transcendence Relay (3 x Mile)	2019-07-22
690191	Sion Lewis	2019	V35	M	5K	16:16	London	Standard Chartered Great City Race 5K	2019-07-16
690191	Sion Lewis	2019	V35	M	10K	34:28	Cardiff	Cardiff 10K	2019-09-01
690191	Sion Lewis	2019	V35	M	HM	78:08	Cardiff	Cardiff Half Marathon	2019-10-06
44169	Karen Llewelin	2019	V55	W	SP3K	7.66	Birmingham	British Masters Championships	2019-08-10
44169	Karen Llewelin	2019	V55	W	SP3K	7.38	Wrexham	Wrexham Final Fling	2019-09-29
44169	Karen Llewelin	2019	V55	W	SP3K	7.35	Brecon	Welsh Masters Championships	2019-07-21
44169	Karen Llewelin	2019	V55	W	WT7.26K	8.17	Brecon	Welsh Masters Championships	2019-07-21
44169	Karen Llewelin	2019	V55	W	WT7.26K	7.43	Birmingham	British Masters Championships	2019-08-10
44169	Karen Llewelin	2019	V55	W	DT1K	21.85	Wrexham	Wrexham Final Fling	2019-09-29
44169	Karen Llewelin	2019	V55	W	DT1K	21.83	Birmingham	British Masters Championships	2019-08-11
44169	Karen Llewelin	2019	V55	W	DT1K	20.64	Brecon	Welsh Masters Championships	2019-07-21
44169	Karen Llewelin	2019	V55	W	HT3K	29.47	Wrexham	Wrexham Final Fling	2019-09-29
44169	Karen Llewelin	2019	V55	W	HT3K	27.58	Birmingham	British Masters Championships	2019-08-10
44169	Karen Llewelin	2019	V55	W	HT3K	26.83	Brecon	Welsh Masters Championships	2019-07-21
44169	Karen Llewelin	2019	V55	W	JT500	13.78	Wrexham	Wrexham Final Fling	2019-09-29
44169	Karen Llewelin	2019	V55	W	JT500	12.96	Brecon	Welsh Masters Championships	2019-07-21
77971	Margaret Ludden	2019	V55	W	5M	39:24	Dolgellau	Dolgellau 5	2019-07-27
360439	Helen Lutley	2019	V65	W	parkrun	29:04	Llanerchaeron	Llanerchaeron parkrun # 76	2019-08-17
360439	Helen Lutley	2019	V65	W	parkrun	30:47	Llanerchaeron	Llanerchaeron parkrun # 82	2019-09-28
360439	Helen Lutley	2019	V65	W	parkrun	32:06	Llanerchaeron	Llanerchaeron parkrun # 72	2019-07-20
360439	Helen Lutley	2019	V65	W	parkrun	32:55	Llanerchaeron	Llanerchaeron parkrun # 74	2019-08-03

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
360439	Helen Lutley	2019	V65	W	parkrun	34:39	Llanerchaeron	Llanerchaeron parkrun # 81	2019-09-21
360439	Helen Lutley	2019	V65	W	parkrun	41:03	Llanerchaeron	Llanerchaeron parkrun # 80	2019-09-14
360439	Helen Lutley	2019	V65	W	HM	2:36:54	Cardiff	Cardiff Half Marathon	2019-10-06
978126	David Marginson	2019	V60	M	400	64.25	Birmingham	British Masters Championships	2019-08-10
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	5M	35:56	Lampeter	Cwmann 5	2019-07-05
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	16.6	Cleckheaton	Northern Masters League	2019-07-17
24028	Caroline Marler	2019	V65	W	200	33.45	Caorle, ITA	European Masters Stadia Championships	2019-09-12
24028	Caroline Marler	2019	V65	W	200	33.46	Caorle, ITA	European Masters Stadia Championships	2019-09-11
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	34.0	Cleckheaton	Northern Masters League	2019-07-17
24028	Caroline Marler	2019	V65	W	200	34.10	Birmingham	British Masters Championships	2019-08-11
24028	Caroline Marler	2019	V65	W	200	34.20	Sheffield	Sheffield Run Jump Throw Open Series	2019-08-15
24028	Caroline Marler	2019	V65	W	400	75.05	Birmingham	British Masters Championships	2019-08-10
24028	Caroline Marler	2019	V65	W	400	75.83	Caorle, ITA	European Masters Stadia Championships	2019-09-09
24028	Caroline Marler	2019	V65	W	400	76.8	Cleckheaton	Northern Masters League	2019-07-17
24028	Caroline Marler	2019	V65	W	400	77.71	Caorle, ITA	European Masters Stadia Championships	2019-09-08
24028	Caroline Marler	2019	V65	W	400	DNF	Sheffield	Sheffield Run Jump Throw Open Series	2019-08-15
24541	Daphne Marler	2019	V70	W	100	25.31	Brecon	Welsh Masters Championships	2019-07-21
24541	Daphne Marler	2019	V70	W	100	25.96	Birmingham	British Masters Championships	2019-08-10
24541	Daphne Marler	2019	V70	W	LJ	1.92	Brecon	Welsh Masters Championships	2019-07-21

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
24541	Daphne Marler	2019	V70	W	LJ	1.81	Birmingham	British Masters Championships	2019-08-10
24541	Daphne Marler	2019	V70	W	TJ	4.40	Aberdare	Welsh Masters League	2019-07-10
24541	Daphne Marler	2019	V70	W	TJ	4.38	Brecon	Welsh Masters Championships	2019-07-21
24541	Daphne Marler	2019	V70	W	TJ	4.36	Birmingham	British Masters Championships	2019-08-11
24541	Daphne Marler	2019	V70	W	DT1K	10.74	Aberdare	Welsh Masters League	2019-07-10
18470	Sean McCormack	2019	V55	M	3000	11:26.57	Brecon	Welsh Masters Championships	2019-07-21
18470	Sean McCormack	2019	V55	M	5000	19:52.15	Brecon	Welsh Masters Championships	2019-07-21
18470	Sean McCormack	2019	V55	M	4KL	15:52	Llandudno	North Wales Regional Relay Championships	2019-09-15
18470	Sean McCormack	2019	V55	M	HM	1:43:02	Bangor	Bangor Half Marathon	2019-10-06
789642	Kieran McDonnell	2019	V60	M	100	13.77	Brecon	Welsh Masters Championships	2019-07-21
789642	Kieran McDonnell	2019	V60	M	200	29.5	Aberdare	Welsh Masters League	2019-07-10
789642	Kieran McDonnell	2019	V60	M	400	61.98	Brecon	Welsh Masters Championships	2019-07-21
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	63.46	Birmingham	British Masters Championships	2019-08-10
789642	Kieran McDonnell	2019	V60	M	800	2:30.2	Aberdare	Welsh Masters League	2019-07-10
789642	Kieran McDonnell	2019	V60	M	Mile	5:34.24	Cardiff	Cardiff Night of Endurance	2019-09-14
861408	Alison McLellan	2019	V35	W	100	13.53	Brecon	Welsh Masters Championships	2019-07-21
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	13.7	Macclesfield	North of England League Division 3W	2019-07-14
861408	Alison McLellan	2019	V35	W	100	13.96	Birmingham	British Masters Championships	2019-08-10
861408	Alison McLellan	2019	V35	W	100	14.34	Nottingham	Midland Veterans' League Cup Final	2019-08-31
861408	Alison McLellan	2019	V35	W	200	27.54	Coventry	England Masters Inter Area Challenge	2019-07-06
861408	Alison McLellan	2019	V35	W	200	27.7	Macclesfield	North of England League Division 3W	2019-07-14
861408	Alison	2019	V35	W	200	27.85	Brecon	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	McLellan							Championships	07-21
861408	Alison McLellan	2019	V35	W	200	28.1	Crewe	Cheshire League	2019-09-01
861408	Alison McLellan	2019	V35	W	200	28.23	Birmingham	British Masters Championships	2019-08-11
861408	Alison McLellan	2019	V35	W	LJ	4.06	Nottingham	Midland Veterans' League Cup Final	2019-08-31
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	9.43	Birmingham	British Masters Championships	2019-08-11
861408	Alison McLellan	2019	V35	W	JT600	17.87	Nottingham	Midland Veterans' League Cup Final	2019-08-31
28503	Chris Millard	2019	V50	M	100	12.3	Yate	Avon League	2019-08-11
28503	Chris Millard	2019	V50	M	LJ	4.14	Yate	Avon League	2019-08-11
28503	Chris Millard	2019	V50	M	SP7.26K	7.79	Yate	Avon League	2019-08-11
378562	James Morgan	2019	V45	M	100	12.90	Brecon	Welsh Masters Championships	2019-07-21
378562	James Morgan	2019	V45	M	100	13.07	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	2019-08-07
378562	James Morgan	2019	V45	M	100	13.2	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17
378562	James Morgan	2019	V45	M	100	13.27	Birmingham	British Masters Championships	2019-08-10
378562	James Morgan	2019	V45	M	200	26.53	Coventry	England Masters Inter Area Challenge	2019-07-06
378562	James Morgan	2019	V45	M	200	26.6	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17
378562	James Morgan	2019	V45	M	200	26.69	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	2019-08-07
378562	James Morgan	2019	V45	M	200	27.01	Brecon	Welsh Masters Championships	2019-07-21
378562	James Morgan	2019	V45	M	200	27.18	Birmingham	British Masters Championships	2019-08-11
9472	Jeremy Mower	2019	V50	M	parkrun	19:25	Gloucester North	Gloucester North parkrun # 198	2019-08-31
9472	Jeremy Mower	2019	V50	M	5.88KL	21:55	Sutton Coldfield	Midland Counties Men's 6-Stage Relays	2019-09-21
9472	Jeremy Mower	2019	V50	M	10K	37:32	Blaisdon	Blaisdon 10K	2019-07-16

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
9472	Jeremy Mower	2019	V50	M	HM	81:30	Maidenhead	Maidenhead Half Marathon	2019-09-01
249610	Gillian Murphy	2019	V65	W	5K	27:02	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
249610	Gillian Murphy	2019	V65	W	5K	27:21	Cardiff	Les Croupiers Race of Truth 5K	2019-07-31
249610	Gillian Murphy	2019	V65	W	parkrun	28:31	Cardiff	Cardiff parkrun # 613	2019-09-07
249610	Gillian Murphy	2019	V65	W	parkrun	28:39	Cardiff	Cardiff parkrun # 611	2019-08-24
249610	Gillian Murphy	2019	V65	W	parkrun	28:51	Cardiff	Cardiff parkrun # 605	2019-07-13
249610	Gillian Murphy	2019	V65	W	parkrun	29:14	Cardiff	Cardiff parkrun # 606	2019-07-20
249610	Gillian Murphy	2019	V65	W	parkrun	29:33	Cardiff	Cardiff parkrun # 607	2019-07-27
249610	Gillian Murphy	2019	V65	W	parkrun	30:02	Cardiff	Cardiff parkrun # 609	2019-08-10
249610	Gillian Murphy	2019	V65	W	parkrun	30:05	Cardiff	Cardiff parkrun # 612	2019-08-31
249610	Gillian Murphy	2019	V65	W	parkrun	30:17	Cardiff	Cardiff parkrun # 614	2019-09-14
249610	Gillian Murphy	2019	V65	W	parkrun	33:24	Cardiff	Cardiff parkrun # 604	2019-07-06
249610	Gillian Murphy	2019	V65	W	5.4KL	31:33	Llanelli	Welsh Relay Championships	2019-09-15
249610	Gillian Murphy	2019	V65	W	4M	36:45	Cardiff	Cardiff Summer Series 4	2019-07-05
249610	Gillian Murphy	2019	V65	W	4M	37:22	Redwick	Rose Inn 4 Series	2019-07-09
249610	Gillian Murphy	2019	V65	W	5M	47:37	Bargoed	Parc Cwm Darran 5	2019-08-18
249610	Gillian Murphy	2019	V65	W	10K	56:33	Cardiff	Cardiff 10K	2019-09-01
249610	Gillian Murphy	2019	V65	W	10K	56:43	Swansea	Admiral Swansea Bay 10K	2019-09-22
249610	Gillian Murphy	2019	V65	W	HM	2:21:34	Cardiff	Cardiff Half Marathon	2019-10-06
23532	Mike Murphy	2019	V65	M	800	2:54.33	Brecon	Welsh Masters Championships	2019-07-21
23532	Mike Murphy	2019	V65	M	1500	6:07.77	Brecon	Welsh Masters Championships	2019-07-21
23532	Mike Murphy	2019	V65	M	Mile	6:18.42	Cardiff	Cardiff Night of Endurance	2019-09-14
23532	Mike Murphy	2019	V65	M	3000	12:27.65	Brecon	Welsh Masters Championships	2019-07-21
23532	Mike Murphy	2019	V65	M	5000	21:58.61	Brecon	Welsh Masters Championships	2019-07-21
23532	Mike Murphy	2019	V65	M	1M	6:19	Cardiff	Cardiff Pentath Mile	2019-08-25
23532	Mike Murphy	2019	V65	M	5K	20:39	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
23532	Mike Murphy	2019	V65	M	5K	20:51	Cardiff	Les Croupiers Race of Truth 5K	2019-07-31
23532	Mike Murphy	2019	V65	M	parkrun	20:29	Cardiff	Cardiff parkrun # 614	2019-09-14
23532	Mike Murphy	2019	V65	M	parkrun	20:31	Cardiff	Cardiff parkrun # 613	2019-09-07
23532	Mike Murphy	2019	V65	M	parkrun	20:56	Cardiff	Cardiff parkrun # 611	2019-08-24
23532	Mike Murphy	2019	V65	M	parkrun	22:01	Cardiff	Cardiff parkrun # 605	2019-07-13
23532	Mike Murphy	2019	V65	M	parkrun	29:03	Cardiff	Cardiff parkrun # 604	2019-07-06
23532	Mike Murphy	2019	V65	M	5.4KL	24:51	Llanelli	Welsh Relay Championships	2019-09-15
23532	Mike Murphy	2019	V65	M	4M	26:36	Redwick	Rose Inn 4 Series	2019-08-13
23532	Mike Murphy	2019	V65	M	4M	27:38	Cardiff	Cardiff Summer Series 4	2019-07-05