

| | | | | | | | | | |
|--------|-------------------------|------|-----|---|---------|---------|------------------------|--|------------|
| 15337 | Rob Sheen | 2019 | V55 | M | 10K | 40:00 | Kites Hardwick | Draycote Water Winter 10K Series | 2019-02-10 |
| 34256 | Dave Shields | 2019 | V55 | M | LJ | 3.97 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 34256 | Dave Shields | 2019 | V55 | M | TJ | 8.65 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 56048 | Duncan Steward | 2019 | V60 | M | LJ | 4.15 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 56048 | Duncan Steward | 2019 | V60 | M | TJ | 8.11 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 56048 | Duncan Steward | 2019 | V60 | M | SP5K | 9.90 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 42436 | Dave Stokes | 2019 | V55 | M | PV | 2.30 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 42436 | Dave Stokes | 2019 | V55 | M | LJ | 3.64 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 42436 | Dave Stokes | 2019 | V55 | M | SP6K | 8.84 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 340051 | Ian Swanson | 2019 | V65 | M | HJ | 1.05 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 340051 | Ian Swanson | 2019 | V65 | M | LJ | 2.65 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 340051 | Ian Swanson | 2019 | V65 | M | TJ | 5.02 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 928718 | Martin Tucker | 2019 | V50 | M | LJ | 3.17 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 928718 | Martin Tucker | 2019 | V50 | M | SP6K | 11.11 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 782788 | Ian Williams | 2019 | V40 | M | LJ | 3.81 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 782788 | Ian Williams | 2019 | V40 | M | SP7.26K | 9.13 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 643962 | Robin Wood | 2019 | V50 | M | HJ | 1.30 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 643962 | Robin Wood | 2019 | V50 | M | LJ | 4.32 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 643962 | Robin Wood | 2019 | V50 | M | TJ | 9.26 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 643962 | Robin Wood | 2019 | V50 | M | SP6K | 9.15 | Swansea | Welsh Masters Championships | 2019-02-10 |
| 25672 | Lee Aherne | 2019 | V50 | M | 9.6KXC | 39:26 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 23113 | Paul Allen | 2019 | V70 | M | 6.4MXC | 59:43 | Trentham | Birmingham League Division 2 | 2019-02-09 |
| 111056 | Eirian Arwyn | 2019 | V65 | W | 6.4KXC | 38:31 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 25295 | Brenda Avery | 2019 | V65 | W | parkrun | 27:32 | Severn Bridge | Severn Bridge parkrun # 23 | 2019-02-09 |
| 717331 | Lloyd Bevan | 2019 | V55 | M | 8KXC | 40:47 | Croydon | Start Fitness Surrey Men's League Division 3/4 | 2019-02-09 |
| 372760 | Kevin Challinor | 2019 | V55 | M | parkrun | 25:25 | Wepre | Wepre parkrun # 143 | 2019-02-09 |
| 199713 | Lisa Cleary | 2019 | V50 | W | 6.4KXC | 34:00 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 14897 | Brett Davis | 2019 | V55 | M | parkrun | 21:31 | Cwmbran | Cwmbran parkrun # 133 | 2019-02-09 |
| 748895 | Susan Davis | 2019 | V55 | W | parkrun | 30:25 | Cwmbran | Cwmbran parkrun # 133 | 2019-02-09 |
| 386856 | Jason Elworthy | 2019 | V45 | M | parkrun | 49:31 | Barry Island | Barry Island parkrun # 195 | 2019-02-09 |
| 2079 | Huw Evans | 2019 | V45 | M | 9.6KXC | 36:34 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 387047 | Sarah Everitt | 2019 | V50 | W | 6.4KXC | 27:05 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 73041 | Chris Fulcher | 2019 | V50 | M | parkrun | 20:26 | Gnoll | Gnoll parkrun # 165 | 2019-02-09 |
| 108974 | Melanie Garland | 2019 | V55 | W | HJ | 1.35 | Birmingham (PB) | Midland Counties Championships | 2019-02-09 |
| 108974 | Melanie Garland | 2019 | V55 | W | LJ | 4.66 | Birmingham (PB) | Midland Counties Championships | 2019-02-09 |
| 66755 | Haydn Hartnell | 2019 | V55 | M | 9.6KXC | 50:00 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 69166 | Ian Humphreys | 2019 | V55 | M | parkrun | 24:25 | Burnham and Highbridge | Burnham and Highbridge parkrun # 189 | 2019-02-09 |
| 554362 | Richard Jackson-Hookins | 2019 | V35 | M | 9.6KXC | 37:42 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 313721 | Jeanette Jenkins | 2019 | V55 | W | 6.4KXC | 34:20 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 95639 | Tegid Jones | 2019 | V40 | M | parkrun | 17:07 | Bicester | Bicester parkrun # 145 | 2019-02-09 |
| 66357 | Elio Lepore | 2019 | V60 | M | 9.6KXC | 45:59 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 599005 | Adrian Lewis | 2019 | V45 | M | 9.6KXC | 42:12 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 9472 | Jeremy Mower | 2019 | V50 | M | 9KXC | 42:58 | Gloucester | Birmingham League Division 3 | 2019-02-09 |
| 249610 | Gillian Murphy | 2019 | V65 | W | parkrun | 29:45 | Cardiff | Cardiff parkrun # 583 | 2019-02-09 |
| 23532 | Mike Murphy | 2019 | V65 | M | 6.4KXC | 31:38 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 462645 | Doug Nicholls | 2019 | V35 | M | parkrun | 17:09 | Cardiff | Cardiff parkrun # 583 | 2019-02-09 |
| 224418 | Charlie Northey | 2019 | V50 | M | 9.6KXC | 50:17 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 42374 | Clive Osmond | 2019 | V55 | M | 9.6KXC | 50:12 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 1322 | Sean Price | 2019 | V55 | M | 9.6KXC | 43:02 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 4894 | Mike Robbins | 2019 | V55 | M | parkrun | 23:29 | Wepre | Wepre parkrun # 143 | 2019-02-09 |
| 22339 | Huw Roberts | 2019 | V60 | M | parkrun | 20:52 | Cardiff | Cardiff parkrun # 583 | 2019-02-09 |
| 895411 | Mark Roberts | 2019 | V55 | M | 9.6KXC | 47:41 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 31762 | Clare St. John-Coleman | 2019 | V55 | W | 60 | 9.76 | Sheffield | Sheffield Open & Masters Grand Prix | 2019-02-09 |
| 31762 | Clare St. John-Coleman | 2019 | V55 | W | 60 | 9.79 | Sheffield | Sheffield Open & Masters Grand Prix | 2019-02-09 |
| 31762 | Clare St. John-Coleman | 2019 | V55 | W | LJ | 3.37 | Sheffield | Sheffield Open & Masters Grand Prix | 2019-02-09 |
| 340051 | Ian Swanson | 2019 | V65 | M | 6.4KXC | 45:36 | Pontypool | Start Fitness Gwent League | 2019-02-09 |
| 2865 | Michelle Thomas | 2019 | V45 | W | 60 | 8.28 | Sheffield | Sheffield Open & Masters Grand Prix | 2019-02-09 |
| 2865 | Michelle Thomas | 2019 | V45 | W | 60 | 8.28 | Sheffield | Sheffield Open & Masters Grand Prix | 2019-02-09 |
| 2865 | Michelle Thomas | 2019 | V45 | W | 200 | 27.05 | Sheffield | Sheffield Open & Masters Grand Prix | 2019-02-09 |
| 51847 | Peter Watkeys | 2019 | V35 | M | 800 | 2:04.29 | Sheffield | Sheffield Open & Masters Grand Prix | 2019-02-09 |
| 433709 | Elizabeth Driver | 2019 | V60 | W | HM | 1:41:52 | Ras Al Khaimah, UAE | RAK Half Marathon | 2019-02-08 |