

## Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25672	Lee Aherne	2022	V55	M	parkrun	16:16	Cardiff	Cardiff parkrun # 670	2022-04-16
25672	Lee Aherne	2022	V55	M	parkrun	16:40	Bryn Bach	Bryn Bach parkrun # 409	2022-04-02
25672	Lee Aherne	2022	V55	M	parkrun	16:45	Bryn Bach	Bryn Bach parkrun # 410	2022-04-09
111056	Eirian Arwyn	2022	V65	W	parkrun	30:25	Brynaman	Brynaman parkrun # 53	2022-04-16
111056	Eirian Arwyn	2022	V65	W	parkrun	30:26	Cwmbran	Cwmbran parkrun # 219	2022-04-02
25295	Brenda Avery	2022	V70	W	parkrun	26:51	Severn Bridge	Severn Bridge parkrun # 103	2022-04-16
349414	Chris Baldwin	2022	V65	M	parkrun	27:05	Nova Prestatyn	Nova Prestatyn parkrun # 35	2022-04-02
349414	Chris Baldwin	2022	V65	M	parkrun	27:16	Greenfield Valley	Greenfield Valley parkrun # 19	2022-04-09
566499	Ben Butler-Madden	2022	V40	M	parkrun	17:02	Northwich	Northwich parkrun # 140	2022-04-02
566499	Ben Butler-Madden	2022	V40	M	parkrun	19:44	Jamaica Pond, USA	Jamaica Pond parkrun # 136	2022-04-16
607758	Ania Ciolek	2022	V40	W	parkrun	23:13	Sandy Water	Sandy Water parkrun # 28	2022-04-09
607758	Ania Ciolek	2022	V40	W	parkrun	25:24	Sandy Water	Sandy Water parkrun # 27	2022-04-02
199713	Lisa Cleary	2022	V55	W	parkrun	23:09	Marine Parade	Marine Parade parkrun # 12	2022-04-16
199713	Lisa Cleary	2022	V55	W	parkrun	23:38	Cosmeston Lakes	Cosmeston Lakes parkrun # 41	2022-04-09
199713	Lisa Cleary	2022	V55	W	parkrun	24:32	Peel	Peel parkrun # 26	2022-04-02
293585	Maggie Collingborn	2022	V55	W	parkrun	22:39	Aberystwyth	Aberystwyth parkrun # 432	2022-04-16
5677	Stephen Davies	2022	V60	M	parkrun	27:25	Clumber Park	Clumber Park parkrun # 378	2022-04-16
14897	Brett Davis	2022	V55	M	parkrun	23:24	Newport	Newport parkrun # 494	2022-04-16
83858	Brian Dias	2022	V35	M	parkrun	20:27	Grangemoor	Grangemoor parkrun # 255	2022-04-09
83858	Brian Dias	2022	V35	M	parkrun	20:41	Cardiff	Cardiff parkrun # 668	2022-04-02
83858	Brian Dias	2022	V35	M	parkrun	21:08	Maesteg	Maesteg parkrun # 160	2022-04-16
198671	Paul Edwards	2022	V45	M	parkrun	23:31	Pontypridd	Pontypridd parkrun # 329	2022-04-09
198671	Paul Edwards	2022	V45	M	parkrun	25:04	Pontypridd	Pontypridd parkrun # 328	2022-04-02
2079	Huw Evans	2022	V45	M	parkrun	16:32	Cardiff	Cardiff parkrun # 670	2022-04-16

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906714	John Evans	2022	V45	M	parkrun	18:58	Colby	Colby parkrun # 316	2022-04-02
387047	Sarah Everitt	2022	V55	W	parkrun	19:50	Eastville	Eastville parkrun # 150	2022-04-02
387047	Sarah Everitt	2022	V55	W	parkrun	20:02	Eastville	Eastville parkrun # 152	2022-04-16
884435	David George	2022	V50	M	parkrun	22:56	Zuiderpark, NED	Zuiderpark parkrun # 26	2022-04-02
884435	David George	2022	V50	M	parkrun	23:03	Tremorfa	Tremorfa parkrun # 49	2022-04-16
884435	David George	2022	V50	M	parkrun	24:17	Shrewsbury	Shrewsbury parkrun # 331	2022-04-09
812062	Donald Hale	2022	V65	M	parkrun	26:11	Conwy	Conwy parkrun # 294	2022-04-02
812062	Donald Hale	2022	V65	M	parkrun	26:59	Conwy	Conwy parkrun # 295	2022-04-09
369398	Annette Hames	2022	V60	W	parkrun	24:23	Town Moor	Town Moor parkrun # 536	2022-04-16
369398	Annette Hames	2022	V60	W	parkrun	24:58	Town Moor	Town Moor parkrun # 535	2022-04-09
868004	Matthew Harding	2022	V40	M	parkrun	26:06	Wepre	Wepre parkrun # 229	2022-04-02
66755	Haydn Hartnell	2022	V55	M	parkrun	20:33	Bryn Bach	Bryn Bach parkrun # 411	2022-04-16
1044451	Ceri Hooper	2022	V50	W	parkrun	22:16	Colby	Colby parkrun # 317	2022-04-09
18937	Eric Hughes	2022	V80	M	parkrun	1:13:53	Porthcawl	Porthcawl parkrun # 387	2022-04-16
69166	Ian Humphreys	2022	V55	M	parkrun	24:51	Burnham and Highbridge	Burnham and Highbridge parkrun # 281	2022-04-02
69166	Ian Humphreys	2022	V55	M	parkrun	25:17	Shepton Mallet	Shepton Mallet parkrun # 179	2022-04-16
237338	Gary John	2022	V65	M	parkrun	26:52	Cardiff	Cardiff parkrun # 670	2022-04-16
522737	Llinos Jones	2022	V40	W	parkrun	19:52	Swansea Bay	Swansea Bay parkrun # 251	2022-04-16
453541	Edward Land	2022	V40	M	parkrun	19:04	Aberystwyth	Aberystwyth parkrun # 431	2022-04-09
453541	Edward Land	2022	V40	M	parkrun	19:14	Aberystwyth	Aberystwyth parkrun # 432	2022-04-16
66357	Elio Lepore	2022	V65	M	parkrun	24:36	Cardiff	Cardiff parkrun # 670	2022-04-16
599005	Adrian Lewis	2022	V50	M	parkrun	17:25	Swansea Bay	Swansea Bay parkrun # 251	2022-04-16
599005	Adrian Lewis	2022	V50	M	parkrun	17:32	Aberdare	Aberdare parkrun # 114	2022-04-09
599005	Adrian Lewis	2022	V50	M	parkrun	24:15	Aberdare	Aberdare parkrun # 113	2022-04-02
958405	Simon A Lewis	2022	V45	M	parkrun	17:34	Merthyr	Merthyr parkrun # 169	2022-04-02
958405	Simon A	2022	V45	M	parkrun	18:10	Merthyr	Merthyr	2022-04-09

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	Lewis							parkrun # 170	
220894	Rachel Matthews	2022	V45	W	parkrun	23:21	Penallta	Penallta parkrun # 272	2022-04-09
9472	Jeremy Mower	2022	V55	M	parkrun	18:35	Gloucester City	Gloucester City parkrun # 131	2022-04-16
23532	Mike Murphy	2022	V65	M	parkrun	21:25	Cardiff	Cardiff parkrun # 670	2022-04-16
462645	Doug Nicholls	2022	V40	M	parkrun	18:28	Trelai Park	Trelai Park parkrun # 32	2022-04-16
374890	Andy Peet	2022	V50	M	parkrun	23:46	Leicester Victoria	Leicester Victoria parkrun # 260	2022-04-09
56898	Anthony Powell	2022	V50	M	parkrun	20:04	Trelai Park	Trelai Park parkrun # 32	2022-04-16
1322	Sean Price	2022	V55	M	parkrun	19:18	Pontypridd	Pontypridd parkrun # 329	2022-04-09
1322	Sean Price	2022	V55	M	parkrun	20:20	Pontypridd	Pontypridd parkrun # 328	2022-04-02
42370	David Proffitt	2022	V65	M	parkrun	28:37	Riverfront	Riverfront parkrun # 191	2022-04-02
59107	Andrew Reynolds	2022	V35	M	parkrun	17:27	Barry Island	Barry Island parkrun # 283	2022-04-16
2484	Gareth Robbins	2022	V40	M	parkrun	22:08	Brynaman	Brynaman parkrun # 52	2022-04-09
4894	Mike Robbins	2022	V55	M	parkrun	20:23	Perth	Perth parkrun # 365	2022-04-02
4894	Mike Robbins	2022	V55	M	parkrun	22:46	Wepre	Wepre parkrun # 231	2022-04-16
72835	Barrie Roberts	2022	V75	M	parkrun	34:00	Cannon Hill	Cannon Hill parkrun # 519	2022-04-16
895411	Mark Roberts	2022	V60	M	parkrun	22:40	Groe	Groe parkrun # 80	2022-04-09
5388	Paul Ross-Davies	2022	V70	M	parkrun	21:35	Malling	Malling parkrun # 250	2022-04-16
42257	Mark Shepherd	2022	V50	M	parkrun	16:43	Isabel Trail	Isabel Trail parkrun # 85	2022-04-16
42257	Mark Shepherd	2022	V50	M	parkrun	17:10	Cannock Chase	Cannock Chase parkrun # 196	2022-04-09
42257	Mark Shepherd	2022	V50	M	parkrun	17:29	Sale Water	Sale Water parkrun # 157	2022-04-02
11377	Daniel Thorogood	2022	V55	M	parkrun	21:26	Aberystwyth	Aberystwyth parkrun # 432	2022-04-16
11377	Daniel Thorogood	2022	V55	M	parkrun	21:55	Aberystwyth	Aberystwyth parkrun # 430	2022-04-02
894665	Jane Thorogood	2022	V55	W	parkrun	32:26	Aberystwyth	Aberystwyth parkrun # 432	2022-04-16
894665	Jane Thorogood	2022	V55	W	parkrun	39:54	Aberystwyth	Aberystwyth parkrun # 430	2022-04-02
894665	Jane Thorogood	2022	V55	W	parkrun	40:13	Aberystwyth	Aberystwyth parkrun # 431	2022-04-09
42328	Steve	2022	V60	M	parkrun	24:16	Riverfront	Riverfront	2022-04-16

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	Wadley							parkrun # 193	
42328	Steve Wadley	2022	V60	M	parkrun	24:34	Newport	Newport parkrun # 492	2022-04-02
42328	Steve Wadley	2022	V60	M	parkrun	24:37	Newport	Newport parkrun # 493	2022-04-09
598853	David Walker	2022	V65	M	parkrun	20:18	Coldham's Common	Coldham's Common parkrun # 108	2022-04-02
108730	Alec Williams	2022	V55	M	parkrun	18:10	Exmouth	Exmouth parkrun # 151	2022-04-02
108730	Alec Williams	2022	V55	M	parkrun	20:50	Haverfordwest	Haverfordwest parkrun # 162	2022-04-16
71990	David Williams	2022	V55	M	parkrun	18:03	Brooklands	Brooklands parkrun # 92	2022-04-09
928365	Mark Williams	2022	V60	M	parkrun	21:25	Aberdare	Aberdare parkrun # 115	2022-04-16