

Power of 10 Athlete Data

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25672	Lee Aherne	2019	V50	M	parkrun	17:15	Bryn Bach	Bryn Bach parkrun # 324	2019-01-12
111056	Eirian Arwyn	2019	V65	W	parkrun	28:50	Merthyr	Merthyr parkrun # 85	2019-01-12
25295	Brenda Avery	2019	V65	W	parkrun	26:06	Severn Bridge	Severn Bridge parkrun # 20	2019-01-12
717331	Lloyd Bevan	2019	V55	M	ZXC	44:17	Oxshott	Start Fitness Surrey Men's League Division 3/4	2019-01-12
399109	Angela Bryant	2019	V55	W	parkrun	34:44	Porthcawl	Porthcawl parkrun # 299	2019-01-12
566499	Ben Butler-Madden	2019	V35	M	10KMT	37:15	Pontrhydyfen	Buff Trail 10K	2019-01-12
607758	Ania Ciolek	2019	V35	W	parkrun	24:33	Thornbury	Thornbury parkrun # 50	2019-01-12
199713	Lisa Cleary	2019	V50	W	parkrun	25:33	Somerdale Pavilion	Somerdale Pavilion parkrun # 9	2019-01-12
35171	Roderick Davies	2019	V60	M	60	9.36	Swansea	West Wales Regional Championships	2019-01-13
35171	Roderick Davies	2019	V60	M	LJ	3.82	Swansea	West Wales Regional Championships	2019-01-12
14897	Brett Davis	2019	V55	M	parkrun	22:23	Newport	Newport parkrun # 411	2019-01-12
386856	Jason Elworthy	2019	V45	M	parkrun	47:41	Barry Island	Barry Island parkrun # 191	2019-01-12
387047	Sarah Everitt	2019	V50	W	parkrun	20:09	Eastville	Eastville parkrun # 59	2019-01-12
95471	Sian Gifford	2019	V45	W	parkrun	23:36	Gloucester City	Gloucester City parkrun # 43	2019-01-12
181389	Martin Green	2019	V40	M	parkrun	27:22	Conwy	Conwy parkrun # 207	2019-01-12
812062	Donald Hale	2019	V65	M	parkrun	27:41	Conwy	Conwy parkrun # 207	2019-01-12
861141	John Horsman	2019	V65	M	parkrun	27:33	Tamar Lakes	Tamar Lakes parkrun # 223	2019-01-12
69166	Ian Humphreys	2019	V55	M	parkrun	26:03	Burnham and Highbridge	Burnham and Highbridge parkrun # 185	2019-01-12
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	15:55	Cardiff	Cardiff parkrun # 579	2019-01-12
313721	Jeanette Jenkins	2019	V55	W	parkrun	23:03	Aberbeeg	Aberbeeg parkrun # 12	2019-01-12
95639	Tegid Jones	2019	V40	M	parkrun	17:30	Witney	Witney parkrun # 42	2019-01-12
438931	Mark Kallenberg	2019	V55	M	parkrun	22:29	Llanerchaeron	Llanerchaeron parkrun # 47	2019-01-12
599005	Adrian	2019	V45	M	parkrun	18:13	Aberdare	Aberdare	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Lewis							parkrun # 30	01-12
44169	Karen Llewellyn	2019	V55	W	SP4K	7.44	Swansea	West Wales Regional Championships	2019-01-13
38546	Richard Marks	2019	V65	M	parkrun	23:38	Llanerchaeron	Llanerchaeron parkrun # 47	2019-01-12
24541	Daphne Marler	2019	V70	W	60	14.80	Swansea	West Wales Regional Championships	2019-01-13
24541	Daphne Marler	2019	V70	W	LJ	1.90	Swansea	West Wales Regional Championships	2019-01-12
462645	Doug Nicholls	2019	V35	M	parkrun	16:38	Cardiff	Cardiff parkrun # 579	2019-01-12
193879	Renate Prells	2019	V60	W	SP4K	6.78	Swansea	West Wales Regional Championships	2019-01-13
1322	Sean Price	2019	V55	M	parkrun	18:43	Aberbeeg	Aberbeeg parkrun # 12	2019-01-12
72835	Barrie Roberts	2019	V75	M	parkrun	28:08	Cannon Hill	Cannon Hill parkrun # 424	2019-01-12