

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
42345	Keith Powell	2019	V55	M	PV	NH	Birmingham	British Masters Championships	2019-08-11
42345	Keith Powell	2019	V55	M	LJ	4.70	Birmingham	British Masters Championships	2019-08-10
48461	Robert Prady	2019	V35	M	10000	36:39.07	Cardiff	Cardiff Night of Endurance	2019-09-14
48461	Robert Prady	2019	V35	M	parkrun	35:40	Gnoll	Gnoll parkrun # 195	2019-09-21
48461	Robert Prady	2019	V35	M	5.4KL	20:28	Llanelli	Welsh Relay Championships	2019-09-15
193879	Renate Prells	2019	V60	W	SP3K	6.59	Birmingham	British Masters Championships	2019-08-10
193879	Renate Prells	2019	V60	W	WT5.45K	10.02	Eraclea, ITA	European Masters Stadia Championships	2019-09-05
193879	Renate Prells	2019	V60	W	WT5.45K	9.84	Birmingham	British Masters Championships	2019-08-10
193879	Renate Prells	2019	V60	W	DT1K	19.77	Caorle, ITA	European Masters Stadia Championships	2019-09-09
193879	Renate Prells	2019	V60	W	DT1K	19.62	Birmingham	British Masters Championships	2019-08-11
193879	Renate Prells	2019	V60	W	DT1K	19.50	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-08-20
193879	Renate Prells	2019	V60	W	HT3K	29.17	Caorle, ITA	European Masters Stadia Championships	2019-09-07
193879	Renate Prells	2019	V60	W	HT3K	28.11	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-08-20
193879	Renate Prells	2019	V60	W	HT3K	27.39	Birmingham	British Masters Championships	2019-08-10
25853	Glyn Price	2019	V50	M	PV	3.70	Yeovil	Yeovil Olympiads 50th Anniversary Games Open	2019-09-08
25853	Glyn Price	2019	V50	M	PV	3.65	Yate	Avon / Bristol & West / Yate Open Series	2019-09-04
25853	Glyn Price	2019	V50	M	PV	3.60	Wigan	British Athletics League Division 1	2019-08-04
25853	Glyn Price	2019	V50	M	SP7.26K	7.28	Wigan	British Athletics League Division 1	2019-08-04
25853	Glyn Price	2019	V50	M	DT2K	19.28	Wigan	British Athletics League Division 1	2019-08-04
25853	Glyn Price	2019	V50	M	HT7.26K	18.85	Wigan	British Athletics League Division 1	2019-08-04

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
1322	Sean Price	2019	V55	M	5K	20:24	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
1322	Sean Price	2019	V55	M	parkrun	19:29	Aberdare	Aberdare parkrun # 56	2019-08-03
1322	Sean Price	2019	V55	M	HM	1:43:31	Cardiff	Cardiff Pentath Half Marathon	2019-08-25
42370	David Proffitt	2019	V65	M	1500	6:12.73	Jesolo, ITA	European Masters Stadia Championships	2019-09-05
42370	David Proffitt	2019	V65	M	5000	22:57.46	Eraclea, ITA	European Masters Stadia Championships	2019-09-13
42370	David Proffitt	2019	V65	M	10000	47:16.28	Jarrow	North East Counties AA Pentathlon Championship & Open	2019-09-21
42370	David Proffitt	2019	V65	M	10000	48:14.15	Eraclea, ITA	European Masters Stadia Championships	2019-09-08
42370	David Proffitt	2019	V65	M	4M	29:37	Redwick	Rose Inn 4 Series	2019-08-13
42370	David Proffitt	2019	V65	M	10M	85:02	Brecon	Brecon Lions 10	2019-08-04
42370	David Proffitt	2019	V65	M	HM	1:48:44	Jesolo, ITA	European Masters Athletics Championships Half Marathon	2019-09-15
785044	Chris Pruski	2019	V60	M	JT600	27.48	Caorle, ITA	European Masters Stadia Championships	2019-09-11
50106	Phil Rees	2019	V75	M	HJ	0.90	Birmingham	British Masters Championships	2019-08-11
50106	Phil Rees	2019	V75	M	LJ	2.35	Birmingham	British Masters Championships	2019-08-10
50106	Phil Rees	2019	V75	M	TJ	5.29	Birmingham	British Masters Championships	2019-08-11
9649	Steven Rees	2019	V40	M	10K	33:46	Swansea	Admiral Swansea Bay 10K	2019-09-22
2484	Gareth Robbins	2019	V35	M	10K	54:44	Swansea	Admiral Swansea Bay 10K	2019-09-22
4894	Mike Robbins	2019	V55	M	1500	5:23.4	Ellesmere Port	Cheshire League	2019-09-01
4894	Mike Robbins	2019	V55	M	4KL	15:04	Llandudno	North Wales Regional Relay Championships	2019-09-15
4894	Mike Robbins	2019	V55	M	parkrun	21:22	Wepre	Wepre parkrun # 173	2019-09-07
4894	Mike Robbins	2019	V55	M	parkrun	21:25	Wepre	Wepre parkrun # 171	2019-08-24
4894	Mike Robbins	2019	V55	M	parkrun	21:32	Wepre	Wepre parkrun # 168	2019-08-03

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
4894	Mike Robbins	2019	V55	M	parkrun	21:47	Wepre	Wepre parkrun # 174	2019-09-14
4894	Mike Robbins	2019	V55	M	parkrun	21:50	Wepre	Wepre parkrun # 172	2019-08-31
4894	Mike Robbins	2019	V55	M	parkrun	22:24	Wepre	Wepre parkrun # 169	2019-08-10
4894	Mike Robbins	2019	V55	M	parkrun	23:07	Wepre	Wepre parkrun # 170	2019-08-17
4894	Mike Robbins	2019	V55	M	10K	40:13	Warrington	Birchwood 10K	2019-08-18
4894	Mike Robbins	2019	V55	M	10K	40:37	Caernarfon	Caernarfon 10K	2019-08-07
4894	Mike Robbins	2019	V55	M	10M	67:40	Preston	City of Preston 10	2019-08-11
72835	Barrie Roberts	2019	V75	M	800	3:22.32	Tipton	BMC Regional Races	2019-08-13
72835	Barrie Roberts	2019	V75	M	800	3:31.93	Jesolo, ITA	European Masters Stadia Championships	2019-09-13
72835	Barrie Roberts	2019	V75	M	800	3:33.20	Birmingham	British Masters Championships	2019-08-11
72835	Barrie Roberts	2019	V75	M	1500	7:08.18	Jesolo, ITA	European Masters Stadia Championships	2019-09-07
72835	Barrie Roberts	2019	V75	M	3000	14:32.90	Leamington	Warwickshire Open Graded Series	2019-08-07
72835	Barrie Roberts	2019	V75	M	5000	26:45.98	Eraclea, ITA	European Masters Stadia Championships	2019-09-13
72835	Barrie Roberts	2019	V75	M	4KXC	20:41	Caorle, ITA	European Masters Athletics Championships - Cross Country	2019-09-08
72835	Barrie Roberts	2019	V75	M	5K	25:48	Birmingham	BRAT Summerfield Smash 5K	2019-08-21
72835	Barrie Roberts	2019	V75	M	parkrun	26:22	Cannon Hill	Cannon Hill parkrun # 457	2019-08-31
72835	Barrie Roberts	2019	V75	M	parkrun	29:10	Burnham and Highbridge	Burnham and Highbridge parkrun # 215	2019-08-10
895411	Mark Roberts	2019	V55	M	parkrun	20:11	Groe	Groe parkrun # 23	2019-08-24
895411	Mark Roberts	2019	V55	M	parkrun	20:17	Bryn Bach	Bryn Bach parkrun # 352	2019-08-31
895411	Mark Roberts	2019	V55	M	5.4KL	24:08	Llanelli	Welsh Relay Championships	2019-09-15
895411	Mark Roberts	2019	V55	M	10K	43:02	Swansea	Admiral Swansea Bay 10K	2019-09-22
182560	Ian Robinson	2019	V70	M	DT1K	29.91	Wrexham	Wrexham Games (Field Only)	2019-08-17

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
182560	Ian Robinson	2019	V70	M	DT1K	29.81	Bangor	Menai Open Meeting	2019-09-08
182560	Ian Robinson	2019	V70	M	JT500	22.38	Bangor	Menai Open Meeting	2019-09-08
182560	Ian Robinson	2019	V70	M	JT500	21.35	Wrexham	Wrexham Games (Field Only)	2019-08-17
5388	Paul Ross-Davies	2019	V65	M	parkrun	19:49	Nonsuch	Nonsuch parkrun # 419	2019-09-14
793204	Sharon Samuel	2019	V50	W	100	14.3	Nuneaton	Nuneaton Harriers AC Open Series	2019-08-14
793204	Sharon Samuel	2019	V50	W	100	14.3	Brierley Hill	Dudley & Stourbridge End of Season Open Graded Meeting inc. The Brian Shepherd Mile	2019-09-08
793204	Sharon Samuel	2019	V50	W	100	14.55	Birmingham	British Masters Championships	2019-08-10
793204	Sharon Samuel	2019	V50	W	200	30.64	Birmingham	British Masters Championships	2019-08-11
793204	Sharon Samuel	2019	V50	W	200	30.7	Nuneaton	Nuneaton Harriers AC Open Series	2019-08-14
363515	Rebecca Selvey	2019	V45	W	400	67.36	Leamington	Warwickshire Open Graded Series	2019-08-07
363515	Rebecca Selvey	2019	V45	W	400	67.69	Leamington	Warwickshire Open Graded Series	2019-09-04
363515	Rebecca Selvey	2019	V45	W	800	2:32.1	Sutton Coldfield	Midland League Division 3	2019-08-03
363515	Rebecca Selvey	2019	V45	W	800	2:33.20	Jesolo, ITA	European Masters Stadia Championships	2019-09-13
363515	Rebecca Selvey	2019	V45	W	800	2:34.79	Jesolo, ITA	European Masters Stadia Championships	2019-09-11
363515	Rebecca Selvey	2019	V45	W	1500	5:27.58	Nottingham	Midland Veterans' League Cup Final	2019-08-31
363515	Rebecca Selvey	2019	V45	W	4.33KL	21:31	Sutton Coldfield	Midland Counties Women's 4-Stage Relays	2019-09-21
15337	Rob Sheen	2019	V55	M	parkrun	19:10	Braunstone	Braunstone parkrun # 463	2019-09-21
15337	Rob Sheen	2019	V55	M	10K	40:29	Kites Hardwick	Draycote Water Summer 10K Series	2019-08-11
34256	Dave Shields	2019	V55	M	LJ	3.74	Reading	Reading AC Club Championships	2019-08-26
34256	Dave Shields	2019	V55	M	TJ	8.67	Birmingham	British Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Championships	08-11
34256	Dave Shields	2019	V55	M	TJ	8.30	Reading	Reading AC Club Championships	2019-08-26
246785	Juliet Sidney	2019	V50	W	100	13.97	Caorle, ITA	European Masters Stadia Championships	2019-09-06
246785	Juliet Sidney	2019	V50	W	100	14.15	Birmingham	British Masters Championships	2019-08-10
246785	Juliet Sidney	2019	V50	W	100	14.18	Caorle, ITA	European Masters Stadia Championships	2019-09-05
939338	Sasha Spottiswoode	2019	V45	W	DT1K	22.57	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-08-20
939338	Sasha Spottiswoode	2019	V45	W	DT1K	19.83	Yate	Avon / Bristol & West / Yate Open Series	2019-09-04
939338	Sasha Spottiswoode	2019	V45	W	HT4K	28.73	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-08-20
31762	Clare St. John-Coleman	2019	V55	W	100	15.76	Telford	Telford Games Open	2019-09-07
31762	Clare St. John-Coleman	2019	V55	W	100	16.00	Watford	Watford Open Graded Meeting	2019-08-07
31762	Clare St. John-Coleman	2019	V55	W	100	16.08	Birmingham	British Masters Championships	2019-08-10
31762	Clare St. John-Coleman	2019	V55	W	LJ	3.54	Watford	Watford Open Graded Meeting	2019-08-21
31762	Clare St. John-Coleman	2019	V55	W	LJ	3.53	Birmingham	British Masters Championships	2019-08-10
31762	Clare St. John-Coleman	2019	V55	W	LJ	3.43	Woodford	Woodford Green Open	2019-08-13
31762	Clare St. John-Coleman	2019	V55	W	LJ	3.38	Telford	Telford Games Open	2019-09-07
31762	Clare St. John-Coleman	2019	V55	W	TJ	7.51	Birmingham	British Masters Championships	2019-08-11
31762	Clare St. John-Coleman	2019	V55	W	TJ	7.43	Woodford	Woodford Green Open	2019-09-03
31762	Clare St. John-Coleman	2019	V55	W	TJ	7.34	Telford	Telford Games Open	2019-09-07
31762	Clare St. John-Coleman	2019	V55	W	TJ	7.26	Southend	Southend-on-Sea Open & Club Championships	2019-08-26
42436	Dave Stokes	2019	V55	M	SP6K	8.58	Birmingham	British Masters Championships	2019-08-11

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42436	Dave Stokes	2019	V55	M	SP6K	8.36	Wrexham	Wrexham Games (Field Only)	2019-08-17
42436	Dave Stokes	2019	V55	M	SP6K	8.11	Caorle, ITA	European Masters Stadia Championships	2019-09-15
42436	Dave Stokes	2019	V55	M	WT11.34K	11.37	Birmingham	British Masters Championships	2019-08-11
42436	Dave Stokes	2019	V55	M	WT11.34K	10.50	Caorle, ITA	European Masters Stadia Championships	2019-09-15
42436	Dave Stokes	2019	V55	M	DT1.5K	27.38	Wrexham	Wrexham Games (Field Only)	2019-08-17
42436	Dave Stokes	2019	V55	M	DT1.5K	26.62	Birmingham	British Masters Championships	2019-08-10
42436	Dave Stokes	2019	V55	M	DT1.5K	26.02	Caorle, ITA	European Masters Stadia Championships	2019-09-15
42436	Dave Stokes	2019	V55	M	HT6K	28.29	Birmingham	British Masters Championships	2019-08-11
42436	Dave Stokes	2019	V55	M	HT6K	28.10	Wrexham	Wrexham Games (Field Only)	2019-08-17
42436	Dave Stokes	2019	V55	M	HT6K	27.04	Caorle, ITA	European Masters Stadia Championships	2019-09-15
42436	Dave Stokes	2019	V55	M	JT700	24.88	Caorle, ITA	European Masters Stadia Championships	2019-09-15
42436	Dave Stokes	2019	V55	M	PenWtM55	2285	Caorle, ITA	European Masters Stadia Championships	2019-09-15
340051	Ian Swanson	2019	V65	M	10K	68:04	Swansea	Admiral Swansea Bay 10K	2019-09-22
1602	James Thie	2019	V40	M	800	2:01.74	Newport	MDAL Middle Distance Open	2019-08-14
1602	James Thie	2019	V40	M	1500	4:02.44	Trafford	BMC Grand Prix	2019-08-10
1602	James Thie	2019	V40	M	1500	4:10.53	Cardiff	Cardiff Night of Endurance	2019-09-14
1602	James Thie	2019	V40	M	1M	4:28	Butetown	Butetown Mile	2019-08-25
1602	James Thie	2019	V40	M	parkrun	16:54	Pontypridd	Pontypridd parkrun # 275	2019-08-31
1602	James Thie	2019	V40	M	5.4KL	18:39	Llanelli	Welsh Relay Championships	2019-09-15
10863	Joe Thomas	2019	V40	M	10K	34:29	Cardiff	Cardiff 10K	2019-09-01
2865	Michelle Thomas	2019	V45	W	100	13.09	Loughborough	Charnwood AC Open Series	2019-08-24
2865	Michelle Thomas	2019	V45	W	100	13.10	Loughborough	Charnwood AC Open Series	2019-08-24

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
2865	Michelle Thomas	2019	V45	W	100	13.31	Lee Valley	Lee Valley Sprint Double 100m Open Series	2019-08-14
2865	Michelle Thomas	2019	V45	W	100	13.31	Caorle, ITA	European Masters Stadia Championships	2019-09-05
2865	Michelle Thomas	2019	V45	W	100	13.33	Birmingham	British Masters Championships	2019-08-10
2865	Michelle Thomas	2019	V45	W	100	13.5	Yate	Midland League Division 1	2019-08-04
2865	Michelle Thomas	2019	V45	W	100	13.67	Nottingham	Midland Veterans' League Cup Final	2019-08-31
2865	Michelle Thomas	2019	V45	W	200	27.44	Loughborough	Charnwood AC Open Series	2019-08-24
2865	Michelle Thomas	2019	V45	W	200	27.51	Birmingham	British Masters Championships	2019-08-11
2865	Michelle Thomas	2019	V45	W	200	27.53	Yate	Midland League Division 1	2019-08-04
2865	Michelle Thomas	2019	V45	W	200	27.78	Nottingham	Midland Veterans' League Cup Final	2019-08-31
2865	Michelle Thomas	2019	V45	W	200	28.03	Birmingham	British Masters Championships	2019-08-11
2865	Michelle Thomas	2019	V45	W	SP4K	8.30	Nottingham	Midland Veterans' League Cup Final	2019-08-31
2865	Michelle Thomas	2019	V45	W	SP4K	8.23	Yate	Midland League Division 1	2019-08-04
34317	Steven Thomas-Spires	2019	V45	M	100	13.5	Preston	North of England League Division 4W	2019-08-10
34317	Steven Thomas-Spires	2019	V45	M	200	28.0	Ellesmere Port	Cheshire League	2019-09-01
34317	Steven Thomas-Spires	2019	V45	M	200	28.6	Preston	North of England League Division 4W	2019-08-10
34317	Steven Thomas-Spires	2019	V45	M	400	77.5	Preston	North of England League Division 4W	2019-08-10
34317	Steven Thomas-Spires	2019	V45	M	HJ	1.30	Wrexham	Wrexham Games (Field Only)	2019-08-17
34317	Steven Thomas-Spires	2019	V45	M	PV	NH	Wrexham	Wrexham Games (Field Only)	2019-08-17
34317	Steven Thomas-Spires	2019	V45	M	LJ	4.30	Ellesmere Port	Cheshire League	2019-09-01
34317	Steven Thomas-Spires	2019	V45	M	LJ	4.25	Wrexham	Wrexham Games (Field Only)	2019-08-17

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	Spires							Only)	
34317	Steven Thomas-Spires	2019	V45	M	LJ	4.11	Preston	North of England League Division 4W	2019-08-10
34317	Steven Thomas-Spires	2019	V45	M	SP6K	8.29	Wrexham	Wrexham Games (Field Only)	2019-08-17
34317	Steven Thomas-Spires	2019	V45	M	DT2K	21.04	Ellesmere Port	Cheshire League	2019-09-01
34317	Steven Thomas-Spires	2019	V45	M	DT2K	19.82	Preston	North of England League Division 4W	2019-08-10
34317	Steven Thomas-Spires	2019	V45	M	DT1.5K	20.05	Wrexham	Wrexham Games (Field Only)	2019-08-17
34317	Steven Thomas-Spires	2019	V45	M	HT7.26K	17.04	Preston	North of England League Division 4W	2019-08-10
34317	Steven Thomas-Spires	2019	V45	M	JT800	23.26	Preston	North of England League Division 4W	2019-08-10
34317	Steven Thomas-Spires	2019	V45	M	JT700	25.91	Wrexham	Wrexham Games (Field Only)	2019-08-17
11377	Daniel Thorogood	2019	V55	M	1500	5:15.65	Birmingham	British Masters Championships	2019-08-10
11377	Daniel Thorogood	2019	V55	M	parkrun	20:25	Aberystwyth	Aberystwyth parkrun # 369	2019-08-24
11377	Daniel Thorogood	2019	V55	M	parkrun	20:28	Aberystwyth	Aberystwyth parkrun # 370	2019-08-31
11377	Daniel Thorogood	2019	V55	M	parkrun	20:31	Aberystwyth	Aberystwyth parkrun # 366	2019-08-03
11377	Daniel Thorogood	2019	V55	M	parkrun	20:37	Aberystwyth	Aberystwyth parkrun # 368	2019-08-17
11377	Daniel Thorogood	2019	V55	M	parkrun	20:37	Reading	Reading parkrun # 500	2019-09-14
11377	Daniel Thorogood	2019	V55	M	parkrun	20:37	Aberystwyth	Aberystwyth parkrun # 373	2019-09-21
11377	Daniel Thorogood	2019	V55	M	HM	98:22	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
894665	Jane Thorogood	2019	V50	W	300HW	75.90	Birmingham	British Masters Championships	2019-08-10
894665	Jane Thorogood	2019	V50	W	parkrun	28:10	Aberystwyth	Aberystwyth parkrun # 370	2019-08-31
894665	Jane Thorogood	2019	V50	W	parkrun	28:44	Aberystwyth	Aberystwyth parkrun # 369	2019-08-24
894665	Jane Thorogood	2019	V50	W	parkrun	28:47	Aberystwyth	Aberystwyth parkrun # 368	2019-08-17
894665	Jane Thorogood	2019	V50	W	parkrun	28:54	Reading	Reading parkrun # 500	2019-09-14
894665	Jane Thorogood	2019	V50	W	parkrun	29:10	Aberystwyth	Aberystwyth parkrun # 366	2019-08-03
894665	Jane Thorogood	2019	V50	W	parkrun	29:12	Aberystwyth	Aberystwyth	2019-

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	Thorogood							parkrun # 373	09-21
894665	Jane Thorogood	2019	V50	W	HM	2:15:10	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
222758	Jan Timberlake	2019	V50	W	80HW50	16.68	Birmingham	British Masters Championships	2019-08-10
222758	Jan Timberlake	2019	V50	W	HJ	1.32	Lee Valley	Civil Service & Police Championships	2019-08-21
222758	Jan Timberlake	2019	V50	W	HJ	1.21	Birmingham	British Masters Championships	2019-08-10
222758	Jan Timberlake	2019	V50	W	LJ	4.30	Lee Valley	Civil Service & Police Championships	2019-08-21
222758	Jan Timberlake	2019	V50	W	LJ	4.26	Birmingham	British Masters Championships	2019-08-10
222758	Jan Timberlake	2019	V50	W	LJ	4.04	Caorle, ITA	European Masters Stadia Championships	2019-09-09
222758	Jan Timberlake	2019	V50	W	TJ	8.77	Lee Valley	Civil Service & Police Championships	2019-08-21
222758	Jan Timberlake	2019	V50	W	TJ	8.49	Sutton Coldfield	Midland League Division 3	2019-08-03
222758	Jan Timberlake	2019	V50	W	TJ	8.34	Caorle, ITA	European Masters Stadia Championships	2019-09-06
222758	Jan Timberlake	2019	V50	W	DT1K	24.57	Lee Valley	Civil Service & Police Championships	2019-08-21
222758	Jan Timberlake	2019	V50	W	DT1K	22.33	Caorle, ITA	European Masters Stadia Championships	2019-09-09
222758	Jan Timberlake	2019	V50	W	DT1K	20.27	Worcester	Worcester AC Open	2019-08-08
222758	Jan Timberlake	2019	V50	W	DT1K	19.56	Sutton Coldfield	Midland League Division 3	2019-08-03
928718	Martin Tucker	2019	V50	M	SP6K	10.44	Telford	Telford Games Open	2019-09-07
928718	Martin Tucker	2019	V50	M	SP6K	10.16	Wrexham	Wrexham Games (Field Only)	2019-08-17
928718	Martin Tucker	2019	V50	M	SP6K	10.14	Bangor	Menai Open Meeting	2019-09-08
928718	Martin Tucker	2019	V50	M	JT700	43.21	Bangor	Menai Open Meeting	2019-09-08
928718	Martin Tucker	2019	V50	M	JT700	42.76	Telford	Telford Games Open	2019-09-07
928718	Martin Tucker	2019	V50	M	JT700	41.63	Wrexham	Wrexham Games (Field Only)	2019-08-17
928718	Martin Tucker	2019	V50	M	JT700	39.82	Birmingham	British Masters Championships	2019-08-10
42328	Steve Wadley	2019	V55	M	parkrun	21:01	Newport	Newport parkrun # 440	2019-09-07

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42328	Steve Wadley	2019	V55	M	parkrun	21:17	Rogiet	Rogiet parkrun # 91	2019-08-24
42328	Steve Wadley	2019	V55	M	parkrun	24:12	Riverfront	Riverfront parkrun # 133	2019-08-10
42328	Steve Wadley	2019	V55	M	parkrun	24:19	Riverfront	Riverfront parkrun # 132	2019-08-03
42328	Steve Wadley	2019	V55	M	parkrun	26:22	Riverfront	Riverfront parkrun # 136	2019-08-31
42328	Steve Wadley	2019	V55	M	parkrun	27:16	Riverfront	Riverfront parkrun # 134	2019-08-17
42328	Steve Wadley	2019	V55	M	parkrun	32:52	Ross-on-Wye	Ross-on-Wye parkrun # 7	2019-09-14
35174	Julie Wakelam	2019	V60	W	LJ	3.65	Caorle, ITA	European Masters Stadia Championships	2019-09-11
35174	Julie Wakelam	2019	V60	W	LJ	3.54	Birmingham	British Masters Championships	2019-08-10
35174	Julie Wakelam	2019	V60	W	TJ	7.34	Birmingham	British Masters Championships	2019-08-11
35174	Julie Wakelam	2019	V60	W	SP4K	6.30	Tipton	Midland League Division 4	2019-08-04
35174	Julie Wakelam	2019	V60	W	SP3K	7.22	Caorle, ITA	European Masters Stadia Championships	2019-09-14
35174	Julie Wakelam	2019	V60	W	WT5.45K	11.58	Caorle, ITA	European Masters Stadia Championships	2019-09-14
35174	Julie Wakelam	2019	V60	W	WT5.45K	11.33	Birmingham	British Masters Championships	2019-08-10
35174	Julie Wakelam	2019	V60	W	WT5.45K	10.91	Eraclea, ITA	European Masters Stadia Championships	2019-09-05
35174	Julie Wakelam	2019	V60	W	DT1K	19.32	Caorle, ITA	European Masters Stadia Championships	2019-09-14
35174	Julie Wakelam	2019	V60	W	DT1K	18.77	Tipton	Midland League Division 4	2019-08-04
35174	Julie Wakelam	2019	V60	W	HT4K	24.14	Tipton	Midland League Division 4	2019-08-04
35174	Julie Wakelam	2019	V60	W	HT3K	30.72	Caorle, ITA	European Masters Stadia Championships	2019-09-07
35174	Julie Wakelam	2019	V60	W	HT3K	29.80	Caorle, ITA	European Masters Stadia Championships	2019-09-14
35174	Julie Wakelam	2019	V60	W	HT3K	29.34	Birmingham	British Masters Championships	2019-08-10
35174	Julie Wakelam	2019	V60	W	JT600	19.62	Tipton	Midland League Division 4	2019-08-04
35174	Julie Wakelam	2019	V60	W	JT500	22.33	Birmingham	British Masters Championships	2019-08-11
35174	Julie Wakelam	2019	V60	W	JT500	21.18	Caorle, ITA	European Masters Stadia Championships	2019-09-14

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
35174	Julie Wakelam	2019	V60	W	JT500	20.64	Caorle, ITA	European Masters Stadia Championships	2019-09-12
35174	Julie Wakelam	2019	V60	W	PenWtW60	3195	Caorle, ITA	European Masters Stadia Championships	2019-09-14
65287	Gwynn Wallace	2019	V50	M	100	14.90	Nottingham	Midland Veterans' League Cup Final	2019-08-31
65287	Gwynn Wallace	2019	V50	M	SP7.26K	9.17	Loughborough	Midland Veterans' League Division East	2019-08-07
65287	Gwynn Wallace	2019	V50	M	SP7.26K	8.78	Nottingham	Midland Veterans' League Cup Final	2019-08-31
65287	Gwynn Wallace	2019	V50	M	DT2K	26.21	Nottingham	Midland Veterans' League Cup Final	2019-08-31
65287	Gwynn Wallace	2019	V50	M	HT6K	24.95	Nottingham	Midland Veterans' League Cup Final	2019-08-31
65287	Gwynn Wallace	2019	V50	M	JT700	35.29	Nottingham	Midland Veterans' League Cup Final	2019-08-31
65287	Gwynn Wallace	2019	V50	M	JT700	32.76	Loughborough	Midland Veterans' League Division East	2019-08-07
95903	Geoff Ward	2019	V65	M	DT1K	35.13	Wrexham	Wrexham Games (Field Only)	2019-08-17
95903	Geoff Ward	2019	V65	M	DT1K	34.08	Birmingham	British Masters Championships	2019-08-10
95903	Geoff Ward	2019	V65	M	DT1K	33.82	Bangor	Menai Open Meeting	2019-09-08
95903	Geoff Ward	2019	V65	M	JT600	28.07	Birmingham	British Masters Championships	2019-08-10
51847	Peter Watkeys	2019	V35	M	5000	17:56.85	Basingstoke	British Athletics League Division 3	2019-08-03
51847	Peter Watkeys	2019	V35	M	parkrun	17:37	Newbury	Newbury parkrun # 408	2019-09-07
51847	Peter Watkeys	2019	V35	M	parkrun	17:38	The Old Showfield	The Old Showfield parkrun # 2	2019-08-24
51847	Peter Watkeys	2019	V35	M	parkrun	19:33	Newbury	Newbury parkrun # 404	2019-08-10
51847	Peter Watkeys	2019	V35	M	10K	36:25	Swansea	Admiral Swansea Bay 10K	2019-09-22

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
761334	Victoria Watkins	2019	V35	W	400	69.3	Sutton Coldfield	Midland League Division 3	2019-08-03
761334	Victoria Watkins	2019	V35	W	400	69.82	Nottingham	Midland Veterans' League Cup Final	2019-08-31
761334	Victoria Watkins	2019	V35	W	200HW	36.36	Nottingham	Midland Veterans' League Cup Final	2019-08-31
761334	Victoria Watkins	2019	V35	W	4.33KL	19:49	Sutton Coldfield	Midland Counties Women's 4-Stage Relays	2019-09-21
761334	Victoria Watkins	2019	V35	W	parkrun	22:00	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 110	2019-09-07
761334	Victoria Watkins	2019	V35	W	10K	47:21	Worcester	Worcester City Runs 10K	2019-09-15
50764	Russell Whiting	2019	V50	M	100	12.28	Birmingham	British Masters Championships	2019-08-10
50764	Russell Whiting	2019	V50	M	100	12.33	Jesolo, ITA	European Masters Stadia Championships	2019-09-05
50764	Russell Whiting	2019	V50	M	100	12.83	Jesolo, ITA	European Masters Stadia Championships	2019-09-06
50764	Russell Whiting	2019	V50	M	parkrun	26:48	Hove Promenade	Hove Promenade parkrun # 210	2019-09-21
766506	David John Williams	2019	V35	M	parkrun	16:47	Cardiff	Cardiff parkrun # 612	2019-08-31
766506	David John Williams	2019	V35	M	parkrun	16:58	Cardiff	Cardiff parkrun # 609	2019-08-10
766506	David John Williams	2019	V35	M	parkrun	16:59	Cardiff	Cardiff parkrun # 608	2019-08-03
766506	David John Williams	2019	V35	M	parkrun	17:15	Cardiff	Cardiff parkrun # 610	2019-08-17
766506	David John Williams	2019	V35	M	parkrun	17:51	Cardiff	Cardiff parkrun # 611	2019-08-24
928365	Mark Williams	2019	V60	M	1500	5:33.68	Newport	MDAL Middle Distance Open	2019-08-14
928365	Mark Williams	2019	V60	M	1500	5:45.10	Birmingham	British Masters Championships	2019-08-10
928365	Mark Williams	2019	V60	M	Mile	6:03.36	Cardiff	Cardiff Night of Endurance	2019-09-14
928365	Mark Williams	2019	V60	M	1M	5:54	Butetown	Butetown Mile	2019-08-25
928365	Mark Williams	2019	V60	M	1M	6:09	Tredegar	Steve Jones 1 Mile Series	2019-08-16
928365	Mark Williams	2019	V60	M	parkrun	20:06	Aberbeeg	Aberbeeg parkrun # 45	2019-09-21
928365	Mark Williams	2019	V60	M	parkrun	20:12	Aberbeeg	Aberbeeg parkrun # 39	2019-08-03

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
928365	Mark Williams	2019	V60	M	parkrun	20:16	Aberbeeg	Aberbeeg parkrun # 40	2019-08-17
928365	Mark Williams	2019	V60	M	parkrun	20:21	Aberdare	Aberdare parkrun # 60	2019-09-07
928365	Mark Williams	2019	V60	M	5.4KL	23:41	Llanelli	Welsh Relay Championships	2019-09-15
928365	Mark Williams	2019	V60	M	10K	41:04	Cardiff	Cardiff 10K	2019-09-01
60402	Paul Williams	2019	V55	M	100	13.53	Birmingham	British Masters Championships	2019-08-10
60402	Paul Williams	2019	V55	M	200	27.26	Birmingham	British Masters Championships	2019-08-11
446852	Mark Wyndham-Jones	2019	V65	M	HJ	1.30	Birmingham	British Masters Championships	2019-08-11
446852	Mark Wyndham-Jones	2019	V65	M	SP5K	9.86	Birmingham	British Masters Championships	2019-08-11
446852	Mark Wyndham-Jones	2019	V65	M	DT1K	34.65	Birmingham	British Masters Championships	2019-08-10