

## Welsh Masters League 2019-3 - 2019-06-05 Results

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## RESULTS

### 1 - 3000 (3000)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 19:00

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	72	Martin Green	NWRRC	M40	1		10:02.8
2	78	Sean McCormack	ABRGH	M55	1		11:12.7
3	69	Helen Davies	Wrecs	W50	1		11:31.7
4	83	James Rogers	PRTYN	M45	1		11:46.2
5	70	Michael Davis	PRTYN	M70	1		15:03.8
6	73	Roger Harrison-Jones	PRTYN	M80	1		17:00.2

## RESULTS

### 3 - Discus (DT)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 19:00

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	88	Geoff Ward	WREX	M65	34.06	32.94	32.51	33.33	32.35	x	<b>34.06</b>
2	82	Ian Robinson	WREX	M70	26.39	29.35	29.64	27.60	28.12	27.87	<b>29.64</b>
3	84	David Stokes	DEESA	M55	28.23	x	29.00	27.44	27.74	28.52	<b>29.00</b>
4	64	Paul Brooks	WREX	M70	26.13	25.87	23.54	26.06	24.07	x	<b>26.13</b>
5	80	Chris Pruski	SWAN	M60	24.73	x	24.09				<b>24.73</b>
6	81	Phil Rees	RHONA	M75	16.67	x	17.17	19.07	19.43		<b>19.43</b>
7	71	Robin Frost	WREX	M70	x	15.53	x	17.27	17.08	15.15	<b>17.27</b>

## RESULTS

### 4 - High Jump (HJ)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 19:00

Pos	Bib	Name	Club	Age	0.80	1.05	1.10	1.15	1.20	1.25	1.30	1.33	1.40	1.43	1.46	1.49	Result
1	67	Neil Davies	WREX	M50	-	-	-	o	o	o	o	o	o	o	x x o	- x x	1.46
2	85	Steven Thomas-Spires	WREX	M45	-	-	-	-	o	o	x o	x x x					1.30
3	71	Robin Frost	WREX	M70	-	x o	x x o	x x x									1.10
4	81	Phil Rees	RHONA	M75	o	-	-	-	-	-	-	-	-	-	-	-	0.80
5	84	David Stokes	DEESA	M55	-	-	x x x										NH

## RESULTS

### 5 - 1500 (1500)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 19:20

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	72	Martin Green	NWRRC	M40	1		4:44.8
2	77	Adrian Lewis	ABERV	M45	1		4:46.4
3	83	James Rogers	PRTYN	M45	2		5:42.4

## RESULTS

### 6 - 100 (100)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 19:30

#### Heat 1

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	76	Mel James	CROUP	M75	1		16.4
2	80	Chris Pruski	SWAN	M60	1		16.6
3	65	Kevin Challinor	BUCKL	M55	1		16.6

#### Heat 2

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	85	Steven Thomas-Spires	WREX	M45	1		13.7
2	68	Roderick Davies	SWAN	M60	1		14.5

## RESULTS

### 2 - Javelin (JT)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 19:40

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	86	Martin Tucker	DEESA	M50	42.14	39.44	39.49	36.91	x	x	<b>42.14</b>
2	80	Chris Pruski	SWAN	M60	27.69	x	28.13	x	x	26.70	<b>28.13</b>
3	84	David Stokes	DEESA	M55	24.71	x	x	x	x	23.49	<b>24.71</b>
4	71	Robin Frost	WREX	M70	18.06	19.33	x	x	17.27	x	<b>19.33</b>
5	81	Phil Rees	RHONA	M75	13.02	x	10.16	x	x	x	<b>13.02</b>

## RESULTS

### 7 - 800 (800)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 19:45

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	77	Adrian Lewis	ABERV	M45	1		2:34.8
2	83	James Rogers	PRTYN	M45	2		2:57.9
3	75	David Hughes	PRTYN	M80	1		4:13.6
4	73	Roger Harrison-Jones	PRTYN	M80	2		4:14.2



## RESULTS

### 8 - Long Jump (LJ)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 19:45

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result (wind)
1	85	Steven Thomas-Spires	WREX	M45	3.90 ( )	3.90 ( )					<b>3.90</b> ( )
2	84	David Stokes	DEESA	M55	3.37 ( )	3.50 ( )	3.32 ( )	3.24 ( )			<b>3.50</b> ( )
3	77	Adrian Lewis	ABERV	M45	2.91 ( )	2.96 ( )					<b>2.96</b> ( )
4	81	Phil Rees	RHONA	M75	x ( )	2.17 ( )	x ( )	2.15 ( )	2.35 ( )		<b>2.35</b> ( )

## RESULTS

### 10 - 200 (200)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 20:10

#### Heat 1

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	65	Kevin Challinor	BUCKL	M55	1		33.5
2	76	Mel James	CROUP	M75	1		33.7
	74	Gareth Hughes	PRTYN	M70	1		DNF

#### Heat 2

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	85	Steven Thomas-Spires	WREX	M45	1		28.4
2	68	Roderick Davies	SWAN	M60	1		29.6
3	77	Adrian Lewis	ABERV	M45	2		30.1

## RESULTS

### 9 - Shot (SP)

Welsh Masters League 2019-3 - 2019-06-05 START TIME: 20:20

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	86	Martin Tucker	DEESA	M50	9.82	9.71	9.33	8.90			<b>9.82</b>
2	88	Geoff Ward	WREX	M65	9.06	9.47	9.19	9.12	x	9.59	<b>9.59</b>
3	80	Chris Pruski	SWAN	M60	8.19	7.97	7.44	7.81	8.13		<b>8.19</b>
4	84	David Stokes	DEESA	M55	8.14	8.18	8.12	x			<b>8.18</b>
5	64	Paul Brooks	WREX	M70	8.03	8.08	7.80	8.07	7.82	7.97	<b>8.08</b>
6	81	Phil Rees	RHONA	M75	6.67						<b>6.67</b>
7	71	Robin Frost	WREX	M70	5.52	5.56	5.76				<b>5.76</b>