

WMAA Men's Season 2019 Post Champs Rankings 29th July 2019

| Event | First Name | Last Name | AG | Time/Dist | | Venue | Meeting | date |
|-------|------------|------------|-----|-----------|---|-----------------|-------------------------------|------------|
| 60 | | | | | | | | |
| | Stephen | Buttler | V40 | 7.73 | i | Birmingham (PB) | Open Series - Awaiting | 27/01/2019 |
| | Stuart | Pearce | V40 | 7.93 | i | Lee Valley | British Masters Championships | 09/03/2019 |
| | James | Morgan | V45 | 8.28 | i | Cardiff | iff Met GP1: Christmas Cl | 16/12/2018 |
| | Russell | Whiting | V50 | 7.69 | i | Lee Valley | tish Masters Championsh | 09/03/2019 |
| | Keith | Powell | V55 | 8.50 | i | Lee Valley | tish Masters Championsh | 09/03/2019 |
| | Ian | Broadhurst | V60 | 8.67 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| | Roderick | Davies | V60 | 9.09 | i | Lee Valley | tish Masters Championsh | 09/03/2019 |
| | Chris | Pruski | V60 | 9.97 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| | David | Boaler | V60 | 14.11 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| | Mel | James | V75 | 10.09 | i | Lee Valley | glish Masters Area Challe | 24/02/2019 |

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| 60MH | | | | | | | | |
| | Glyn | Price | V50 | 10.98 | i | Lee Valley | glish Masters Area Challe | 24/02/2019 |
| | Derek | Osborne | V55 | 10.97 | i | Lee Valley | Championships (inc South | 17/02/2019 |
| | Keith | Powell | V55 | 11.26 | i | Lee Valley | Championships (inc South | 17/02/2019 |

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| 100 | | | | | | | | |
| | Seriashe | Childs | V35 | 11.6 | 0 | Cardiff | Welsh Senior Championship | 14/07/2019 |
| | Owen | Chesher | V35 | 12.36 | 0 | Brecon | Welsh Masters Championship | 21/07/2019 |
| | | | | | | | | |
| | Stephen | Buttler | V40 | 12.50 | 0 | Tipton | Midland League Division 3 | 16/06/2019 |
| | Stuart | Pearce | V40 | 12.65 | 0 | Brecon | Welsh Masters Championship | 21/07/2019 |
| | Scott | Browne | V40 | 13.52 | 0 | Brecon | Welsh Masters Championship | 21/07/2019 |
| | Paul | Edwards | V40 | 14.60 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Dean | Webster | V40 | 15.50 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | | | | | | | | |
| | James | Morgan | V45 | 12.90 | 0.00 | Brecon | Welsh Masters Championship | 21/07/2019 |
| | Steven | Thomas-Spires | V45 | 13.66 | 0 | Wrexham | Wales Regional Championship | 11/05/2019 |
| | Adrian | Lewis | V45 | 15.50 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Jason | Elworthy | V45 | 22.05 | w | Neath | Welsh Athletics League | 19/05/2019 |
| | | | | | | | | |
| | Russell | Whiting | V50 | 12.10 | 0 | Brecon | Welsh Masters Championship | 21/07/2019 |
| | Robin | Wood | V50 | 13.10 | 0 | Swansea | Wales Regional Championship | 11/05/2019 |
| | Glyn | Price | V50 | 13.90 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Charles | Northey | V50 | 16.40 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | | | | | | | | |
| | Paul | Williams | V55 | 12.94 | 0 | Brecon | Welsh Masters Championship | 21/07/2019 |
| | Keith | Powell | V55 | 13.80 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Derek | Osborne | V55 | 14.70 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Mark | Roberts | V55 | 15.40 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Kevin | Challinor | V55 | 16.60 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | | | | | | | | |
| | Ian | Broadhurst | V60 | 13.32 | 0 | Coventry | Midland Masters Inter Area Championship | 06/07/2019 |
| | Kieran | Mcdonnell | V60 | 13.55 | w | Cardiff | RunWithTheWind Sprint | 15/05/2019 |
| | Roderick | Davies | V60 | 14.30 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Austin | Davies | V60 | 14.62 | 0 | Brecon | Welsh Masters Championship | 21/07/2019 |
| | Chris | Norton | V60 | 16.30 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Chris | Pruski | V60 | 16.60 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | Jon | Clarke | V60 | 16.90 | 0 | Bury | Midland Masters Championship | 23/06/2019 |
| | Mark | Williams | V60 | 17.20 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Alan | Mann | V60 | 19.40 | 0 | Brecon | Welsh Masters Championship | 21/07/2019 |
| | | | | | | | | |
| | Mark | Wyndham-Jones | V65 | 14.10 | w | Norwich | East Angles County Championship | 11/05/2019 |
| | Ian | Swanson | V65 | 23.10 | | | | |
| | | | | | | | | |
| | Glyn | Sutton | V70 | 14.10 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Geoff | Wright | V70 | 18.53 | 0 | Coventry | Midland Masters Inter Area Championship | 06/07/2019 |
| | | | | | | | | |
| | Mel | James | V75 | 15.80 | 0 | Nuneaton | Midland Masters AC Championship | 09/06/2019 |
| | Phil | Rees | V75 | 22.60 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | | | | | | | | |
| | John | Evans | V80 | 18.90 | 0 | Rugby | Welsh Veterans' League Division 1 | 03/07/2019 |

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| 100MH | | | | | | | | |
| | Neil | Davies | V50 | 20.59 | w | Brecon | Welsh Masters Championship | 21/07/2019 |

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| | Derek | Osborne | V55 | 18.64 | w | Brecon | Welsh Masters Championship | 21/07/2019 |
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| 200 | | | | | | | |
| Owen | Chesher | V35 | 24.94 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| Lee | Richards | V35 | 32.37 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| Stuart | Pearce | V40 | 26.37 | i | Lee Valley | Welsh Masters Championsh | 10/03/2019 |
| Scott | Browne | V40 | 27.25 | w | Brecon | Welsh Masters Championsh | 21/07/2019 |
| Paul | Edwards | V40 | 31.00 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| Dean | Webster | V40 | 31.20 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| James | Morgan | V45 | 26.31 | 0 | Nuneaton | nd Masters AC Champior | 09/06/2019 |
| Steven | Thomas-Spires | V45 | 28.40 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| Adrian | Lewis | V45 | 28.90 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| Michael | Graz | V45 | 29.50 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| Jason | Elworthy | V45 | 52.73 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| Russell | Whiting | V50 | 25.56 | 0 | Coventry | nd Masters Inter Area Cha | 06/07/2019 |
| Robin | Wood | V50 | 28.50 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| Gwynn | Wallace | V50 | 30.20 | 0 | Kettering | nd Veterans' League Divisi | 29/05/2019 |
| Glyn | Price | V50 | 30.30 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| Charles | Northey | V50 | 32.40 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| Paul | Williams | V55 | 26.83 | 0 | Birmingham | nd Veterans' League Divisi | 05/06/2019 |
| Keith | Powell | V55 | 28.40 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| Derek | Osborne | V55 | 29.50 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| Mark | Roberts | V55 | 32.80 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| Kevin | Challinor | V55 | 33.50 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| Jeffrey | Hanson | V55 | 37.90 | 0 | Swansea | Welsh Masters League | 24/04/2019 |

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| Ian | Broadhurst | V60 | 26.68 | 0 | Coventry | nd Masters Inter Area Cha | 06/07/2019 |
| Kieran | Mcdonnell | V60 | 28.07 | 0 | Cardiff | RunWithTheWind Sprint | 15/05/2019 |
| Roderick | Davies | V60 | 29.60 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| Graeme | Knowles | V60 | 31.70 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| Duncan | Steward | V60 | 32.71 | w | Brecon | Welsh Masters Championsh | 21/07/2019 |
| Mark | Williams | V60 | 34.20 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| Chris | Norton | V60 | 33.40 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| Richard | Webster | V60 | 41.40 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| Alan | Mann | V60 | 45.76 | w | Brecon | Welsh Masters Championsh | 21/07/2019 |
| Mark | Wyndham-Jones | V65 | 30.70 | 0 | Norwich | rfolk County Championsh | 11/05/2019 |
| Michael H | Davies | V65 | 35.90 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| Ian | Swanson | V65 | 45.20 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| Geoff | Wright | V70 | 38.99 | 0 | Coventry | nd Masters Inter Area Cha | 06/07/2019 |
| Mel | James | V75 | 32.97 | 0 | Nuneaton | nd Masters AC Champior | 09/06/2019 |
| Phil | Rees | V75 | 54.50 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| John | Evans | V80 | 40.30 | 0 | Kettering | nd Veterans' League Divisi | 29/05/2019 |

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| 300 | | | | | | | |
| Lee | Richards | V35 | 39.87 | i | Cardiff | ff Met GP1: Christmas Cl | 16/12/2018 |

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| 300MH | | | | | | | |
| Ian | Broadhurst | V60 | 47.41 | 0 | Nuneaton | nd Masters AC Champior | 09/06/2019 |

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| 400 | | | | | | | | |
| | Dale | Garland | V35 | 50.46 | 0 | St. Peter Port | y Intertrust Challenge Op | 16/05/2019 |
| | David John | Williams | V35 | 54.00 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Owen | Chesher | V35 | 54.82 | 0 | Coventry | nd Masters Inter Area Cha | 06/07/2019 |
| | Scott | Browne | V40 | 59.43 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Dean | Webster | V40 | 69.60 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Michael | Graz | V45 | 62.90 | 0.00 | Brecon | Welsh Masters Championsh | 43667.00 |
| | Adrian | Lewis | V45 | 63.2 | 0 | Newport | Welsh Masters League | 12/06/2019 |

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|--|---------|---------|-----|-------|---|---------|--------------------------|------------|
| | Paul | Flynn | V50 | 65.59 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| | Neil | Davies | V50 | 66.32 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Robin | Wood | V50 | 68.20 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Charles | Northey | V50 | 76.40 | 0 | Newport | Welsh Masters League | 12/06/2019 |

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|--|---------|-----------|-----|-------|---|---------------|--------------------------|------------|
| | Sean | Price | V55 | 58.99 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| | Derek | Osborne | V55 | 66.10 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Brett | Davis | V55 | 61.12 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Mark | Roberts | V55 | 68.80 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Martyn | Cole | V55 | 69.32 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Kevin | Challinor | V55 | 72.09 | 0 | Connah's Quay | Deeside Spring Open | 07/04/2019 |
| | Jeffrey | Hanson | V55 | 84.00 | 0 | Swansea | Welsh Masters League | 24/04/2019 |

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|--|---------|------------|-----|----------|---|-------------|--------------------------|------------|
| | Ian | Broadhurst | V60 | 61.66 | 0 | Nuneaton | nd Masters AC Champior | 09/06/2019 |
| | Kieran | Mcdonnell | V60 | 61.98 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | David | Boaler | V60 | 67.50 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Mark | Williams | V60 | 67.50 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Wayne | Howe | V60 | 82.10 | 0 | Eltham | nties Veterans' League K | 03/05/2019 |
| | Chris | Norton | V60 | 80.50 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Richard | Webster | V60 | 92.70 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Alan | Mann | V60 | 01:44.18 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |

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|--|-----------|---------|-----|----------|---|-------------|----------------------|------------|
| | Michael H | Davies | V65 | 83.50 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Ian | Swanson | V65 | 01:53.50 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |

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|--|--------|---------|-----|-------|---|-------------|---------------------------|------------|
| | Mel | James | V75 | 84.70 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Barrie | Roberts | V75 | 96.07 | i | Lee Valley | Welsh Masters Area Challe | 24/02/2019 |

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|-------|------|---------|-----|-------|------|----------------|---------------------------|------------|
| 400mh | | | | | | | | |
| | Dale | Garland | V35 | 54.99 | 55.4 | St. Peter Port | y Intertrust Challenge Op | 05/05/2019 |

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|--|------|---------|-----|-------|---|--------|--------------------------|------------|
| | Mark | Roberts | V55 | 76.97 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
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| 600m | | | | | | | | |
| | Brett | Davis | V55 | 01:42.82 | i | Cardiff | ff Met GP1: Christmas Cl | 16/12/2018 |

| 800 | | | | | | | | |
|-----|------------|-----------|-----|----------|---|------------|------------------------------------|------------|
| | David John | Williams | V35 | 02:01.65 | 0 | Cwmbran | Multiple Distance Athletes League | 01/05/2019 |
| | Peter | Watkeys | V35 | 02:02.34 | i | Lee Valley | English Masters Area Challenge | 24/02/2019 |
| | Robert | Prady | V35 | 02:14.50 | 0 | Swansea | Wales Regional Championships | 11/05/2019 |
| | Matthew | Evans | V35 | 02:15.90 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Scott | Browne | V40 | 02:11.59 | 0 | Brecon | Welsh Masters Championships | 21/07/2019 |
| | Dean | Webster | V40 | 02:37.00 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Adrian | Lewis | V45 | 02:19.10 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Michael | Graz | V45 | 02:25.03 | 0 | Brecon | Welsh Masters Championships | 21/07/2019 |
| | Jon | Grainger | V50 | 02:17.20 | 0 | Winchester | Veterans' League Harriers | 20/05/2019 |
| | Lee | Aherne | V50 | 02:24.47 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Paul | Flynn | V50 | 02:28.07 | i | Cardiff | Half Met GP2: Non-Thomas | 20/01/2019 |
| | Charles | Northey | V50 | 02:36.17 | 0 | Brecon | Welsh Masters Championships | 21/07/2019 |
| | Neil | Davies | V50 | 03:00.80 | 0 | Wrexham | Wrexham of England League Division | 14/07/2019 |
| | Sean | Price | V55 | 02:13.16 | i | Cardiff | Half Met GP2: Non-Thomas | 20/01/2019 |
| | Brett | Davis | V55 | 02:17.92 | i | Torun, POL | Masters Indoor Championships | 27/03/2019 |
| | Martyn | Cole | V55 | 02:23.70 | 0 | Cheltenham | Lower Memorial Games Open | 06/05/2019 |
| | Kevin | Challinor | V55 | 02:42.32 | 0 | Wrexham | Wales Regional Championships | 11/05/2019 |
| | Mike | Robbins | V55 | 02:43.10 | 0 | Wrexham | Cheshire League | 04/05/2019 |
| | Clive | Osmond | V55 | 02:50.77 | i | Cardiff | Half Met GP2: Non-Thomas | 20/01/2019 |
| | Mark | Roberts | V55 | 02:33.74 | 0 | Swansea | Swansea Harriers Open Meeting | 07/04/2019 |
| | Jeffrey | Hanson | V55 | 03:12.20 | 0 | Swansea | Welsh Masters League | 24/04/2019 |

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|--|-----------|-----------|-----|----------|---|------------|---------------------------------|------------|
| | Austin | Davies | V60 | 02:37.40 | 0 | Sandy | Welsh Athletics League Division | 18/05/2019 |
| | Kieran | Mcdonnell | V60 | 02:30.20 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Elio | Lepore | V60 | 02:43.70 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Mark | Williams | V60 | 02:51.00 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Chris | Norton | V60 | 03:18.50 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Richard | Webster | V60 | 03:33.40 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Alan | Mann | V60 | 04:16.95 | 0 | Brecon | Welsh Masters Championships | 21/07/2019 |
| | Richard | Marks | V65 | 02:51.00 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Mike | Murphy | V65 | 02:54.33 | 0 | Brecon | Welsh Masters Championships | 21/07/2019 |
| | Michael H | Davies | V65 | 03:04.80 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Ian | Swanson | V65 | 04:19.00 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Paul | Allen | V70 | 03:18.63 | i | Lee Valley | English Masters Area Challenge | 24/02/2019 |
| | Barrie | Roberts | V75 | 03:30.18 | i | Torun, POL | Masters Indoor Championships | 28/03/2019 |

| 1000 | | | | | | | | |
|------|-------|---------|-----|----------|---|------------|---------------------------|------------|
| | Derek | Osborne | V55 | 03:26.98 | i | Lee Valley | Championships (inc South) | 17/02/2019 |
| | Keith | Powell | V55 | 04:03.99 | i | Lee Valley | Championships (inc South) | 17/02/2019 |

| 1500 | | | | | | | | |
|------|---------|-----------|-----|----------|---|-------------|---------------------------|------------|
| | James | Thie | V35 | 04:07.33 | i | Torun, POL | Masters Indoor Champio | 30/03/2019 |
| | Matthew | Evans | V35 | 04:24.27 | i | Lee Valley | Welsh Masters Championsh | 09/03/2019 |
| | Robert | Prady | V35 | 04:35.74 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | | | | | | | | |
| | Tegid | Jones | V40 | 04:31.87 | 0 | Abingdon | AC Charles Kear Memori | 24/03/2019 |
| | Scott | Browne | V40 | 04:39.67 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Dean | Webster | V40 | 05:33.80 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | | | | | | | | |
| | Adrian | Lewis | V45 | 04:46.40 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | | | | | | | | |
| | Jon | Grainger | V50 | 04:42.90 | 0 | Bracknell | ern Athletics League Divi | 13/07/2019 |
| | Paul | Flynn | V50 | 05:12.05 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| | | | | | | | | |
| | Martyn | Cole | V55 | 04:56.73 | 0 | Tipton | BMC Regional Races | 21/05/2019 |
| | Sean | Price | V55 | 05:17.00 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Mike | Robbins | V55 | 05:23.80 | 0 | Stretford | of England League Divisi | 19/05/2019 |
| | Haydn | Hartnell | V55 | 05:32.00 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Mark | Roberts | V55 | 05:33.47 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | Kevin | Challinor | V55 | 05:50.87 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Brett | Davis | V55 | 06:06.40 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Jeffrey | Hanson | V55 | 06:54.10 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | Keith | Powell | V55 | 07:08.30 | 0 | Horspath | ers Open Pentathlon Cha | 02/06/2019 |
| | | | | | | | | |
| | Elio | Lepore | V60 | 05:21.58 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| | Austin | Davies | V60 | 05:37.10 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Mark | Williams | V60 | 05:36.53 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Huw | Roberts | V60 | 06:03.28 | i | Cardiff | ff Met GP2: Non-Thomas | 20/01/2019 |
| | Kieran | Mcdonnell | V60 | 06:06.80 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Chris | Norton | V60 | 07:13.30 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Alan | Mann | V60 | 09:07.49 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | | | | | | | | |
| | Mike | Murphy | V65 | 05:43.50 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | David | Proffitt | V65 | 06:22.20 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Ian | Swanson | V65 | 09:01.60 | 0 | Cardiff Met | Welsh Masters League | 22/05/2019 |
| | | | | | | | | |
| | Paul | Allen | V70 | 06:30.57 | i | Lee Valley | Welsh Masters Area Challe | 24/02/2019 |
| | | | | | | | | |
| | Barrie | Roberts | V75 | 07:05.70 | 0 | Worcester | Worcester AC Open | 20/06/2019 |

| 1 Mile | | | | | | | | |
|--------|------------|----------|-----|----------|---|------------|----------------------------|------------|
| | James | Thie | V35 | 04:25.45 | i | Cardiff | Welsh Athletics Internatio | 03/03/2019 |
| | David John | Williams | V35 | 04:33:00 | 0 | London | Vitality Westminster Mile | 26/05/2019 |
| | | | | | | | | |
| | Lee | Garland | V40 | 04:48:00 | 0 | Castel | Vazon Mile | 25/06/2019 |
| | | | | | | | | |
| | Huw | Evans | V45 | 04:48:00 | 0 | Tredegar | Steve Jones 1 Mile Series | 17/05/2019 |
| | Richard | Jones | V45 | 04:51:00 | 0 | Tredegar | Steve Jones 1 Mile Series | 17/05/2019 |
| | Adrian | Lewis | V45 | 5:13:00 | 0 | Tewkesbury | Bushley Mile | 22/04/2019 |
| | | | | | | | | |
| | Sean | Price | V55 | 05:32:00 | 0 | Tredegar | Steve Jones 1 Mile Series | 21/06/2019 |
| | Martyn | Cole | V55 | 05:28:00 | 0 | London | Vitality Westminster Mile | 26/05/2019 |
| | Brett | Davis | V55 | 05:56:00 | 0 | London | Vitality Westminster Mile | 26/05/2019 |
| | Mark | Roberts | V55 | 06:02:00 | 0 | Tredegar | Steve Jones 1 Mile Series | 17/05/2019 |
| | | | | | | | | |
| | Elio | Lepore | V60 | 05:55:00 | 0 | Cardiff | Cardiff Summer Series Mil | 03/05/2019 |
| | Mark | Williams | V60 | 06:09:00 | 0 | Tredegar | Steve Jones 1 Mile Series | 21/06/2019 |
| | | | | | | | | |
| | Mike | Murphy | V65 | 06:11:00 | 0 | Cardiff | Cardiff Summer Series Mil | 03/05/2019 |
| | | | | | | | | |
| | Barrie | Roberts | V75 | 07:32.90 | 0 | Coventry | Wickshire Open Graded S | 03/07/2019 |

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| 2000s/c | | | | | | | | |
| | Matthew | Evans | V35 | 06:43.70 | 0 | Swansea | Wales Regional Champio | 11/05/2019 |
| | Jeremy | Mower | V50 | 07:24.90 | 0 | Gloucester | Midland League Division | 19/05/2019 |
| 3000/sc | | | | | | | | |
| | Matthew | Evans | V35 | 10:40.91 | 0 | Cardiff | Welsh Senior Championshi | 13/07/2019 |
| 3000 | | | | | | | | |
| | Matthew | Evans | V35 | 09:30.40 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Robert | Prady | V35 | 09:56.56 | 0 | Swansea | Swansea Harriers Open Mee | 07/04/2019 |
| | Steven | Rees | V40 | 09:38.30 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Joe | Thomas | V40 | 09:43.20 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Scott | Browne | V40 | 10:29.20 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Dean | Webster | V40 | 12:00.10 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Tegid | Jones | V40 | 09:25.50 | 0 | Cheltenham | Lower Memorial Games Og | 06/05/2019 |
| | Huw | Evans | V45 | 09:33.10 | i | Cardiff | Cardiff Met GP1: Christmas Cl | 16/12/2018 |
| | Richard | Jones | V45 | 09:43.20 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Adrian | Lewis | V45 | 10:07.95 | i | Cardiff | Cardiff Met GP1: Christmas Cl | 16/12/2018 |
| | Lee | Aherne | V50 | 09:37.41 | 0 | Coventry | Mid Masters Inter Area Cha | 06/07/2019 |
| | Paul | Flynn | V50 | 10:29.10 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Sean | McCormack | V50 | 11:12.70 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | Charles | Northey | V50 | 13:17.10 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Martyn | Cole | V55 | 10:57.60 | 0 | Redditch | Mid Veterans' League Divisio | 05/06/2019 |
| | Sean | McCormack | V55 | 11:12.70 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | Mike | Robbins | V55 | 11:14.30 | 0 | Wrexham | Wales Regional Champio | 11/05/2019 |
| | Kevin | Challinor | V55 | 12:11.80 | 0 | Connah's Quay | Cheshire League | 04/05/2019 |
| | Clive | Osmond | V55 | 12:30.66 | i | Cardiff | Cardiff Met GP1: Christmas Cl | 16/12/2018 |
| | Jeffrey | Hanson | V55 | 15:09.90 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Mark | Williams | V60 | 11:47.56 | 0 | Coventry | Mid Masters Inter Area Cha | 06/07/2019 |
| | Elio | Lepore | V60 | 11:21.50 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Huw | Roberts | V60 | 12:07.67 | i | Cardiff | Cardiff Met GP1: Christmas Cl | 16/12/2018 |
| | Austin | Davies | V60 | 12:13.09 | i | Cardiff | Cardiff Met GP1: Christmas Cl | 16/12/2018 |
| | Alan | Mann | V60 | 19:23.44 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Richard | Marks | V65 | 12:13.90 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Mike | Murphy | V65 | 12:27.65 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | David | Proffitt | V65 | 13:18.51 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Ian | Swanson | V65 | 18:04.00 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Barrie | Roberts | V75 | 15:09.16 | i | Torun, POL | Masters Indoor Champio | 24/03/2019 |

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| 5000 | | | | | | | | |
| | Peter | Watkeys | V35 | 17:00.61 | 0 | Basingstoke | ern Athletics League Divis | 15/06/2019 |
| | Joe | Thomas | V40 | 16:45.78 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Lee | Garland | V40 | 17:17.92 | 0 | St. Peter Port | y Intertrust Challenge Op | 05/05/2019 |
| | David | Skidmore | V40 | 17:47.50 | 0 | Guildford | ern Athletics League Divis | 15/06/2019 |
| | Lee | Jones | V45 | 16:08.90 | 0 | Connah's Quay | of England League Divisi | 19/05/2019 |
| | Lee | Aherne | V50 | 16:37.34 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Mike | Robbins | V55 | 19:12.70 | 0 | Bebington | C Endurance Open Series | 08/05/2019 |
| | Sean | McCormack | V55 | 19:52.15 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Kevin | Challinor | V55 | 22:10.53 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | David | Murrie | V60 | 24:02.00 | 0 | shnton under Lynn | Masters 5000m Champ | 24/07/2019 |
| | Mike | Murphy | V65 | 21:58.61 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| 2000W | | | | | | | | |
| | Mark | Williams | V60 | 10:10.88 | i | Lee Valley | Welsh Masters Area Challe | 24/02/2019 |
| 3000W | | | | | | | | |
| | Jason | Elworthy | V45 | 28:57.05 | 0 | Neath | Welsh Athletics League | 19/05/2019 |

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|----|---------|---------------|-----|------|---|---------------|--------------------------------|------------|
| HJ | | | | | | | | |
| | Owen | Chesher | V35 | 1.84 | 0 | Cardiff | Welsh Senior Championships | 14/07/2019 |
| | Paul | Edwards | V40 | 1.15 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Steve | Ingram | V45 | 1.65 | 0 | Swansea | Wales Regional Championships | 11/05/2019 |
| | Steven | Thomas-Spires | V45 | 1.30 | 0 | Wrexham | Wales Regional Championships | 11/05/2019 |
| | Glyn | Price | V50 | 1.50 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Neil | Davies | V50 | 1.46 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | Charles | Northey | V50 | 1.30 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Robin | Wood | V50 | 1.30 | i | Swansea | Welsh Masters Championships | 10/02/2019 |
| | Derek | Osborne | V55 | 1.47 | i | Lee Valley | Championships (inc South) | 17/02/2019 |
| | Keith | Powell | V55 | 1.38 | i | Lee Valley | Championships (inc South) | 17/02/2019 |
| | Dave | Stokes | V55 | 1.10 | 0 | Connah's Quay | Cheshire League | 04/05/2019 |
| | Chris | Berry | V60 | 1.30 | 0 | Brecon | Welsh Masters Championships | 21/07/2019 |
| | David | Murrie | V60 | 1.30 | 0 | Brecon | Welsh Masters Championships | 21/07/2019 |
| | Jon | Clarke | V60 | 0.90 | 0 | Bury | Northern Masters Championships | 23/06/2019 |
| | Mark | Wyndham-Jones | V65 | 1.35 | 0 | Norwich | Norfolk County Championships | 12/05/2019 |
| | Ian | Swanson | V65 | 1.10 | i | Cyncoed | WMAA | 22/05/2019 |
| | Ian | Robinson | V70 | 1.02 | i | Lee Valley | Welsh Masters Area Challenge | 24/02/2019 |
| | Phil | Rees | V75 | 0.90 | i | Lee Valley | Welsh Masters Championships | 09/03/2019 |

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|----|----------|---------------|-----|------|---|----------------|-----------------------------|------------|
| LJ | | | | | | | | |
| | Dale | Garland | V35 | 6.86 | w | Gibraltar, GIB | West International Island C | 10/07/2019 |
| | Stephen | Buttler | V40 | 5.32 | 0 | Tipton | Midland League Division 3 | 16/06/2019 |
| | Ian | Williams | V40 | 3.81 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Paul | Edwards | V40 | 3.78 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Steve | Ingram | V45 | 4.76 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Steven | Thomas-Spires | V45 | 4.39 | 0 | Wrexham | Wales Regional Champio | 11/05/2019 |
| | Adrian | Lewis | V45 | 3.18 | 0 | Horspath | ers Open Pentathlon Cha | 02/06/2019 |
| | Jason | Elworthy | V45 | 2.20 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | Robin | Wood | V50 | 4.63 | i | Lee Valley | Welsh Masters Area Challe | 24/02/2019 |
| | Glyn | Price | V50 | 4.63 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Martin | Tucker | V50 | 3.17 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Keith | Powell | V55 | 4.65 | w | Horspath | ers Open Pentathlon Cha | 02/06/2019 |
| | Derek | Osborne | V55 | 4.64 | i | Lee Valley | Championships (inc South | 17/02/2019 |
| | Paul | Williams | V55 | 4.31 | 0 | Birmingham | ed Veterans' League Divisi | 05/06/2019 |
| | Dave | Shields | V55 | 4.04 | i | Lee Valley | Championships (inc South | 17/02/2019 |
| | Dave | Stokes | V55 | 3.81 | 0 | Bury | thern Masters Champions | 23/06/2019 |
| | Wayne | Howe | V60 | 4.41 | 0 | Canterbury | Victa East Kent Open Seri | 13/06/2019 |
| | Roderick | Davies | V60 | 4.16 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Duncan | Steward | V60 | 4.15 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Chris | Berry | V60 | 3.12 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Jon | Clarke | V60 | 3.00 | 0 | Bury | thern Masters Champions | 23/06/2019 |
| | Chris | Norton | V60 | 2.32 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Ian | Swanson | V65 | 2.65 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Allan | Cheers | V70 | 3.44 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Phil | Rees | V75 | 2.35 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | John | Evans | V80 | 2.56 | 0 | Rugby | ed Veterans' League Divisi | 03/07/2019 |

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|----|--------|---------------|-----|------|---|----------|---------------------------------------|
| TJ | | | | | | | |
| | Steve | Ingram | V45 | 8.41 | 0 | Swansea | Welsh Masters League 24/04/2019 |
| | Steven | Thomas-Spires | V45 | 9.04 | 0 | Coventry | Mid Masters Inter Area Chd 06/07/2019 |

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|--|--------|----------|-----|------|---|---------------|--------------------------------------|
| | Robin | Wood | V50 | 9.94 | i | Lee Valley | Welsh Masters Area Challe 24/02/2019 |
| | Glyn | Price | V50 | 9.08 | 0 | Swansea | Welsh Masters League 24/04/2019 |
| | Derek | Osborne | V55 | 9.98 | 0 | Swansea | Welsh Masters League 24/04/2019 |
| | Paul | Williams | V55 | 9.23 | 0 | Burton | Veterans' League Divisio 03/07/2019 |
| | Dave | Shields | V55 | 8.91 | i | Lee Valley | Welsh Masters Championsh 10/03/2019 |
| | Dave | Stokes | V55 | 7.18 | i | Connah's Quay | Wales Regional Champio 12/01/2019 |
| | Wayne | Howe | V60 | 9.24 | 0 | Bromley | Heath & Bromley Open S 17/06/2019 |
| | David | Murrie | V60 | 8.68 | 0 | Brecon | Welsh Masters Championsh 21/07/2019 |
| | Duncan | Steward | V60 | 8.11 | i | Swansea | Welsh Masters Championsh 10/02/2019 |
| | Graeme | Knowles | V60 | 7.31 | 0 | Swansea | Welsh Masters League 24/04/2019 |
| | Ian | Swanson | V65 | 5.02 | i | Swansea | Welsh Masters Championsh 10/02/2019 |
| | Sean | Power | V75 | 8.32 | i | Swansea | Welsh Masters Championsh 10/02/2019 |
| | Phil | Rees | V75 | 5.61 | i | Lee Valley | Welsh Masters Championsh 10/03/2019 |

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|----|-------|---------|-----|------|---|------------|---------------------------------------|
| PV | | | | | | | |
| | Glyn | Price | V50 | 4.05 | i | Cardiff | Athletics Senior Champic 27/01/2019 |
| | Dave | Gordon | V50 | 3.45 | i | Torun, POL | Masters Indoor Champic 28/03/2019 |
| | Gwynn | Wallace | V50 | 1.20 | 0 | Abingdon | Centies Veterans' League W 20/05/2019 |
| | Derek | Osborne | V55 | 2.75 | 0 | Neath | Welsh Athletics League 19/05/2019 |
| | Keith | Powell | V55 | 2.60 | i | Lee Valley | Welsh Masters Championsh 10/03/2019 |
| | Dave | Stokes | V55 | 2.30 | i | Swansea | Welsh Masters Championsh 10/02/2019 |

| SP7.26K | | | | | | | | |
|---------|---------|---------------|-----|-------|---|---------------|-----------------------------|------------|
| | Stephen | Buttler | V40 | 9.17 | 0 | Telford | ire County Championship | 11/05/2019 |
| | Ian | Williams | V40 | 9.13 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Paul | Edwards | V40 | 7.01 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | | | | | | | | |
| | Graham | Holder | V45 | 10.86 | 0 | Basildon | ern Athletics League Divisi | 13/04/2019 |
| | Peter | Roberts | V45 | 10.54 | 0 | Swansea | Wales Regional Champio | 11/05/2019 |
| | Steve | Ingram | V45 | 9.40 | 0 | Swansea | Wales Regional Champio | 11/05/2019 |
| | Steven | Thomas-Spires | V45 | 7.01 | 0 | Stretford | of England League Divisi | 19/05/2019 |
| | Jason | Elworthy | V45 | 5.37 | i | Cardiff | Athletics Senior Champic | 26/01/2019 |
| | Adrian | Lewis | V45 | 4.87 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | | | | | | | | |
| | Martin | Tucker | V50 | 9.20 | 0 | Connah's Quay | of England League Divisi | 19/05/2019 |
| | Gwynn | Wallace | V50 | 9.15 | 0 | Bedford | ern Athletics League Divisi | 13/04/2019 |
| | Neil | Davies | V50 | 8.49 | 0 | Wrexham | of England League Divisi | 14/07/2019 |
| | Robin | Wood | V50 | 8.36 | 0 | Swansea | Wales Regional Champio | 11/05/2019 |
| | Charles | Northey | V50 | 7.37 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | | | | | | | | |
| | Paul | Williams | V55 | 7.76 | 0 | Birmingham | Veterans' League Divisic | 05/06/2019 |
| | Dave | Stokes | V55 | 7.44 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Keith | Powell | V55 | 7.44 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | | | | | | | | |
| | Chris | Berry | V60 | 8.48 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Mark | Williams | V60 | 6.98 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |

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|--|-------|------|-----|------|---|---------|--------------------------|------------|
| | Geoff | Ward | V65 | 8.00 | 0 | Wrexham | of England League Divisi | 14/07/2019 |
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| SP6K | | | | | | | | |
|------|--------|-----------|-----|-------|---|------------|--------------------------|------------|
| | Robert | Eales | V50 | 11.15 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Martin | Tucker | V50 | 11.11 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Gwynn | Wallace | V50 | 9.99 | 0 | Horspath | nties Veterans' League W | 29/04/2019 |
| | Glyn | Price | V50 | 9.28 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Robin | Wood | V50 | 9.15 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Neil | Davies | V50 | 8.95 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | David | Glendower | V50 | 8.26 | i | Torun, POL | Masters Indoor Champic | 26/03/2019 |

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|--|---------|----------|-----|------|---|---------|--------------------------|------------|
| | Glyndwr | Pugh | V55 | 9.32 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Dave | Stokes | V55 | 8.84 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Derek | Osborne | V55 | 8.79 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Paul | Williams | V55 | 8.31 | 0 | Burton | Veterans' League Divisic | 03/07/2019 |
| | Keith | Powell | V55 | 7.67 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |

| SP5K | | | | | | | | |
|------|----------|----------|-----|-------|---|------------|----------------------------|------------|
| | Jason | Elworthy | V45 | 6.23 | i | Cardiff | Athletics Shot in the Darl | 11/01/2019 |
| | | | | | | | | |
| | Duncan | Steward | V60 | 10.06 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Chris | Berry | V60 | 9.97 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
| | Chris | Pruski | V60 | 8.19 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | Roderick | Davies | V60 | 7.07 | i | Lee Valley | Welsh Masters Area Challe | 24/02/2019 |
| | Mark | Williams | V60 | 6.35 | 0 | Newport | Welsh Masters League | 12/06/2019 |

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|--|-----------|---------------|-----|-------|---|---------|-------------------------|------------|
| | Mark | Wyndham-Jones | V65 | 10.45 | 0 | Norwich | rfolk County Championsh | 11/05/2019 |
| | Geoff | Ward | V65 | 10.11 | 0 | Wrexham | Wales Regional Champio | 11/05/2019 |
| | Michael H | Davies | V65 | 6.38 | 0 | Newport | Welsh Masters League | 12/06/2019 |

| SP4K | | | | | | | | |
|------|-------|----------|-----|------|---|------------|---------------------------|------------|
| | Ian | Bowles | V70 | 9.61 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Paul | Brooks | V70 | 8.20 | 0 | Wrexham | Wales Regional Champio | 11/05/2019 |
| | Ian | Robinson | V70 | 7.76 | i | Lee Valley | Welsh Masters Area Challe | 24/02/2019 |
| | David | Jones | V70 | 7.25 | i | Swansea | Welsh Masters Championsh | 10/02/2019 |
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| | Phil | Rees | V75 | 6.67 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |

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|--|------|-------|-----|------|---|-----------|---------------------------|------------|
| | John | Evans | V80 | 5.64 | 0 | Kettering | d Veterans' League Divisi | 29/05/2019 |
|--|------|-------|-----|------|---|-----------|---------------------------|------------|

| JT500 | | | | | | | | |
|-------|------|----------|-----|-------|---|---------|--------------------------|------------|
| | Ian | Robinson | V70 | 23.70 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Ian | Bowles | V70 | 20.87 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Phil | Rees | V75 | 15.85 | 0 | Cyncoed | WMAA | 22/05/2019 |

| JT600 | | | | | | | | |
|--------|-----------|---------------|-----|-------|---|------------|---------------------------|------------|
| | Wayne | Howe | V60 | 38.89 | 0 | Canterbury | Victa East Kent Open Seri | 13/06/2019 |
| | Duncan | Steward | V60 | 32.34 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Chris | Pruski | V60 | 30.07 | 0 | Torun, POL | ers Championships - Out | 25/03/2019 |
| | Chris | Berry | V60 | 20.47 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | Mark | Williams | V60 | 13.85 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | | | | | | | | |
| JT 600 | | | | | | | | |
| | Geoff | Ward | V65 | 31.88 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Mark | Wyndham-Jones | V65 | 28.81 | 0 | Norwich | rfolk County Championsh | 12/05/2019 |
| | Michael H | Davies | V65 | 15.32 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Phil | Rees | V75 | 12.57 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | David | Jones | V70 | 11.18 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |

| JT700 | | | | | | | | |
|-------|---------|---------|-----|-------|---|---------------|---------------------------|------------|
| | Martin | Tucker | V50 | 43.27 | 0 | Connah's Quay | Deeside Spring Open | 07/04/2019 |
| | Gwynn | Wallace | V50 | 35.03 | 0 | Abingdon | nties Veterans' League W | 20/05/2019 |
| | Charles | Northey | V50 | 34.94 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Neil | Davies | V50 | 27.67 | 0 | Coventry | rd Masters Inter Area Cha | 06/07/2019 |
| | Robert | Eales | V50 | 24.82 | 0 | Cyncoed | WMAA | 22/05/2019 |

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|--|----------|---------|-----|-------|---|----------|--------------------------|------------|
| | Jonathan | Powell | V55 | 35.53 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Derek | Osborne | V55 | 29.77 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Dave | Stokes | V55 | 24.71 | 0 | Wrexham | Welsh Masters League | 05/06/2019 |
| | Keith | Powell | V55 | 22.23 | 0 | Horspath | ers Open Pentathlon Cha | 02/06/2019 |
| | Glyndwr | Pugh | V55 | 20.78 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |

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|--|-------|------|-----|-------|---|--------|--------------------------|------------|
| | Wayne | Howe | V60 | 31.90 | 0 | Eltham | nties Veterans' League K | 03/05/2019 |
|--|-------|------|-----|-------|---|--------|--------------------------|------------|

| JT800 | | | | | | | | |
|-------|------|---------|-----|-------|---|----------------|---------------------------|------------|
| | Dale | Garland | V35 | 50.33 | 0 | St. Peter Port | y Intertrust Challenge Op | 16/05/2019 |

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|--|---------|---------------|-----|-------|---|------------------|----------------------------|------------|
| | Ian | Williams | V40 | 29.77 | 0 | Cyncoed | WMAA | 22/05/2019 |
| | Graham | Holder | V45 | 27.70 | 0 | Brighton | ern Athletics League Divis | 19/05/2019 |
| | Steven | Thomas-Spires | V45 | 27.38 | 0 | Wrexham | Cheshire League | 04/05/2019 |
| | Adrian | Lewis | V45 | 16.48 | 0 | Horspath | ers Open Pentathlon Cha | 02/06/2019 |
| | Neil | Davies | V50 | 40.88 | 0 | shpton under Lyn | of England League Divisi | 16/06/2019 |
| | Martin | Tucker | V50 | 37.19 | 0 | Connah's Quay | of England League Divisi | 19/05/2019 |
| | Gwynn | Wallace | V50 | 33.45 | 0 | Andover | ern Athletics League Divis | 19/05/2019 |
| | Charles | Northey | V50 | 32.21 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Dave | Stokes | V55 | 26.03 | 0 | Connah's Quay | Cheshire League | 04/05/2019 |
| | Chris | Pruski | V60 | 26.55 | 0 | Swansea | Wales Regional Champio | 11/05/2019 |

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|--|-------|------|-----|-------|---|---------|--------------------------|------------|
| | Geoff | Ward | V65 | 25.83 | 0 | Wrexham | of England League Divisi | 14/07/2019 |
|--|-------|------|-----|-------|---|---------|--------------------------|------------|

| DT1K | | | | | | | | |
|------|--------|---------------|-----|-------|---|----------|--------------------------|------------|
| | Duncan | Steward | V60 | 26.05 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Chris | Berry | V60 | 25.89 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | Chris | Pruski | V60 | 25.42 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Mark | Williams | V60 | 18.85 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Mark | Wyndham-Jones | V65 | 38.84 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Geoff | Ward | V65 | 35.45 | 0 | Wrexham | Wales Regional Champio | 11/05/2019 |
| | Ian | Bowles | V70 | 32.71 | 0 | Nuneaton | nd Masters AC Champior | 09/06/2019 |
| | Ian | Robinson | V70 | 29.86 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Paul | Brooks | V70 | 27.56 | 0 | Wrexham | Wales Regional Champio | 11/05/2019 |
| | David | Jones | V70 | 14.64 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | Phil | Rees | V75 | 19.66 | 0 | Swansea | Welsh Masters League | 24/04/2019 |

| DT 1.5K | | | | | | | | |
|---------|---------|-----------|-----|-------|---|---------------|----------------------------|------------|
| | Gwynn | Wallace | V50 | 33.05 | 0 | Kettering | ed Veterans' League Divisi | 29/05/2019 |
| | Robert | Eales | V50 | 31.05 | 0 | Coventry | ed Masters Inter Area Cha | 06/07/2019 |
| | Glyn | Price | V50 | 24.77 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | David | Glendower | V50 | 24.41 | 0 | Lee Valley | alley Throws Fest Open S | 19/05/2019 |
| | Charles | Northey | V50 | 20.51 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | Dave | Stokes | V55 | 30.73 | 0 | Connah's Quay | Deeside Spring Open | 07/04/2019 |
| | Derek | Osborne | V55 | 27.66 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Glyndwr | Pugh | V55 | 29.93 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Keith | Powell | V55 | 25.23 | 0 | Horspath | ers Open Pentathlon Cha | 02/06/2019 |
| | Paul | Williams | V55 | 20.60 | 0 | Birmingham | Veterans' League Divisic | 05/06/2019 |

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|--|-------|------|-----|-------|---|----------|---------------------------|------------|
| | Wayne | Howe | V60 | 28.60 | 0 | Dartford | nties Veterans' League Kl | 13/05/2019 |
|--|-------|------|-----|-------|---|----------|---------------------------|------------|

| DT2K | | | | | | | | |
|------|---------|---------------|-----|-------|---|-------------------|----------------------------|------------|
| | Ian | Williams | V40 | 29.52 | 0 | Lee Valley | sters Winter Throws Char | 09/03/2019 |
| | Paul | Edwards | V40 | 20.03 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | Peter | Roberts | V45 | 36.58 | 0 | Coventry | ed Masters Inter Area Cha | 06/07/2019 |
| | Graham | Holder | V45 | 34.20 | 0 | Erith | ern Athletics League Divis | 13/07/2019 |
| | Steve | Ingram | V45 | 32.42 | 0 | Aberdare | Welsh Masters League | 10/07/2019 |
| | Steven | Thomas-Spires | V45 | 19.62 | 0 | shnton under Lyrn | of England League Divisi | 16/06/2019 |
| | Jason | Elworthy | V45 | 11.28 | 0 | Neath | Welsh Athletics League | 19/05/2019 |
| | Adrian | Lewis | V45 | 10.20 | 0 | Horspath | ers Open Pentathlon Cha | 02/06/2019 |
| | Gwynn | Wallace | V50 | 27.58 | 0 | Andover | rn Athletics League Divis | 19/05/2019 |
| | Charles | Northey | V50 | 18.24 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Dave | Stokes | V55 | 24.74 | 0 | Connah's Quay | of England League Divisi | 19/05/2019 |
| | Keith | Powell | V55 | 20.40 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Chris | Berry | V60 | 20.70 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Mark | Williams | V60 | 11.61 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |

| | | | | | | | | |
|--|-------|------|-----|-------|---|---------|--------------------------|------------|
| | Geoff | Ward | V65 | 23.80 | 0 | Wrexham | of England League Divisi | 14/07/2019 |
|--|-------|------|-----|-------|---|---------|--------------------------|------------|

| HT7.26K | | | | | | | | |
|---------|--------|---------------|-----|-------|---|-----------------|----------------------------|------------|
| | Graham | Holder | V45 | 51.68 | 0 | Dartford | n Championships inc. Da | 26/06/2019 |
| | Peter | Roberts | V45 | 29.21 | 0 | Swansea | sh Athletics League Divisi | 12/05/2019 |
| | Steven | Thomas-Spires | V45 | 19.38 | 0 | shton under Lyn | of England League Divisi | 16/06/2019 |
| | Gwynn | Wallace | V50 | 23.89 | 0 | Nuneaton | d Veterans' League Divisi | 01/05/2019 |
| | Neil | Davies | V50 | 21.67 | 0 | shton under Lyn | of England League Divisi | 16/06/2019 |
| | Dave | Stokes | V55 | 21.25 | 0 | Connah's Quay | of England League Divisi | 19/05/2019 |
| | Chris | Berry | V60 | 27.22 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | David | Jones | V70 | 11.06 | 0 | Swansea | Wales Regional Champio | 11/05/2019 |

| HT6K | | | | | | | | |
|------|---------|-----------|-----|-------|---|------------|--------------------------|------------|
| | Robert | Eales | V50 | 30.94 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | David | Glendower | V50 | 27.94 | 0 | Lee Valley | alley Throws Fest Open S | 19/05/2019 |
| | Gwynn | Wallace | V50 | 26.68 | 0 | Abingdon | ounties Veterans' AC Cha | 25/05/2019 |
| | Neil | Davies | V50 | 24.80 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Glyn | Price | V50 | 16.47 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Charles | Northey | V50 | 14.96 | 0 | Newport | Welsh Masters League | 12/06/2019 |
| | Glyndwr | Pugh | V55 | 33.55 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Derek | Osborne | V55 | 30.38 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Dave | Stokes | V55 | 29.99 | 0 | Nuneaton | nd Masters AC Champior | 09/06/2019 |

| HT5K | | | | | | | | |
|------|--------|---------|-----|-------|---|---------|--------------------------|------------|
| | Duncan | Steward | V60 | 29.30 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Chris | Berry | V60 | 26.36 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Graeme | Knowles | V60 | 25.43 | 0 | Swansea | Welsh Masters League | 24/04/2019 |
| | Chris | Pruski | V60 | 15.66 | 0 | Swansea | Welsh Masters League | 24/04/2019 |

| HT5K | | | | | | | | |
|------|------|---------------|-----|-------|---|--------|--------------------------|------------|
| | Mark | Wyndham-Jones | V65 | 29.31 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |

| HT4K | | | | | | | | |
|------|-------|--------|-----|-------|---|----------|--------------------------|------------|
| | Ian | Bowles | V70 | 31.93 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | David | Jones | V70 | 18.40 | 0 | Aberdare | Welsh Athletics League | 22/06/2019 |
| | Phil | Rees | V75 | 18.12 | 0 | Nuneaton | nd Masters AC Champior | 09/06/2019 |

| WT11.34K | | | | | | | | |
|----------|----------|-----------|-----|-------|---|------------|--------------------------|------------|
| | David | Glendower | V50 | 9.84 | i | Torun, POL | Masters Indoor Champio | 28/03/2019 |
| | Gwynn | Wallace | V50 | 8.65 | 0 | Derby | Masters Throws Group Se | 01/06/2019 |
| | Glyndwr | Pugh | V55 | 11.26 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Dave | Stokes | V55 | 11.15 | 0 | Hull | hampionships (inc North | 29/06/2019 |
| | Jonathan | Powell | V55 | 6.77 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |

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|---------|--------|---------|-----|-------|---|--------|------------------------------------|------------|
| WT7.26K | Ian | Bowles | V70 | 11.40 | 0 | Hull | British Masters Combined Events | 29/06/2019 |
| WT9.08K | Duncan | Steward | V60 | 11.41 | 0 | Brecon | Welsh Masters Championsh | 21/07/2019 |
| | Chris | Berry | V60 | 7.37 | 0 | Brecon | Welsh Masters | 21/07/2019 |

| Pent | | | | | | | | |
|------|--------|---------|-----|---------|---|------------|--------------------------|------------|
| | Adrian | Lewis | V45 | 1493 | 0 | Horspath | ers Open Pentathlon Cha | 02/06/2019 |
| | Gwynn | Wallace | V50 | 2299.00 | 0 | Derby | Masters Throws Group Se | 01/06/2019 |
| | Derek | Osborne | V55 | 3184.00 | i | Lee Valley | Championships (inc South | 17/02/2019 |
| | Keith | Powell | V55 | 2654.00 | i | Lee Valley | Championships (inc South | 17/02/2019 |
| | Ian | Bowles | V70 | 3154.00 | 0 | Hull | hampionships (inc North | 29/06/2019 |