



WMAL Men's Performances - to 28th August 2021							
Name	Year	Age Group	Event	Performance	Venue	Meeting	Date
Michael Dickens	2021	SEN	100	11.7	Telford	Midland League - West Mids (West)	2021-08-15
Michael Dickens	2021	SEN	200	23.8	Telford	Midland League - West Mids (West)	2021-08-15
Adebowale Ademuyewo	2021	V35	400	1:41.57	Yate	National Athletics League Premier West	2021-08-07
Ben Butler-Madden	2021	V35	3000	10:06.49	Milton Keynes	SOAR MK 5000 PB Special	2021-07-17
Ben Butler-Madden	2021	V35	5000	16:58.01	Milton Keynes	SOAR MK 5000 PB Special	2021-07-17
Owen Chesher	2021	V35	HJ	1.80	Cardiff	Welsh Senior Championships (inc. Under 15)	2021-08-15
Owen Chesher	2021	V35	HJ	1.80	Derby	BMAF - British Masters Championships	2021-08-22
Brian Dias	2021	V35	800	2:42.48	Cardiff	Welsh Athletics Endurance Open	2021-07-21
Brian Dias	2021	V35	TJ	6.72	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Andrew Reynolds	2021	V35	3000	9:53.0	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Lee Richards	2021	V35	400	60.1	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Peter Watkeys	2021	V35	800	2:03.9	Basingstoke	Southern Athletics League - West	2021-08-14
Peter Watkeys	2021	V35	1500	4:24.5	Basingstoke	Basingstoke & Mid Hants AC Season Starter	2021-05-01
David John Williams	2021	V35	1500	4:15.01	Cardiff	Welsh Endurance Meeting 1	2021-05-26
Sion Lewis	2021	V35	1 Mile	4:43.3	Finsbury Park	Golden Stag Mile	2021-07-03
Kieran Golding	2021	V40	1 Mile	6:13.5	Cheltenham	Cheltenham Midsummer Open	2021-07-07
Kieran Golding	2021	V40	200	30.1	Horspath	Southern Counties Vets League - Western Division	2021-08-04
Kieran Golding	2021	V40	400	68.6	Cheltenham	Cheltenham Midsummer Open	2021-07-28
Kieran Golding	2021	V40	600	1:55.64	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	2021-05-09
Kieran Golding	2021	V40	1500	5:56.5	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Kieran Golding	2021	V40	TJ	8.59	Horspath	Southern Counties Vets League - Western Division	2021-08-04
Kieran Golding	2021	V40	LJ	4.02	Basingstoke	Southern Athletics League - West	2021-06-20
Kieran Golding	2021	V40	SP7.26K	6.58	Basingstoke	Southern Athletics League - West	2021-06-20
Kieran Golding	2021	V40	DT2K	19.36	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Kieran Golding	2021	V40	PenM40	1590	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Kieran Golding	2021	V40	JT800	38.40	Horspath	Southern Counties Vets League - Western Division	2021-08-04
Matthew Harding	2021	V40	100	12.45	Stretford	British Masters AF Regional Challenge (North)	2021-07-24
Matthew Harding	2021	V40	LJ	4.90	Ashton-under-Lyne	North of England League West 25	2021-06-19
Matthew Harding	2021	V40	400	58.45	Stretford	British Masters AF Regional Challenge (North)	2021-07-24
Matthew Harding	2021	V40	200	25.4	Salford	North of England League West 25	2021-05-22
Warwick Helps	2021	V40	5000	18:37.53	St. Peter Port	Guernsey Athletics Track & Field Series	2021-05-23
Robert Prady	2021	V40	3000	10:09.43	Newport	Welsh Athletics Event Specific - Endurance	2021-06-26
Robert Prady	2021	V40	1500	4:43.7	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Chris Shepherd	2021	V40	LJ	5.30	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Jason Elworthy	2021	V45	DT1.5K	13.80	Cardiff	Welsh Senior Championships (inc. Under 15)	2021-08-14
Huw Evans	2021	V45	3000	9:47.59	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	2021-05-09
Lee Garland	2021	V45	3000	10:04.25	St. Peter Port	Guernsey Athletics Track & Field Series	2021-07-29
Lee Garland	2021	V45	5000	17:56.66	St. Peter Port	Guernsey Athletics Track & Field Series	2021-05-23
Adrian Lewis	2021	V45	800	2:16.33	Newport	Welsh Athletics Event Specific - Endurance	2021-06-26
Graham Holder	2021	V45	DT2K	33.25	Eltham	Southern Athletics League - South East London	2021-06-20
Graham Holder	2021	V45	JT800	29.38	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Graham Holder	2021	V45	PenWtM45	3242	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Graham Holder	2021	V45	WT15.88K	13.66	Derby	BMAF - British Masters Championships	2021-08-22
Graham Holder	2021	V45	SP7.26K	10.60	Chelmsford	National Athletics League Championship London	2021-06-06
Graham Holder	2021	V45	HT7.26K	49.09	Chelmsford	National Athletics League Championship London	2021-06-06
Peter Roberts	2021	V45	DT2K	33.29	Yate	National Athletics League Premier West	2021-08-07
Peter Roberts	2021	V45	HT7.26K	28.29	Yate	National Athletics League Premier West	2021-06-06
James Rogers	2021	V45	800	2:50.16	Stretford	Trafford Senior Open	2021-04-24
James Rogers	2021	V45	3000	11:37.69	Stretford	Trafford Grand Prix	2021-05-18
James Rogers	2021	V45	5000	20:27.04	Nuneaton	Midland Masters Championships	2021-06-06
James Rogers	2021	V45	3000SC	13:09.5	Salford	North of England League West 25	2021-05-22
Ian Williams	2021	V45	SP7.26K	8.80	Newport	Midland League - Newport	2021-07-11
Ian Williams	2021	V45	DT2K	25.92	Stourport	Midland League - Worcs/Here/West	2021-06-20
Ian Williams	2021	V45	JT800	28.00	Stourport	Midland League - Worcs/Here/West	2021-06-20
Neil Davies	2021	V50	400	64.46	Stretford	Trafford Sprints Grand Prix	2021-05-25
Neil Davies	2021	V50	400H	85.6	Macclesfield	North of England League West 25	2021-08-01
Paul Flynn	2021	V50	3000	10:20.9	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Paul Flynn	2021	V50	5000	17:58.12	Cardiff	Welsh Endurance Meeting 1	2021-05-26
David Glendower	2021	V50	SP6K	7.60	Lee Valley	British Masters AF Regional Challenge (South)	2021-08-01
David Glendower	2021	V50	WT11.34K	9.21	Lee Valley	British Masters AF Regional Challenge (South)	2021-08-01
David Glendower	2021	V50	DT1.5K	22.61	Lee Valley	British Masters AF Regional Challenge (South)	2021-08-01
David Glendower	2021	V50	HT6K	24.55	Gillingham	Medway & Maidstone AC Open Meeting	2021-08-07
Lee Jones	2021	V50	5000	17:15.4	Ashton-under-Lyne	North of England League West 25	2021-06-19
Chris Millard	2021	V50	SP7.26K	7.40	Yate	Avon Track & Field League	2021-06-13
Chris Millard	2021	V50	HT7.26K	15.73	Yate	Avon Track & Field League	2021-07-04

Mark Shepherd	2021	V50	1500	4:47.2	Burton	Midland League - Staffs	2021-08-14
Mark Shepherd	2021	V50	Mile	5:26.3	Tamworth	Midland Veterans League	2021-07-07
Mark Shepherd	2021	V50	800	2:24.5	Burton	Midland Vets Track & Field League	2021-08-11
Mark Shepherd	2021	V50	3000	10:26.7	Burton	Midland Vets Track & Field League	2021-08-11
Steven Thomas-Spires	2021	V50	LJ	3.95	Stretford	North of England League West 25	2021-07-04
Steven Thomas-Spires	2021	V50	SP7.26K	7.17	Stretford	North of England League West 25	2021-07-04
Steven Thomas-Spires	2021	V50	DTK	21.90	Stretford	North of England League West 25	2021-07-04
Steven Thomas-Spires	2021	V50	HT7.26K	18.13	Macclesfield	North of England League West 25	2021-08-01
Steven Thomas-Spires	2021	V50	JT800	22.03	Stretford	North of England League West 25	2021-07-04
Martin Tucker	2021	V50	DT1.5K	23.76	Stretford	Trafford Grand Prix	2021-08-10
Martin Tucker	2021	V50	SP7.26K	8.55	Ashton-under-Lyne	North of England League West 25	2021-06-19
Martin Tucker	2021	V50	SP6K	9.26	Nuneaton	Midland Masters Championships	2021-06-06
Martin Tucker	2021	V50	JT800	36.63	Ashton-under-Lyne	North of England League West 25	2021-06-19
Martin Tucker	2021	V50	JT700	40.30	Kilmarnock	Scottish Athletics Combined Events & Masters Championships & Hurd	2021-07-10
Russell Whiting	2021	V50	100	11.8	Eastbourne	Sussex Veterans League	2021-05-19
Russell Whiting	2021	V50	200	24.84	Crawley	Southern Athletics League - South Central	2021-06-20
Brett Davis	2021	V55	400	60.38	Nuneaton	Midland Masters Championships	2021-06-06
Brett Davis	2021	V55	600	1:39.9	Cheltenham	Cheltenham Midsummer Open	2021-07-14
Brett Davis	2021	V55	800	2:22.32	Nuneaton	Midland Masters Championships	2021-06-06
Robert Eales	2021	V55	DT1.5K	28.48	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Robert Eales	2021	V55	HT6K	29.40	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Jeremy Mower	2021	V55	1500	4:55.7	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Jeremy Mower	2021	V55	3000	10:32.3	Gloucester	Gloucester June Open	2021-06-15
Jeremy Mower	2021	V55	5000	18:06.9	Gloucester	Gloucestershire County Championships	2021-05-16
Jeremy Mower	2021	V55	20005C	7:45.8	Cheltenham	Midland League - Gloucs	2021-07-11
Jeremy Mower	2021	V55	30005C	11:25.99	Yate	Midland League - Gloucs	2021-08-15
Glyn Price	2021	V55	DT2K	14.39	Yate	National Athletics League Premier West	2021-07-03
Glyn Price	2021	V55	HT7.26K	15.23	Yate	National Athletics League Premier West	2021-06-06
Glyn Price	2021	V55	PV	3.81	Yate	National Athletics League Premier West	2021-07-03
Rob Sheen	2021	V55	3000	11:10.86	Loughborough	Charnwood AC Open	2021-08-01
Rob Sheen	2021	V55	5000	19:40.76	Nottingham	The 5000m Track Challenge	2021-08-21
Rob Sheen	2021	V55	1500	5:24.9	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Dave Stokes	2021	V55	PV	2.30	Ashton-under-Lyne	North of England League West 25	2021-06-19
Dave Stokes	2021	V55	SP7.26K	7.76	Salford	North of England League West 25	2021-05-22
Dave Stokes	2021	V55	SP6K	8.54	Derby	BMAF - British Masters Championships	2021-08-21
Dave Stokes	2021	V55	WT11.34K	11.06	Stretford	British Masters AF Regional Challenge (North)	2021-07-24
Dave Stokes	2021	V55	DT2K	23.29	Salford	North of England League West 25	2021-05-22
Dave Stokes	2021	V55	DT1.5K	29.72	Sheffield	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-26
Dave Stokes	2021	V55	HT7.26K	24.73	Stretford	North of England League West 25	2021-07-04
Dave Stokes	2021	V55	PenWtM55	2344	Sheffield	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-26
Dave Stokes	2021	V55	HT6K	28.48	Stretford	British Masters AF Regional Challenge (North)	2021-07-24
Dave Stokes	2021	V55	JT800	21.71	Salford	North of England League West 25	2021-05-22
Dave Stokes	2021	V55	JT700	23.27	Nuneaton	Midland Masters Championships	2021-06-06
Andrew Turner	2021	V55	SP6K	9.58	Poole	Dorset County Championships	2021-06-26
Andrew Turner	2021	V55	DT1.5K	30.65	Yeovil	Somerset County Championships	2021-08-22
David Williams	2021	V55	Mile	5:12.68	Wimbledon	Dave Clarke Mile Extravaganza (with 1500m Split)	2021-07-28
David Williams	2021	V55	1500	4:46.30	Aldershot	Aldershot, Farnham & District AC Open Meeting 3	2021-05-31
David Williams	2021	V55	3000	10:02.87	Watford	Watford Open Graded Meeting	2021-08-11
David Williams	2021	V55	5000	17:33.32	Wimbledon	Hercules Wimbledon 5000m Festival	2021-08-07
Paul Williams	2021	V55	200	27.3	Burton	Midland Veterans League - North	2021-06-16
Paul Williams	2021	V55	100	13.1	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Paul Williams	2021	V55	400	65.00	Telford	Midlands Veterans T&F League	2021-05-26
Paul Williams	2021	V55	LJ	4.06	Burton	Midland Veterans League - North	2021-06-16
Paul Williams	2021	V55	TJ	9.11	Telford	Midlands Veterans T&F League	2021-05-26
Robin Wood	2021	V55	100	14.51	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	2021-05-22
Jon Clarke	2021	V60	60	11.32	Stretford	St Helens & Sutton Open Sprints Night	2021-04-23
Jon Clarke	2021	V60	100	18.78	Stretford	Trafford Sprints Grand Prix	2021-05-25
Roderick Davies	2021	V60	LJ	4.00	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Roderick Davies	2021	V60	200	30.54	Cardiff	Welsh Senior Open & Run With the Wind	2021-07-11
Roderick Davies	2021	V60	100	14.47	Cardiff	Welsh Senior Open & Run With the Wind	2021-07-11
Stephen Davies	2021	V60	800	3:53.79	Sheffield	Master Grand Prix 2021	2021-07-18
Stephen Davies	2021	V60	1500	7:28.01	Sheffield	Master Grand Prix 2021	2021-07-18
Stephen Davies	2021	V60	3000	15:10.14	Sheffield	Master Grand Prix 2021	2021-07-18
Ifan Lloyd	2021	V60	3000	10:00.87	Newport	Welsh Athletics Event Specific - Endurance	2021-06-26
Brian MacBride	2021	V60	100	13.49	Lee Valley	British Masters AF Regional Challenge (South)	2021-08-01
Brian MacBride	2021	V60	200	29.21	Cardiff	Welsh Senior Open & Run With the Wind	2021-07-11
Keith Powell	2021	V60	100	13.87	Derby	BMAF - British Masters Championships	2021-08-21
Keith Powell	2021	V60	200	30.8	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Keith Powell	2021	V60	1500	7:50.9	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Keith Powell	2021	V60	HJ	1.25	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Keith Powell	2021	V60	PV	2.50	Yeovil	Yeovil Distance, Steeplechase & Jumps Open	2021-05-08
Keith Powell	2021	V60	LJ	4.33	Derby	BMAF - British Masters Championships	2021-08-21
Keith Powell	2021	V60	DT1K	22.08	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Keith Powell	2021	V60	JT600	25.47	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Keith Powell	2021	V60	PenM60	1484	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Christopher Purse	2021	V60	800	2:54.6	Chelmsford	Eastern Masters League Southern	2021-06-02
Dave Shields	2021	V60	LJ	3.79	Bracknell	SCVAC League Western Division	2021-07-07
Dave Shields	2021	V60	TJ	8.54	Lee Valley	British Masters AF Regional Challenge (South)	2021-08-01
Ian Broadhurst	2021	V65	100	13.34	Derby	BMAF - British Masters Championships	2021-08-21
Ian Broadhurst	2021	V65	200	26.9	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Ian Broadhurst	2021	V65	300HM60	47.71	Derby	BMAF - British Masters Championships	2021-08-21
Martin Davies	2021	V65	PV	2.50	Hereford	Midland League - Worcs/Here/West	2021-08-15
Chris Pruski	2021	V65	SP5K	8.12	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Chris Pruski	2021	V65	100	16.39	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	2021-05-22
Chris Pruski	2021	V65	JT600	31.49	Derby	BMAF - British Masters Championships	2021-08-21
Kieran McDonnell	2021	V65	200	29.17	Cardiff	Welsh Senior Open & Run With the Wind	2021-07-11
Kieran McDonnell	2021	V65	400	62.73	Newport	Welsh Athletics Event Specific - Endurance	2021-06-26
Kieran McDonnell	2021	V65	100	14.44	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	2021-05-22

David Jones	2021	V70	SP4K	6.32	Nuneaton	England Masters AA Inter Area Match	2021-07-18
David Jones	2021	V70	HT7.26K	11.66	Yate	National Athletics League Premier West	2021-08-07
Richard Marks	2021	V70	800	2:48.9	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Richard Marks	2021	V70	1500	5:35.1	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Mark Wyndham-Jones	2021	V70	SP4K	11.27	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Mark Wyndham-Jones	2021	V70	JT500	25.86	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Mark Wyndham-Jones	2021	V70	PenM70	492	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Mark Wyndham-Jones	2021	V70	PenWtM70	3377	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Mark Wyndham-Jones	2021	V70	WT7.26K	13.23	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Mark Wyndham-Jones	2021	V70	100	15	Peterborough	Eastern Masters League Northern	2021-06-01
Mark Wyndham-Jones	2021	V70	HT5K	23.51	Peterborough	Eastern Masters League Northern	2021-06-01
Mark Wyndham-Jones	2021	V70	DT1K	34.69	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Mark Wyndham-Jones	2021	V70	HJ	1.27	Derby	BMAF - British Masters Championships	2021-08-21
Mark Wyndham-Jones	2021	V70	HT4K	34.31	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Mel James	2021	V75	200	34.21	Nuneaton	Midland Masters Championships	2021-06-06
Mel James	2021	V75	100	16.54	Nuneaton	Midland Masters Championships	2021-06-06
Phil Rees	2021	V75	HJ	0.79	Derby	BMAF - British Masters Championships	2021-08-21
Phil Rees	2021	V75	LJ	2.09	Derby	BMAF - British Masters Championships	2021-08-21
Phil Rees	2021	V75	TJ	4.69	Derby	BMAF - British Masters Championships	2021-08-21
Phil Rees	2021	V75	SP3K	6.82	Derby	BMAF - British Masters Championships	2021-08-21
Barrie Roberts	2021	V75	400	99.9	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Barrie Roberts	2021	V75	1500	7:37.19	Derby	BMAF - British Masters Championships	2021-08-21
John Evans	2021	V85	100	20.3	Nuneaton	Midland Vets League - East	2021-07-07
John Evans	2021	V85	100	20.3	Nuneaton	England Masters AA Inter Area Match	2021-07-18
John Evans	2021	V85	200	46.8	Leamington	Midland Veterans League - East	2021-06-09
John Evans	2021	V85	LJ	2.49	Nuneaton	England Masters AA Inter Area Match	2021-07-18
John Evans	2021	V85	SP4K	4.56	Leamington	Midland Veterans League - East	2021-06-09
John Evans	2021	V85	TJ	5.73	Nuneaton	Midland Masters Championships	2021-06-06
John Evans	2021	V85	JT500	10.29	Nuneaton	Midland Vets League - East	2021-05-19