

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
23532	Mike Murphy	2019	V65	M	4M	28:45	Redwick	Rose Inn 4 Series	2019-07-09
23532	Mike Murphy	2019	V65	M	5M	47:37	Bargoed	Parc Cwm Darran 5	2019-08-18
23532	Mike Murphy	2019	V65	M	10K	42:51	Swansea	Admiral Swansea Bay 10K	2019-09-22
23532	Mike Murphy	2019	V65	M	10K	43:05	Cardiff	Cardiff 10K	2019-09-01
566434	Alison Murray	2019	V50	W	PV	2.48	Carshalton	Jim Day Memorial Pole Vault Open	2019-09-22
194722	David Murrie	2019	V60	M	5000	24:02.0	Ashton under Lyne	Northern Masters 5000m Championships	2019-07-24
194722	David Murrie	2019	V60	M	HJ	1.30	Brecon	Welsh Masters Championships	2019-07-21
194722	David Murrie	2019	V60	M	TJ	8.84	Birmingham	British Masters Championships	2019-08-11
194722	David Murrie	2019	V60	M	TJ	8.68	Brecon	Welsh Masters Championships	2019-07-21
462645	Doug Nicholls	2019	V35	M	Mile	4:44.86	Cardiff	Cardiff Night of Endurance	2019-09-14
462645	Doug Nicholls	2019	V35	M	1M	4:48	Butetown	Butetown Mile	2019-08-25
462645	Doug Nicholls	2019	V35	M	5K	16:47	Cardiff	Cardiff The Chase 5K	2019-07-17
462645	Doug Nicholls	2019	V35	M	parkrun	16:45	Cardiff	Cardiff parkrun # 617	2019-10-05
462645	Doug Nicholls	2019	V35	M	parkrun	17:17	Cardiff	Cardiff parkrun # 609	2019-08-10
462645	Doug Nicholls	2019	V35	M	parkrun	17:26	Cardiff	Cardiff parkrun # 615	2019-09-21
462645	Doug Nicholls	2019	V35	M	parkrun	18:38	Cardiff	Cardiff parkrun # 616	2019-09-28
462645	Doug Nicholls	2019	V35	M	parkrun	19:16	Cardiff	Cardiff parkrun # 604	2019-07-06
224418	Charlie Northey	2019	V50	M	100	16.4	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	200	32.4	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	200	34.12	Brecon	Welsh Masters Championships	2019-07-21
224418	Charlie Northey	2019	V50	M	800	2:36.17	Brecon	Welsh Masters Championships	2019-07-21
224418	Charlie Northey	2019	V50	M	800	2:48.7	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	3000	13:17.1	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	HJ	1.30	Aberdare	Welsh Masters League	2019-07-10

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
224418	Charlie Northey	2019	V50	M	DT1.5K	19.85	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	DT1.5K	18.22	Brecon	Welsh Masters Championships	2019-07-21
224418	Charlie Northey	2019	V50	M	JT700	34.94	Brecon	Welsh Masters Championships	2019-07-21
224418	Charlie Northey	2019	V50	M	JT700	32.85	Aberdare	Welsh Masters League	2019-07-10
224418	Charlie Northey	2019	V50	M	parkrun	21:01	Groe	Groe parkrun # 23	2019-08-24
224418	Charlie Northey	2019	V50	M	parkrun	21:19	Eastbourne	Eastbourne parkrun # 403	2019-08-03
31024	Patricia Oakes	2019	V70	W	TJ	5.52	Brecon	Welsh Masters Championships	2019-07-21
31024	Patricia Oakes	2019	V70	W	JT500	13.27	Brecon	Welsh Masters Championships	2019-07-21
327361	Catherine Olivant	2019	V45	W	3000	13:17.47	Brecon	Welsh Masters Championships	2019-07-21
327361	Catherine Olivant	2019	V45	W	5000	23:08.66	Brecon	Welsh Masters Championships	2019-07-21
327361	Catherine Olivant	2019	V45	W	5.4KL	26:40	Llanelli	Welsh Relay Championships	2019-09-15
327361	Catherine Olivant	2019	V45	W	10K	48:22	Swansea	Admiral Swansea Bay 10K	2019-09-22
327361	Catherine Olivant	2019	V45	W	10K	48:30	Cardiff	Cardiff 10K	2019-09-01
327361	Catherine Olivant	2019	V45	W	HM	1:53:31	Cardiff	Cardiff Half Marathon	2019-10-06
25923	Derek Osborne	2019	V55	M	100	14.8	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	200	29.9	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	100HM50	18.64	Brecon	Welsh Masters Championships	2019-07-21
25923	Derek Osborne	2019	V55	M	HJ	1.35	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	HJ	1.35	Brecon	Welsh Masters Championships	2019-07-21
25923	Derek Osborne	2019	V55	M	PV	2.60	Brecon	Welsh Masters Championships	2019-07-21
25923	Derek Osborne	2019	V55	M	LJ	4.60	Brecon	Welsh Masters Championships	2019-07-21
25923	Derek Osborne	2019	V55	M	TJ	9.27	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	TJ	9.22	Brecon	Welsh Masters Championships	2019-07-21
25923	Derek Osborne	2019	V55	M	DT1.5K	27.09	Aberdare	Welsh Masters League	2019-07-10
25923	Derek Osborne	2019	V55	M	HT6K	28.48	Brecon	Welsh Masters Championships	2019-07-21
25923	Derek Osborne	2019	V55	M	JT700	29.77	Aberdare	Welsh Masters League	2019-07-10

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25923	Derek Osborne	2019	V55	M	JT700	27.10	Brecon	Welsh Masters Championships	2019-07-21
25923	Derek Osborne	2019	V55	M	5.4KL	25:27	Llanelli	Welsh Relay Championships	2019-09-15
42374	Clive Osmond	2019	V55	M	1M	7:20	Cardiff	Cardiff Pentath Mile	2019-08-25
42374	Clive Osmond	2019	V55	M	5K	22:43	Cardiff	Les Croupiers Race of Truth 5K	2019-07-31
42374	Clive Osmond	2019	V55	M	5K	22:43	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
42374	Clive Osmond	2019	V55	M	parkrun	23:48	Cardiff	Cardiff parkrun # 611	2019-08-24
42374	Clive Osmond	2019	V55	M	4M	29:59	Cardiff	Cardiff Summer Series 4	2019-07-05
42374	Clive Osmond	2019	V55	M	10K	48:09	Cardiff	Cardiff 10K	2019-09-01
42374	Clive Osmond	2019	V55	M	10K	49:36	Cardiff	Cardiff Pentath 10K	2019-08-24
42374	Clive Osmond	2019	V55	M	10KMT	52:21	Hopkinstown	The Loop 10K	2019-07-14
42374	Clive Osmond	2019	V55	M	10M	80:32	Brecon	Brecon Lions 10	2019-08-04
42374	Clive Osmond	2019	V55	M	HM	1:54:09	Cardiff	Cardiff Pentath Half Marathon	2019-08-25
2433	Georgie Parnell	2019	V35	W	800	2:22.5	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-10
2433	Georgie Parnell	2019	V35	W	800	2:23.23	Coventry	England Masters Inter Area Challenge	2019-07-06
2433	Georgie Parnell	2019	V35	W	800	2:23.7	Worcester	Midland Veterans' League Division South	2019-07-31
2433	Georgie Parnell	2019	V35	W	1500	5:06.1	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17
2433	Georgie Parnell	2019	V35	W	HM	93:09	Chepstow	Severn Bridge Half Marathon	2019-08-25
89210	Stuart Pearce	2019	V40	M	100	12.53	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	2019-08-07
89210	Stuart Pearce	2019	V40	M	100	12.58	Birmingham	British Masters Championships	2019-08-10
89210	Stuart Pearce	2019	V40	M	100	12.65	Brecon	Welsh Masters Championships	2019-07-21
89210	Stuart Pearce	2019	V40	M	100	12.70	Coventry	England Masters Inter Area Challenge	2019-07-06
374890	Andy Peet	2019	V50	M	parkrun	18:18	Leicester Victoria	Leicester Victoria parkrun # 195	2019-08-31
377409	John Peters	2019	V40	M	4KXCL	14:10	Chichester	Goodwood Relays (Inc	2019-09-28

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Sussex County Championships)	
28682	Jonathan Powell	2019	V55	M	WT11.34K	6.77	Brecon	Welsh Masters Championships	2019-07-21
28682	Jonathan Powell	2019	V55	M	JT700	35.53	Brecon	Welsh Masters Championships	2019-07-21
42345	Keith Powell	2019	V55	M	100	13.58	Brecon	Welsh Masters Championships	2019-07-21
42345	Keith Powell	2019	V55	M	100	14.1	Aberdare	Welsh Masters League	2019-07-10
42345	Keith Powell	2019	V55	M	200	28.4	Aberdare	Welsh Masters League	2019-07-10
42345	Keith Powell	2019	V55	M	200	29.28	Brecon	Welsh Masters Championships	2019-07-21
42345	Keith Powell	2019	V55	M	HJ	1.25	Brecon	Welsh Masters Championships	2019-07-21
42345	Keith Powell	2019	V55	M	PV	2.60	Burton	Midland League Division 4	2019-07-06
42345	Keith Powell	2019	V55	M	PV	2.40	Brecon	Welsh Masters Championships	2019-07-21
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
42345	Keith Powell	2019	V55	M	LJ	4.49	Coventry	England Masters Inter Area Challenge	2019-07-06
42345	Keith Powell	2019	V55	M	LJ	4.46	Brecon	Welsh Masters Championships	2019-07-21
42345	Keith Powell	2019	V55	M	LJ	4.44	Burton	Midland League Division 4	2019-07-06
48461	Robert Prady	2019	V35	M	10000	36:39.07	Cardiff	Cardiff Night of Endurance	2019-09-14
48461	Robert Prady	2019	V35	M	5K	17:21	Port Talbot	Aberavon Seafront 5K Series	2019-07-03
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	6.75	Coventry	England Masters Inter Area Challenge	2019-07-06
193879	Renate Prells	2019	V60	W	SP3K	6.59	Brecon	Welsh Masters Championships	2019-07-21
193879	Renate Prells	2019	V60	W	SP3K	6.59	Birmingham	British Masters Championships	2019-08-10
193879	Renate Prells	2019	V60	W	WT12.5K	6.23	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	WT10K	6.29	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	WT9.08K	7.80	Derby	Midland Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Throws Group Series Open	10-04
193879	Renate Prells	2019	V60	W	WT7.5K	7.09	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	WT5K	8.42	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	WT5.45K	10.52	Brecon	Welsh Masters Championships	2019-07-21
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	Brecon	Welsh Masters Championships	2019-07-21
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	DT1K	18.51	Aberdare	Welsh Masters League	2019-07-10
193879	Renate Prells	2019	V60	W	HT4K	22.32	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	HT3.5K	23.62	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	HT3K	29.88	Brecon	Welsh Masters Championships	2019-07-21
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	29.10	Coventry	England Masters Inter Area Challenge	2019-07-06
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
193879	Renate Prells	2019	V60	W	HT3K	27.39	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	HT2.5K	29.03	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	HT2K	30.87	Derby	Midland Masters Throws Group Series Open	2019-10-04

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
193879	Renate Prells	2019	V60	W	DecHTW65	3790	Derby	Midland Masters Throws Group Series Open	2019-10-04
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
1322	Sean Price	2019	V55	M	800	2:25.42	Brecon	Welsh Masters Championships	2019-07-21
1322	Sean Price	2019	V55	M	1500	5:17.12	Brecon	Welsh Masters Championships	2019-07-21
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	parkrun	19:50	Aberdare	Aberdare parkrun # 55	2019-07-27
1322	Sean Price	2019	V55	M	4M	26:19	Cardiff	Cardiff Summer Series 4	2019-07-05
1322	Sean Price	2019	V55	M	HM	1:43:31	Cardiff	Cardiff Pentath Half Marathon	2019-08-25
1322	Sean Price	2019	V55	M	HM	1:45:43	Cardiff	Cardiff Half Marathon	2019-10-06
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	1500	6:22.20	Brecon	Welsh Masters Championships	2019-07-21
42370	David Proffitt	2019	V65	M	1500	6:28.2	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17
42370	David Proffitt	2019	V65	M	3000	13:18.51	Brecon	Welsh Masters Championships	2019-07-21
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

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
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	10K	51:19	Undy	Magor Marsh 10K	2019-07-27
42370	David Proffitt	2019	V65	M	10M	85:02	Brecon	Brecon Lions 10	2019-08-04
42370	David Proffitt	2019	V65	M	HM	1:46:53	Cardiff	Cardiff Half Marathon	2019-10-06
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
396849	Glyndwr Pugh	2019	V55	M	SP6K	9.16	Brecon	Welsh Masters Championships	2019-07-21
396849	Glyndwr Pugh	2019	V55	M	WT11.34K	11.26	Brecon	Welsh Masters Championships	2019-07-21
396849	Glyndwr Pugh	2019	V55	M	DT1.5K	29.93	Brecon	Welsh Masters Championships	2019-07-21
396849	Glyndwr Pugh	2019	V55	M	DT1.5K	27.32	Aberdare	Welsh Masters League	2019-07-10
396849	Glyndwr Pugh	2019	V55	M	HT6K	33.55	Brecon	Welsh Masters Championships	2019-07-21
396849	Glyndwr Pugh	2019	V55	M	JT700	20.78	Brecon	Welsh Masters Championships	2019-07-21
396849	Glyndwr Pugh	2019	V55	M	JT700	20.22	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	HJ	0.90	Birmingham	British Masters Championships	2019-08-11
50106	Phil Rees	2019	V75	M	HJ	0.80	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	HJ	NH	Brecon	Welsh Masters Championships	2019-07-21
50106	Phil Rees	2019	V75	M	LJ	2.35	Birmingham	British Masters Championships	2019-08-10
50106	Phil Rees	2019	V75	M	LJ	2.22	Coventry	England Masters Inter Area Challenge	2019-07-06
50106	Phil Rees	2019	V75	M	LJ	1.90	Brecon	Welsh Masters Championships	2019-07-21
50106	Phil Rees	2019	V75	M	TJ	5.29	Birmingham	British Masters Championships	2019-08-11
50106	Phil Rees	2019	V75	M	TJ	5.10	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	TJ	5.06	Brecon	Welsh Masters Championships	2019-07-21
50106	Phil Rees	2019	V75	M	SP4K	6.61	Brecon	Welsh Masters Championships	2019-07-21

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50106	Phil Rees	2019	V75	M	DT1K	18.43	Brecon	Welsh Masters Championships	2019-07-21
50106	Phil Rees	2019	V75	M	DT1K	17.34	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	HT4K	16.08	Brecon	Welsh Masters Championships	2019-07-21
50106	Phil Rees	2019	V75	M	JT500	12.57	Aberdare	Welsh Masters League	2019-07-10
50106	Phil Rees	2019	V75	M	JT500	NM	Brecon	Welsh Masters Championships	2019-07-21
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	800	2:39.1	Wrexham	North of England League Division 4W	2019-07-14
4894	Mike Robbins	2019	V55	M	1500	5:21.5	Wrexham	North of England League Division 4W	2019-07-14
4894	Mike Robbins	2019	V55	M	1500	5:23.4	Ellesmere Port	Cheshire League	2019-09-01
4894	Mike Robbins	2019	V55	M	3000	11:13.0	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
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	22:05	Wepre	Wepre parkrun # 166	2019-07-20
4894	Mike Robbins	2019	V55	M	parkrun	22:22	Wepre	Wepre parkrun # 164	2019-07-06
4894	Mike Robbins	2019	V55	M	parkrun	22:24	Wepre	Wepre parkrun # 169	2019-08-10
4894	Mike Robbins	2019	V55	M	parkrun	22:57	Wepre	Wepre parkrun # 165	2019-07-13
4894	Mike Robbins	2019	V55	M	parkrun	23:07	Wepre	Wepre parkrun # 170	2019-08-17
4894	Mike Robbins	2019	V55	M	10K	39:58	Wrexham	Helena Tipping Memorial 10K	2019-07-28
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-

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									08-07
4894	Mike Robbins	2019	V55	M	11KMT	47:03	Pentre-Llyn-Cymmer	Fairy Freckled Cow Llyn Alwen 11K	2019-07-07
4894	Mike Robbins	2019	V55	M	10M	67:40	Preston	City of Preston 10	2019-08-11
72835	Barrie Roberts	2019	V75	M	400	97.87	Coventry	England Masters Inter Area Challenge	2019-07-06
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	3:32.53	Coventry	England Masters Inter Area Challenge	2019-07-06
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	Mile	7:32.9	Coventry	Warwickshire Open Graded Series	2019-07-03
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	1M	7:36	Bourton-on-the-Water	Bourton One Mile Challenge	2019-07-13
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	27:14	Cannon Hill	Cannon Hill parkrun # 451	2019-07-20
72835	Barrie Roberts	2019	V75	M	parkrun	27:14	Cannon Hill	Cannon Hill parkrun # 451	2019-07-20
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	800	2:34.7	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-24
895411	Mark Roberts	2019	V55	M	800	2:42.4	Aberdare	Welsh Masters League	2019-07-10

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
895411	Mark Roberts	2019	V55	M	3000	11:58.9	Aberdare	Welsh Masters League	2019-07-10
895411	Mark Roberts	2019	V55	M	400HM50	76.97	Brecon	Welsh Masters Championships	2019-07-21
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	parkrun	20:33	Bryn Bach	Bryn Bach parkrun # 357	2019-10-05
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
28820	Peter Roberts	2019	V45	M	SP7.26K	9.95	Coventry	England Masters Inter Area Challenge	2019-07-06
28820	Peter Roberts	2019	V45	M	DT2K	36.58	Coventry	England Masters Inter Area Challenge	2019-07-06
28820	Peter Roberts	2019	V45	M	DT2K	33.25	Carmarthen	Carmarthen Harriers Throws Open	2019-07-25
28820	Peter Roberts	2019	V45	M	DT2K	33.21	Aberdare	Welsh Masters League	2019-07-10
28820	Peter Roberts	2019	V45	M	HT7.26K	26.06	Coventry	England Masters Inter Area Challenge	2019-07-06
182560	Ian Robinson	2019	V70	M	DT1K	29.91	Wrexham	Wrexham Games (Field Only)	2019-08-17
182560	Ian Robinson	2019	V70	M	DT1K	29.86	Brecon	Welsh Masters Championships	2019-07-21
182560	Ian Robinson	2019	V70	M	DT1K	29.81	Bangor	Menai Open Meeting	2019-09-08
182560	Ian Robinson	2019	V70	M	JT500	23.70	Brecon	Welsh Masters Championships	2019-07-21
182560	Ian Robinson	2019	V70	M	JT500	22.84	Wrexham	Wrexham Final Fling	2019-09-29
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

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
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	200	32.3	Worcester	Worcester AC Club Championships	2019-07-21
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	2:34.1	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
363515	Rebecca Selvey	2019	V45	W	800	2:34.4	Worcester	Midland Veterans' League Division South	2019-07-31
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	800	2:37.5	Worcester	Worcester AC Club Championships	2019-07-21
363515	Rebecca Selvey	2019	V45	W	1500	5:24.95	Coventry	England Masters Inter Area Challenge	2019-07-06
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	SP4K	5.73	Worcester	Worcester AC Club Championships	2019-07-21
363515	Rebecca Selvey	2019	V45	W	1M	5:46	Bourton-on-the-Water	Bourton One Mile Challenge	2019-07-13
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	Conkers	Conkers parkrun # 440	2019-07-06
15337	Rob Sheen	2019	V55	M	parkrun	19:10	Braunstone	Braunstone parkrun # 463	2019-09-21
15337	Rob Sheen	2019	V55	M	parkrun	19:11	Braunstone	Braunstone parkrun # 453	2019-07-13
15337	Rob Sheen	2019	V55	M	5M	31:52	Wellingborough	Wellingborough	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								5	07-28
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	3.91	Brecon	Welsh Masters Championships	2019-07-21
34256	Dave Shields	2019	V55	M	LJ	3.74	Reading	Reading AC Club Championships	2019-08-26
34256	Dave Shields	2019	V55	M	TJ	8.81	Brecon	Welsh Masters Championships	2019-07-21
34256	Dave Shields	2019	V55	M	TJ	8.79	Reading	Southern Counties Veterans' League Western Division	2019-07-14
34256	Dave Shields	2019	V55	M	TJ	8.67	Coventry	England Masters Inter Area Challenge	2019-07-06
34256	Dave Shields	2019	V55	M	TJ	8.67	Birmingham	British Masters Championships	2019-08-11
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	13.98	Coventry	England Masters Inter Area Challenge	2019-07-06
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	100	17.82	Brecon	Welsh Masters Championships	2019-07-21
939338	Sasha Spottiswoode	2019	V45	W	DT1K	23.07	Aberdare	Welsh Masters League	2019-07-10
939338	Sasha Spottiswoode	2019	V45	W	DT1K	22.61	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-07-02
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	20.88	Brecon	Welsh Masters Championships	2019-07-21
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	30.65	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-07-02
939338	Sasha Spottiswoode	2019	V45	W	HT4K	28.73	Cardiff	Cardiff Throws Open (Hammer & Discus)	2019-08-20
939338	Sasha Spottiswoode	2019	V45	W	HT4K	27.27	Brecon	Welsh Masters Championships	2019-07-21

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
939338	Sasha Spottiswoode	2019	V45	W	JT600	25.82	Brecon	Welsh Masters Championships	2019-07-21
939338	Sasha Spottiswoode	2019	V45	W	JT600	25.51	Aberdare	Welsh Masters League	2019-07-10
31762	Clare St. John-Coleman	2019	V55	W	100	15.53	Brecon	Welsh Masters Championships	2019-07-21
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	16.0	Chelmsford	Eastern Masters AC League Division South	2019-07-03
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	3.68	Brecon	Welsh Masters Championships	2019-07-21
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	7.46	Watford	Watford Open Graded Meeting	2019-07-24
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
31762	Clare St. John-Coleman	2019	V55	W	TJ	7.24	Chelmsford	Eastern Masters AC League Division South	2019-07-03
56048	Duncan Steward	2019	V60	M	200	32.71	Brecon	Welsh Masters Championships	2019-07-21
56048	Duncan	2019	V60	M	LJ	4.14	Brecon	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Steward							Championships	07-21
56048	Duncan Steward	2019	V60	M	TJ	7.57	Brecon	Welsh Masters Championships	2019-07-21
56048	Duncan Steward	2019	V60	M	SP5K	10.06	Brecon	Welsh Masters Championships	2019-07-21
56048	Duncan Steward	2019	V60	M	WT9.08K	11.41	Brecon	Welsh Masters Championships	2019-07-21
56048	Duncan Steward	2019	V60	M	DT1K	26.05	Brecon	Welsh Masters Championships	2019-07-21
56048	Duncan Steward	2019	V60	M	HT5K	29.30	Brecon	Welsh Masters Championships	2019-07-21
56048	Duncan Steward	2019	V60	M	JT600	32.34	Brecon	Welsh Masters Championships	2019-07-21
42436	Dave Stokes	2019	V55	M	PV	2.30	Macclesfield	North of England League Division 3W	2019-07-14
42436	Dave Stokes	2019	V55	M	PV	2.20	Brecon	Welsh Masters Championships	2019-07-21
42436	Dave Stokes	2019	V55	M	LJ	3.53	Macclesfield	North of England League Division 3W	2019-07-14
42436	Dave Stokes	2019	V55	M	SP7.26K	7.85	Macclesfield	North of England League Division 3W	2019-07-14
42436	Dave Stokes	2019	V55	M	SP6K	8.58	Birmingham	British Masters Championships	2019-08-11
42436	Dave Stokes	2019	V55	M	SP6K	8.47	Brecon	Welsh Masters Championships	2019-07-21
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	WT11.34K	10.08	Brecon	Welsh Masters Championships	2019-07-21
42436	Dave Stokes	2019	V55	M	DT2K	24.90	Macclesfield	North of England League Division 3W	2019-07-14
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	26.45	Brecon	Welsh Masters Championships	2019-07-21
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	HT7.26K	24.14	Macclesfield	North of England League Division	2019-07-14

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								3W	
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	27.99	Brecon	Welsh Masters Championships	2019-07-21
42436	Dave Stokes	2019	V55	M	HT6K	27.04	Caorle, ITA	European Masters Stadia Championships	2019-09-15
42436	Dave Stokes	2019	V55	M	JT800	23.88	Macclesfield	North of England League Division 3W	2019-07-14
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	100	23.1	Aberdare	Welsh Masters League	2019-07-10
340051	Ian Swanson	2019	V65	M	3000	20:08.67	Brecon	Welsh Masters Championships	2019-07-21
340051	Ian Swanson	2019	V65	M	3000	20:41.2	Aberdare	Welsh Masters League	2019-07-10
340051	Ian Swanson	2019	V65	M	HJ	1.10	Aberdare	Welsh Masters League	2019-07-10
340051	Ian Swanson	2019	V65	M	HJ	1.05	Brecon	Welsh Masters Championships	2019-07-21
340051	Ian Swanson	2019	V65	M	LJ	2.28	Brecon	Welsh Masters Championships	2019-07-21
340051	Ian Swanson	2019	V65	M	parkrun	30:22	Swansea Bay	Swansea Bay parkrun # 196	2019-10-05
340051	Ian Swanson	2019	V65	M	10K	68:04	Swansea	Admiral Swansea Bay 10K	2019-09-22
340051	Ian Swanson	2019	V65	M	10K	82:04	Porthcawl	Porthcawl 10K	2019-07-07
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
1602	James Thie	2019	V40	M	5.848KL	18:44	Sutton Park	ERRA Men's National 6-Stage Relays	2019-10-06
1602	James Thie	2019	V40	M	4M	21:24	Cardiff	Cardiff Summer	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Series 4	07-05
10863	Joe Thomas	2019	V40	M	5000	16:45.78	Brecon	Welsh Masters Championships	2019-07-21
10863	Joe Thomas	2019	V40	M	10K	34:29	Cardiff	Cardiff 10K	2019-09-01
10863	Joe Thomas	2019	V40	M	HM	78:04	Cardiff	Cardiff Half Marathon	2019-10-06
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
2865	Michelle Thomas	2019	V45	W	100	13.28	Turin, ITA	European Masters Games	2019-07-30
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	27.80	Turin, ITA	European Masters Games	2019-07-31
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	13.2	Wrexham	North of England League Division 4W	2019-07-14
34317	Steven Thomas-Spires	2019	V45	M	100	13.40	Brecon	Welsh Masters Championships	2019-07-21
34317	Steven Thomas-Spires	2019	V45	M	100	13.5	Preston	North of England League Division 4W	2019-08-10
34317	Steven	2019	V45	M	200	28.0	Ellesmere Port	Cheshire League	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Thomas-Spires								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
34317	Steven Thomas-Spires	2019	V45	M	LJ	4.20	Brecon	Welsh Masters Championships	2019-07-21
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	LJ	4.04	Wrexham	North of England League Division 4W	2019-07-14
34317	Steven Thomas-Spires	2019	V45	M	TJ	9.04	Coventry	England Masters Inter Area Challenge	2019-07-06
34317	Steven Thomas-Spires	2019	V45	M	TJ	8.81	Wrexham	North of England League Division 4W	2019-07-14
34317	Steven Thomas-Spires	2019	V45	M	TJ	8.38	Brecon	Welsh Masters Championships	2019-07-21
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	SP6K	8.08	Wrexham	Wrexham Final Fling	2019-09-29
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	25.65	Wrexham	Wrexham Final Fling	2019-09-29
34317	Steven Thomas-Spires	2019	V45	M	DT1.5K	20.05	Wrexham	Wrexham Games (Field Only)	2019-08-17

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
34317	Steven Thomas-Spires	2019	V45	M	HT7.26K	18.38	Wrexham	North of England League Division 4W	2019-07-14
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	HT6K	21.10	Wrexham	Wrexham Final Fling	2019-09-29
34317	Steven Thomas-Spires	2019	V45	M	JT800	25.36	Brecon	Welsh Masters Championships	2019-07-21
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	JT800	22.10	Coventry	England Masters Inter Area Challenge	2019-07-06
34317	Steven Thomas-Spires	2019	V45	M	JT700	27.44	Wrexham	Wrexham Final Fling	2019-09-29
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	20:20	Aberystwyth	Aberystwyth parkrun # 365	2019-07-27
11377	Daniel Thorogood	2019	V55	M	parkrun	20:23	Aberystwyth	Aberystwyth parkrun # 364	2019-07-20
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	20:36	Aberystwyth	Aberystwyth parkrun # 375	2019-10-05
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	parkrun	20:45	Aberystwyth	Aberystwyth parkrun # 374	2019-09-28
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	27:53	Aberystwyth	Aberystwyth parkrun # 362	2019-07-06
894665	Jane Thorogood	2019	V50	W	parkrun	28:01	Aberystwyth	Aberystwyth parkrun # 364	2019-07-20

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
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	28:45	Aberystwyth	Aberystwyth parkrun # 375	2019-10-05
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	29:06	Aberystwyth	Aberystwyth parkrun # 365	2019-07-27
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 parkrun # 373	2019-09-21
894665	Jane Thorogood	2019	V50	W	HM	2:15:10	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
222758	Jan Timberlake	2019	V50	W	100	16.4	Worcester	Worcester AC Club Championships	2019-07-21
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	4.52	Worcester	Worcester AC Club Championships	2019-07-21
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	4.23	Worcester	Midland Veterans' League Division South	2019-07-31
222758	Jan Timberlake	2019	V50	W	LJ	4.04	Caorle, ITA	European Masters Stadia Championships	2019-09-09
222758	Jan Timberlake	2019	V50	W	LJ	3.99	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
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	2019	V50	W	SP4K	7.52	Worcester	Worcester AC	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Timberlake							Club Championships	07-21
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	21.38	Worcester	Worcester AC Club Championships	2019-07-21
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	SP6K	9.80	Brecon	Welsh Masters Championships	2019-07-21
928718	Martin Tucker	2019	V50	M	JT700	43.53	Brecon	Welsh Masters Championships	2019-07-21
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	41.23	Wrexham	Wrexham Final Fling	2019-09-29
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
42328	Steve Wadley	2019	V55	M	parkrun	21:17	Rogiet	Rogiet parkrun # 91	2019-08-24
42328	Steve Wadley	2019	V55	M	parkrun	23:10	Riverfront	Riverfront parkrun # 130	2019-07-13
42328	Steve Wadley	2019	V55	M	parkrun	23:48	Riverfront	Riverfront parkrun # 131	2019-07-27
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	24:24	Newport	Newport parkrun # 434	2019-07-20
42328	Steve Wadley	2019	V55	M	parkrun	25:17	Newport	Newport parkrun # 432	2019-07-06
42328	Steve Wadley	2019	V55	M	parkrun	26:22	Riverfront	Riverfront parkrun # 136	2019-08-31

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
42328	Steve Wadley	2019	V55	M	parkrun	26:48	Newport	Newport parkrun # 444	2019-10-05
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	100	17.1	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
35174	Julie Wakelam	2019	V60	W	HJ	1.18	Coventry	England Masters Inter Area Challenge	2019-07-06
35174	Julie Wakelam	2019	V60	W	HJ	1.15	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
35174	Julie Wakelam	2019	V60	W	LJ	3.67	Coventry	England Masters Inter Area Challenge	2019-07-06
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	LJ	3.53	Brecon	Welsh Masters Championships	2019-07-21
35174	Julie Wakelam	2019	V60	W	TJ	7.34	Birmingham	British Masters Championships	2019-08-11
35174	Julie Wakelam	2019	V60	W	TJ	7.25	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
35174	Julie Wakelam	2019	V60	W	TJ	7.02	Brecon	Welsh Masters Championships	2019-07-21
35174	Julie Wakelam	2019	V60	W	TJ	6.85	Worcester	Midland Veterans' League Division South	2019-07-31
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	SP3K	7.19	Worcester	Midland Veterans' League Division South	2019-07-31
35174	Julie Wakelam	2019	V60	W	SP3K	7.18	Coventry	England Masters Inter Area Challenge	2019-07-06
35174	Julie Wakelam	2019	V60	W	SP3K	6.59	Wrexham	Wrexham Final Fling	2019-09-29
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	11.47	Brecon	Welsh Masters Championships	2019-07-21
35174	Julie Wakelam	2019	V60	W	WT5.45K	11.33	Birmingham	British Masters Championships	2019-08-10

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
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	20.81	Wrexham	Wrexham Final Fling	2019-09-29
35174	Julie Wakelam	2019	V60	W	DT1K	19.68	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
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	DT1K	18.57	Worcester	Midland Veterans' League Division South	2019-07-31
35174	Julie Wakelam	2019	V60	W	HT4K	24.14	Tipton	Midland League Division 4	2019-08-04
35174	Julie Wakelam	2019	V60	W	HT3K	31.75	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
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	29.96	Brecon	Welsh Masters Championships	2019-07-21
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	HT3K	28.39	Wrexham	Wrexham Final Fling	2019-09-29
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	21.48	Brecon	Welsh Masters Championships	2019-07-21
35174	Julie Wakelam	2019	V60	W	JT500	21.18	Caorle, ITA	European Masters Stadia Championships	2019-09-14
35174	Julie Wakelam	2019	V60	W	JT500	20.64	Caorle, ITA	European Masters Stadia Championships	2019-09-12
35174	Julie Wakelam	2019	V60	W	JT500	20.46	Wrexham	Wrexham Final Fling	2019-09-29
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	2019-08-07

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Division East	
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	26.39	Reading	Southern Counties Veterans' League Western Division	2019-07-14
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	35.53	Reading	Southern Counties Veterans' League Western Division	2019-07-14
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