



WMAL Men's RANKINGS 1st September 2021

Event	First Name	Last Name	AG	Time/Dist	Venue	Meeting	date
60	Jon	Clarke	V60	11.32	Stretford	St Helens & Sutton Open Sprints Night	23/04/2021
100	Michael	Dickens	V35	11.70	Telford	Midland League - West Mids (West)	15/08/2021
	Matthew	Harding	V40	12.45	Stretford	British Masters AF Regional Challenge (North)	24/07/2021
	Russell	Whiting	V50	11.80	Eastbourne	Sussex Veterans League	19/05/2021
	Paul	Williams	V55	13.10	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Brian	MacBride	V60	13.49	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
	Keith	Powell	V60	13.87	Derby	BMAF - British Masters Championships	21/08/2021
	Roderick	Davies	V60	14.47	Cardiff	Welsh Senior Open & Run With the Wind	11/07/2021
	Jon	Clarke	V60	18.78	Stretford	Trafford Sprints Grand Prix	25/05/2021
	Ian	Broadhurst	V65	13.34	Derby	BMAF - British Masters Championships	21/08/2021
	Kieran	Mcdonnell	V65	14.44	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	22/05/2021
	Chris	Pruski	V65	16.39	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	22/05/2021
	Mark	Wyndham-Jones	V70	14.83	Derby	BMAF - British Masters Championships	21/08/2021
	Mel	James	V75	16.54	Nuneaton	Midland Masters Championships	06/06/2021
	John	Evans	V85	20.30	Nuneaton	Midland Vets League - East	07/07/2021
200	Michael	Dickens	V35	23.80	Telford	Midland League - West Mids (West)	15/08/2021
	Matthew	Harding	V40	25.40	Salford	North of England League West 25	22/05/2021
	Kieran	Golding	V40	30.10	Horspath	Southern Counties Vets League - Western Division	04/08/2021
	Russell	Whiting	V50	24.84	Crawley	Southern Athletics League - South Central	20/06/2021
	Paul	Williams	V55	27.30	Burton	Midland Veterans League - North	16/06/2021
	Brian	MacBride	V60	29.21	Cardiff	Welsh Senior Open & Run With the Wind	11/07/2021
	Keith	Powell	V60	30.80	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Roderick	Davies	V60	30.54	Cardiff	Welsh Senior Open & Run With the Wind	11/07/2021
	Ian	Broadhurst	V65	26.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Kieran	Mcdonnell	V65	29.17	Cardiff	Welsh Senior Open & Run With the Wind	11/07/2021
	David	Walker	V65	35.32	Derby	BMAF - British Masters Championships	21/08/2021
	Mel	James	V75	34.21	Nuneaton	Midland Masters Championships	06/06/2021
	John	Evans	V85	46.80	Leamington	Midland Veterans League - East	09/06/2021
300MH	Ian	Broadhurst	V65	47.71	Derby	BMAF - British Masters Championships	21/08/2021
400	Dale	Garland	V35	51.33	St. Peter Port	Guernsey Athletics Track & Field Series	02/05/2021
	Lee	Richards	V35	60.10	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Adebowale	Ademuyewo	V35	01:41.6	Yate	National Athletics League Premier West	07/08/2021
	Matthew	Harding	V40	58.45	Stretford	British Masters AF Regional Challenge (North)	24/07/2021
	Kieran	Golding	V40	68.60	Cheltenham	Cheltenham Midsummer Open	28/07/2021
	Adrian	Lewis	V45	66.80	Dartford	Veterans Open Meeting	06/08/2021
	Neil	Davies	V50	64.46	Stretford	Trafford Sprints Grand Prix	25/05/2021
	Brett	Davis	V55	60.38	Nuneaton	Midland Masters Championships	06/06/2021
	Paul	Williams	V55	65.00	Telford	Midlands Veterans T&F League	26/05/2021
	Kieran	Mcdonnell	V65	62.73	Newport	Welsh Athletics Event Specific - Endurance	26/06/2021
	Barrie	Roberts	V75	99.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
400mh	Neil	Davies	V50		Macclesfield	North of England League West 25	01/08/2021

600m							
	Kieran	Golding	V40	01:55.64	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	09/05/2021
800							
	Peter	Watkeys	V35	02:03.90	Basingstoke	Southern Athletics League - West	14/08/2021
	Brian	Dias	V35	02:42.48	Cardiff	Welsh Athletics Endurance Open	21/07/2021
	Adrian	Lewis	V45	02:16.33	Newport	Welsh Athletics Event Specific - Endurance	26/06/2021
	James	Rogers	V45	02:50.16	Stretford	Trafford Senior Open	24/04/2021
			V45		Stretford	Trafford Senior Open	24/04/2021
	Mark	Shepherd	V50	02:24.50	Burton	Midland Vets Track & Field League	11/08/2021
	Brett	Davis	V55	02:22.32	Nuneaton	Midland Masters Championships	06/06/2021
	Christopher	Purse	V60	02:54.60	Chelmsford	Eastern Masters League Southern	02/06/2021
	Stephen	Davies	V60	03:53.79	Sheffield	Master Grand Prix 2021	18/07/2021
	Richard	Marks	V70	02:48.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
1000							
	Adrian	Lewis	V45	02:59.8	Dartford	Veterans Open Meeting	06/08/2021
1500							
	Peter	Watkeys	V35	04:24.50	Basingstoke	Basingstoke & Mid Hants AC Season Starter	01/05/2021
	Robert	Prady	V40	04:43.70	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Kieran	Golding	V40	05:56.50	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Adrian	Lewis	V45	04:37.86	Derby	BMAF - British Masters Championships	22/08/2021
	Mark	Shepherd	V50	04:47.20	Burton	Midland League - Staffs	14/08/2021
	David O	Williams	V55	04:46.30	Aldershot	Aldershot, Farnham & District AC Open Meeting 3	31/05/2021
	Jeremy	Mower	V55	04:55.70	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Rob	Sheen	V55	05:24.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Stephen	Davies	V60	07:28.00	Sheffield	Master Grand Prix 2021	18/07/2021
	Keith	Powell	V60	07:50.90	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	David	Walker	V65	05:46.83	Derby	BMAF - British Masters Championships	21/08/2002
	Richard	Marks	V70	05:35.10	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Barrie	Roberts	V75	07:37.19	Derby	BMAF - British Masters Championships	21/08/2021
Mile							
	James	Thie	V35	04:23.91	ford Christie Stadium	BMC Festival of Miles inc. Thames Valley Harriers Open Meeting	22/08/2021
	Sion	Lewis	V35	04:43.30	Finsbury Park	Golden Stag Mile	03/07/2021
	Kieran	Golding	V40		Cheltenham	Cheltenham Midsummer Open	07/07/2021
	Mark	Shepherd	V50	05:26.30	Tamworth	Midland Veterans League	07/07/2002
	David O	Williams	V55	05:12.68	Wimbledon	Dave Clarke Mile Extravaganza (with 1500m Split)	28/07/2021

2000s/c							
	Jeremy	Mower	V55	07:45.80	Cheltenham	Midland League - Gloucs	11/07/2021
3000/sc							
	James	Rogers	V45	13:09.50	Salford	North of England League West 2S	22/05/2021
	Jeremy	Mower	V55	11:25.99	Yate	Midland League - Gloucs	15/08/2021
3000							
	Andrew	Reynolds	V35	09:53.0	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Ben	Butler-Madden	V35	10:06.49	Milton Keynes	SOAR MK 5000 PB Special	17/07/2021
	Robert	Prady	V40	10:09.43	Newport	Welsh Athletics Event Specific - Endurance	26/06/2021
	Huw	Evans	V45	09:47.59	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	09/05/2021
	Lee	Garland	V45	10:04.25	St. Peter Port	Guernsey Athletics Track & Field Series	29/07/2021
	James	Rogers	V45	11:37.69	Stretford	Trafford Grand Prix	18/05/2021
	Paul	Flynn	V50	10:20.90	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Mark	Shepherd	V50	10:26.70	Burton	Midland Vets Track & Field League	11/08/2021
	David O	Williams	V55	10:02.87	Watford	Watford Open Graded Meeting	11/08/2021
	Jeremy	Mower	V55	10:32.30	Gloucester	Gloucester June Open	15/06/2021
	Rob	Sheen	V55	11:10.86	Loughborough	Charnwood AC Open	01/08/2021
	Ifan	Lloyd	V60	10:00.87	Newport	Welsh Athletics Event Specific - Endurance	26/06/2021
	Stephen	Davies	V60	15:10.14	Sheffield	Master Grand Prix 2021	18/07/2021
5000							
	Ben	Butler-Madden	V35	16:58.0	Milton Keynes	SOAR MK 5000 PB Special	17/07/2021
	Warwick	Helps	V40	18:37.53	St. Peter Port	Guernsey Athletics Track & Field Series	23/05/2021
	Lee	Garland	V45	17:56.66	St. Peter Port	Guernsey Athletics Track & Field Series	23/05/2021
	James	Rogers	V45	20:27.04	Nuneaton	Midland Masters Championships	06/06/2021
	Lee	Jones	V50	17:15.40	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Paul	Flynn	V50	17:58.12	Carmarthen	Welsh Endurance Meeting 1	26/05/2021
	David O	Williams	V55	17:33.32	Wimbledon	Hercules Wimbledon 5000m Festival	07/08/2021
	Jeremy	Mower	V55	18:06.90	Gloucester	Gloucestershire County Championships	16/05/2021
	Rob	Sheen	V55	19:40.76	Nottingham	The 5000m Track Challenge	21/08/2021

HJ						
	Owen	Chesner	V35	1.8	Welsh Senior Champs	15/08/2021
Keith Powell V60 1.25 Nuneaton England Masters AA Inter Area Match 18/07/2021						
Mark Wyndham-Jones V70 1.27 Derby BMAF - British Masters Championships 21/08/2021						
Phil Rees V75 0.79 Derby BMAF - British Masters Championships 21/08/2021						
LJ						
Chris Shepherd V40 5.30 Nuneaton England Masters AA Inter Area Match 18/07/2021						
Matthew Harding V40 4.90 Ashton-under-Lyne North of England League West 2S 19/06/2021						
Kieran Golding V40 4.02 Basingstoke Southern Athletics League - West 20/06/2021						
Steven Thomas-Spires V50 3.95 Stretford North of England League West 2S 04/07/2021						
Paul Williams V55 4.06 Burton Midland Veterans League - North 16/06/2021						
Dave Stokes V55 3.42 Macclesfield North of England League West 2S 01/08/2021						
Keith Powell V60 4.33 Derby BMAF - British Masters Championships 21/08/2021						
Roderick Davies V60 4.00 Nuneaton England Masters AA Inter Area Match 18/07/2021						
Dave Shields V60 3.79 Bracknell SCVAC League Western Division 07/07/2021						
Jon Clarke V60 2.92 Ellesmere Port Cheshire County Championships 22/08/2021						
Phil Rees V75 2.09 Derby BMAF - British Masters Championships 21/08/2021						
John Evans V85 2.49 Nuneaton England Masters AA Inter Area Match 18/07/2021						
TJ						
Brian Dias V35 6.72 Nuneaton England Masters AA Inter Area Match 18/07/2021						
Kieran Golding V40 8.59 Horspath Southern Counties Vets League - Western Division 04/08/2021						
Paul Williams V55 9.11 Telford Midlands Veterans T&F League 26/05/2021						
Dave Shields V60 8.54 Lee Valley British Masters AF Regional Challenge (South) 01/08/2021						
Phil Rees V75 4.69 Derby BMAF - British Masters Championships 21/08/2021						
John Evans V85 5.73 Nuneaton Midland Masters Championships 06/06/2021						
PV						
Glyn Price V55 3.81 Yate National Athletics League Premier West 03/07/2021						
Dave Stokes V55 2.30 Ashton-under-Lyne North of England League West 2S 19/06/2021						
Keith Powell V60 2.50 Yeovil Yeovil Distance, Steeplechase & Jumps Open 08/05/2021						
Martin Davies V65 2.50 Hereford Midland League - Worcs/Here/West 15/08/2021						

SP7.26K							
	Kieran	Golding	V40	6.58	Basingstoke	Southern Athletics League - West	20/06/2021
	Graham	Holder	V45	10.60	Chelmsford	National Athletics League Championship London	06/06/2021
	Ian	Williams	V45	8.80	Newport	Midland League - Newport	11/07/2021
	Martin	Tucker	V50	8.55	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Chris	Millard	V50	7.40	Yate	Avon Track & Field League	13/06/2021
	Steven	Thomas-Spires	V50	7.17	Stretford	North of England League West 2S	04/07/2021
	Dave	Stokes	V55	7.76	Salford	North of England League West 2S	22/05/2021
	Jon	Clarke	V60	4.49	Ellesmere Port	Cheshire County Championships	22/08/2021
SP6K							
	Martin	Tucker	V50	9.26	Nuneaton	Midland Masters Championships	06/06/2021
	David	Glendower	V50	7.60	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
	Andrew	Turner	V55	9.58	Poole	Dorset County Championships	26/06/2021
	Dave	Stokes	V55	8.54	Derby	BMAF - British Masters Championships	21/08/2021
SP5K							
	Chris	Pruski	V65	8.12	Nuneaton	England Masters AA Inter Area Match	18/07/2021
SP4K							
	Mark	Wyndham-Jones	V70	11.27	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Paul	Brooks	V70	8.07	Connah's Quay	North Wales Regional Championships	12/01/2020
	David	Jones	V70	6.32	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Ian	Bowles	V75	6.85	Derby	BMAF - British Masters Championships	21/08/2021
	John	Evans	V85	4.56	Leamington	Midland Veterans League - East	09/06/2021
SP3K							
	Phil	Rees	V75	6.82	Derby	BMAF - British Masters Championships	21/08/2021
JT500							
	Mark	Wyndham-Jones	V70	25.86	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	John	Evans	V85	10.29	Nuneaton	Midland Vets League - East	19/05/2021
JT600							
	Keith	Powell	V60	25.47	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
JT 600							
	Chris	Pruski	V65	31.49	Derby	BMAF - British Masters Championships	21/08/2021
JT700							
	Martin	Tucker	V50	40.30	Kilmarnock	J Studios scottishathletics Combined Events & Masters Championships & Hurdles Open	10/07/2021
	Dave	Stokes	V55	23.27	Nuneaton	Midland Masters Championships	06/06/2021
JT800							
	Dale	Garland	V35	47.90	St. Peter Port	Guernsey Athletics Track & Field Series	13/06/2021
	Kieran	Golding	V40	38.40	Horspath	Southern Counties Vets League - Western Division	04/08/2021
	Graham	Holder	V45	29.38	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Ian	Williams	V45	28.00	Stourport	Midland League - Worcs/Here/West	20/06/2021
	Martin	Tucker	V50	36.63	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Steven	Thomas-Spires	V50	22.03	Stretford	North of England League West 2S	04/07/2021
	Dave	Stokes	V55	21.71	Salford	North of England League West 2S	22/05/2021

DT1K							
	Keith	Powell	V60	22.08	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Geoff	Ward	V65	33.62	Derby	BMAF - British Masters Championships	20/08/2021
	Mark	Wyndham-Jones	V70	34.04	Peterborough	Eastern Masters League Northern	01/06/2021
	Ian	Bowles	V75	26.35	Derby	BMAF - British Masters Championships	20/08/2021
DT 1.5K							
	Jason	Elworthy	V45	13.80	Cardiff	Welsh Senior Championships (inc. Under 15)	14/08/2021
	Martin	Tucker	V50	23.76	Stretford	Trafford Grand Prix	10/08/2021
	David	Glendower	V50	22.61	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
	Andrew	Turner	V55	30.65	Yeovil	Somerset County Championships	22/08/2021
	Robert	Eales	V55	28.48	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Dave	Stokes	V55	29.72	Sheffield	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	26/06/2021
DT2K							
	Kieran	Golding	V40	19.36	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Graham	Holder	V45	33.26	Kingston	National Athletics League Championship London	07/08/2021
	Peter	Roberts	V45	33.29	Yate	National Athletics League Premier West	07/08/2021
	Ian	Williams	V45	25.92	Stourport	Midland League - Worcs/Here/West	20/06/2021
	Steven	Thomas-Spires	V50	21.90	Stretford	North of England League West 2S	04/07/2021
	Dave	Stokes	V55	23.29	Salford	North of England League West 2S	22/05/2021
	Glyn	Price	V55	14.39	Yate	National Athletics League Premier West	03/07/2021
HT7.26K							
	Graham	Holder	V45	49.09	Chelmsford	National Athletics League Championship London	06/06/2021
	Peter	Roberts	V45	28.29	Yate	National Athletics League Premier West	06/06/2021
	Steven	Thomas-Spires	V50	18.13	Macclesfield	North of England League West 2S	01/08/2021
	Chris	Millard	V50	15.73	Yate	Avon Track & Field League	04/07/2021
	Dave	Stokes	V55	24.73	Stretford	North of England League West 2S	04/07/2021
	Glyn	Price	V55	15.23	Yate	National Athletics League Premier West	06/06/2021
	David	Jones	V70	11.66	Yate	National Athletics League Premier West	07/08/2021
HT6K							
	David	Glendower	V50	24.55	Gillingham	Medway & Maidstone AC Open Meeting	07/08/2021
			V55	0.00	0.00	0.00	00/01/1900
	Robert	Eales	V55	29.40	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Dave	Stokes	V55	28.48	Stretford	British Masters AF Regional Challenge (North)	24/07/2021
HT5K							
	Mark	Wyndham-Jones	V70	23.51	Peterborough	Eastern Masters League Northern	01/06/2021
HT4K							
	Mark	Wyndham-Jones	V70	34.31	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
	Ian	Bowles	V75	24.15	Derby	BMAF - British Masters Championships	20/08/2021

WT7.26 K	Mark	Wyndham-Jones	V70	13.23	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
WT7.26 K	Ian	Bowles	V75	9.92	Derby	BMAF - British Masters Championships	21/08/2021
WT11.3 4K	David	Glendower	V50	9.21	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
	Dave	Stokes	V55	11.06	Stretford	British Masters AF Regional Challenge (North)	24/07/2002
WT15.8 8K	Graham	Holder	V45	13.66	Derby	BMAF - British Masters Championships	22/08/2021

Pent							
PenM40	Kieran	Golding	V40	1590	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenM60	Keith	Powell	V60	1484	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenM70	Mark	Wyndham-Jones	V70	492.00	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021

PenWt							
	Graham	Holder	V45	3242	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenWtM 70	Mark	Wyndham-Jones	V70	3377	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021