

## Power of 10 Athlete Data

Event	Rank	Performance	PB	Is PB	Name	Category	Coach	Club	Venue	Date	Gender
60	1	7.73	7.73i	PB	Stephen Buttler	V40	Liam Tracey	Worcester	Birmingham (PB)	2019-01-27	Men
60	2	8.02	7.66i		Stuart Pearce	V40		Newport	Cardiff	2019-01-20	Men
60	3	8.43	8.07i/8.0		James Morgan	V45	James Morgan	Newport	Cardiff	2019-01-20	Men
60	4	8.67	8.20i		Ian Broadhurst	V60	None	Wrexham	Cardiff	2019-01-20	Men
60	5	8.74	7.93i		Keith Powell	V55	None	Newport	Cardiff	2019-01-20	Men
60	6	9.29	8.28i/8.2i		Roderick Davies	V60		Swansea	Cardiff	2019-01-20	Men
60	7	9.97	9.97i	PB	Chris Pruski	V60		Swansea	Cardiff	2019-01-20	Men
60	8	10.10	9.67i		Mel James	V70	None	Port Talbot	Cardiff	2019-01-20	Men
60	9	14.11	14.11i	PB	David Boaler	V60		Cardiff	Cardiff	2019-01-20	Men
200	1	26.55	25.13		Stuart Pearce	V40		Newport	Cardiff	2019-01-20	Men
200	2	27.20	24.35		Ian Broadhurst	V60	None	Wrexham	Cardiff	2019-01-20	Men
200	3	27.38	26.77i		Scott Browne	V40		Les Croupiers	Cardiff	2019-01-20	Men
200	4	27.93	25.43		James Morgan	V45	James Morgan	Newport	Cardiff	2019-01-20	Men
200	5	28.85	25.67		Keith Powell	V55	None	Newport	Cardiff	2019-01-20	Men
200	6	29.07	27.52		Kieran McDonnell	V60		Les Croupiers	Cardiff	2019-01-20	Men
200	7	31.36	26.32/25.9		Roderick Davies	V60		Swansea	Cardiff	2019-01-20	Men
200	8	32.37	23.75		Lee Richards	V35	Stuart Pearce	Newport	Cardiff	2019-01-20	Men
200	9	35.95	31.51		Mel James	V70	None	Port Talbot	Cardiff	2019-01-20	Men
200	10	52.73	48.29		Jason Elworthy T38/F38	V45		Barry & Vale	Cardiff	2019-01-20	Men
400	1	58.99	54.39/53.5		Sean Price	V55	Colin Daley	Les Croupiers	Cardiff	2019-01-20	Men
400	2	59.65	57.27i		Scott Browne	V40		Les Croupiers	Cardiff	2019-01-20	Men
400	3	62.80	54.98i		Brett Davis	V55	None	Newport	Cardiff	2019-01-20	Men
400	4	63.62	63.		Adrian	V45		Aberdare	Cardiff	2019-	Men

Event	Rank	Performance	PB	Is PB	Name	Category	Coach	Club	Venue	Date	Gender
			46i/61.1		Lewis			Valley		01-20	
400	5	65.59	65.59i/64.8	PB	Paul Flynn	V50		Swansea	Cardiff	2019-01-20	Men
800	1	2:03.57	2:00.28		Peter Watkeys	V35	Martin Tarsey	Basingstoke & Mid Hants	Lee Valley	2019-01-27	Men
800	2	2:12.62	2:08.47		Scott Browne	V40		Les Croupiers	Cardiff	2019-01-20	Men
800	3	2:13.16	1:49.73		Sean Price	V55	Colin Daley	Les Croupiers	Cardiff	2019-01-20	Men
800	4	2:21.83	2:20.07i		Adrian Lewis	V45		Aberdare Valley	Cardiff	2019-01-20	Men
800	5	2:24.21	2:06.3		Brett Davis	V55	None	Newport	Cardiff	2019-01-20	Men
800	6	2:28.07	2:21.94		Paul Flynn	V50		Swansea	Cardiff	2019-01-20	Men
800	7	2:31.45	2:31.45i	PB	Michael Graz	V45		Usk	Cardiff	2019-01-20	Men
800	8	2:32.55	2:22.5		Martyn Cole	V55		Worcester	Cardiff	2019-01-20	Men
800	9	2:50.77	2:40.5		Clive Osmond	V55		Les Croupiers	Cardiff	2019-01-20	Men
800	10	3:34.68	2:47.09		Barrie Roberts	V75	Nicola Sykes	Bournville Harriers	Cardiff	2019-01-20	Men
1500	1	4:35.54	4:34.69		Matthew Evans	V35		Aberdare Valley	Cardiff	2019-01-20	Men
1500	2	4:40.54	4:28.20i		Scott Browne	V40		Les Croupiers	Cardiff	2019-01-20	Men
1500	3	4:51.29	4:43.83i		Adrian Lewis	V45		Aberdare Valley	Cardiff	2019-01-20	Men
1500	4	5:11.28	4:58.1		Martyn Cole	V55		Worcester	Cardiff	2019-01-20	Men
1500	5	5:12.05	4:47.08i		Paul Flynn	V50		Swansea	Cardiff	2019-01-20	Men
1500	6	5:21.58	5:04.2		Elio Lepore	V60		Les Croupiers	Cardiff	2019-01-20	Men
1500	7	5:40.34	5:		Austin	V60	Gordon	West Suffolk	Cardiff	2019-	Men

Event	Rank	Performance	PB	Is PB	Name	Category	Coach	Club	Venue	Date	Gender	
			24.63		Davies		Palmer			01-20		
1500	8	5:44.34	5:44.34i	PB	Mark Williams	V60		Parc Bryn Bach	Cardiff	2019-01-20	Men	
1500	9	5:48.51	5:48.51i	PB	Mike Murphy	V65		Les Croupiers	Cardiff	2019-01-20	Men	
1500	10	6:03.28	5:05.8		Huw Roberts	V60		Bridgend	Cardiff	2019-01-20	Men	
1500	11	7:14.22	5:51.04		Barrie Roberts	V75	Nicola Sykes	Bournville Harriers	Cardiff	2019-01-20	Men	
HJ	1	1.70	2.00		Owen Chesher	V35	John Mcfall	Brecon	Cardiff	2019-01-27	Men	
PV	1	4.05	4.80		Glyn Price	V50	Edward Thompson	Swansea	Cardiff	2019-01-27	Men	
PV	2	2.10	2.50		Dave Stokes	V55		Deeside AAC	Connah's Quay	2019-01-12	Men	
LJ	1	3.82	5.19		Roderick Davies	V60		Swansea	Swansea	2019-01-12	Men	
LJ	2	3.69	3.91i		Dave Stokes	V55		Deeside AAC	Connah's Quay	2019-01-12	Men	
TJ	1	7.18	7.94i		Dave Stokes	V55	Deeside AAC	Connah's Quay	2019-01-12	Men		
SP7.26K	1	5.37	6.74i		Jason Elworthy T38/F38	V45		Barry & Vale	Cardiff	2019-01-26	Men	
10K	1	32:10	32:10	PB	Richard Jackson-Hookins	V35		Les Croupiers	Beachley	2019-01-20	Men	
10K	2	33:46	32:37		Lee Jones	V45		Deeside AAC	Llandudno	2019-01-19	Men	
10K	3	34:03	33:03		Martin Green	V40	David Chalfen	North Wales RR	Llandudno	2019-01-19	Men	
10K	4	34:41	32:54		Lee Aherne	V50	None	Parc Bryn Bach	Beachley	2019-01-20	Men	
10K	5	34:55	34:12		Richard Jones	V45	None	Lliswerry	Beachley	2019-01-20	Men	
10K	6	39:56	32:42		Rob Sheen	V55		Leicester	Kites Hardwick	2019-01-13	Men	
10K	7	53:21	47:52		Donald Hale	V65		North Wales RR	Llandudno	2019-01-19	Men	
HM	1	73:56	72:28		Martin Green	V40	David Chalfen	North Wales RR	York	2019-01-13	Men	
60	1	8.27	7.61		Michelle Thomas	V45	Linford Christie	Birchfield H	Lee Valley	2019-01-27	Women	
60	2	8.73	8.73i	PB	Eleri Jones	V35		Newport	Cardiff	2019-01-20	Women	
60	3	8.75	8.65i		Juliet Sidney	V50		Stuart Pearce	Newport	Cardiff	2019-01-20	Women
60	4	8.79	8.79i	PB	Alison McLellan	V35			Deeside AAC	Connah's Quay	2019-01-12	Women

Event	Rank	Performance	PB	Is PB	Name	Category	Coach	Club	Venue	Date	Gender
60	5	9.07	9.04i		Melanie Garland	V55	Roger Turner	Worcester	Cardiff	2019-01-20	Women
60	6	9.55	8.64i		Amanda Broadhurst	V45	None	Wrexham	Cardiff	2019-01-20	Women
60	7	9.60	9.22i		Angela Bryant	V55		Forest of Dean	Cardiff	2019-01-20	Women
60	8	9.79	9.52i		Jan Timberlake	V50		Worcester	Birmingham (PB)	2019-01-06	Women
60	9	9.87	9.41i		Clare St. John-Coleman	V55	Edward Hawkins	Chelmsford	Lee Valley	2019-01-01	Women
60	10	12.04	9.82i/ 9.8i		Iris Holder	V75		Worcester	Cardiff	2019-01-20	Women
60	11	14.09	10.47i		Dorothy Fraser	V80	Denise Timmis	Lincoln Wellington	Cardiff	2019-01-20	Women
60	12	14.77	12.84i		Daphne Marler	V70		Swansea	Cardiff	2019-01-20	Women
200	1	27.18	23.98		Michelle Thomas	V45	Linford Christie	Birchfield H	Lee Valley	2019-01-26	Women
200	2	29.96	28.86		Juliet Sidney	V50	Stuart Pearce	Newport	Cardiff	2019-01-20	Women
200	3	30.39	30.39i	PB	Eleri Jones	V35		Newport	Cardiff	2019-01-20	Women
200	4	31.69	31.21i		Louise Kirby	V50		Newport	Cardiff	2019-01-20	Women
200	5	31.98	26.83		Amanda Broadhurst	V45	None	Wrexham	Cardiff	2019-01-20	Women
200	6	32.59	30.99i		Angela Bryant	V55		Forest of Dean	Cardiff	2019-01-20	Women
200	7	54.37	34.83		Dorothy Fraser	V80	Denise Timmis	Lincoln Wellington	Cardiff	2019-01-20	Women
400	1	73.64	69.09		Louise Kirby	V50		Newport	Cardiff	2019-01-20	Women
400	2	87.72	73.30		Angela Bryant	V55		Forest of Dean	Cardiff	2019-01-20	Women
800	1	2:24.56	2:09.53		Georgie Parnell	V35		Chepstow H	Cardiff	2019-01-20	Women
800	2	2:34.08	2:34.08i	PB	Sarah Coote	V35		Parc Bryn Bach	Cardiff	2019-01-20	Women
800	3	2:34.48	2:24.2		Sarah Everitt	V50	David Taylor	Bristol & West	Cardiff	2019-01-20	Women
800	4	2:40.19	2:30.4		Llinos Jones	V35	Kevin Evans	Swansea	Cardiff	2019-01-20	Women
800	5	2:43.13	2:27.0		Jenny Phillips	V50	None	Llanelli	Cardiff	2019-01-20	Women
1500	1	5:16.98	5:02.98i		Sarah Everitt	V50	David Taylor	Bristol & West	Cardiff	2019-01-20	Women

Event	Rank	Performance	PB	Is PB	Name	Category	Coach	Club	Venue	Date	Gender
1500	2	5:34.21	5:02.19i		Llinos Jones	V35	Kevin Evans	Swansea	Cardiff	2019-01-20	Women
1500	3	6:07.48	5:48.78i		Keri Jones	V45	Nicola Haines-Jones	Parc Bryn Bach	Cardiff	2019-01-20	Women
1500	4	7:07.42	7:07.42i	PB	Helen Lutley	V65		Emlyn	Cardiff	2019-01-20	Women
PV	1	2.91	3.95		Alison Murray	V50	None	Hercules Wimbledon	Lee Valley	2019-01-26	Women
LJ	1	4.57	4.67		Melanie Garland	V55	Roger Turner	Worcester	Cardiff	2019-01-20	Women
LJ	2	4.56	4.56i	PB	Alison McLellan	V35		Deeside AAC	Connah's Quay	2019-01-12	Women
LJ	3	4.51	5.09		Amanda Cook	V40	Amanda Broadhurst	Wrexham	Connah's Quay	2019-01-12	Women
LJ	4	4.19	4.56i		Jan Timberlake	V50		Worcester	Birmingham (PB)	2019-01-26	Women
LJ	5	3.72	5.05		Amanda Broadhurst	V45	None	Wrexham	Cardiff	2019-01-20	Women
LJ	6	3.60	4.15		Clare St. John-Coleman	V55	Edward Hawkins	Chelmsford	Lee Valley	2019-01-26	Women
LJ	7	1.90	3.26i		Daphne Marler	V70		Swansea	Swansea	2019-01-12	Women
TJ	1	9.20	10.39		Amanda Cook	V40	Amanda Broadhurst	Wrexham	Connah's Quay	2019-01-12	Women
TJ	2	8.84	10.19		Amanda Broadhurst	V45	None	Wrexham	Connah's Quay	2019-01-12	Women
TJ	3	8.38	9.98i		Jan Timberlake	V50		Worcester	Birmingham (PB)	2019-01-05	Women
SP4K	1	8.10	10.06i		Amanda Broadhurst	V45	None	Wrexham	Connah's Quay	2019-01-12	Women
SP4K	2	7.44	8.99i		Karen Llewelin	V55		Pembrokeshire	Swansea	2019-01-13	Women
SP4K	3	6.78	7.34i		Renate Prells	V60	David Arnold	Swansea	Swansea	2019-01-13	Women
Mar	1	3:33:37	3:28:51		Elizabeth Driver	V60		Welsh Masters	Dubai, UAE	2019-01-25	Women