

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
20792	Adebowale Ademuyewo	2019	V35	M	200	22.6	Tamworth	Midland League Division 1	2019-07-07
20792	Adebowale Ademuyewo	2019	V35	M	200	22.68	Cardiff	Welsh Senior Championships	2019-07-13
20792	Adebowale Ademuyewo	2019	V35	M	200	22.84	Birmingham	British Masters Championships	2019-08-11
20792	Adebowale Ademuyewo	2019	V35	M	200	22.90	Scotstoun	British Athletics League Division 2	2019-08-03
25672	Lee Aherne	2019	V50	M	3000	9:37.41	Coventry	England Masters Inter Area Challenge	2019-07-06
25672	Lee Aherne	2019	V50	M	5000	16:29.65	Birmingham	British Masters Championships	2019-08-11
25672	Lee Aherne	2019	V50	M	5000	16:37.34	Brecon	Welsh Masters Championships	2019-07-21
25672	Lee Aherne	2019	V50	M	parkrun	16:31	Bryn Bach	Bryn Bach parkrun # 346	2019-07-13
25672	Lee Aherne	2019	V50	M	parkrun	16:40	Bryn Bach	Bryn Bach parkrun # 350	2019-08-17
25672	Lee Aherne	2019	V50	M	parkrun	16:41	Bryn Bach	Bryn Bach parkrun # 351	2019-08-24
25672	Lee Aherne	2019	V50	M	parkrun	16:50	Bryn Bach	Bryn Bach parkrun # 353	2019-09-07
25672	Lee Aherne	2019	V50	M	parkrun	16:50	Bryn Bach	Bryn Bach parkrun # 356	2019-09-28
25672	Lee Aherne	2019	V50	M	5.4KL	19:10	Llanelli	Welsh Relay Championships	2019-09-15
25672	Lee Aherne	2019	V50	M	5.5MNAD	NT	Machen	Gwent Leisure Centre League Machen	2019-07-02
25672	Lee Aherne	2019	V50	M	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
25672	Lee Aherne	2019	V50	M	10K	33:54	Cardiff	Cardiff 10K	2019-09-01
25672	Lee Aherne	2019	V50	M	10K	33:57	Swansea	Admiral Swansea Bay 10K	2019-09-22
25672	Lee Aherne	2019	V50	M	10K	34:28	Undy	Magor Marsh 10K	2019-07-27
25672	Lee Aherne	2019	V50	M	10K	34:36	Barry Island 10K	Barry Island 10K	2019-08-04
25672	Lee Aherne	2019	V50	M	HM	75:47	Cardiff	Cardiff Half Marathon	2019-10-06
75467	Catherine Alford	2019	V45	W	DT1K	21.77	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	100	18.43	Brecon	Welsh Masters Championships	2019-07-21
111056	Eirian	2019	V65	W	100	19.0	Aberdare	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Arwyn							League	07-10
111056	Eirian Arwyn	2019	V65	W	200	42.1	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	200	51.48	Brecon	Welsh Masters Championships	2019-07-21
111056	Eirian Arwyn	2019	V65	W	800	4:04.65	Brecon	Welsh Masters Championships	2019-07-21
111056	Eirian Arwyn	2019	V65	W	800	4:07.5	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	1500	7:47.25	Coventry	England Masters Inter Area Challenge	2019-07-06
111056	Eirian Arwyn	2019	V65	W	1500	8:18.9	Brecon	Welsh Masters Championships	2019-07-21
111056	Eirian Arwyn	2019	V65	W	3000	16:52.00	Brecon	Welsh Masters Championships	2019-07-21
111056	Eirian Arwyn	2019	V65	W	3000	17:01.2	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	HJ	0.95	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	TJ	6.00	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	DT1K	15.18	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	JT500	13.41	Aberdare	Welsh Masters League	2019-07-10
111056	Eirian Arwyn	2019	V65	W	parkrun	27:26	Kingsway	Kingsway parkrun # 209	2019-07-13
111056	Eirian Arwyn	2019	V65	W	parkrun	28:06	Chipping Sodbury	Chipping Sodbury parkrun # 277	2019-09-28
111056	Eirian Arwyn	2019	V65	W	parkrun	28:07	Groe	Groe parkrun # 27	2019-09-21
111056	Eirian Arwyn	2019	V65	W	parkrun	28:18	Brynaman	Brynaman parkrun # 3	2019-10-05
111056	Eirian Arwyn	2019	V65	W	parkrun	28:32	Llyn Llech Owain	Llyn Llech Owain parkrun # 336	2019-09-14
111056	Eirian Arwyn	2019	V65	W	parkrun	28:42	Porthcawl	Porthcawl parkrun # 331	2019-09-07
111056	Eirian Arwyn	2019	V65	W	parkrun	28:55	Severn Bridge	Severn Bridge parkrun # 48	2019-08-31
111056	Eirian Arwyn	2019	V65	W	parkrun	29:05	Dolgellau	Dolgellau parkrun # 181	2019-08-10
111056	Eirian Arwyn	2019	V65	W	parkrun	29:08	Yeovil Montacute	Yeovil Montacute parkrun # 268	2019-07-27
111056	Eirian Arwyn	2019	V65	W	parkrun	29:08	Somerdale Pavilion	Somerdale Pavilion parkrun # 37	2019-08-17
111056	Eirian Arwyn	2019	V65	W	parkrun	29:26	Nant y Pandy	Nant y Pandy parkrun # 47	2019-08-03
111056	Eirian Arwyn	2019	V65	W	5.4KL	34:02	Llanelli	Welsh Relay Championships	2019-09-15

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25295	Brenda Avery	2019	V65	W	parkrun	24:10	Aberbeeg	Aberbeeg parkrun # 36	2019-07-13
25295	Brenda Avery	2019	V65	W	parkrun	24:39	Severn Bridge	Severn Bridge parkrun # 53	2019-10-05
25295	Brenda Avery	2019	V65	W	parkrun	24:46	Riverfront	Riverfront parkrun # 138	2019-09-14
25295	Brenda Avery	2019	V65	W	parkrun	25:01	Minehead	Minehead parkrun # 156	2019-08-24
25295	Brenda Avery	2019	V65	W	4M	31:52	Redwick	Rose Inn 4 Series	2019-08-13
25295	Brenda Avery	2019	V65	W	4M	33:47	Redwick	Rose Inn 4 Series	2019-07-09
25295	Brenda Avery	2019	V65	W	5M	41:28	Bargoed	Parc Cwm Darran 5	2019-08-18
25295	Brenda Avery	2019	V65	W	5M	43:15	Colerne	Colerne Under The Posts 5	2019-07-21
25295	Brenda Avery	2019	V65	W	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
25295	Brenda Avery	2019	V65	W	10K	50:10	Stratford upon Avon	Stratford's Big 10k	2019-09-08
25295	Brenda Avery	2019	V65	W	10K	50:48	Cardiff	Cardiff 10K	2019-09-01
25295	Brenda Avery	2019	V65	W	10K	51:24	Swansea	Admiral Swansea Bay 10K	2019-09-22
25295	Brenda Avery	2019	V65	W	10K	51:55	Porthcawl	Porthcawl 10K	2019-07-07
25295	Brenda Avery	2019	V65	W	10K	52:47	Undy	Magor Marsh 10K	2019-07-27
25295	Brenda Avery	2019	V65	W	10K	52:50	Barry Island 10K	Barry Island 10K	2019-08-04
25295	Brenda Avery	2019	V65	W	10K	54:06	Devizes	Devizes 10K	2019-09-29
349414	Chris Baldwin	2019	V60	M	4KL	20:45	Llandudno	North Wales Regional Relay Championships	2019-09-15
349414	Chris Baldwin	2019	V60	M	parkrun	25:26	Aberystwyth	Aberystwyth parkrun # 374	2019-09-28
349414	Chris Baldwin	2019	V60	M	parkrun	25:46	Pont y Bala	Pont y Bala parkrun # 20	2019-08-24
349414	Chris Baldwin	2019	V60	M	parkrun	26:32	Pont y Bala	Pont y Bala parkrun # 19	2019-08-17
349414	Chris Baldwin	2019	V60	M	parkrun	28:20	Pont y Bala	Pont y Bala parkrun # 18	2019-08-10
349414	Chris Baldwin	2019	V60	M	ZXC	30:19	Wrexham	North Wales Senior League	2019-10-05
42368	Chris Berry	2019	V60	M	HJ	1.30	Brecon	Welsh Masters Championships	2019-07-21
42368	Chris Berry	2019	V60	M	HJ	1.22	Coventry	England Masters Inter Area Challenge	2019-07-06
42368	Chris Berry	2019	V60	M	HJ	1.20	Aberdare	Welsh Masters League	2019-07-10

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42368	Chris Berry	2019	V60	M	SP5K	9.37	Coventry	England Masters Inter Area Challenge	2019-07-06
42368	Chris Berry	2019	V60	M	SP5K	9.06	Brecon	Welsh Masters Championships	2019-07-21
42368	Chris Berry	2019	V60	M	WT9.08K	7.37	Brecon	Welsh Masters Championships	2019-07-21
42368	Chris Berry	2019	V60	M	DT1K	24.06	Aberdare	Welsh Masters League	2019-07-10
42368	Chris Berry	2019	V60	M	DT1K	21.53	Brecon	Welsh Masters Championships	2019-07-21
42368	Chris Berry	2019	V60	M	HT5K	26.36	Brecon	Welsh Masters Championships	2019-07-21
717331	Lloyd Bevan	2019	V55	M	5K	22:07	Battersea Park	Self Transcendence 5K	2019-07-08
717331	Lloyd Bevan	2019	V55	M	5K	22:24	Battersea Park	Serpentine RC 5K Championships	2019-07-25
717331	Lloyd Bevan	2019	V55	M	SHORT5K	21:57	London Battersea Park	Veterans AC Summer Series 5K	2019-07-09
717331	Lloyd Bevan	2019	V55	M	parkrun	22:11	Grovelands	Grovelands parkrun # 470	2019-07-13
717331	Lloyd Bevan	2019	V55	M	parkrun	22:45	Barry Island	Barry Island parkrun # 215	2019-07-06
717331	Lloyd Bevan	2019	V55	M	parkrun	22:47	Maidenhead	Maidenhead parkrun # 225	2019-07-20
717331	Lloyd Bevan	2019	V55	M	parkrun	23:07	Richmond Park	Richmond Park parkrun # 634	2019-10-05
717331	Lloyd Bevan	2019	V55	M	parkrun	23:14	Wormwood Scrubs	Wormwood Scrubs parkrun # 429	2019-09-14
717331	Lloyd Bevan	2019	V55	M	10K	46:14	Porthcawl	Porthcawl 10K	2019-07-07
717331	Lloyd Bevan	2019	V55	M	10K	46:15	Redhill	Caterham Rotary 10K	2019-07-21
116386	Paul Bevan	2019	V55	M	parkrun	20:49	Cardiff	Cardiff parkrun # 606	2019-07-20
118461	Christine Birch	2019	V70	W	10K	51:46	Wrexham	Helena Tipping Memorial 10K	2019-07-28
118461	Christine Birch	2019	V70	W	11KMT	63:04	Pentre-Llyn-Cymmer	Fairy Freckled Cow Llyn Alwen 11K	2019-07-07
118461	Christine Birch	2019	V70	W	ZXC	32:00	Wrexham	North Wales Senior League	2019-10-05
72633	Ian Bowles	2019	V70	M	SP4K	9.61	Brecon	Welsh Masters Championships	2019-07-21
72633	Ian Bowles	2019	V70	M	SP4K	9.22	Caorle, ITA	European Masters Stadia Championships	2019-09-13
72633	Ian Bowles	2019	V70	M	SP4K	9.14	Birmingham	British Masters Championships	2019-08-11
72633	Ian Bowles	2019	V70	M	WT7.26K	12.19	Caorle, ITA	European	2019-

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								Masters Stadia Championships	09-13
72633	Ian Bowles	2019	V70	M	WT7.26K	11.33	Brecon	Welsh Masters Championships	2019-07-21
72633	Ian Bowles	2019	V70	M	WT7.26K	11.22	Birmingham	British Masters Championships	2019-08-11
72633	Ian Bowles	2019	V70	M	DT1K	31.95	Brecon	Welsh Masters Championships	2019-07-21
72633	Ian Bowles	2019	V70	M	DT1K	31.95	Caorle, ITA	European Masters Stadia Championships	2019-09-11
72633	Ian Bowles	2019	V70	M	DT1K	30.84	Aberdare	Welsh Masters League	2019-07-10
72633	Ian Bowles	2019	V70	M	DT1K	30.20	Caorle, ITA	European Masters Stadia Championships	2019-09-13
72633	Ian Bowles	2019	V70	M	DT1K	30.17	Birmingham	British Masters Championships	2019-08-10
72633	Ian Bowles	2019	V70	M	DT1K	30.05	Worcester	Worcester AC Open	2019-08-08
72633	Ian Bowles	2019	V70	M	DT1K	29.80	Carmarthen	Carmarthen Harriers Throws Open	2019-07-25
72633	Ian Bowles	2019	V70	M	HT4K	31.93	Brecon	Welsh Masters Championships	2019-07-21
72633	Ian Bowles	2019	V70	M	HT4K	29.27	Caorle, ITA	European Masters Stadia Championships	2019-09-13
72633	Ian Bowles	2019	V70	M	HT4K	29.11	Worcester	Worcester AC Open	2019-08-08
72633	Ian Bowles	2019	V70	M	HT4K	27.97	Birmingham	British Masters Championships	2019-08-11
72633	Ian Bowles	2019	V70	M	JT500	20.87	Brecon	Welsh Masters Championships	2019-07-21
72633	Ian Bowles	2019	V70	M	JT500	18.63	Caorle, ITA	European Masters Stadia Championships	2019-09-13
72633	Ian Bowles	2019	V70	M	JT500	16.03	Aberdare	Welsh Masters League	2019-07-10
72633	Ian Bowles	2019	V70	M	PenWtM75	3148	Caorle, ITA	European Masters Stadia Championships	2019-09-13
26018	Amanda Broadhurst	2019	V45	W	200	31.60	Birmingham	British Masters Championships	2019-08-11
26018	Amanda Broadhurst	2019	V45	W	200	32.18	Caorle, ITA	European Masters Stadia Championships	2019-09-07
26018	Amanda Broadhurst	2019	V45	W	800	2:56.51	Caorle, ITA	European Masters Stadia Championships	2019-09-08
26018	Amanda Broadhurst	2019	V45	W	80HW40	14.45	Caorle, ITA	European Masters Stadia Championships	2019-09-07
26018	Amanda	2019	V45	W	HJ	1.27	Caorle, ITA	European	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Broadhurst							Masters Stadia Championships	09-07
26018	Amanda Broadhurst	2019	V45	W	HJ	1.24	Coventry	England Masters Inter Area Challenge	2019-07-06
26018	Amanda Broadhurst	2019	V45	W	LJ	3.87	Caorle, ITA	European Masters Stadia Championships	2019-09-08
26018	Amanda Broadhurst	2019	V45	W	LJ	3.08	Brecon	Welsh Masters Championships	2019-07-21
26018	Amanda Broadhurst	2019	V45	W	TJ	9.16	Birmingham	British Masters Championships	2019-08-11
26018	Amanda Broadhurst	2019	V45	W	TJ	9.11	Caorle, ITA	European Masters Stadia Championships	2019-09-06
26018	Amanda Broadhurst	2019	V45	W	SP4K	8.04	Caorle, ITA	European Masters Stadia Championships	2019-09-07
26018	Amanda Broadhurst	2019	V45	W	SP4K	7.52	Birmingham	British Masters Championships	2019-08-10
26018	Amanda Broadhurst	2019	V45	W	JT600	22.13	Coventry	England Masters Inter Area Challenge	2019-07-06
26018	Amanda Broadhurst	2019	V45	W	JT600	21.21	Caorle, ITA	European Masters Stadia Championships	2019-09-08
26018	Amanda Broadhurst	2019	V45	W	HepW45	3805	Caorle, ITA	European Masters Stadia Championships	2019-09-08
23960	Ian Broadhurst	2019	V60	M	100	13.32	Coventry	England Masters Inter Area Challenge	2019-07-06
23960	Ian Broadhurst	2019	V60	M	100	13.36	Brecon	Welsh Masters Championships	2019-07-21
23960	Ian Broadhurst	2019	V60	M	100	13.41	Birmingham	British Masters Championships	2019-08-10
23960	Ian Broadhurst	2019	V60	M	200	26.68	Coventry	England Masters Inter Area Challenge	2019-07-06
23960	Ian Broadhurst	2019	V60	M	200	26.82	Jesolo, ITA	European Masters Stadia Championships	2019-09-12
23960	Ian Broadhurst	2019	V60	M	200	27.13	Birmingham	British Masters Championships	2019-08-11
23960	Ian Broadhurst	2019	V60	M	200	27.32	Jesolo, ITA	European Masters Stadia Championships	2019-09-11
23960	Ian Broadhurst	2019	V60	M	400	61.86	Jesolo, ITA	European Masters Stadia Championships	2019-09-09
23960	Ian Broadhurst	2019	V60	M	400	63.83	Jesolo, ITA	European Masters Stadia Championships	2019-09-08
23960	Ian Broadhurst	2019	V60	M	300HM60	47.48	Jesolo, ITA	European Masters Stadia	2019-09-07

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								Championships	
23960	Ian Broadhurst	2019	V60	M	300HM60	47.66	Birmingham	British Masters Championships	2019-08-10
23960	Ian Broadhurst	2019	V60	M	300HM60	48.58	Brecon	Welsh Masters Championships	2019-07-21
23960	Ian Broadhurst	2019	V60	M	300HM60	51.68	Jesolo, ITA	European Masters Stadia Championships	2019-09-06
726647	Scott Browne	2019	V40	M	100	13.52	Brecon	Welsh Masters Championships	2019-07-21
726647	Scott Browne	2019	V40	M	200	27.25	Brecon	Welsh Masters Championships	2019-07-21
726647	Scott Browne	2019	V40	M	400	59.43	Brecon	Welsh Masters Championships	2019-07-21
726647	Scott Browne	2019	V40	M	800	2:11.59	Brecon	Welsh Masters Championships	2019-07-21
726647	Scott Browne	2019	V40	M	1500	4:39.67	Brecon	Welsh Masters Championships	2019-07-21
726647	Scott Browne	2019	V40	M	parkrun	30:57	Barry Island	Barry Island parkrun # 225	2019-09-14
399109	Angela Bryant	2019	V55	W	100	14.97	Brecon	Welsh Masters Championships	2019-07-21
399109	Angela Bryant	2019	V55	W	100	15.0	Hereford	Midland League Division 6	2019-08-04
399109	Angela Bryant	2019	V55	W	100	15.13	Birmingham	British Masters Championships	2019-08-10
399109	Angela Bryant	2019	V55	W	100	15.2	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-24
399109	Angela Bryant	2019	V55	W	100	15.3	Stratford upon Avon	Midland Veterans' League Division South	2019-07-03
399109	Angela Bryant	2019	V55	W	100	15.3	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17
399109	Angela Bryant	2019	V55	W	100	15.4	Gloucester	Avon League	2019-07-14
399109	Angela Bryant	2019	V55	W	100	15.41	Caorle, ITA	European Masters Stadia Championships	2019-09-05
399109	Angela Bryant	2019	V55	W	100	16.0	Aberdare	Welsh Masters League	2019-07-10
399109	Angela Bryant	2019	V55	W	200	31.98	Brecon	Welsh Masters Championships	2019-07-21
399109	Angela Bryant	2019	V55	W	200	31.98	Birmingham	British Masters Championships	2019-08-11
399109	Angela Bryant	2019	V55	W	200	32.17	Coventry	England Masters Inter Area Challenge	2019-07-06
399109	Angela Bryant	2019	V55	W	200	32.5	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17

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399109	Angela Bryant	2019	V55	W	200	32.59	Caorle, ITA	European Masters Stadia Championships	2019-09-11
399109	Angela Bryant	2019	V55	W	200	32.6	Worcester	Midland Veterans' League Division South	2019-07-31
399109	Angela Bryant	2019	V55	W	200	32.9	Aberdare	Welsh Masters League	2019-07-10
399109	Angela Bryant	2019	V55	W	200	33.4	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-24
399109	Angela Bryant	2019	V55	W	200	33.5	Hereford	Midland League Division 6	2019-08-04
399109	Angela Bryant	2019	V55	W	parkrun	46:31	Ross-on-Wye	Ross-on-Wye parkrun # 1	2019-08-03
399109	Angela Bryant	2019	V55	W	parkrun	48:50	Ross-on-Wye	Ross-on-Wye parkrun # 8	2019-09-21
371076	Clare Bryant	2019	V35	W	200	30.47	Caorle, ITA	European Masters Stadia Championships	2019-09-07
371076	Clare Bryant	2019	V35	W	100HW	18.72	Caorle, ITA	European Masters Stadia Championships	2019-09-07
371076	Clare Bryant	2019	V35	W	HJ	1.33	Caorle, ITA	European Masters Stadia Championships	2019-09-07
371076	Clare Bryant	2019	V35	W	SP4K	7.20	Caorle, ITA	European Masters Stadia Championships	2019-09-07
7443	Ken Buckle	2019	V75	M	6.5KMR	67:35	Gagliano del Capo, ITA	World Mountain Running	2019-09-28
7443	Ken Buckle	2019	V75	M	10KMT	71:24	Winchcombe	Winchcombe Hill Climb 5K / 10K	2019-08-25
566499	Ben Butler-Madden	2019	V35	M	3ML	15:46	Penarth	Cosmeston Relays	2019-07-10
566499	Ben Butler-Madden	2019	V35	M	5K	15:49	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
566499	Ben Butler-Madden	2019	V35	M	5K	15:58	Cardiff	SSAFA 5K	2019-07-24
566499	Ben Butler-Madden	2019	V35	M	parkrun	16:38	Pontypridd	Pontypridd parkrun # 278	2019-09-21
566499	Ben Butler-Madden	2019	V35	M	parkrun	16:38	Hasenheide, GER	Hasenheide parkrun # 92	2019-09-28
566499	Ben Butler-Madden	2019	V35	M	parkrun	16:47	Barry Island	Barry Island parkrun # 217	2019-07-20
566499	Ben Butler-Madden	2019	V35	M	parkrun	17:10	Riverfront	Riverfront parkrun # 133	2019-08-10
566499	Ben Butler-Madden	2019	V35	M	parkrun	18:03	Grangemoor	Grangemoor parkrun # 196	2019-08-17
566499	Ben Butler-	2019	V35	M	parkrun	18:54	Barry Island	Barry Island	2019-

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	Madden							parkrun # 224	09-07
566499	Ben Butler-Madden	2019	V35	M	parkrun	19:35	Barry Island	Barry Island parkrun # 225	2019-09-14
566499	Ben Butler-Madden	2019	V35	M	parkrun	30:53	Ludlow	Ludlow parkrun # 171	2019-07-13
566499	Ben Butler-Madden	2019	V35	M	5.4KL	18:59	Llanelli	Welsh Relay Championships	2019-09-15
566499	Ben Butler-Madden	2019	V35	M	10K	33:53	Cardiff	Cardiff 10K	2019-09-01
566499	Ben Butler-Madden	2019	V35	M	10K	34:29	Porthcawl	Porthcawl 10K	2019-07-07
566499	Ben Butler-Madden	2019	V35	M	HM	74:10	Cardiff	Cardiff Half Marathon	2019-10-06
566499	Ben Butler-Madden	2019	V35	M	HMMT	82:27	Bath	Bath Two Tunnels Half Marathon	2019-08-18
566499	Ben Butler-Madden	2019	V35	M	HMMT	83:11	Pontrhydyfen	Tough Runner Trail Festival Half Marathon	2019-07-27
43000	Stephen Buttler	2019	V40	M	100	12.6	Much Wenlock	Wenlock Olympian Games Open	2019-07-14
43000	Stephen Buttler	2019	V40	M	LJ	5.10	Birmingham	British Masters Championships	2019-08-10
43000	Stephen Buttler	2019	V40	M	LJ	5.08	Coventry	England Masters Inter Area Challenge	2019-07-06
43000	Stephen Buttler	2019	V40	M	LJ	4.99	Sutton Coldfield	Midland League Division 3	2019-08-03
43000	Stephen Buttler	2019	V40	M	SP7.26K	8.65	Much Wenlock	Wenlock Olympian Games Open	2019-07-14
372760	Kevin Challinor	2019	V55	M	800	2:46.83	Brecon	Welsh Masters Championships	2019-07-21
372760	Kevin Challinor	2019	V55	M	1500	5:50.87	Brecon	Welsh Masters Championships	2019-07-21
372760	Kevin Challinor	2019	V55	M	5000	22:10.53	Brecon	Welsh Masters Championships	2019-07-21
372760	Kevin Challinor	2019	V55	M	4.5MMT	35:21	Shotton	Deestriders Off Road Grand Prix 4.5	2019-08-01
42753	Owen Cheshier	2019	V35	M	100	12.36	Brecon	Welsh Masters Championships	2019-07-21
42753	Owen Cheshier	2019	V35	M	200	25.33	Brecon	Welsh Masters Championships	2019-07-21
42753	Owen Cheshier	2019	V35	M	400	54.82	Coventry	England Masters Inter Area Challenge	2019-07-06
42753	Owen Cheshier	2019	V35	M	400	55.09	Brecon	Welsh Masters Championships	2019-07-21
42753	Owen Cheshier	2019	V35	M	HJ	1.84	Cardiff	Welsh Senior Championships	2019-07-14
42753	Owen	2019	V35	M	HJ	1.80	Birmingham	British Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Chesher							Championships	08-11
42753	Owen Chesher	2019	V35	M	HJ	1.75	Coventry	England Masters Inter Area Challenge	2019-07-06
42753	Owen Chesher	2019	V35	M	HJ	1.75	Brecon	Welsh Masters Championships	2019-07-21
21207	Seriashe Childs	2019	V35	M	100	11.6	Cardiff	Welsh Senior Championships	2019-07-14
21207	Seriashe Childs	2019	V35	M	100	11.72	Birmingham	British Masters Championships	2019-08-10
21207	Seriashe Childs	2019	V35	M	100	11.78	Brecon	Welsh Masters Championships	2019-07-21
21207	Seriashe Childs	2019	V35	M	100	11.8	Aberdare	Welsh Masters League	2019-07-10
607758	Ania Ciolek	2019	V35	W	parkrun	22:30	Swansea Bay	Swansea Bay parkrun # 187	2019-07-27
607758	Ania Ciolek	2019	V35	W	parkrun	22:36	Swansea Bay	Swansea Bay parkrun # 192	2019-08-31
607758	Ania Ciolek	2019	V35	W	parkrun	23:07	Bushy Park	Bushy Park parkrun # 800	2019-08-03
607758	Ania Ciolek	2019	V35	W	parkrun	23:09	Swansea Bay	Swansea Bay parkrun # 185	2019-07-13
607758	Ania Ciolek	2019	V35	W	parkrun	23:56	Llanelli Coast	Llanelli Coast parkrun # 130	2019-07-06
607758	Ania Ciolek	2019	V35	W	parkrun	23:56	Colby	Colby parkrun # 266	2019-09-14
607758	Ania Ciolek	2019	V35	W	parkrun	23:58	Rosliston	Rosliston parkrun # 175	2019-07-20
607758	Ania Ciolek	2019	V35	W	parkrun	24:10	Haverfordwest	Haverfordwest parkrun # 107	2019-09-28
607758	Ania Ciolek	2019	V35	W	parkrun	24:37	Conwy	Conwy parkrun # 239	2019-08-24
607758	Ania Ciolek	2019	V35	W	parkrun	24:55	Bath Skyline	Bath Skyline parkrun # 252	2019-08-17
607758	Ania Ciolek	2019	V35	W	parkrun	25:03	Colchester Castle	Colchester Castle parkrun # 332	2019-08-10
607758	Ania Ciolek	2019	V35	W	parkrun	37:14	Milford Waterfront	Milford Waterfront parkrun # 3	2019-09-21
727639	Jon Clarke	2019	V60	M	100	17.42	Stretford	Trafford AC Grand Prix Open (Sprints/Hurdles/Jumps)	2019-07-16
199713	Lisa Cleary	2019	V50	W	1M	7:05	Butetown	Butetown Mile	2019-08-25
199713	Lisa Cleary	2019	V50	W	1.91ML	14:26	Redwick	Rose Inn Relays (3 x 1.91)	2019-09-03
199713	Lisa Cleary	2019	V50	W	5K	24:53	Cardiff	SSAFA 5K	2019-07-24
199713	Lisa Cleary	2019	V50	W	parkrun	23:42	Cardiff	Cardiff parkrun # 617	2019-10-05

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
199713	Lisa Cleary	2019	V50	W	parkrun	23:51	Groe	Groe parkrun # 22	2019-08-17
199713	Lisa Cleary	2019	V50	W	parkrun	24:43	Mallards Pike	Mallards Pike parkrun # 5	2019-09-28
199713	Lisa Cleary	2019	V50	W	parkrun	24:58	Tamar Lakes	Tamar Lakes parkrun # 259	2019-09-21
199713	Lisa Cleary	2019	V50	W	parkrun	25:02	Barry Island	Barry Island parkrun # 219	2019-08-03
199713	Lisa Cleary	2019	V50	W	parkrun	25:10	Cardiff	Cardiff parkrun # 606	2019-07-20
199713	Lisa Cleary	2019	V50	W	parkrun	25:10	Barry Island	Barry Island parkrun # 224	2019-09-07
199713	Lisa Cleary	2019	V50	W	parkrun	25:12	Ross-on-Wye	Ross-on-Wye parkrun # 2	2019-08-10
199713	Lisa Cleary	2019	V50	W	parkrun	25:17	Jersey	Jersey parkrun # 197	2019-07-13
199713	Lisa Cleary	2019	V50	W	parkrun	25:39	Barry Island	Barry Island parkrun # 223	2019-08-31
199713	Lisa Cleary	2019	V50	W	parkrun	25:49	Barry Island	Barry Island parkrun # 215	2019-07-06
199713	Lisa Cleary	2019	V50	W	parkrun	26:04	Newent	Newent parkrun # 326	2019-07-27
199713	Lisa Cleary	2019	V50	W	10K	49:54	Cardiff	Cardiff 10K	2019-09-01
199713	Lisa Cleary	2019	V50	W	10K	53:10	Barry Island 10K	Barry Island 10K	2019-08-04
199713	Lisa Cleary	2019	V50	W	10K	54:30	Porthcawl	Porthcawl 10K	2019-07-07
199713	Lisa Cleary	2019	V50	W	HM	2:02:18	Cardiff	Cardiff Half Marathon	2019-10-06
119080	Martyn Cole	2019	V55	M	400	69.32	Brecon	Welsh Masters Championships	2019-07-21
119080	Martyn Cole	2019	V55	M	600	1:46.4	Brierley Hill	Dudley & Stourbridge End of Season Open Graded Meeting inc. The Brian Shepherd Mile	2019-09-08
119080	Martyn Cole	2019	V55	M	800	2:26.38	Birmingham	British Masters Championships	2019-08-11
119080	Martyn Cole	2019	V55	M	800	2:26.6	Brierley Hill	Dudley & Stourbridge End of Season Open Graded Meeting inc. The Brian Shepherd Mile	2019-09-08
119080	Martyn Cole	2019	V55	M	800	2:28.1	Worcester	Midland Veterans' League Division South	2019-07-31
119080	Martyn Cole	2019	V55	M	800	2:33.46	Brecon	Welsh Masters Championships	2019-07-21
119080	Martyn Cole	2019	V55	M	1500	5:05.22	Birmingham	British Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Championships	08-10
119080	Martyn Cole	2019	V55	M	1500	5:17.79	Brecon	Welsh Masters Championships	2019-07-21
119080	Martyn Cole	2019	V55	M	1500	5:17.96	Nottingham	Midland Veterans' League Cup Final	2019-08-31
119080	Martyn Cole	2019	V55	M	Mile	5:34.32	Gloucester	Gloucester September Open	2019-09-03
119080	Martyn Cole	2019	V55	M	3000	11:07.93	Nottingham	Midland Veterans' League Cup Final	2019-08-31
119080	Martyn Cole	2019	V55	M	3000	DNF	Leamington	Warwickshire Open Graded Series	2019-09-04
15877	Peter Coles	2019	V55	M	3ML	17:22	Penarth	Cosmeston Relays	2019-07-10
15877	Peter Coles	2019	V55	M	4M	23:47	Redwick	Rose Inn 4 Series	2019-08-13
15877	Peter Coles	2019	V55	M	5M	31:34	Bargoed	Parc Cwm Darran 5	2019-08-18
15877	Peter Coles	2019	V55	M	10K	37:29	Cardiff	Cardiff 10K	2019-09-01
15877	Peter Coles	2019	V55	M	10K	37:29	Swansea	Admiral Swansea Bay 10K	2019-09-22
15877	Peter Coles	2019	V55	M	10K	38:50	Barry Island 10K	Barry Island 10K	2019-08-04
293585	Maggie Collingborn	2019	V50	W	400	81.57	Birmingham	British Masters Championships	2019-08-10
293585	Maggie Collingborn	2019	V50	W	5000	21:27.70	Birmingham	British Masters Championships	2019-08-11
293585	Maggie Collingborn	2019	V50	W	parkrun	22:10	Aberystwyth	Aberystwyth parkrun # 363	2019-07-13
293585	Maggie Collingborn	2019	V50	W	parkrun	22:15	Aberystwyth	Aberystwyth parkrun # 368	2019-08-17
293585	Maggie Collingborn	2019	V50	W	parkrun	22:17	Aberystwyth	Aberystwyth parkrun # 372	2019-09-14
293585	Maggie Collingborn	2019	V50	W	parkrun	22:31	Aberystwyth	Aberystwyth parkrun # 365	2019-07-27
293585	Maggie Collingborn	2019	V50	W	parkrun	22:45	Dolgellau	Dolgellau parkrun # 178	2019-07-20
293585	Maggie Collingborn	2019	V50	W	parkrun	22:53	Aberystwyth	Aberystwyth parkrun # 369	2019-08-24
293585	Maggie Collingborn	2019	V50	W	parkrun	23:13	Aberystwyth	Aberystwyth parkrun # 374	2019-09-28
293585	Maggie Collingborn	2019	V50	W	parkrun	23:14	Sheffield Hallam	Sheffield Hallam parkrun # 450	2019-08-31
293585	Maggie Collingborn	2019	V50	W	parkrun	24:33	Nobles	Nobles parkrun # 92	2019-09-07
293585	Maggie	2019	V50	W	parkrun	24:41	Victoria	Victoria	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Collingborn							parkrun # 294	09-21
293585	Maggie Collingborn	2019	V50	W	parkrun	30:05	Aberystwyth	Aberystwyth parkrun # 375	2019-10-05
293585	Maggie Collingborn	2019	V50	W	parkrun	30:35	Telford	Telford parkrun # 303	2019-07-06
293585	Maggie Collingborn	2019	V50	W	14MMT	2:18:31	Tallyn	Tywyn Race The Train Rotary 14	2019-08-17
81143	Emma Collins	2019	V55	W	4KL	16:54	Llandudno	North Wales Regional Relay Championships	2019-09-15
81143	Emma Collins	2019	V55	W	5K	20:39	Kingsley	Mid Cheshire 5K	2019-08-29
81143	Emma Collins	2019	V55	W	5K	20:47	Capenhurst	Ellesmere Port RC 5K	2019-08-21
81143	Emma Collins	2019	V55	W	5K	21:06	Ruthin	Ruthin 5K	2019-07-03
81143	Emma Collins	2019	V55	W	parkrun	23:52	Wepre	Wepre parkrun # 172	2019-08-31
81143	Emma Collins	2019	V55	W	10K	43:36	Wrexham	Helena Tipping Memorial 10K	2019-07-28
81143	Emma Collins	2019	V55	W	11KMT	51:05	Pentre-Llyn-Cymmer	Fairy Freckled Cow Llyn Alwen 11K	2019-07-07
81143	Emma Collins	2019	V55	W	HM	97:02	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
81143	Emma Collins	2019	V55	W	HMMT	1:47:16	Conwy	North Wales Half Marathon	2019-08-04
81143	Emma Collins	2019	V55	W	HMMT	2:33:59	Llanberis	Scott Snowdonia Trail Half Marathon	2019-07-14
43859	Amanda Cook	2019	V40	W	100	13.87	Brecon	Welsh Masters Championships	2019-07-21
43859	Amanda Cook	2019	V40	W	100	14.0	Wrexham	North of England League Division 4W	2019-07-14
43859	Amanda Cook	2019	V40	W	100	14.05	Birmingham	British Masters Championships	2019-08-10
43859	Amanda Cook	2019	V40	W	80HW40	12.74	Brecon	Welsh Masters Championships	2019-07-21
43859	Amanda Cook	2019	V40	W	80HW40	13.51	Coventry	England Masters Inter Area Challenge	2019-07-06
43859	Amanda Cook	2019	V40	W	80HW40	13.58	Birmingham	British Masters Championships	2019-08-10
43859	Amanda Cook	2019	V40	W	LJ	4.70	Birmingham	British Masters Championships	2019-08-10
43859	Amanda Cook	2019	V40	W	LJ	4.54	Brecon	Welsh Masters Championships	2019-07-21
43859	Amanda Cook	2019	V40	W	LJ	4.51	Wrexham	North of England League	2019-07-14

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Division 4W	
43859	Amanda Cook	2019	V40	W	LJ	4.40	Coventry	England Masters Inter Area Challenge	2019-07-06
43859	Amanda Cook	2019	V40	W	TJ	9.48	Birmingham	British Masters Championships	2019-08-11
43859	Amanda Cook	2019	V40	W	TJ	9.27	Wrexham	North of England League Division 4W	2019-07-14
43859	Amanda Cook	2019	V40	W	DT1K	22.83	Coventry	England Masters Inter Area Challenge	2019-07-06
43859	Amanda Cook	2019	V40	W	DT1K	22.52	Wrexham	North of England League Division 4W	2019-07-14
753949	Sarah Coote	2019	V35	W	800	2:30.40	Brecon	Welsh Masters Championships	2019-07-21
36008	Peter Crane	2019	V55	M	parkrun	19:03	Penallta	Penallta parkrun # 213	2019-08-31
554009	Claudia Cabbage	2019	V45	W	100HW	29.85	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	HJ	1.30	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	HJ	1.28	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
554009	Claudia Cabbage	2019	V45	W	PV	2.20	Ashford	Senior 8 Counties Inter County Match	2019-07-14
554009	Claudia Cabbage	2019	V45	W	PV	2.18	Carshalton	Jim Day Memorial Pole Vault Open	2019-09-22
554009	Claudia Cabbage	2019	V45	W	PV	2.15	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
554009	Claudia Cabbage	2019	V45	W	PV	2.00	Coventry	England Masters Inter Area Challenge	2019-07-06
554009	Claudia Cabbage	2019	V45	W	PV	2.00	Aldershot	Southern Counties Veterans' League Hampshire Division	2019-07-08
554009	Claudia Cabbage	2019	V45	W	PV	2.00	Swindon	Southern Athletics League Division 3SW	2019-08-17

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
554009	Claudia Cabbage	2019	V45	W	SP4K	9.38	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	SP4K	8.87	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
554009	Claudia Cabbage	2019	V45	W	SP4K	8.43	Aldershot	Southern Counties Veterans' League Hampshire Division	2019-07-08
554009	Claudia Cabbage	2019	V45	W	SP4K	8.29	Ashford	Senior 8 Counties Inter County Match	2019-07-14
554009	Claudia Cabbage	2019	V45	W	SP4K	8.25	Coventry	England Masters Inter Area Challenge	2019-07-06
554009	Claudia Cabbage	2019	V45	W	DT1K	21.97	Ashford	Senior 8 Counties Inter County Match	2019-07-14
554009	Claudia Cabbage	2019	V45	W	DT1K	18.14	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	DT1K	17.63	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
554009	Claudia Cabbage	2019	V45	W	HT4K	18.19	Coventry	England Masters Inter Area Challenge	2019-07-06
554009	Claudia Cabbage	2019	V45	W	HT4K	15.78	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	JT600	20.63	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	JT600	19.71	Basingstoke	Southern Athletics League Division 3SW	2019-07-13
719036	Austin Davies	2019	V60	M	100	14.62	Brecon	Welsh Masters Championships	2019-07-21
719036	Austin Davies	2019	V60	M	800	2:40.75	Brecon	Welsh Masters Championships	2019-07-21
719036	Austin Davies	2019	V60	M	1500	5:37.10	Brecon	Welsh Masters Championships	2019-07-21
608969	Clare Davies	2019	V50	W	100	18.5	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	200	38.0	Aberdare	Welsh Masters League	2019-07-10

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
608969	Clare Davies	2019	V50	W	HJ	1.10	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	TJ	6.79	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	SP3K	7.20	Brecon	Welsh Masters Championships	2019-07-21
608969	Clare Davies	2019	V50	W	DT1K	10.80	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	JT500	12.59	Aberdare	Welsh Masters League	2019-07-10
608969	Clare Davies	2019	V50	W	parkrun	31:31	Bryn Bach	Bryn Bach parkrun # 356	2019-09-28
210166	Neil Davies	2019	V50	M	400	66.32	Brecon	Welsh Masters Championships	2019-07-21
210166	Neil Davies	2019	V50	M	800	3:00.8	Wrexham	North of England League Division 4W	2019-07-14
210166	Neil Davies	2019	V50	M	100HM50	20.59	Brecon	Welsh Masters Championships	2019-07-21
210166	Neil Davies	2019	V50	M	HJ	1.35	Brecon	Welsh Masters Championships	2019-07-21
210166	Neil Davies	2019	V50	M	HJ	1.34	Coventry	England Masters Inter Area Challenge	2019-07-06
210166	Neil Davies	2019	V50	M	HJ	1.27	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	PV	2.10	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	LJ	3.64	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	SP7.26K	8.49	Wrexham	North of England League Division 4W	2019-07-14
210166	Neil Davies	2019	V50	M	SP6K	8.96	Wrexham	Wrexham Final Fling	2019-09-29
210166	Neil Davies	2019	V50	M	SP6K	8.95	Brecon	Welsh Masters Championships	2019-07-21
210166	Neil Davies	2019	V50	M	SP6K	8.90	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	DT1.5K	31.58	Wrexham	Wrexham Final Fling	2019-09-29
210166	Neil Davies	2019	V50	M	DT1.5K	24.73	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	HT7.26K	21.08	Wrexham	North of England League Division 4W	2019-07-14
210166	Neil Davies	2019	V50	M	HT6K	24.80	Brecon	Welsh Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Championships	07-21
210166	Neil Davies	2019	V50	M	HT6K	24.50	Wrexham	Wrexham Final Fling	2019-09-29
210166	Neil Davies	2019	V50	M	JT800	30.57	Wrexham	North of England League Division 4W	2019-07-14
210166	Neil Davies	2019	V50	M	JT700	31.08	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	JT700	27.67	Coventry	England Masters Inter Area Challenge	2019-07-06
35171	Roderick Davies	2019	V60	M	100	14.60	Brecon	Welsh Masters Championships	2019-07-21
35171	Roderick Davies	2019	V60	M	100	15.0	Aberdare	Welsh Masters League	2019-07-10
35171	Roderick Davies	2019	V60	M	100	15.01	Birmingham	British Masters Championships	2019-08-10
35171	Roderick Davies	2019	V60	M	200	30.4	Aberdare	Welsh Masters League	2019-07-10
35171	Roderick Davies	2019	V60	M	200	30.82	Brecon	Welsh Masters Championships	2019-07-21
35171	Roderick Davies	2019	V60	M	200	31.10	Birmingham	British Masters Championships	2019-08-11
35171	Roderick Davies	2019	V60	M	LJ	4.12	Birmingham	British Masters Championships	2019-08-10
35171	Roderick Davies	2019	V60	M	LJ	3.99	Coventry	England Masters Inter Area Challenge	2019-07-06
35171	Roderick Davies	2019	V60	M	LJ	3.84	Brecon	Welsh Masters Championships	2019-07-21
5677	Stephen Davies	2019	V60	M	1500	6:38.85	Loughborough	Charnwood AC Open Series	2019-08-24
5677	Stephen Davies	2019	V60	M	Mile	7:14.51	Loughborough	Charnwood AC Open Series	2019-08-24
5677	Stephen Davies	2019	V60	M	3000	13:29.00	Loughborough	Charnwood AC Open Series	2019-08-24
5677	Stephen Davies	2019	V60	M	5K	23:05	Derby	Derby Summer 5K Series	2019-08-20
5677	Stephen Davies	2019	V60	M	5K	23:56	Derby	Derby Summer 5K Series	2019-07-23
5677	Stephen Davies	2019	V60	M	parkrun	22:44	Victoria	Victoria parkrun # 292	2019-09-07
5677	Stephen Davies	2019	V60	M	parkrun	23:12	Clumber Park	Clumber Park parkrun # 307	2019-07-06
5677	Stephen Davies	2019	V60	M	parkrun	23:18	Poolsbrook	Poolsbrook parkrun # 174	2019-07-27
5677	Stephen Davies	2019	V60	M	parkrun	23:25	Clumber Park	Clumber Park parkrun # 319	2019-09-28
5677	Stephen Davies	2019	V60	M	parkrun	23:39	Sherwood Pines	Sherwood Pines parkrun # 192	2019-08-17
5677	Stephen	2019	V60	M	parkrun	25:06	Sherwood	Sherwood	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Davies						Pines	Pines parkrun # 199	10-05
5677	Stephen Davies	2019	V60	M	5M	37:40	Bassingham	Bassingham Bash 5	2019-08-31
5677	Stephen Davies	2019	V60	M	10K	47:22	Barry Island 10K	Barry Island 10K	2019-08-04
14897	Brett Davis	2019	V55	M	400	60.94	Birmingham	British Masters Championships	2019-08-10
14897	Brett Davis	2019	V55	M	400	61.12	Brecon	Welsh Masters Championships	2019-07-21
14897	Brett Davis	2019	V55	M	400	63.11	Coventry	England Masters Inter Area Challenge	2019-07-06
14897	Brett Davis	2019	V55	M	600	1:38.3	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-17
14897	Brett Davis	2019	V55	M	800	2:17.83	Swansea	MDAL Middle Distance Open	2019-07-31
14897	Brett Davis	2019	V55	M	800	2:18.78	Birmingham	British Masters Championships	2019-08-11
14897	Brett Davis	2019	V55	M	800	2:19.0	Cheltenham	Cheltenham Midsummer Open Meeting	2019-07-24
14897	Brett Davis	2019	V55	M	800	2:19.58	Newport	MDAL Middle Distance Open	2019-08-14
14897	Brett Davis	2019	V55	M	800	2:20.83	Gloucester	Gloucester September Open	2019-09-03
14897	Brett Davis	2019	V55	M	800	2:21.3	Aberdare	Welsh Masters League	2019-07-10
14897	Brett Davis	2019	V55	M	800	2:22.04	Brecon	Welsh Masters Championships	2019-07-21
14897	Brett Davis	2019	V55	M	800	2:23.71	Coventry	England Masters Inter Area Challenge	2019-07-06
14897	Brett Davis	2019	V55	M	1M	5:50	Butetown	Butetown Mile	2019-08-25
14897	Brett Davis	2019	V55	M	parkrun	20:35	Aberbeeg	Aberbeeg parkrun # 38	2019-07-27
14897	Brett Davis	2019	V55	M	parkrun	20:46	Aberbeeg	Aberbeeg parkrun # 46	2019-09-28
14897	Brett Davis	2019	V55	M	parkrun	21:23	Newport	Newport parkrun # 440	2019-09-07
14897	Brett Davis	2019	V55	M	parkrun	21:27	Cwmbran	Cwmbran parkrun # 165	2019-09-21
14897	Brett Davis	2019	V55	M	parkrun	21:33	Newport	Newport parkrun # 433	2019-07-13
14897	Brett Davis	2019	V55	M	parkrun	21:46	Newport	Newport parkrun # 436	2019-08-03
14897	Brett Davis	2019	V55	M	parkrun	21:50	Newport	Newport parkrun # 441	2019-09-14
14897	Brett Davis	2019	V55	M	parkrun	21:52	Newport	Newport parkrun # 439	2019-08-31
14897	Brett Davis	2019	V55	M	parkrun	22:23	Newport	Newport	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								parkrun # 444	10-05
14897	Brett Davis	2019	V55	M	parkrun	26:14	Woolacombe Dunes	Woolacombe Dunes parkrun # 36	2019-08-17
748895	Susan Davis	2019	V55	W	100	19.9	Aberdare	Welsh Masters League	2019-07-10
748895	Susan Davis	2019	V55	W	200	44.1	Aberdare	Welsh Masters League	2019-07-10
748895	Susan Davis	2019	V55	W	parkrun	27:42	Aberbeeg	Aberbeeg parkrun # 38	2019-07-27
748895	Susan Davis	2019	V55	W	parkrun	29:21	Cwmbran	Cwmbran parkrun # 165	2019-09-21
748895	Susan Davis	2019	V55	W	parkrun	35:06	Woolacombe Dunes	Woolacombe Dunes parkrun # 36	2019-08-17
42049	Robert Eales	2019	V50	M	SP6K	10.76	Coventry	England Masters Inter Area Challenge	2019-07-06
42049	Robert Eales	2019	V50	M	SP6K	10.72	Brecon	Welsh Masters Championships	2019-07-21
42049	Robert Eales	2019	V50	M	DT1.5K	31.05	Coventry	England Masters Inter Area Challenge	2019-07-06
42049	Robert Eales	2019	V50	M	DT1.5K	24.31	Brecon	Welsh Masters Championships	2019-07-21
42049	Robert Eales	2019	V50	M	HT6K	30.94	Brecon	Welsh Masters Championships	2019-07-21
42049	Robert Eales	2019	V50	M	HT6K	27.74	Coventry	England Masters Inter Area Challenge	2019-07-06
198671	Paul Edwards	2019	V40	M	5KMT	23:33	Cardigan	Poppitt Sands 5K Series	2019-08-20
198671	Paul Edwards	2019	V40	M	parkrun	22:39	Llanerchaeron	Llanerchaeron parkrun # 77	2019-08-24
198671	Paul Edwards	2019	V40	M	parkrun	22:52	Grangemoor	Grangemoor parkrun # 196	2019-08-17
198671	Paul Edwards	2019	V40	M	parkrun	23:26	Pontypridd	Pontypridd parkrun # 271	2019-07-20
198671	Paul Edwards	2019	V40	M	parkrun	23:37	Cardiff	Cardiff parkrun # 617	2019-10-05
198671	Paul Edwards	2019	V40	M	10K	57:02	Cardiff	Cardiff 10K	2019-09-01
386856	Jason Elworthy	2019	V45	M	SP6K	5.21	Cardiff	Welsh Senior Championships	2019-07-14
386856	Jason Elworthy	2019	V45	M	DT2K	12.55	Cardiff	Welsh Senior Championships	2019-07-14
386856	Jason Elworthy	2019	V45	M	HT7.26K	8.64	Cardiff	Welsh Senior Championships	2019-07-14
386856	Jason Elworthy	2019	V45	M	parkrun	46:32	Barry Island	Barry Island parkrun # 217	2019-07-20
386856	Jason Elworthy	2019	V45	M	parkrun	46:43	Barry Island	Barry Island parkrun # 216	2019-07-13
386856	Jason Elworthy	2019	V45	M	parkrun	46:58	Barry Island	Barry Island parkrun # 215	2019-07-06

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
386856	Jason Elworthy	2019	V45	M	parkrun	48:33	Barry Island	Barry Island parkrun # 223	2019-08-31
386856	Jason Elworthy	2019	V45	M	parkrun	49:27	Barry Island	Barry Island parkrun # 221	2019-08-17
386856	Jason Elworthy	2019	V45	M	parkrun	50:14	Barry Island	Barry Island parkrun # 226	2019-09-21
386856	Jason Elworthy	2019	V45	M	parkrun	53:37	Barry Island	Barry Island parkrun # 225	2019-09-14
386856	Jason Elworthy	2019	V45	M	parkrun	57:42	Barry Island	Barry Island parkrun # 227	2019-09-28
386856	Jason Elworthy	2019	V45	M	10K	1:51:58	Barry Island 10K	Barry Island 10K	2019-08-04
386856	Jason Elworthy	2019	V45	M	10KMT	2:05:33	Llantwit Major	Llantwit Major 10K / 5K	2019-08-24
386856	Jason Elworthy	2019	V45	M	HM	4:37:07	Cardiff	Cardiff Half Marathon	2019-10-06
2079	Huw Evans	2019	V45	M	10000	35:11.84	Cardiff	Cardiff Night of Endurance	2019-09-14
2079	Huw Evans	2019	V45	M	parkrun	17:24	Aberbeeg	Aberbeeg parkrun # 40	2019-08-17
2079	Huw Evans	2019	V45	M	parkrun	17:29	Severn Bridge	Severn Bridge parkrun # 47	2019-08-24
2079	Huw Evans	2019	V45	M	parkrun	17:44	Forest of Dean	Forest of Dean parkrun # 500	2019-08-31
2079	Huw Evans	2019	V45	M	parkrun	18:19	Forest of Dean	Forest of Dean parkrun # 496	2019-08-03
2079	Huw Evans	2019	V45	M	HM	82:49	Cardiff	Cardiff Half Marathon	2019-10-06
23748	John Evans	2019	V80	M	100	18.9	Rugby	Midland Veterans' League Division East	2019-07-03
23748	John Evans	2019	V80	M	200	41.0	Loughborough	Midland Veterans' League Division East	2019-08-07
23748	John Evans	2019	V80	M	LJ	2.56	Rugby	Midland Veterans' League Division East	2019-07-03
656064	Matthew Evans	2019	V35	M	3000	9:45.39	Coventry	England Masters Inter Area Challenge	2019-07-06
656064	Matthew Evans	2019	V35	M	1500SC	4:53.43	Cardiff	Welsh Athletics International	2019-07-24
656064	Matthew Evans	2019	V35	M	3000SC	10:38.90	Birmingham	British Masters Championships	2019-08-11
656064	Matthew Evans	2019	V35	M	3000SC	10:40.91	Cardiff	Welsh Senior Championships	2019-07-13
656064	Matthew Evans	2019	V35	M	3000SC	10:48.75	Jesolo, ITA	European Masters Stadia Championships	2019-09-12
656064	Matthew Evans	2019	V35	M	parkrun	17:19	Penallta	Penallta parkrun # 218	2019-10-05

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
140387	Paul Evans	2019	V40	M	HM	2:47:20	Cardiff	Cardiff Half Marathon	2019-10-06
140387	Paul Evans	2019	V40	M	Mar	6:47:05	Tenby	Wales Marathon	2019-07-07
387047	Sarah Everitt	2019	V50	W	1500	5:16.76	Birmingham	British Masters Championships	2019-08-10
387047	Sarah Everitt	2019	V50	W	1500	5:21.3	Yate	Midland League Division 1	2019-08-04
387047	Sarah Everitt	2019	V50	W	5000	19:38.95	Birmingham	British Masters Championships	2019-08-11
387047	Sarah Everitt	2019	V50	W	4.33KL	17:11	Sutton Coldfield	Midland Counties Women's 4-Stage Relays	2019-09-21
387047	Sarah Everitt	2019	V50	W	5K	19:47	Bristol	Pomphrey 5K	2019-09-24
387047	Sarah Everitt	2019	V50	W	5KL	20:15	Bristol	Cleeve 5K Relays	2019-08-25
387047	Sarah Everitt	2019	V50	W	parkrun	20:17	Eastville	Eastville parkrun # 92	2019-09-14
387047	Sarah Everitt	2019	V50	W	parkrun	20:23	Eastville	Eastville parkrun # 91	2019-09-07
387047	Sarah Everitt	2019	V50	W	parkrun	20:26	Eastville	Eastville parkrun # 88	2019-08-17
387047	Sarah Everitt	2019	V50	W	parkrun	20:39	Eastville	Eastville parkrun # 85	2019-07-27
387047	Sarah Everitt	2019	V50	W	parkrun	20:41	Eastville	Eastville parkrun # 93	2019-09-28
387047	Sarah Everitt	2019	V50	W	parkrun	21:12	Eastville	Eastville parkrun # 84	2019-07-20
387047	Sarah Everitt	2019	V50	W	parkrun	21:15	Eastville	Eastville parkrun # 90	2019-08-31
387047	Sarah Everitt	2019	V50	W	parkrun	21:17	Eastville	Eastville parkrun # 83	2019-07-13
387047	Sarah Everitt	2019	V50	W	parkrun	22:19	Eastville	Eastville parkrun # 82	2019-07-06
745669	Paul Flynn	2019	V50	M	3000	10:29.1	Aberdare	Welsh Masters League	2019-07-10
745669	Paul Flynn	2019	V50	M	5000	18:08.74	Birmingham	British Masters Championships	2019-08-11
745669	Paul Flynn	2019	V50	M	parkrun	17:57	Llanelli Coast	Llanelli Coast parkrun # 138	2019-09-07
745669	Paul Flynn	2019	V50	M	parkrun	18:14	Birkenhead	Birkenhead parkrun # 203	2019-07-13
745669	Paul Flynn	2019	V50	M	10K	37:01	Cardiff	Cardiff 10K	2019-09-01
745669	Paul Flynn	2019	V50	M	10K	37:17	Swansea	Admiral Swansea Bay 10K	2019-09-22
745669	Paul Flynn	2019	V50	M	10K	38:41	St Clears	St Clears 10K	2019-08-18
745669	Paul Flynn	2019	V50	M	10.9KMR	67:25	Gagliano del Capo, ITA	World Mountain	2019-09-29

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Running	
302908	Lisa Franklin	2019	V50	W	SP3K	7.19	Brecon	Welsh Masters Championships	2019-07-21
302908	Lisa Franklin	2019	V50	W	DT1K	16.86	Brecon	Welsh Masters Championships	2019-07-21
302908	Lisa Franklin	2019	V50	W	JT500	21.44	Coventry	England Masters Inter Area Challenge	2019-07-06
302908	Lisa Franklin	2019	V50	W	JT500	21.19	Brecon	Welsh Masters Championships	2019-07-21
26443	Dorothy Fraser	2019	V80	W	100	22.14	Caorle, ITA	European Masters Stadia Championships	2019-09-06
26443	Dorothy Fraser	2019	V80	W	100	23.75	Birmingham	British Masters Championships	2019-08-10
26443	Dorothy Fraser	2019	V80	W	100	23.83	Brecon	Welsh Masters Championships	2019-07-21
26443	Dorothy Fraser	2019	V80	W	200	49.95	Caorle, ITA	European Masters Stadia Championships	2019-09-12
26443	Dorothy Fraser	2019	V80	W	200	53.17	Birmingham	British Masters Championships	2019-08-11
26443	Dorothy Fraser	2019	V80	W	200	53.46	Brecon	Welsh Masters Championships	2019-07-21
26443	Dorothy Fraser	2019	V80	W	SP3K	4.14	Coventry	England Masters Inter Area Challenge	2019-07-06
26443	Dorothy Fraser	2019	V80	W	SP2K	4.21	Birmingham	British Masters Championships	2019-08-10
25969	Joanne Frost	2019	V40	W	100	12.8	Nuneaton	Nuneaton Harriers AC Open Series	2019-08-14
25969	Joanne Frost	2019	V40	W	100	12.90	Caorle, ITA	European Masters Stadia Championships	2019-09-06
25969	Joanne Frost	2019	V40	W	100	12.92	Loughborough	Charnwood AC Open Series	2019-08-24
25969	Joanne Frost	2019	V40	W	100	13.00	Loughborough	Charnwood AC Open Series	2019-08-24
25969	Joanne Frost	2019	V40	W	100	13.0	Tipton	Midland League Division 4	2019-08-04
25969	Joanne Frost	2019	V40	W	100	13.10	Caorle, ITA	European Masters Stadia Championships	2019-09-05
25969	Joanne Frost	2019	V40	W	100	13.53	Nottingham	Midland Veterans' League Cup Final	2019-08-31
25969	Joanne Frost	2019	V40	W	LJ	5.42	Caorle, ITA	European Masters Stadia Championships	2019-09-09
25969	Joanne Frost	2019	V40	W	LJ	5.40	Caorle, ITA	European Masters Stadia Championships	2019-09-09

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25969	Joanne Frost	2019	V40	W	LJ	5.21	Nuneaton	Nuneaton Harriers AC Open Series	2019-08-14
25969	Joanne Frost	2019	V40	W	LJ	5.13	Tipton	Midland League Division 4	2019-08-04
25969	Joanne Frost	2019	V40	W	LJ	5.10	Nottingham	Midland Veterans' League Cup Final	2019-08-31
25969	Joanne Frost	2019	V40	W	LJ	5.08	Worcester	Worcester AC Open	2019-08-08
73041	Chris Fulcher	2019	V50	M	parkrun	19:40	Shepton Mallet	Shepton Mallet parkrun # 120	2019-09-07
73041	Chris Fulcher	2019	V50	M	parkrun	21:33	Gnoll	Gnoll parkrun # 190	2019-08-17
73041	Chris Fulcher	2019	V50	M	10K	41:27	Swansea	Admiral Swansea Bay 10K	2019-09-22
2109	Pat Gallagher	2019	V70	W	800	3:51.80	Birmingham	British Masters Championships	2019-08-11
2109	Pat Gallagher	2019	V70	W	800	3:59.9	Aberdare	Welsh Masters League	2019-07-10