

WMAA Men's Season 2019 Rankings Pre Championships 18th July 2019

Event	First Name	Last Name	AG	Time/Dist		Venue	Meeting	date
	Stephen	Buttler	V40	7.73	i	Birmingham	British Series - Av	27/01/2019
	Stuart	Pearce	V40	7.93	i	Lee Valley	British Masters	09/03/2019
	James	Morgan	V45	8.28	i	Cardiff	GP1: Christ	16/12/2018
	Russell	Whiting	V50	7.69	i	Lee Valley	Masters Cham	09/03/2019
	Keith	Powell	V55	8.50	i	Lee Valley	Masters Cham	09/03/2019
	Ian	Broadhurst	V60	8.67	i	Cardiff	GP2: Non-T	20/01/2019
	Roderick	Davies	V60	9.09	i	Lee Valley	Masters Cham	09/03/2019
	Chris	Pruski	V60	9.97	i	Cardiff	GP2: Non-T	20/01/2019
	David	Boaler	V60	14.11	i	Cardiff	GP2: Non-T	20/01/2019
	Mel	James	V75	10.09	i	Lee Valley	Masters Area	24/02/2019

60MH								
	Glyn	Price	V50	10.98	i	Lee Valley	Masters Area	24/02/2019
	Derek	Osborne	V55	10.97	i	Lee Valley	onships (in	17/02/2019
	Keith	Powell	V55	11.26	i	Lee Valley	onships (in	17/02/2019

100								
	Seriashe	Childs	V35	11.6	0	Cardiff	Senior Champ	14/07/2019
	Stephen	Buttler	V40	12.50	0	Tipton	d League Di	16/06/2019
	Stuart	Pearce	V40	12.70	0	Coventry	ters Inter A	06/07/2019
	Paul	Edwards	V40	14.60	0	Cardiff Meth	Masters L	22/05/2019
	Dean	Webster	V40	15.50	0	Aberdare	n Masters L	10/07/2019
	James	Morgan	V45	12.46	w	Cardiff	thTheWind	16/05/2018
	Steven	Thomas-Spires	V45	13.66	0	Wrexham	Regional Ch	11/05/2019
	Adrian	Lewis	V45	15.50	0	Cardiff Meth	Masters L	22/05/2019
	Jason	Elworthy	V45	22.05	w	Neath	n Athletics L	19/05/2019
	Russell	Whiting	V50	12.22	0	Coventry	ters Inter A	06/07/2019
	Robin	Wood	V50	13.10	0	Swansea	Regional Ch	11/05/2019
	Glyn	Price	V50	13.90	0	Cardiff Meth	Masters L	22/05/2019
	Charles	Northey	V50	16.40	0	Aberdare	n Masters L	10/07/2019
	Keith	Powell	V55	13.80	0	Cardiff Meth	Masters L	22/05/2019
	Derek	Osborne	V55	14.70	0	Cardiff Meth	Masters L	22/05/2019
	Mark	Roberts	V55	15.40	0	Cardiff Meth	Masters L	22/05/2019
	Kevin	Challinor	V55	16.60	0	Wrexham	n Masters L	05/06/2019
	Ian	Broadhurst	V60	13.32	0	Coventry	ters Inter A	06/07/2019
	Kieran	Mcdonnell	V60	13.55	w	Cardiff	thTheWind	15/05/2019
	Roderick	Davies	V60	14.30	0	Cardiff Meth	Masters L	22/05/2019
	Chris	Norton	V60	16.30	0	Cardiff Meth	Masters L	22/05/2019
	Chris	Pruski	V60	16.60	0	Wrexham	n Masters L	05/06/2019
	Jon	Clarke	V60	16.90	0	Bury	Masters Cha	23/06/2019
	Mark	Williams	V60	17.20	0	Cardiff Meth	Masters L	22/05/2019
	Mark	Wyndham-Jones	V65	14.10	w	Norwich	ounty Cham	11/05/2019
	Ian	Swanson	V65	23.10				
	Glyn	Sutton	V70	14.10	0	Cardiff Meth	Masters L	22/05/2019
	Geoff	Wright	V70	18.53	0	Coventry	ters Inter A	06/07/2019
	Mel	James	V75	15.80	0	Nuneaton	sters AC Ch	09/06/2019
	Phil	Rees	V75	22.60	0	Cardiff Meth	Masters L	22/05/2019
	John	Evans	V80	18.90	0	Rugby	rans' Leagu	03/07/2019

200							
Owen	Chesher	V35	24.94	0	Aberdare	Athletics L	22/06/2019
Lee	Richards	V35	32.37	i	Cardiff	GP2: Non-T	20/01/2019
Stuart	Pearce	V40	26.37	i	Lee Valley	sters Cham	10/03/2019
Scott	Browne	V40	27.38	i	Cardiff	GP2: Non-T	20/01/2019
Paul	Edwards	V40	31.00	0	Swansea	h Masters L	24/04/2019
Dean	Webster	V40	31.20	0	Aberdare	h Masters L	10/07/2019
James	Morgan	V45	26.31	0	Nuneaton	sters AC Ch	09/06/2019
Steven	Thomas-Spires	V45	28.40	0	Wrexham	h Masters L	05/06/2019
Adrian	Lewis	V45	28.90	0	Swansea	h Masters L	24/04/2019
Michael	Graz	V45	29.50	0	Aberdare	h Masters L	10/07/2019
Jason	Elworthy	V45	52.73	i	Cardiff	GP2: Non-T	20/01/2019
Russell	Whiting	V50	25.56	0	Coventry	ters Inter A	06/07/2019
Robin	Wood	V50	28.50	0	Newport	h Masters L	12/06/2019
Gwynn	Wallace	V50	30.20	0	Kettering	rans' Leagu	29/05/2019
Glyn	Price	V50	30.30	0	Newport	h Masters L	12/06/2019
Charles	Northey	V50	32.40	0	Aberdare	h Masters L	10/07/2019
Paul	Williams	V55	26.83	0	Birmingham	rans' League	05/06/2019
Keith	Powell	V55	28.40	0	Aberdare	h Masters L	10/07/2019
Derek	Osborne	V55	29.50	0	Newport	h Masters L	12/06/2019
Mark	Roberts	V55	32.80	0	Newport	h Masters L	12/06/2019
Kevin	Challinor	V55	33.50	0	Wrexham	h Masters L	05/06/2019
Jeffrey	Hanson	V55	37.90	0	Swansea	h Masters L	24/04/2019

	Ian	Broadhurst	V60	26.68	0	Coventry	ters Inter A	06/07/2019
	Kieran	Mcdonnell	V60	28.07	0	Cardiff	thTheWind	15/05/2019
	Roderick	Davies	V60	29.60	0	Wrexham	h Masters L	05/06/2019
	Graeme	Knowles	V60	31.70	0	Swansea	h Masters L	24/04/2019
	Mark	Williams	V60	34.20	0	Aberdare	h Masters L	10/07/2019
	Chris	Norton	V60	33.40	0	Aberdare	h Masters L	10/07/2019
	Richard	Webster	V60	41.40	0	Newport	h Masters L	12/06/2019
	Mark	Wyndham-Jones	V65	30.70	0	Norwich	ounty Cham	11/05/2019
	Michael H	Davies	V65	35.90	0	Aberdare	h Masters L	10/07/2019
	Ian	Swanson	V65	45.20	0	Newport	h Masters L	12/06/2019
	Geoff	Wright	V70	38.99	0	Coventry	ters Inter A	06/07/2019
	Mel	James	V75	32.97	0	Nuneaton	sters AC Ch	09/06/2019
	Phil	Rees	V75	54.50	0	Swansea	h Masters L	24/04/2019
	John	Evans	V80	40.30	0	Kettering	rans' Leagu	29/05/2019

300							
	Lee	Richards	V35	39.87	i	Cardiff	GP1: Christ 16/12/2018

300MH							
	Ian	Broadhurst	V60	47.41	0	Nuneaton	sters AC Ch 09/06/2019

400							
	Dale	Garland	V35	50.46	0	St. Peter Por	rust Challe 16/05/2019
	David John	Williams	V35	54.00	0	Cardiff Meth	Masters L 22/05/2019
	Owen	Chesher	V35	54.82	0	Coventry	sters Inter A 06/07/2019
	Scott	Browne	V40	59.65	i	Cardiff	GP2: Non-T 20/01/2019
	Dean	Webster	V40	69.60	0	Newport	h Masters L 12/06/2019
	Adrian	Lewis	V45	63.2	0	Newport	h Masters L 12/06/2019

	Paul	Flynn	V50	65.59	i	Cardiff	GP2: Non-T 20/01/2019
	Robin	Wood	V50	68.20	0	Newport	h Masters L 12/06/2019
	Charles	Northey	V50	76.40	0	Newport	h Masters L 12/06/2019

	Sean	Price	V55	58.99	i	Cardiff	GP2: Non-T 20/01/2019
	Derek	Osborne	V55	66.10	0	Swansea	h Masters L 24/04/2019
	Brett	Davis	V55	61.70	0	Newport	h Masters L 12/06/2019
	Mark	Roberts	V55	68.80	0	Cardiff Meth	Masters L 22/05/2019
	Kevin	Challinor	V55	72.09	0	Donnah's Qu	side Spring C 07/04/2019
	Jeffrey	Hanson	V55	84.00	0	Swansea	h Masters L 24/04/2019

	Ian	Broadhurst	V60	61.66	0	Nuneaton	sters AC Ch 09/06/2019
	Kieran	Mcdonnell	V60	62.09	0	Coventry	sters Inter A 06/07/2019
	David	Boaler	V60	67.50	0	Cardiff Meth	Masters L 22/05/2019
	Mark	Williams	V60	67.50	0	Cardiff Meth	Masters L 22/05/2019
	Wayne	Howe	V60	82.10	0	Eltham	eterans' Le 03/05/2019
	Chris	Norton	V60	80.50	0	Cardiff Meth	Masters L 22/05/2019
	Richard	Webster	V60	92.70	0	Newport	h Masters L 12/06/2019

	Michael H	Davies	V65	83.50	0	Cardiff Meth	Masters L 22/05/2019
	Ian	Swanson	V65	01:53.50	0	Cardiff Meth	Masters L 22/05/2019

	Mel	James	V75	84.70	0	Cardiff Meth	Masters L 22/05/2019
	Barrie	Roberts	V75	96.07	i	Lee Valley	asters Area 24/02/2019

400mh							
	Dale	Garland	V35	54.99	55.39	St. Peter Por	rust Challe 05/05/2019

600m							
	Brett	Davis	V55	01:42.82	i	Cardiff	GP1: Christ 16/12/2018

800								
	David John	Williams	V35	02:01.65	0	Cwmbran	tance Athle	01/05/2019
	Peter	Watkeys	V35	02:02.34	i	Lee Valley	asters Area	24/02/2019
	Robert	Prady	V35	02:14.50	0	Swansea	Regional Ch	11/05/2019
	Matthew	Evans	V35	02:15.90	0	Cyncoed	WMAA	22/05/2019
	Scott	Browne	V40	02:11.77	0	Cwmbran	tance Athle	01/05/2019
	Dean	Webster	V40	02:37.00	0	Aberdare	h Masters L	10/07/2019
	Adrian	Lewis	V45	02:19.10	0	Aberdare	h Masters L	10/07/2019
	Michael	Graz	V45	02:31.30	0	Aberdare	h Masters L	10/07/2019
	Jon	Grainger	V50	02:17.20	0	Winchester	erans' Leag	20/05/2019
	Lee	Aherne	V50	02:24.47	0	Aberdare	h Athletics L	22/06/2019
	Paul	Flynn	V50	02:28.07	i	Cardiff	GP2: Non-T	20/01/2019
	Charles	Northey	V50	02:41.94	0	Neath	h Athletics L	19/05/2019
	Sean	Price	V55	02:13.16	i	Cardiff	GP2: Non-T	20/01/2019
	Brett	Davis	V55	02:17.92	i	Torun, POL	rs Indoor Ch	27/03/2019
	Martyn	Cole	V55	02:23.70	0	Cheltenham	emorial Ga	06/05/2019
	Kevin	Challinor	V55	02:42.32	0	Wrexham	Regional Ch	11/05/2019
	Mike	Robbins	V55	02:43.10	0	Wrexham	eshire Leag	04/05/2019
	Clive	Osmond	V55	02:50.77	i	Cardiff	GP2: Non-T	20/01/2019
	Mark	Roberts	V55	02:33.74	0	Swansea	arriers Ope	07/04/2019
	Jeffrey	Hanson	V55	03:12.20	0	Swansea	h Masters L	24/04/2019

	Austin	Davies	V60	02:37.40	0	Sandy	letics Leagu	18/05/2019
	Kieran	Mcdonnell	V60	02:30.20	0	Aberdare	h Masters L	10/07/2019
	Elio	Lepore	V60	02:43.70	0	Aberdare	h Masters L	10/07/2019
	Mark	Williams	V60	02:51.00	0	Aberdare	h Masters L	10/07/2019
	Chris	Norton	V60	03:18.50	0	Aberdare	h Masters L	10/07/2019
	Richard	Webster	V60	03:33.40	0	Cyncoed	WMAA	22/05/2019
	Richard	Marks	V65	02:51.00	0	Aberdare	h Masters L	10/07/2019
	Michael H	Davies	V65	03:04.80	0	Aberdare	asters Leag	10/07/2019
	Ian	Swanson	V65	04:19.00	0	Swansea	h Masters L	24/04/2019
	Paul	Allen	V70	03:18.63	i	Lee Valley	asters Area	24/02/2019
	Barrie	Roberts	V75	03:30.18	i	Torun, POL	rs Indoor Ch	28/03/2019

1000								
	Derek	Osborne	V55	03:26.98	i	Lee Valley	onships (in	17/02/2019
	Keith	Powell	V55	04:03.99	i	Lee Valley	onships (in	17/02/2019

1500								
	James	Thie	V35	04:07.33	i	Torun, POL	rs Indoor Ch	30/03/2019
	Matthew	Evans	V35	04:24.27	i	Lee Valley	asters Cham	09/03/2019
	Robert	Prady	V35	04:35.74	0	Neath	Athletics L	19/05/2019
	Tegid	Jones	V40	04:31.87	0	Abingdon	rls Kear M	24/03/2019
	Scott	Browne	V40	04:40.54	i	Cardiff	GP2: Non-T	20/01/2019
	Dean	Webster	V40	05:33.80	0	Newport	h Masters L	12/06/2019
	Adrian	Lewis	V45	04:46.40	0	Wrexham	h Masters L	05/06/2019
	Jon	Grainger	V50	04:42.90	0	Bracknell	hletics Leag	13/07/2019
	Paul	Flynn	V50	05:12.05	i	Cardiff	GP2: Non-T	20/01/2019
	Martyn	Cole	V55	04:56.73	0	Tipton	Regional R	21/05/2019
	Mike	Robbins	V55	05:23.80	0	Stretford	and League	19/05/2019
	Haydn	Hartnell	V55	05:32.00	0	Newport	h Masters L	12/06/2019
	Mark	Roberts	V55	05:33.47	0	Neath	h Athletics L	19/05/2019
	Brett	Davis	V55	06:06.40	0	Newport	h Masters L	12/06/2019
	Jeffrey	Hanson	V55	06:54.10	0	Cardiff Meth	Masters L	22/05/2019
	Keith	Powell	V55	07:08.30	0	Horspath	en Pentath	02/06/2019
	Elio	Lepore	V60	05:21.58	i	Cardiff	GP2: Non-T	20/01/2019
	Austin	Davies	V60	05:40.34	i	Cardiff	GP2: Non-T	20/01/2019
	Mark	Williams	V60	05:36.53	0	Aberdare	h Athletics L	22/06/2019
	Huw	Roberts	V60	06:03.28	i	Cardiff	GP2: Non-T	20/01/2019
	Kieran	Mcdonnell	V60	06:06.80	0	Newport	h Masters L	12/06/2019
	Chris	Norton	V60	07:13.30	0	Newport	h Masters L	12/06/2019
	Mike	Murphy	V65	05:43.50	0	Cardiff Meth	Masters L	22/05/2019
	Ian	Swanson	V65	09:01.60	0	Cardiff Meth	Masters L	22/05/2019
	Paul	Allen	V70	06:30.57	i	Lee Valley	asters Area	24/02/2019
	Barrie	Roberts	V75	07:05.70	0	Worcester	cester AC C	20/06/2019

Mile								
	James	Thie	V35	04:25.45	i	Cardiff	hletics Inte	03/03/2019
	David John	Williams	V35	04:33:00	0	London	Westminst	26/05/2019
	Lee	Garland	V40	04:48:00	0	Castel	Vazon Mile	25/06/2019
	Huw	Evans	V45	04:48:00	0	Tredegar	ones 1 Mile	17/05/2019
	Richard	Jones	V45	04:51:00	0	Tredegar	ones 1 Mile	17/05/2019
	Adrian	Lewis	V45	5:13:00	0	Tewkesbur	ushley Mil	22/04/2019
	Sean	Price	V55	05:32:00	0	Tredegar	ones 1 Mile	21/06/2019
	Martyn	Cole	V55	05:28:00	0	London	Westminst	26/05/2019
	Brett	Davis	V55	05:56:00	0	London	Westminst	26/05/2019
	Mark	Roberts	V55	06:02:00	0	Tredegar	ones 1 Mile	17/05/2019
	Elio	Lepore	V60	05:55:00	0	Cardiff	summer Ser	03/05/2019
	Mark	Williams	V60	06:09:00	0	Tredegar	ones 1 Mile	21/06/2019
	Mike	Murphy	V65	06:11:00	0	Cardiff	summer Ser	03/05/2019
	Barrie	Roberts	V75	07:32.90	0	Coventry	re Open Gr	03/07/2019

2000s/c							
	Matthew	Evans	V35	06:43.70	0	Swansea Regional Ch	11/05/2019
	Jeremy	Mower	V50	07:24.90	0	Gloucester League Di	19/05/2019
3000/sc							
	Matthew	Evans	V35	10:40.91	0	Cardiff Senior Cham	13/07/2019
3000							
	Matthew	Evans	V35	09:30.40	0	Swansea h Masters L	24/04/2019
	Robert	Prady	V35	09:56.56	0	Swansea rriers Ope	07/04/2019
	Steven	Rees	V40	09:38.30	0	Swansea h Masters L	24/04/2019
	Joe	Thomas	V40	09:43.20	0	Swansea h Masters L	24/04/2019
	Scott	Browne	V40	10:29.20	0	Swansea h Masters L	24/04/2019
	Dean	Webster	V40	12:00.10	0	Swansea h Masters L	24/04/2019
	Tegid	Jones	V40	09:25.50	0	Cheltenham Memorial Ga	06/05/2019
	Huw	Evans	V45	09:33.10	i	Cardiff GP1: Christ	16/12/2018
	Richard	Jones	V45	09:43.20	0	Swansea h Masters L	24/04/2019
	Adrian	Lewis	V45	10:07.95	i	Cardiff GP1: Christ	16/12/2018
	Lee	Aherne	V50	09:37.41	0	Coventry ters Inter A	06/07/2019
	Paul	Flynn	V50	10:29.10	0	Aberdare h Masters L	10/07/2019
	Sean	McCormack	V50	11:12.70	0	Wrexham h Masters L	05/06/2019
	Charles	Northey	V50	13:17.10	0	Aberdare h Masters L	10/07/2019
	Martyn	Cole	V55	10:57.60	0	Redditch ans' League	05/06/2019
	Sean	McCormack	V55	11:12.70	0	Wrexham h Masters L	05/06/2019
	Mike	Robbins	V55	11:14.30	0	Wrexham Regional Ch	11/05/2019
	Kevin	Challinor	V55	12:11.80	0	onnah's Queshire Leag	04/05/2019
	Clive	Osmond	V55	12:30.66	i	Cardiff GP1: Christ	16/12/2018
	Jeffrey	Hanson	V55	15:09.90	0	Aberdare h Masters L	10/07/2019
	Mark	Williams	V60	11:47.56	0	Coventry ters Inter A	06/07/2019
	Elio	Lepore	V60	11:21.50	0	Aberdare h Masters L	10/07/2019
	Huw	Roberts	V60	12:07.67	i	Cardiff GP1: Christ	16/12/2018
	Austin	Davies	V60	12:13.09	i	Cardiff GP1: Christ	16/12/2018
	Mike	Murphy	V65	12:03.51	i	Cardiff GP1: Christ	16/12/2018
	Richard	Marks	V65	12:13.90	0	Aberdare h Masters L	10/07/2019
	Ian	Swanson	V65	18:04.00	0	Newport h Masters L	12/06/2019
	Barrie	Roberts	V75	15:09.16	i	Torun, POLrs Indoor Cl	24/03/2019
5000							
	Peter	Watkeys	V35	17:00.61	0	Basingstokeletics Leagu	15/06/2019
	Lee	Garland	V40	17:17.92	0	t. Peter Porrust Challe	05/05/2019
	David	Skidmore	V40	17:47.50	0	Guildford etics Leagu	15/06/2019
	Lee	Jones	V45	16:08.90	0	onnah's Quand League	19/05/2019
	Mike	Robbins	V55	19:12.70	0	Bebington rance Open	08/05/2019
2000W							
	Mark	Williams	V60	10:10.88	i	Lee Valley asters Area	24/02/2019
3000W							
	Jason	Elworthy	V45	28:57.05	0	Neath Athletics L	19/05/2019

HJ							
Owen	Chesher	V35	1.84	0	Cardiff	Senior Champ	14/07/2019
Paul	Edwards	V40	1.15	00/01/1900	Cyncoed	WMAA	22/05/2019

Steve	Ingram	V45	1.65	0	Swansea	Regional Ch	11/05/2019
Steven	Thomas-Spires	V45	1.30	0	Wrexham	Regional Ch	11/05/2019

Glyn	Price	V50	1.50	0	Cyncoed	WMAA	22/05/2019
Charles	Northey	V50	1.30	0	Cyncoed	WMAA	22/05/2019
Robin	Wood	V50	1.30	i	Swansea	masters Cham	10/02/2019

Derek	Osborne	V55	1.47	i	Lee Valley	onships (in	17/02/2019
Keith	Powell	V55	1.38	i	Lee Valley	onships (in	17/02/2019
Dave	Stokes	V55	1.10	0	Donnah's Qu	eshire Leag	04/05/2019
Chris	Berry	V60	1.25	0	Aberdare	Athletics L	22/06/2019
Jon	Clarke	V60	0.90	0	Bury	Masters Cha	23/06/2019
Mark	Wyndham-Jones	V65	1.35	0	Norwich	ounty Cham	12/05/2019
Ian	Swanson	V65	1.10	i	Cyncoed	WMAA	22/05/2019
Ian	Robinson	V70	1.02	i	Lee Valley	asters Area	24/02/2019
Phil	Rees	V75	0.90	i	Lee Valley	asters Cham	09/03/2019

LJ							
Dale	Garland	V35	6.86	w	Gibraltar, G	ternational I	10/07/2019
Stephen	Buttler	V40	5.32	0	Tipton	d League Di	16/06/2019
Ian	Williams	V40	3.81	i	Swansea	asters Cham	10/02/2019
Paul	Edwards	V40	3.78	0	Aberdare	h Athletics Le	22/06/2019
Steve	Ingram	V45	4.76	0	Newport	h Masters L	12/06/2019
Steven	Thomas-Spires	V45	4.39	0	Wrexham	Regional Ch	11/05/2019
Adrian	Lewis	V45	3.18	0	Horspath	en Pentath	02/06/2019
Jason	Elworthy	V45	2.20	0	Neath	Athletics L	19/05/2019
Robin	Wood	V50	4.63	i	Lee Valley	asters Area	24/02/2019
Glyn	Price	V50	4.63	0	Newport	h Masters L	12/06/2019
Martin	Tucker	V50	3.17	i	Swansea	asters Cham	10/02/2019

Keith	Powell	V55	4.65	w	Horspath	en Pentath	02/06/2019
Derek	Osborne	V55	4.64	i	Lee Valley	onships (in	17/02/2019
Paul	Williams	V55	4.31	0	Birmingham's	League	05/06/2019
Dave	Shields	V55	4.04	i	Lee Valley	onships (in	17/02/2019
Dave	Stokes	V55	3.81	0	Bury	asters Cha	23/06/2019
Wayne	Howe	V60	4.41	0	Canterbury	ast Kent Op	13/06/2019
Roderick	Davies	V60	4.16	0	Cyncoed	WMAA	22/05/2019
Duncan	Steward	V60	4.15	i	Swansea	asters Cham	10/02/2019
Chris	Berry	V60	3.12	i	Swansea	asters Cham	10/02/2019
Jon	Clarke	V60	3.00	0	Bury	Masters Cha	23/06/2019
Chris	Norton	V60	2.32	0	Newport	h Masters L	12/06/2019
Ian	Swanson	V65	2.65	i	Swansea	asters Cham	10/02/2019

Allan	Cheers	V70	3.44	i	Swansea	asters Cham	10/02/2019
Phil	Rees	V75	2.35	0	Wrexham	h Masters L	05/06/2019
John	Evans	V80	2.56	0	Rugby	rans' Leagu	03/07/2019

TJ							
	Steve	Ingram	V45	8.41	0	Swansea Masters L	24/04/2019
	Steven	Thomas-Spires	V45	9.04	0	Coventry Masters Inter A	06/07/2019
	Derek	Osborne	V55	9.98	0	Swansea Masters L	24/04/2019
	Robin	Wood	V50	9.94	i	Lee Valley Masters Area	24/02/2019
	Glyn	Price	V50	9.08	0	Swansea Masters L	24/04/2019
	Dave	Shields	V55	8.91	i	Lee Valley Masters Cham	10/03/2019
	Dave	Stokes	V55	7.18	i	Donnah's Qu Regional Ch	12/01/2019
	Wayne	Howe	V60	9.24	0	Bromley & Bromley	17/06/2019
	Duncan	Steward	V60	8.11	i	Swansea Masters Cham	10/02/2019
	Graeme	Knowles	V60	7.31	0	Swansea Masters L	24/04/2019
	Ian	Swanson	V65	5.02	i	Swansea Masters Cham	10/02/2019
	Sean	Power	V75	8.32	i	Swansea Masters Cham	10/02/2019
	Phil	Rees	V75	5.61	i	Lee Valley Masters Cham	10/03/2019

PV							
	Glyn	Price	V50	4.05	i	Cardiff Jcs Senior C	27/01/2019
	Dave	Gordon	V50	3.45	i	Torun, POLrs Indoor Ch	28/03/2019
	Gwynn	Wallace	V50	1.20	0	Abingdon Veterans' Lea	20/05/2019
	Derek	Osborne	V55	2.75	0	Neath Athletics L	19/05/2019
	Keith	Powell	V55	2.60	i	Lee Valley Masters Cham	10/03/2019
	Dave	Stokes	V55	2.30	i	Swansea Masters Cham	10/02/2019

SP7.26K								
	Stephen	Buttler	V40	9.17	0	Telford	nty Champi	11/05/2019
	Ian	Williams	V40	9.13	i	Swansea	sters Cham	10/02/2019
	Paul	Edwards	V40	7.01	0	Aberdare	Athletics L	22/06/2019
	Graham	Holder	V45	10.86	0	Basildon	letics Leagu	13/04/2019
	Peter	Roberts	V45	10.54	0	Swansea	Regional Ch	11/05/2019
	Steve	Ingram	V45	9.40	0	Swansea	Regional Ch	11/05/2019
	Steven	Thomas-Spires	V45	7.01	0	Stretford	and League	19/05/2019
	Jason	Elworthy	V45	5.37	i	Cardiff	cs Senior C	26/01/2019
	Adrian	Lewis	V45	4.87	0	Swansea	n Masters L	24/04/2019
	Martin	Tucker	V50	9.20	0	Donnah's Qu	and League	19/05/2019
	Gwynn	Wallace	V50	9.15	0	Bedford	letics Leagu	13/04/2019
	Robin	Wood	V50	8.36	0	Swansea	Regional Ch	11/05/2019
	Charles	Northey	V50	7.37	0	Cyncoed	WMAA	22/05/2019
	Paul	Williams	V55	7.76	0	Birmingham	s' League	05/06/2019
	Dave	Stokes	V55	7.44	i	Swansea	sters Cham	10/02/2019
	Keith	Powell	V55	7.44	0	Aberdare	Athletics L	22/06/2019
	Chris	Berry	V60	8.48	0	Aberdare	Athletics L	22/06/2019
	Mark	Williams	V60	6.98	0	Aberdare	Athletics L	22/06/2019

SP6K								
	Robert	Eales	V50	11.15	i	Swansea	sters Cham	10/02/2019
	Martin	Tucker	V50	11.11	i	Swansea	sters Cham	10/02/2019
	Gwynn	Wallace	V50	9.99	0	Horspath	eterans' Lea	29/04/2019
	Glyn	Price	V50	9.28	0	Cyncoed	WMAA	22/05/2019
	Robin	Wood	V50	9.15	i	Swansea	sters Cham	10/02/2019
	David	Glendower	V50	8.26	i	Torun, POL	rs Indoor Cl	26/03/2019

	Glyndwr	Pugh	V55	9.32	0	Cyncoed	WMAA	22/05/2019
	Dave	Stokes	V55	8.84	i	Swansea	sters Cham	10/02/2019
	Derek	Osborne	V55	8.79	i	Swansea	sters Cham	10/02/2019
	Keith	Powell	V55	7.67	i	Swansea	sters Cham	10/02/2019

SP5K								
	Jason	Elworthy	V45	6.23	i	Cardiff	cs Shot in t	11/01/2019
	Chris	Berry	V60	9.97	i	Swansea	sters Cham	10/02/2019
	Duncan	Steward	V60	9.90	i	Swansea	sters Cham	10/02/2019
	Chris	Pruski	V60	8.19	0	Wrexham	n Masters L	05/06/2019
	Roderick	Davies	V60	7.07	i	Lee Valley	asters Area	24/02/2019
	Mark	Williams	V60	6.35	0	Newport	n Masters L	12/06/2019

	Mark	Wyndham-Jones	V65	10.45	0	Norwich	ounty Cham	11/05/2019
	Geoff	Ward	V65	10.11	0	Wrexham	Regional Ch	11/05/2019
	Michael H	Davies	V65	6.38	0	Newport	n Masters L	12/06/2019

SP4K								
	Ian	Bowles	V70	9.22	0	Nuneaton	sters AC Ch	09/06/2019
	Paul	Brooks	V70	8.20	0	Wrexham	Regional Ch	11/05/2019
	Ian	Robinson	V70	7.76	i	Lee Valley	asters Area	24/02/2019
	David	Jones	V70	7.25	i	Swansea	sters Cham	10/02/2019
	Phil	Rees	V75	6.67	0	Wrexham	n Masters L	05/06/2019

	John	Evans	V80	5.64	0	Kettering	rans' Leagu	29/05/2019
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JT500								
	Ian	Bowles	V70	18.95	0	Nuneaton	sters AC Ch	09/06/2019
	Phil	Rees	V75	15.85	0	Cyncoed	WMAA	22/05/2019

JT600								
	Wayne	Howe	V60	38.89	0	Canterbury	ast Kent Op	13/06/2019
	Chris	Pruski	V60	30.07	0	Torun, PO	Lampionship	25/03/2019
	Chris	Berry	V60	20.47	0	Neath	Athletics L	19/05/2019
	Mark	Williams	V60	13.85	0	Aberdare	h Masters L	10/07/2019

JT 600								
	Mark	Wyndham-Jones	V65	28.81	0	Norwich	ounty Chan	12/05/2019
	Michael H	Davies	V65	15.32	0	Cyncoed	WMAA	22/05/2019
	Phil	Rees	V75	12.57	0	Aberdare	h Masters L	10/07/2019
	David	Jones	V70	11.18	0	Aberdare	h Masters L	10/07/2019

JT700								
	Martin	Tucker	V50	43.27	0	Donnah's Qu	side Spring C	07/04/2019
	Gwynn	Wallace	V50	35.03	0	Abingdon	eterans' Lea	20/05/2019
	Charles	Northey	V50	34.22	0	Cyncoed	WMAA	22/05/2019
	Robert	Eales	V50	24.82	0	Cyncoed	WMAA	22/05/2019

	Derek	Osborne	V55	29.77	0	Aberdare	h Masters L	10/07/2019
	Dave	Stokes	V55	24.71	0	Wrexham	h Masters L	05/06/2019
	Keith	Powell	V55	22.23	0	Horspath	en Pentath	02/06/2019
	Glyndwr	Pugh	V55	20.22	0	Aberdare	h Masters L	10/07/2019

	Wayne	Howe	V60	31.90	0	Eltham	eterans' Le	03/05/2019
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JT800								
	Dale	Garland	V35	50.33	0	St. Peter Por	rust Challe	16/05/2019

	Ian	Williams	V40	29.77	0	Cyncoed	WMAA	22/05/2019
	Graham	Holder	V45	27.70	0	Brighton	letics Leagu	19/05/2019
	Steven	Thomas-Spires	V45	27.38	0	Wrexham	eshire Leag	04/05/2019
	Adrian	Lewis	V45	16.48	0	Horspath	en Pentath	02/06/2019
	Martin	Tucker	V50	37.19	0	Donnah's Qu	and League	19/05/2019
	Gwynn	Wallace	V50	33.45	0	Andover	letics Leagu	19/05/2019
	Charles	Northey	V50	32.21	0	Aberdare	Athletics L	22/06/2019
	Dave	Stokes	V55	26.03	0	Donnah's Qu	eshire Leag	04/05/2019
	Chris	Pruski	V60	26.55	0	Swansea	Regional Ch	11/05/2019

DT1K								
	Chris	Berry	V60	25.89	0	Neath	Athletics L	19/05/2019
	Chris	Pruski	V60	25.42	0	Swansea	h Masters L	24/04/2019
	Mark	Williams	V60	18.85	0	Aberdare	h Masters L	10/07/2019
	Mark	Wyndham-Jones	V65	35.55	0	Norwich	ounty Chan	11/05/2019
	Geoff	Ward	V65	35.45	0	Wrexham	Regional Ch	11/05/2019
	Ian	Bowles	V70	32.71	0	Nuneaton	sters AC Ch	09/06/2019
	Ian	Robinson	V70	29.64	0	Wrexham	h Masters L	05/06/2019
	Paul	Brooks	V70	27.56	0	Wrexham	Regional Ch	11/05/2019
	David	Jones	V70	14.64	0	Neath	h Athletics L	19/05/2019
	Phil	Rees	V75	19.66	0	Swansea	h Masters L	24/04/2019

DT 1.5K								
	Gwynn	Wallace	V50	33.05	0	Kettering	rans' League	29/05/2019
	Robert	Eales	V50	31.05	0	Coventry	ters Inter A	06/07/2019
	Glyn	Price	V50	24.77	0	Newport	h Masters L	12/06/2019
	David	Glendower	V50	24.41	0	Lee Valley	hrows Fest	19/05/2019
	Charles	Northey	V50	20.51	0	Neath	h Athletics L	19/05/2019
	Dave	Stokes	V55	30.73	0	Donnah's Qu	side Spring C	07/04/2019
	Derek	Osborne	V55	27.66	0	Newport	h Masters L	12/06/2019
	Glyndwr	Pugh	V55	27.32	0	Aberdare	h Masters L	10/07/2019
	Keith	Powell	V55	25.23	0	Horspath	en Pentath	02/06/2019
	Paul	Williams	V55	20.60	0	Birmingham	rans' League	05/06/2019

	Wayne	Howe	V60	28.60	0	Dartford	eterans' Le	13/05/2019
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DT2K								
	Ian	Williams	V40	29.52	0	Lee Valley	h Inter Throv	09/03/2019
	Paul	Edwards	V40	20.03	0	Neath	h Athletics L	19/05/2019
	Peter	Roberts	V45	36.58	0	Coventry	ters Inter A	06/07/2019
	Graham	Holder	V45	34.20	0	Erith	letics Leagu	13/07/2019
	Steve	Ingram	V45	32.42	0	Aberdare	h Masters L	10/07/2019
	Steven	Thomas-Spires	V45	19.62	0	ton under	Land League	16/06/2019
	Jason	Elworthy	V45	11.28	0	Neath	h Athletics L	19/05/2019
	Adrian	Lewis	V45	10.20	0	Horspath	en Pentath	02/06/2019
	Gwynn	Wallace	V50	27.58	0	Andover	letics Leagu	19/05/2019
	Charles	Northey	V50	18.24	0	Aberdare	h Athletics L	22/06/2019
	Dave	Stokes	V55	24.74	0	Donnah's Qu	and League	19/05/2019
	Keith	Powell	V55	20.40	0	Aberdare	h Athletics L	22/06/2019
	Chris	Berry	V60	20.70	0	Aberdare	h Athletics L	22/06/2019
	Mark	Williams	V60	11.61	0	Aberdare	h Athletics L	22/06/2019

HT7.26K								
	Graham	Holder	V45	51.68	0	Dartford	Championships	26/06/2019
	Peter	Roberts	V45	29.21	0	Swansea	Athletics League	12/05/2019
	Steven	Thomas-Spires	V45	19.38	0	Wotton-under-Lime	Hand League	16/06/2019
	Gwynn	Wallace	V50	23.89	0	Nuneaton	Crus' League	01/05/2019
	Dave	Stokes	V55	21.25	0	Winnah's Quarry	Hand League	19/05/2019
	Chris	Berry	V60	27.22	0	Aberdare	Athletics League	22/06/2019
	David	Jones	V70	11.06	0	Swansea	Regional Championships	11/05/2019

HT6K								
	David	Glendower	V50	27.94	0	Lee Valley	Crus Throws Fest	19/05/2019
	Robert	Eales	V50	27.76	0	Abingdon	Crus Veterans'	25/05/2019
	Gwynn	Wallace	V50	26.68	0	Abingdon	Crus Veterans'	25/05/2019
	Glyn	Price	V50	16.47	0	Newport	Crus Masters League	12/06/2019
	Charles	Northey	V50	14.96	0	Newport	Crus Masters League	12/06/2019
	Glyndwr	Pugh	V55	31.46	0	Swansea	Crus Masters League	24/04/2019
	Derek	Osborne	V55	30.38	0	Swansea	Crus Masters League	24/04/2019
	Dave	Stokes	V55	29.99	0	Nuneaton	Crus AC Championships	09/06/2019

HT5K								
	Chris	Berry	V60	25.91	0	Swansea	Crus Masters League	24/04/2019
	Graeme	Knowles	V60	25.43	0	Swansea	Crus Masters League	24/04/2019
	Chris	Pruski	V60	15.66	0	Swansea	Crus Masters League	24/04/2019

HT4K								
	Ian	Bowles	V70	31.32	0	Hull	Crus Championships (inc)	29/06/2019
	David	Jones	V70	18.40	0	Aberdare	Athletics League	22/06/2019
	Phil	Rees	V75	18.12	0	Nuneaton	Crus AC Championships	09/06/2019

WT11.34K								
	David	Glendower	V50	9.84	i	Torun, Poland	Crus Indoor Championships	28/03/2019
	Gwynn	Wallace	V50	8.65	0	Derby	Crus Throws Group	01/06/2019

WT7.26 K	Ian	Bowles	V70	11.40	0.00	Hull	British Masters Combined	43645.00
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Pent								
	Adrian	Lewis	V45	1493	0	Horspath	Crus Pentathlon	02/06/2019
	Gwynn	Wallace	V50	2299.00	0	Derby	Crus Throws Group	01/06/2019
	Derek	Osborne	V55	3184.00	i	Lee Valley	Crus Championships (inc)	17/02/2019
	Keith	Powell	V55	2654.00	i	Lee Valley	Crus Championships (inc)	17/02/2019
	Ian	Bowles	V70	3154.00	0	Hull	Crus Championships (inc)	29/06/2019