



WMAA Mens Season 2019 Rankings FINAL December



Event	First Name	Last Name	AG	Time/Dist	Venue	Meeting	date
60							
	Stephen	Buttler	V40	7.73	Birmingham (PB)	Counties Open Series - Awaiting U15M L	27/01/2019
	Stuart	Pearce	V40	7.93	Lee Valley	British Masters Championships	09/03/2019
	James	Morgan	V45	8.28	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Russell	Whiting	V50	7.69	Lee Valley	British Masters Championships	09/03/2019
	Robin	Wood	V50	8.66	Cardiff	Cardiff Met GP1 Christmas Classic	08/12/2019
	Keith	Powell	V55	8.50	Lee Valley	British Masters Championships	09/03/2019
	Ian	Broadhurst	V60	8.67	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Roderick	Davies	V60	9.09	Lee Valley	British Masters Championships	09/03/2019
	Chris	Pruski	V60	9.97	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	David	Boaler	V60	14.11	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Mel	James	V75	10.09	Lee Valley	English Masters Area Challenge	24/02/2019
60MH							
	Glyn	Price	V50	10.98	Lee Valley	English Masters Area Challenge	24/02/2019
	Derek	Osborne	V55	10.97	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
	Keith	Powell	V55	11.26	Lee Valley	athlon Championships (inc South of Engl	17/02/2019

100							
	Serlashe	Childs	V35	11.6	Cardiff	Welsh Senior Championships	14/07/2019
	Owen	Chesher	V35	12.36	Brecon	Welsh Masters Championships	21/07/2019
	Stephen	Buttler	V40	12.50	Tipton	Midland League Division 3	16/06/2019
	Stuart	Pearce	V40	12.53	Cardiff	athletics RunWithTheWind Sprints Open	07/08/2019
	Scott	Browne	V40	13.52	Brecon	Welsh Masters Championships	21/07/2019
	Paul	Edwards	V40	14.60	Cardiff Met	Welsh Masters League	22/05/2019
	Dean	Webster	V40	15.50	Aberdare	Welsh Masters League	10/07/2019
	James	Morgan	V45	12.90	Brecon	Welsh Masters Championships	21/07/2019
	Steven	Thomas-Spires	V45	13.66	Wrexham	North Wales Regional Championships	11/05/2019
	Adrian	Lewis	V45	15.50	Cardiff Met	Welsh Masters League	22/05/2019
	Jason	Elworthy	V45	22.05	Neath	Welsh Athletics League	19/05/2019
	Russell	Whiting	V50	12.10	Brecon	Welsh Masters Championships	21/07/2019
	Chris	Millard	V50	12.30	Yate	Avon League	11/08/2019
	Robin	Wood	V50	13.10	Swansea	West Wales Regional Championships	11/05/2019
	Glyn	Price	V50	13.90	Cardiff Met	Welsh Masters League	22/05/2019
	Gwynn	Wallace	V50	14.90	Nottingham	Midland Veterans' League Cup Final	31/08/2019
	Charles	Northey	V50	16.40	Aberdare	Welsh Masters League	10/07/2019
	Paul	Williams	V55	12.94	Brecon	Welsh Masters Championships	21/07/2019
	Keith	Powell	V55	13.58	Brecon	Welsh Masters Championships	21/07/2019
	Derek	Osborne	V55	14.70	Cardiff Met	Welsh Masters League	22/05/2019
	Mark	Roberts	V55	15.40	Cardiff Met	Welsh Masters League	22/05/2019
	Kevin	Challinor	V55	16.60	Wrexham	Welsh Masters League	05/06/2019
	Ian	Broadhurst	V60	13.32	Coventry	England Masters Inter Area Challenge	06/07/2019
	Kieran	Mcdonnell	V60	13.55	Cardiff	athletics RunWithTheWind Sprints Open	15/05/2019
	Roderick	Davies	V60	14.30	Cardiff Met	Welsh Masters League	22/05/2019
	Austin	Davies	V60	14.62	Brecon	Welsh Masters Championships	21/07/2019
	Chris	Norton	V60	16.30	Cardiff Met	Welsh Masters League	22/05/2019
	Chris	Pruski	V60	16.60	Wrexham	Welsh Masters League	05/06/2019
	Jon	Clarke	V60	16.90	Bury	Northern Masters Championships	23/06/2019
	Mark	Williams	V60	17.20	Cardiff Met	Welsh Masters League	22/05/2019
	Alan	Mann	V60	19.40	Brecon	Welsh Masters Championships	21/07/2019
	Mark	Wyndham-Jone	V65	14.10	Norwich	Norfolk County Championships	11/05/2019
	Ian	Swanson	V65	23.10			
	Glyn	Sutton	V70	14.10	Cardiff Met	Welsh Masters League	22/05/2019
	Geoff	Wright	V70	18.53	Coventry	England Masters Inter Area Challenge	06/07/2019
	Mel	James	V75	15.80	Nuneaton	Midland Masters AC Championships	09/06/2019
	Phil	Rees	V75	22.60	Cardiff Met	Welsh Masters League	22/05/2019
	John	Evans	V80	18.90	Rugby	Midland Veterans' League Division East	03/07/2019

100MH						
	Neil	Davies	V50	20.59	Brecon	Welsh Masters Championships 21/07/2019
	Derek	Osborne	V55	18.64	Brecon	Welsh Masters Championships 21/07/2019
200						
	Adebowale	Ademuyewo	V35	22.60	Tamworth	Midland League Division 1 07/07/2019
	Owen	Chesher	V35	24.94	Aberdare	Welsh Athletics League 22/06/2019
	Brian	Dias	V35	31.75	Aberdare	Welsh Athletics League 22/06/2019
	Lee	Richards	V35	32.37	Cardiff	Cardiff Met GP2: Non-Thomas Open 20/01/2019
	Stuart	Pearce	V40	26.37	Lee Valley	British Masters Championships 10/03/2019
	Scott	Browne	V40	27.25	Brecon	Welsh Masters Championships 21/07/2019
	Paul	Edwards	V40	31.00	Swansea	Welsh Masters League 24/04/2019
	Dean	Webster	V40	31.20	Aberdare	Welsh Masters League 10/07/2019
	James	Morgan	V45	26.31	Nuneaton	Midland Masters AC Championships 09/06/2019
	Steven	Thomas-Spires	V45	28.00	Ellesmere Port	Cheshire League 01/09/2019
	Adrian	Lewis	V45	28.90	Swansea	Welsh Masters League 24/04/2019
	Michael	Graz	V45	29.50	Aberdare	Welsh Masters League 10/07/2019
	Jason	Elworthy	V45	52.73	Cardiff	Cardiff Met GP2: Non-Thomas Open 20/01/2019
	Russell	Whiting	V50	25.56	Coventry	England Masters Inter Area Challenge 06/07/2019
	Robin	Wood	V50	28.50	Newport	Welsh Masters League 12/06/2019
	Gwynn	Wallace	V50	30.20	Kettering	Midland Veterans' League Division East 29/05/2019
	Glyn	Price	V50	30.30	Newport	Welsh Masters League 12/06/2019
	Charles	Northey	V50	32.40	Aberdare	Welsh Masters League 10/07/2019
	Paul	Williams	V55	26.83	Birmingham	Midland Veterans' League Division North 05/06/2019
	Keith	Powell	V55	28.40	Aberdare	Welsh Masters League 10/07/2019
	Derek	Osborne	V55	29.50	Newport	Welsh Masters League 12/06/2019
	Mark	Roberts	V55	32.80	Newport	Welsh Masters League 12/06/2019
	Kevin	Challinor	V55	33.50	Wrexham	Welsh Masters League 05/06/2019
	Jeffrey	Hanson	V55	37.90	Swansea	Welsh Masters League 24/04/2019
	Ian	Broadhurst	V60	26.68	Coventry	England Masters Inter Area Challenge 06/07/2019
	Kieran	Mcdonnell	V60	28.07	Cardiff	athletics RunWithTheWind Sprints Open 15/05/2019
	Roderick	Davies	V60	29.60	Wrexham	Welsh Masters League 05/06/2019
	Graeme	Knowles	V60	31.70	Swansea	Welsh Masters League 24/04/2019
	Duncan	Steward	V60	32.71	Brecon	Welsh Masters Championships 21/07/2019
	Mark	Williams	V60	34.20	Aberdare	Welsh Masters League 10/07/2019
	Chris	Norton	V60	33.40	Aberdare	Welsh Masters League 10/07/2019
	Richard	Webster	V60	41.40	Newport	Welsh Masters League 12/06/2019
	Alan	Mann	V60	45.76	Brecon	Welsh Masters Championships 21/07/2019
	Mark	Wyndham-Jone	V65	30.70	Norwich	Norfolk County Championships 11/05/2019
	Michael H	Davies	V65	35.90	Aberdare	Welsh Masters League 10/07/2019
	Ian	Swanson	V65	45.20	Newport	Welsh Masters League 12/06/2019
	Geoff	Wright	V70	38.99	Coventry	England Masters Inter Area Challenge 06/07/2019
	Mel	James	V75	32.97	Nuneaton	Midland Masters AC Championships 09/06/2019
	Phil	Rees	V75	54.50	Swansea	Welsh Masters League 24/04/2019
	John	Evans	V80	40.30	Kettering	Midland Veterans' League Division East 29/05/2019

300							
	Lee	Richards	V35	39.87	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
300MH							
	Ian	Broadhurst	V60	47.41	Nuneaton	Midland Masters AC Championships	09/06/2019
400							
	Dale	Garland	V35	50.46	St. Peter Port	Guernsey Intertrust Challenge Open Serie	16/05/2019
	David John	Williams	V35	54.00	Cardiff Met	Welsh Masters League	22/05/2019
	Owen	Chesher	V35	54.82	Coventry	England Masters Inter Area Challenge	06/07/2019
	Scott	Browne	V40	59.43	Brecon	Welsh Masters Championships	21/07/2019
	Dean	Webster	V40	69.60	Newport	Welsh Masters League	12/06/2019
	Michael	Graz	V45	62.90	Brecon	Welsh Masters Championships	43667.00
	Adrian	Lewis	V45	63.2	Newport	Welsh Masters League	12/06/2019
	Paul	Flynn	V50	65.59	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Neil	Davies	V50	66.32	Brecon	Welsh Masters Championships	21/07/2019
	Robin	Wood	V50	68.20	Newport	Welsh Masters League	12/06/2019
	Charles	Northey	V50	76.40	Newport	Welsh Masters League	12/06/2019
	Sean	Price	V55	58.99	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Derek	Osborne	V55	66.10	Swansea	Welsh Masters League	24/04/2019
	Brett	Davis	V55	60.94	Birmingham	British Masters Championships	10/08/2019
	Keith	Powell	V55	64.92	Hull	Events Championships (inc North of Engla	29/06/2019
	Mark	Roberts	V55	68.80	Cardiff Met	Welsh Masters League	22/05/2019
	Kevin	Challinor	V55	72.09	Connah's Quay	Deeside Spring Open	07/04/2019
	Jeffrey	Hanson	V55	84.00	Swansea	Welsh Masters League	24/04/2019
	Ian	Broadhurst	V60	61.66	Nuneaton	Midland Masters AC Championships	09/06/2019
	Kieran	Mcdonnell	V60	61.98	Brecon	Welsh Masters Championships	21/07/2019
	David	Boaler	V60	67.50	Cardiff Met	Welsh Masters League	22/05/2019
	Mark	Williams	V60	67.50	Cardiff Met	Welsh Masters League	22/05/2019
	Martyn	Cole	V60	69.32	Brecon	Welsh Masters Championships	21/07/2019
	Wayne	Howe	V60	82.10	Eltham	Eastern Counties Veterans' League Kent Divi	03/05/2019
	Chris	Norton	V60	80.50	Cardiff Met	Welsh Masters League	22/05/2019
	Richard	Webster	V60	92.70	Newport	Welsh Masters League	12/06/2019
	Alan	Mann	V60	01:44.18	Brecon	Welsh Masters Championships	21/07/2019
	Michael H	Davies	V65	83.50	Cardiff Met	Welsh Masters League	22/05/2019
	Ian	Swanson	V65	01:53.50	Cardiff Met	Welsh Masters League	22/05/2019
	Mel	James	V75	84.70	Cardiff Met	Welsh Masters League	22/05/2019
	Barrie	Roberts	V75	96.07	Lee Valley	English Masters Area Challenge	24/02/2019
400mh							
	Dale	Garland	V35	54.99	St. Peter Port	Guernsey Intertrust Challenge Open Serie	05/05/2019
	Mark	Roberts	V55	76.97	Brecon	Welsh Masters Championships	21/07/2019

600m							
	Brett	Davis	V55	01:38.30	Cheltenham	Cheltenham Midsummer Open Meeting	17/07/2019
	Martyn	Cole	V60	01:46.40	Brierley Hill	nd of Season Open Graded Meeting inc. T	08/09/2019

800							
	David John	Williams	V35	02:01.18	Swansea	MDAL Middle Distance Open	31/07/2019
	James	Thie	V35	02:01.74	Newport	MDAL Middle Distance Open	14/08/2019
	Peter	Watkeys	V35	02:02.34	Lee Valley	English Masters Area Challenge	24/02/2019
	Robert	Prady	V35	02:14.50	Swansea	West Wales Regional Championships	11/05/2019
	Matthew	Evans	V35	02:15.90	Cyncoed	WMAA	22/05/2019
	Brian	Dias	V35	02:34.98	Swansea	MDAL Middle Distance Open	31/07/2019
	Scott	Browne	V40	02:11.59	Brecon	Welsh Masters Championships	21/07/2019
	Dean	Webster	V40	02:37.00	Aberdare	Welsh Masters League	10/07/2019
	Adrian	Lewis	V45	02:19.10	Aberdare	Welsh Masters League	10/07/2019
	Michael	Graz	V45	02:25.03	Brecon	Welsh Masters Championships	21/07/2019

	Lee	Aherne	V50	02:24.47	Aberdare	Welsh Athletics League	22/06/2019
	Paul	Flynn	V50	02:28.07	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Charles	Northey	V50	02:36.17	Brecon	Welsh Masters Championships	21/07/2019
	Neil	Davies	V50	03:00.80	Wrexham	North of England League Division 4W	14/07/2019
	Sean	Price	V55	02:13.16	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Jon	Grainger	V55	02:16.60	Southampton	Southampton Graded Open	24/07/2019
	Brett	Davis	V55	02:17.83	Swansea	MDAL Middle Distance Open	31/07/2019
	Kevin	Challinor	V55	02:42.32	Wrexham	North Wales Regional Championships	11/05/2019
	Mike	Robbins	V55	02:43.10	Wrexham	Cheshire League	04/05/2019
	Clive	Osmond	V55	02:50.77	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Mark	Roberts	V55	02:33.74	Swansea	Swansea Harriers Open Meeting	07/04/2019
	Jeffrey	Hanson	V55	03:12.20	Swansea	Welsh Masters League	24/04/2019

	Martyn	Cole	V60	02:23.70	Cheltenham	Brewer Memorial Games Open	06/05/2019
	Austin	Davies	V60	02:37.40	Sandy	Southern Athletics League Division 3N	18/05/2019
	Kieran	Mcdonnell	V60	02:30.20	Aberdare	Welsh Masters League	10/07/2019
	Elio	Lepore	V60	02:43.70	Aberdare	Welsh Masters League	10/07/2019
	Mark	Williams	V60	02:51.00	Aberdare	Welsh Masters League	10/07/2019
	Chris	Norton	V60	03:18.50	Aberdare	Welsh Masters League	10/07/2019
	Richard	Webster	V60	03:33.40	Cyncoed	WMAA	22/05/2019
	Alan	Mann	V60	04:16.95	Brecon	Welsh Masters Championships	21/07/2019
	Richard	Marks	V65	02:51.00	Aberdare	Welsh Masters League	10/07/2019
	Mike	Murphy	V65	02:54.33	Brecon	Welsh Masters Championships	21/07/2019
	Michael H	Davies	V65	03:04.80	Aberdare	Welsh Masters League	10/07/2019
	Ian	Swanson	V65	04:19.00	Swansea	Welsh Masters League	24/04/2019
	Paul	Allen	V70	03:18.63	Lee Valley	English Masters Area Challenge	24/02/2019
	Barrie	Roberts	V75	03:22.32	Tipton	BMC Regional Races	13/08/2019

1000						
	Derek Osborne	V55	03:26.98	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
	Keith Powell	V55	04:03.99	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
1500						
	James Thie	V35	04:02.00	Trafford	BMC Grand Prix	10/08/2019
	Sion Lewis	V35	04:23.05	Finsbury Park	District AC & London Heathside AC Cham	01/06/2019
	Matthew Evans	V35	04:24.27	Lee Valley	British Masters Championships	09/03/2019
	Robert Prady	V35	04:35.74	Neath	Welsh Athletics League	19/05/2019
	Brian Dias	V35	05:23.95	Aberdare	Welsh Athletics League	22/06/2019
	Lee Garland	V40	04:29.05	Birmingham	British Masters Championships	10/08/2019
	Tegid Jones	V40	04:31.87	Abingdon	Radley AC Charles Kear Memorial Open	24/03/2019
	Scott Browne	V40	04:39.67	Brecon	Welsh Masters Championships	21/07/2019
	Dean Webster	V40	05:33.80	Newport	Welsh Masters League	12/06/2019
	Adrian Lewis	V45	04:46.40	Wrexham	Welsh Masters League	05/06/2019
	Paul Flynn	V50	05:12.05	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Jon Grainger	V55	04:42.90	Bracknell	Southern Athletics League Division 1	13/07/2019
	Martyn Cole	V55	04:56.73	Tipton	BMC Regional Races	21/05/2019
	Daniel Thorogood	V55	05:15.65	Birmingham	British Masters Championships	10/08/2019
	Sean Price	V55	05:17.00	Brecon	Welsh Masters Championships	21/07/2019
	Mike Robbins	V55	05:23.80	Stretford	North of England League Division 4W	19/05/2019
	Haydn Hartnell	V55	05:32.00	Newport	Welsh Masters League	12/06/2019
	Mark Roberts	V55	05:33.47	Neath	Welsh Athletics League	19/05/2019
	Kevin Challinor	V55	05:50.87	Brecon	Welsh Masters Championships	21/07/2019
	Brett Davis	V55	06:06.40	Newport	Welsh Masters League	12/06/2019
	Jeffrey Hanson	V55	06:54.10	Cardiff Met	Welsh Masters League	22/05/2019
	Keith Powell	V55	07:08.30	Horspath	ish Masters Open Pentathlon Champions	02/06/2019
	Martyn Cole	V60	04:56.73	Tipton	BMC Regional Races	21/05/2019
	Elio Lepore	V60	05:19.81	Jesolo, ITA	European Masters Stadia Championships	05/09/2019
	Austin Davies	V60	05:37.10	Brecon	Welsh Masters Championships	21/07/2019
	Mark Williams	V60	05:33.68	Newport	MDAL Middle Distance Open	14/08/2019
	Huw Roberts	V60	06:03.28	Cardiff	Cardiff Met GP2: Non-Thomas Open	20/01/2019
	Kieran Mcdonnell	V60	06:06.80	Newport	Welsh Masters League	12/06/2019
	Stephen Davies	V60	06:38.85	Loughborough	Charnwood AC Open Series	24/08/2019
	Chris Norton	V60	07:13.30	Newport	Welsh Masters League	12/06/2019
	Alan Mann	V60	09:07.49	Brecon	Welsh Masters Championships	21/07/2019
	Mike Murphy	V65	05:43.50	Cardiff Met	Welsh Masters League	22/05/2019
	David Proffitt	V65	06:12.73	Jesolo, ITA	European Masters Stadia Championships	05/09/2019
	Ian Swanson	V65	09:01.60	Cardiff Met	Welsh Masters League	22/05/2019
	Paul Allen	V70	06:30.57	Lee Valley	English Masters Area Challenge	24/02/2019
	Barrie Roberts	V75	07:05.70	Worcester	Worcester AC Open	20/06/2019

Mile							
	James	Thie	V35	04:25.45	Cardiff	Welsh Athletics International	03/03/2019
	David John	Williams	V35	04:33:00	London	Vitality Westminster Mile	26/05/2019
	Sion	Lewis	V35	04:43:00	London	Vitality Westminster Mile	26/05/2019
	Doug	Nicholls	V35	04:44.86	Cardiff	Cardiff Night of Endurance	14/09/2019
	Brian	Dias	V35	05:44.34	Cardiff	Cardiff Night of Endurance	14/09/2019
	Lee	Garland	V40	04:48:00	Castel	Vazon Mile	25/06/2019
	Huw	Evans	V45	04:48:00	Tredegar	Steve Jones 1 Mile Series	17/05/2019
	Richard	Jones	V45	04:51:00	Tredegar	Steve Jones 1 Mile Series	17/05/2019
	Adrian	Lewis	V45	5:13:00	Tewkesbury	Bushley Mile	22/04/2019
	Jon	Grainger	V55	05:12:00	London	Vitality Westminster Mile	26/05/2019
	Sean	Price	V55	05:32:00	Tredegar	Steve Jones 1 Mile Series	21/06/2019
	Brett	Davis	V55	05:56:00	London	Vitality Westminster Mile	26/05/2019
	Mark	Roberts	V55	06:02:00	Tredegar	Steve Jones 1 Mile Series	17/05/2019
	Martyn	Cole	V60	5:28:00	London	Vitality Westminster Mile	26/05/2019
	Kieran	Mcdonnell	V60	05:34.24	Cardiff	Cardiff Night of Endurance	14/09/2019
	Elio	Lepore	V60	05:55:00	Cardiff	Cardiff Summer Series Mile	03/05/2019
	Mark	Williams	V60	06:03.36	Cardiff	Cardiff Night of Endurance	14/09/2019
	Stephen	Davies	V60	07:14.51	Loughborough	Charmwood AC Open Series	24/08/2019
	Mike	Murphy	V65	06:18.42	Cardiff	Cardiff Night of Endurance	14/09/2019
	Barrie	Roberts	V75	07:32.90	Coventry	Warwickshire Open Graded Series	03/07/2019
2000s/c							
	Matthew	Evans	V35	06:43.70	Swansea	West Wales Regional Championships	11/05/2019
	Jeremy	Mower	V50	07:24.90	Gloucester	Midland League Division 2	19/05/2019
3000/sc							
	Matthew	Evans	V35	10:38.90	Birmingham	British Masters Championships	11/08/2019
	Lee	Garland	V40	10:56.90	Birmingham	British Masters Championships	11/08/2019

3000							
	Matthew	Evans	V35	09:30.40	Swansea	Welsh Masters League	24/04/2019
	Doug	Nicholls	V35	09:37.26	Cardiff	Cardiff Met GP1 Christmas Classic	08/12/2019
	Sion	Lewis	V35	09:39.04	Milton Keynes	MK5000 PB Special	27/07/2019
	Robert	Prady	V35	09:56.56	Swansea	Swansea Harriers Open Meeting	07/04/2019
	Brian	Dias	V35	12:21.16	Cardiff	Cardiff Met GP1 Christmas Classic	08/12/2019
	Steven	Rees	V40	09:38.30	Swansea	Welsh Masters League	24/04/2019
	Joe	Thomas	V40	09:43.20	Swansea	Welsh Masters League	24/04/2019
	Scott	Browne	V40	10:29.20	Swansea	Welsh Masters League	24/04/2019
	Dean	Webster	V40	12:00.10	Swansea	Welsh Masters League	24/04/2019
	Tegid	Jones	V40	09:25.50	Cheltenham	Brewer Memorial Games Open	06/05/2019
	Huw	Evans	V45	09:33.10	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Richard	Jones	V45	09:43.20	Swansea	Welsh Masters League	24/04/2019
	Adrian	Lewis	V45	10:07.95	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Lee	Aherne	V50	09:37.41	Coventry	England Masters Inter Area Challenge	06/07/2019
	Paul	Flynn	V50	10:29.10	Aberdare	Welsh Masters League	10/07/2019
	Charles	Northey	V50	13:17.10	Aberdare	Welsh Masters League	10/07/2019
	Sean	McCormack	V55	11:12.70	Wrexham	Welsh Masters League	05/06/2019
	Mike	Robbins	V55	11:13.00	Ellesmere Port	Cheshire League	01/09/2019
	Kevin	Challinor	V55	12:11.80	Connah's Quay	Cheshire League	04/05/2019
	Clive	Osmond	V55	12:30.66	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Jeffrey	Hanson	V55	15:09.90	Aberdare	Welsh Masters League	10/07/2019
	Martyn	Cole	V60	10:57.60	Redditch	Midland Veterans' League Division South	05/06/2019
	Mark	Williams	V60	11:42.58	Cardiff	Cardiff Met GP1 Christmas Classic	08/12/2019
	Elio	Lepore	V60	11:21.50	Aberdare	Welsh Masters League	10/07/2019
	Huw	Roberts	V60	12:07.67	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Austin	Davies	V60	12:13.09	Cardiff	Cardiff Met GP1: Christmas Classic	16/12/2018
	Stephen	Davies	V60	13:29.00	Loughborough	Charnwood AC Open Series	24/08/2019
	Alan	Mann	V60	19:23.44	Brecon	Welsh Masters Championships	21/07/2019
	Richard	Marks	V65	12:13.90	Aberdare	Welsh Masters League	10/07/2019
	Mike	Murphy	V65	12:27.65	Brecon	Welsh Masters Championships	21/07/2019
	David	Proffitt	V65	13:18.51	Brecon	Welsh Masters Championships	21/07/2019
	Ian	Swanson	V65	18:04.00	Newport	Welsh Masters League	12/06/2019
	Barrie	Roberts	V75	14:32.90	Leamington	Warwickshire Open Graded Series	07/08/2019

5000							
	Sion	Lewis	V35	16:00.3	Parliament Hill	of London / Highgate Harriers Open Meet	11/09/2019
	Peter	Watkeys	V35	17:00.61	Basingstoke	Southern Athletics League Division 2W	15/06/2019
	Joe	Thomas	V40	16:45.78	Brecon	Welsh Masters Championships	21/07/2019
	Lee	Garland	V40	17:17.92	St. Peter Port	Guernsey Intertrust Challenge Open Series	05/05/2019
	David	Skidmore	V40	17:47.50	Guildford	Southern Athletics League Division 3SE	15/06/2019
	Lee	Jones	V45	16:08.90	Connah's Quay	North of England League Division 3W	19/05/2019
	Lee	Aherne	V50	16:29.65	Birmingham	British Masters Championships	11/08/2019
	Paul	Flynn	V50	18:08.74	Birmingham	British Masters Championships	11/08/2019
	Sean	McCormack	V50	19:52.15	Brecon	Welsh Masters Championships	21/07/2019
	Mike	Robbins	V55	19:12.70	Bebington	Nirral AC Endurance Open Series (5000m)	08/05/2019
	Sean	McCormack	V55	19:52.15	Brecon	Welsh Masters Championships	21/07/2019
	Kevin	Challinor	V55	22:10.53	Brecon	Welsh Masters Championships	21/07/2019
	David	Murrie	V60	24:02.00	Ashton under Lynton	Northern Masters 5000m Championships	24/07/2019
	Mike	Murphy	V65	21:58.61	Brecon	Welsh Masters Championships	21/07/2019
	David	Proffitt	V65	22:57.46	Eraclea, ITA	European Masters Stadia Championships	13/09/2019
10000							
	Sion	Lewis	V35	35:37.50	Walthamstow	5000m / 10,000m Open (Inc England AA)	07/06/2019
	Robert	Prady	V35	36:39.07	Cardiff	Cardiff Night of Endurance	14/09/2019
	Huw	Evans	V45	35:11.84	Cardiff	Cardiff Night of Endurance	14/09/2019
	David	Proffitt	V65	47:16.28	Jarrow	West Coast Counties AA Pentathlon Championships	21/09/2019
2000W							
	Mark	Williams	V60	10:10.88	Lee Valley	English Masters Area Challenge	24/02/2019
3000W							
	Jason	Elworthy	V45	28:57.05	Neath	Welsh Athletics League	19/05/2019

HJ	Owen	Chesher	V35	1.84	Cardiff	Welsh Senior Championships	14/07/2019
	Paul	Edwards	V40	1.15	Cyncoed	WMAA	22/05/2019
	Steve	Ingram	V45	1.65	Swansea	West Wales Regional Championships	11/05/2019
	Steven	Thomas-Spires	V45	1.30	Wrexham	North Wales Regional Championships	11/05/2019
	Glyn	Price	V50	1.50	Cyncoed	WMAA	22/05/2019
	Neil	Davies	V50	1.46	Wrexham	Welsh Masters League	05/06/2019
	Charles	Northey	V50	1.30	Cyncoed	WMAA	22/05/2019
	Robin	Wood	V50	1.30	Swansea	Welsh Masters Championships	10/02/2019
	Derek	Osborne	V55	1.47	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
	Keith	Powell	V55	1.38	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
	Dave	Stokes	V55	1.10	Connah's Quay	Cheshire League	04/05/2019
	Chris	Berry	V60	1.30	Brecon	Welsh Masters Championships	21/07/2019
	David	Murrie	V60	1.30	Brecon	Welsh Masters Championships	21/07/2019
	Jon	Clarke	V60	0.90	Bury	Northern Masters Championships	23/06/2019
	Mark	Wyndham-Jone	V65	1.35	Norwich	Norfolk County Championships	12/05/2019
	Ian	Swanson	V65	1.10	Cyncoed	WMAA	22/05/2019
	Ian	Robinson	V70	1.02	Lee Valley	English Masters Area Challenge	24/02/2019
	Phil	Rees	V75	0.90	Lee Valley	British Masters Championships	09/03/2019

LJ							
	Dale	Garland	V35	6.86	Gibraltar, GIB	NatWest International Island Games	10/07/2019
	Brian	Dias	V35	3.65	Cardiff	Cardiff Met GP1 Christmas Classic	08/12/2019
	Stephen	Buttler	V40	5.32	Tipton	Midland League Division 3	16/06/2019
	Ian	Williams	V40	3.81	Swansea	Welsh Masters Championships	10/02/2019
	Paul	Edwards	V40	3.78	Aberdare	Welsh Athletics League	22/06/2019
	Steve	Ingram	V45	4.76	Newport	Welsh Masters League	12/06/2019
	Steven	Thomas-Spires	V45	4.39	Wrexham	North Wales Regional Championships	11/05/2019
	Adrian	Lewis	V45	3.18	Horspath	Welsh Masters Open Pentathlon Champions	02/06/2019
	Jason	Elworthy	V45	2.20	Neath	Welsh Athletics League	19/05/2019
	Robin	Wood	V50	4.63	Lee Valley	English Masters Area Challenge	24/02/2019
	Glyn	Price	V50	4.63	Newport	Welsh Masters League	12/06/2019
	Chris	Millard	V50	4.14	Yate	Avon League	11/08/2019
	Neil	Davies	V50	3.64	Wrexham	Wrexham Games (Field Only)	17/08/2019
	Martin	Tucker	V50	3.17	Swansea	Welsh Masters Championships	10/02/2019
	Keith	Powell	V55	4.70	Birmingham	British Masters Championships	10/08/2019
	Derek	Osborne	V55	4.64	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
	Paul	Williams	V55	4.31	Birmingham	Midland Veterans' League Division North	05/06/2019
	Dave	Shields	V55	4.04	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
	Dave	Stokes	V55	3.81	Bury	Northern Masters Championships	23/06/2019
	Wayne	Howe	V60	4.41	Canterbury	Invicta East Kent Open Series	13/06/2019
	Roderick	Davies	V60	4.16	Cyncoed	WMAA	22/05/2019
	Duncan	Steward	V60	4.15	Swansea	Welsh Masters Championships	10/02/2019
	Chris	Berry	V60	3.12	Swansea	Welsh Masters Championships	10/02/2019
	Jon	Clarke	V60	3.00	Bury	Northern Masters Championships	23/06/2019
	Chris	Norton	V60	2.32	Newport	Welsh Masters League	12/06/2019
	Ian	Swanson	V65	2.65	Swansea	Welsh Masters Championships	10/02/2019
	Allan	Cheers	V70	3.44	Swansea	Welsh Masters Championships	10/02/2019
	Phil	Rees	V75	2.35	Wrexham	Welsh Masters League	05/06/2019
	John	Evans	V80	2.56	Rugby	Midland Veterans' League Division East	03/07/2019

TJ							
	Steve	Ingram	V45	8.41	Swansea	Welsh Masters League	24/04/2019
	Steven	Thomas-Spires	V45	9.04	Coventry	England Masters Inter Area Challenge	06/07/2019

	Robin	Wood	V50	9.94	Lee Valley	English Masters Area Challenge	24/02/2019
	Glyn	Price	V50	9.08	Swansea	Welsh Masters League	24/04/2019
	Derek	Osborne	V55	9.98	Swansea	Welsh Masters League	24/04/2019
	Paul	Williams	V55	9.23	Burton	Midland Veterans' League Division North	03/07/2019
	Dave	Shields	V55	8.91	Lee Valley	British Masters Championships	10/03/2019
	Keith	Powell	V55	8.48	Loughborough	Midland League Division 4	16/06/2019
	Dave	Stokes	V55	7.18	Connah's Quay	North Wales Regional Championships	12/01/2019
	Wayne	Howe	V60	9.24	Bromley	Blackheath & Bromley Open Series	17/06/2019
	David	Murrie	V60	8.84	Birmingham	British Masters Championships	11/08/2001
	Duncan	Steward	V60	8.11	Swansea	Welsh Masters Championships	10/02/2019
	Graeme	Knowles	V60	7.31	Swansea	Welsh Masters League	24/04/2019
	Ian	Swanson	V65	5.02	Swansea	Welsh Masters Championships	10/02/2019
	Sean	Power	V75	8.32	Swansea	Welsh Masters Championships	10/02/2019
	Phil	Rees	V75	5.61	Lee Valley	British Masters Championships	10/03/2019

PV							
	Glyn	Price	V50	4.05	Cardiff	Welsh Athletics Senior Championships	27/01/2019
	Dave	Gordon	V50	3.45	Torun, POL	World Masters Indoor Championships	28/03/2019
	Neil	Davies	V50	2.10	Wrexham	Wrexham Games (Field Only)	17/08/2019
	Gwynn	Wallace	V50	1.20	Abingdon	ern Counties Veterans' League Western D	20/05/2019
	Derek	Osborne	V55	2.75	Neath	Welsh Athletics League	19/05/2019
	Keith	Powell	V55	2.70	Hull	vents Championships (inc North of Engla	30/06/2019
	Dave	Stokes	V55	2.30	Swansea	Welsh Masters Championships	10/02/2019

SP7.26K							
	Stephen	Buttler	V40	9.17	Telford	Shropshire County Championships (Day 2)	11/05/2019
	Ian	Williams	V40	9.13	Swansea	Welsh Masters Championships	10/02/2019
	Paul	Edwards	V40	7.01	Aberdare	Welsh Athletics League	22/06/2019
	Graham	Holder	V45	10.86	Basildon	Southern Athletics League Division 2E	13/04/2019
	Peter	Roberts	V45	10.54	Swansea	West Wales Regional Championships	11/05/2019
	Steve	Ingram	V45	9.40	Swansea	West Wales Regional Championships	11/05/2019
	Steven	Thomas-Spires	V45	7.01	Stretford	North of England League Division 4W	19/05/2019
	Jason	Elworthy	V45	5.37	Cardiff	Welsh Athletics Senior Championships	26/01/2019
	Adrian	Lewis	V45	4.87	Swansea	Welsh Masters League	24/04/2019
	Martin	Tucker	V50	9.20	Connah's Quay	North of England League Division 3W	19/05/2019
	Gwynn	Wallace	V50	9.17	Loughborough	Midland Veterans' League Division East	07/08/2019
	Neil	Davies	V50	8.49	Wrexham	North of England League Division 4W	14/07/2019
	Robin	Wood	V50	8.36	Swansea	West Wales Regional Championships	11/05/2019
	Chris	Millard	V50	7.79	Yate	Avon League	11/08/2019
	Charles	Northey	V50	7.37	Cyncoed	WMAA	22/05/2019
	Glyn	Price	V50	7.28	Wigan	British Athletics League Division 1	04/08/2019
	Paul	Williams	V55	7.76	Birmingham	Midland Veterans' League Division North	05/06/2019
	Dave	Stokes	V55	7.85	Hull	Events Championships (inc North of England)	29/06/2019
	Keith	Powell	V55	7.44	Aberdare	Welsh Athletics League	22/06/2019
	Chris	Berry	V60	8.48	Aberdare	Welsh Athletics League	22/06/2019
	Mark	Williams	V60	6.98	Aberdare	Welsh Athletics League	22/06/2019

	Geoff	Ward	V65	8.00	Wrexham	North of England League Division 4W	14/07/2019
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SP6K							
	Robert	Eales	V50	11.15	Swansea	Welsh Masters Championships	10/02/2019
	Martin	Tucker	V50	11.11	Swansea	Welsh Masters Championships	10/02/2019
	Gwynn	Wallace	V50	9.99	Horspath	Eastern Counties Veterans' League Western Division	29/04/2019
	Glyn	Price	V50	9.28	Cyncoed	WMAA	22/05/2019
	Robin	Wood	V50	9.15	Swansea	Welsh Masters Championships	10/02/2019
	Neil	Davies	V50	8.95	Brecon	Welsh Masters Championships	21/07/2019
	David	Glendower	V50	8.26	Torun, POL	World Masters Indoor Championships	26/03/2019

	Glyndwr	Pugh	V55	9.32	Cyncoed	WMAA	22/05/2019
	Dave	Stokes	V55	9.08	Hull	Events Championships (inc North of England)	29/06/2019
	Derek	Osborne	V55	8.79	Swansea	Welsh Masters Championships	10/02/2019
	Paul	Williams	V55	8.31	Burton	Midland Veterans' League Division North	03/07/2019
	Keith	Powell	V55	8.30	Hull	Events Championships (inc North of England)	29/06/2019

SP5K							
	Jason	Elworthy	V45	6.23	Cardiff	Welsh Athletics Shot in the Dark Open	11/01/2019
	Duncan	Steward	V60	10.06	Brecon	Welsh Masters Championships	21/07/2019
	Chris	Berry	V60	9.97	Swansea	Welsh Masters Championships	10/02/2019
	Chris	Pruski	V60	8.19	Wrexham	Welsh Masters League	05/06/2019
	Roderick	Davies	V60	7.07	Lee Valley	English Masters Area Challenge	24/02/2019
	Mark	Williams	V60	6.35	Newport	Welsh Masters League	12/06/2019

	Mark	Wyndham-Jones	V65	10.45	Norwich	Norfolk County Championships	11/05/2019
	Geoff	Ward	V65	10.11	Wrexham	North Wales Regional Championships	11/05/2019
	Michael H	Davies	V65	6.38	Newport	Welsh Masters League	12/06/2019

SP4K							
	Ian	Bowles	V70	9.61	Brecon	Welsh Masters Championships	21/07/2019
	Paul	Brooks	V70	8.20	Wrexham	North Wales Regional Championships	11/05/2019
	Ian	Robinson	V70	7.76	Lee Valley	English Masters Area Challenge	24/02/2019
	David	Jones	V70	7.25	Swansea	Welsh Masters Championships	10/02/2019
	Phil	Rees	V75	6.67	Wrexham	Welsh Masters League	05/06/2019

	John	Evans	V80	5.64	Kettering	Midland Veterans' League Division East	29/05/2019
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JT500							
	Ian	Robinson	V70	23.70	Brecon	Welsh Masters Championships	21/07/2019
	Ian	Bowles	V70	20.87	Brecon	Welsh Masters Championships	21/07/2019
	Phil	Rees	V75	15.85	Cyncoed	WMAA	22/05/2019

JT600							
	Wayne	Howe	V60	38.89	Canterbury	Invicta East Kent Open Series	13/06/2019
	Duncan	Steward	V60	32.34	Brecon	Welsh Masters Championships	21/07/2019
	Chris	Pruski	V60	30.07	Torun, POL	World Masters Championships - Outdoor Events	25/03/2019
	Chris	Berry	V60	20.47	Neath	Welsh Athletics League	19/05/2019
	Mark	Williams	V60	13.85	Aberdare	Welsh Masters League	10/07/2019
JT 600							
	Geoff	Ward	V65	31.88	Brecon	Welsh Masters Championships	21/07/2019
	Mark	Wyndham-Jones	V65	28.81	Norwich	Norfolk County Championships	12/05/2019
	Michael H	Davies	V65	15.32	Cyncoed	WMAA	22/05/2019
	Phil	Rees	V75	12.57	Aberdare	Welsh Masters League	10/07/2019
	David	Jones	V70	11.18	Aberdare	Welsh Masters League	10/07/2019

JT700							
	Steven	Thomas-Spires	V45	27.44	Wrexham	Wrexham Final Fling	29/09/2019
	Martin	Tucker	V50	43.27	Connah's Quay	Deeside Spring Open	07/04/2019
	Gwynn	Wallace	V50	35.03	Abingdon	Eastern Counties Veterans' League Western Division	20/05/2019
	Charles	Northey	V50	34.94	Brecon	Welsh Masters Championships	21/07/2019
	Neil	Davies	V50	27.67	Coventry	England Masters Inter Area Challenge	06/07/2019
	Robert	Eales	V50	24.82	Cyncoed	WMAA	22/05/2019

	Jonathan	Powell	V55	35.53	Brecon	Welsh Masters Championships	43667
	Derek	Osborne	V55	29.77	Aberdare	Welsh Masters League	10/07/2019
	Dave	Stokes	V55	27.78	Hull	Cheshire Masters Championships (inc North of England)	29/06/2019
	Keith	Powell	V55	25.83	Hull	Cheshire Masters Championships (inc North of England)	30/06/2019
	Paul	Williams	V55	24.07	Sutton Coldfield	Midland Veterans' League Division North	31/07/2019
	Glyndwr	Pugh	V55	20.78	Brecon	Welsh Masters Championships	21/07/2019

	Wayne	Howe	V60	31.90	Eltham	Eastern Counties Veterans' League Kent Division	03/05/2019
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JT800							
	Dale	Garland	V35	50.33	St. Peter Port	Guernsey Intertrust Challenge Open Series	16/05/2019

	Ian	Williams	V40	29.77	Cyncoed	WMAA	22/05/2019
	Graham	Holder	V45	29.71	Tooting Bec	Herne Hill Harriers Throws Fest	29/09/2019
	Steven	Thomas-Spires	V45	27.38	Wrexham	Cheshire League	04/05/2019
	Adrian	Lewis	V45	16.48	Horspath	Welsh Masters Open Pentathlon Championships	02/06/2019
	Neil	Davies	V50	40.88	Ashton under Lyne	North of England League Division 4W	16/06/2019
	Martin	Tucker	V50	37.19	Connah's Quay	North of England League Division 3W	19/05/2019
	Gwynn	Wallace	V50	33.45	Andover	Southern Athletics League Division 2W	19/05/2019
	Charles	Northey	V50	32.21	Aberdare	Welsh Athletics League	22/06/2019
	Dave	Stokes	V55	26.03	Connah's Quay	Cheshire League	04/05/2019
	Chris	Pruski	V60	26.55	Swansea	West Wales Regional Championships	11/05/2019
	Geoff	Ward	V65	25.83	Wrexham	North of England League Division 4W	14/07/2019

DT1K							
	Wayne	Howe	V60	31.95	Kingston	Veterans AC Championships	14/07/2019
	Duncan	Steward	V60	26.05	Brecon	Welsh Masters Championships	21/07/2019
	Chris	Berry	V60	25.89	Neath	Welsh Athletics League	19/05/2019
	Chris	Pruski	V60	25.42	Swansea	Welsh Masters League	24/04/2019
	Mark	Williams	V60	18.85	Aberdare	Welsh Masters League	10/07/2019

	Mark	Wyndham-Jone	V65	38.84	Brecon	Welsh Masters Championships	21/07/2019
	Geoff	Ward	V65	35.45	Wrexham	North Wales Regional Championships	11/05/2019

	Ian	Bowles	V70	32.71	Nuneaton	Midland Masters AC Championships	09/06/2019
	Ian	Robinson	V70	29.91	Wrexham	Wrexham Games (Field Only)	17/08/2019
	Paul	Brooks	V70	27.56	Wrexham	North Wales Regional Championships	11/05/2019
	David	Jones	V70	14.64	Neath	Welsh Athletics League	19/05/2019

	Phil	Rees	V75	19.66	Swansea	Welsh Masters League	24/04/2019
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DT 1.5K							
	Steven	Thomas-Spires	V45	25.65	Wrexham	Wrexham Final Fling	29/09/2019

	Gwynn	Wallace	V50	33.05	Kettering	Midland Veterans' League Division East	29/05/2019
	Robert	Eales	V50	31.05	Coventry	England Masters Inter Area Challenge	06/07/2019
	Glyn	Price	V50	24.77	Newport	Welsh Masters League	12/06/2019
	David	Glendower	V50	24.41	Lee Valley	Lee Valley Throws Fest Open Series	19/05/2019
	Charles	Northey	V50	20.51	Neath	Welsh Athletics League	19/05/2019

	Dave	Stokes	V55	30.73	Connah's Quay	Deeside Spring Open	07/04/2019
	Derek	Osborne	V55	27.66	Newport	Welsh Masters League	12/06/2019
	Glyndwr	Pugh	V55	29.93	Brecon	Welsh Masters Championships	21/07/2019
	Keith	Powell	V55	25.23	Horspath	Welsh Masters Open Pentathlon Champions	02/06/2019
	Paul	Williams	V55	20.60	Birmingham	Midland Veterans' League Division North	05/06/2019

	Wayne	Howe	V60	28.60	Dartford	Southern Counties Veterans' League Kent Division	13/05/2019
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DT2K							
	Brian	Dias	V35	13.11	Aberdare	Welsh Athletics League	22/06/2001
	Ian	Williams	V40	29.52	Lee Valley	Welsh Masters Winter Throws Championships	09/03/2019
	Paul	Edwards	V40	20.03	Neath	Welsh Athletics League	19/05/2019

	Peter	Roberts	V45	36.58	Coventry	England Masters Inter Area Challenge	06/07/2019
	Graham	Holder	V45	34.20	Erith	Southern Athletics League Division 2E	13/07/2019
	Steve	Ingram	V45	32.42	Aberdare	Welsh Masters League	10/07/2019
	Steven	Thomas-Spires	V45	21.04	Ellesmere Port	Cheshire League	01/09/2019
	Jason	Elworthy	V45	18.24	Aberdare	Welsh Athletics League	22/06/2019
	Adrian	Lewis	V45	10.20	Horspath	Welsh Masters Open Pentathlon Champions	02/06/2019

	Gwynn	Wallace	V50	27.58	Andover	Southern Athletics League Division 2W	19/05/2019
	Glyn	Price	V50	19.28	Wigan	British Athletics League Division 1	04/08/2019
	Charles	Northey	V50	18.24	Aberdare	Welsh Athletics League	22/06/2019

	Dave	Stokes	V55	24.9	Macclesfield	North of England League Division 3W	14/07/2019
	Keith	Powell	V55	20.40	Aberdare	Welsh Athletics League	22/06/2019

	Chris	Berry	V60	20.70	Aberdare	Welsh Athletics League	22/06/2019
	Mark	Williams	V60	11.61	Aberdare	Welsh Athletics League	22/06/2019

	Geoff	Ward	V65	23.80	Wrexham	North of England League Division 4W	14/07/2019
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HT7.26K							
	Graham	Holder	V45	51.68	Dartford	10,000m Championships inc. Dartford H	26/06/2019
	Peter	Roberts	V45	29.21	Swansea	British Athletics League Division 1	12/05/2019
	Steven	Thomas-Spires	V45	19.38	Ashton under Lyn	North of England League Division 4W	16/06/2019
	Jason	Elworthy	V45	8.64	Cardiff	Welsh Senior Championships	14/07/2019
	Gwynn	Wallace	V50	23.89	Nuneaton	Midland Veterans' League Division East	01/05/2019
	Neil	Davies	V50	21.67	Ashton under Lyn	North of England League Division 4W	16/06/2019
	Glyn	Price	V50	18.85	Wigan	British Athletics League Division 1	04/08/2019
	Dave	Stokes	V55	24.14	Macclesfield	North of England League Division 3W	14/07/2019
	Chris	Berry	V60	27.22	Aberdare	Welsh Athletics League	22/06/2019
	David	Jones	V70	11.06	Swansea	West Wales Regional Championships	11/05/2019

HT6K							
	Steven	Thomas-Spires	V45	21.10	Wrexham	Wrexham Final Fling	29/09/2019
	Robert	Eales	V50	30.94	Brecon	Welsh Masters Championships	21/07/2019
	David	Glendower	V50	27.94	Lee Valley	Lee Valley Throws Fest Open Series	19/05/2019
	Gwynn	Wallace	V50	26.68	Abingdon	Eastern Counties Veterans' AC Championships	25/05/2019
	Neil	Davies	V50	24.80	Brecon	Welsh Masters Championships	21/07/2019
	Glyn	Price	V50	16.47	Newport	Welsh Masters League	12/06/2019
	Charles	Northey	V50	14.96	Newport	Welsh Masters League	12/06/2019
	Glyndwr	Pugh	V55	33.55	Brecon	Welsh Masters Championships	21/07/2019
	Derek	Osborne	V55	30.38	Swansea	Welsh Masters League	24/04/2019
	Dave	Stokes	V55	29.99	Nuneaton	Midland Masters AC Championships	09/06/2019

HT5K							
	Duncan	Steward	V60	29.30	Brecon	Welsh Masters Championships	21/07/2019
	Chris	Berry	V60	26.36	Brecon	Welsh Masters Championships	21/07/2019
	Graeme	Knowles	V60	25.43	Swansea	Welsh Masters League	24/04/2019
	Chris	Pruski	V60	15.66	Swansea	Welsh Masters League	24/04/2019

HT5K							
	Mark	Wyndham-Jones	V65	29.31	Brecon	Welsh Masters Championships	21/07/2019

HT4K							
	Ian	Bowles	V70	31.93	Brecon	Welsh Masters Championships	21/07/2019
	David	Jones	V70	18.40	Aberdare	Welsh Athletics League	22/06/2019
	Phil	Rees	V75	18.12	Nuneaton	Midland Masters AC Championships	09/06/2019

WT11.34K							
	David	Glendower	V50	9.84	Torun, POL	World Masters Indoor Championships	28/03/2019
	Gwynn	Wallace	V50	8.65	Derby	Midland Masters Throws Group Series Open	01/06/2019
	Glyndwr	Pugh	V55	11.26	Brecon	Welsh Masters Championships	21/07/2019
	Dave	Stokes	V55	11.37	Birmingham	British Masters Championships	11/08/2019
	Jonathan	Powell	V55	6.77	Brecon	Welsh Masters Championships	21/07/2019

WT11.25K	Ian	Bowles	V70	12.19	Caorle, ITA	European Masters Stadium Championships	43721.00
WT12.5K							
WT9.08K	Duncan	Steward	V60	11.41	Brecon	Welsh Masters Championships	43667
	Chris	Berry	V60	7.37	Brecon	Welsh Masters Championships	21/07/2019

Pent							
	Adrian	Lewis	V45	1493	Horspath	ish Masters Open Pentathlon Champions	02/06/2019
	David	Glendower	V50	1274	Walton	SECTA Weight Pentathlon	03/11/2019
	Derek	Osborne	V55	3184.00	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
	Keith	Powell	V55	2654.00	Lee Valley	athlon Championships (inc South of Engl	17/02/2019
PenWt							
	Graham	Holder	V45	3401	Hull	British Masters Combined Events Championships (inc North of Engl	29/06/2019
	Gwynn	Wallace	V50	2299.00	Derby	Midland Masters Throws Group Series Open	01/06/2019
	Dave	Stokes	V55	2499	Hull	British Masters Combined Events Championships (inc North of Engl	29/06/2019
	Ian	Bowles	V70	3154.00	Hull	vents Championships (inc North of Engl	29/06/2019

Decathlon							
	Keith	Powell	V55	4331	Hull	vents Championships (inc North of Engl	30/06/2019