

## Power of 10 Athlete Data

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25672	Lee Aherne	2019	V50	M	5K	17:05	Cardiff	Cardiff Race for Victory 5K	2019-05-05
25672	Lee Aherne	2019	V50	M	parkrun	17:00	Bryn Bach	Bryn Bach parkrun # 337	2019-04-20
25672	Lee Aherne	2019	V50	M	parkrun	17:22	Bryn Bach	Bryn Bach parkrun # 336	2019-04-13
25672	Lee Aherne	2019	V50	M	parkrun	17:23	Bryn Bach	Bryn Bach parkrun # 335	2019-04-06
25672	Lee Aherne	2019	V50	M	Mar	2:38:21	London	Virgin London Marathon	2019-04-28
25672	Lee Aherne	2019	V50	M	Mar	2:46:38	Newport	ABP Newport Wales Marathon	2019-05-05
75467	Catherine Alford	2019	V45	W	SP4K	7.86	Swansea	Welsh Masters League	2019-04-24
75467	Catherine Alford	2019	V45	W	DT1K	21.95	Swansea	Welsh Masters League	2019-04-24
75467	Catherine Alford	2019	V45	W	HT4K	28.70	Swansea	Welsh Masters League	2019-04-24
111056	Eirian Arwyn	2019	V65	W	200	48.1	Swansea	Welsh Masters League	2019-04-24
111056	Eirian Arwyn	2019	V65	W	400	2:04.1	Swansea	Welsh Masters League	2019-04-24
111056	Eirian Arwyn	2019	V65	W	800	4:13.3	Swansea	Welsh Masters League	2019-04-24
111056	Eirian Arwyn	2019	V65	W	3000	17:27.7	Swansea	Welsh Masters League	2019-04-24
111056	Eirian Arwyn	2019	V65	W	TJ	5.07	Swansea	Welsh Masters League	2019-04-24
111056	Eirian Arwyn	2019	V65	W	DT1K	NM	Swansea	Welsh Masters League	2019-04-24
111056	Eirian Arwyn	2019	V65	W	HT3K	13.15	Swansea	Welsh Masters League	2019-04-24
111056	Eirian Arwyn	2019	V65	W	parkrun	28:31	Pontypridd	Pontypridd parkrun # 261	2019-05-04
111056	Eirian Arwyn	2019	V65	W	parkrun	28:56	Newport	Newport parkrun # 422	2019-04-20
111056	Eirian Arwyn	2019	V65	W	parkrun	29:03	Pontypridd	Pontypridd parkrun # 258	2019-04-13
25295	Brenda Avery	2019	V65	W	5K	24:35	Bristol	Pomphrey 5K	2019-04-30
25295	Brenda Avery	2019	V65	W	6M	53:37	Tredegar	Hospice of the Valleys 6	2019-04-14
25295	Brenda Avery	2019	V65	W	10K	49:58	Newport	ABP Newport Wales 10K	2019-05-05
25295	Brenda Avery	2019	V65	W	10M	89:14	Chippenham	Chippenham Good Friday 10	2019-04-19
349414	Chris Baldwin	2019	V60	M	5K	24:27	Kingsley	Mid Cheshire 5K	2019-04-26
349414	Chris Baldwin	2019	V60	M	5K	24:41	Llandudno	Llandudno Easter 5K	2019-04-20

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
349414	Chris Baldwin	2019	V60	M	parkrun	26:06	Bodelwyddan Castle	Bodelwyddan Castle parkrun # 26	2019-04-06
42368	Chris Berry	2019	V60	M	SP5K	9.43	Swansea	Welsh Masters League	2019-04-24
42368	Chris Berry	2019	V60	M	DT1K	22.07	Swansea	Welsh Masters League	2019-04-24
42368	Chris Berry	2019	V60	M	HT5K	25.91	Swansea	Welsh Masters League	2019-04-24
717331	Lloyd Bevan	2019	V55	M	10K	44:11	Battersea Park	Self Transcendence 10K	2019-04-06
116386	Paul Bevan	2019	V55	M	parkrun	21:01	Cardiff	Cardiff parkrun # 595	2019-05-04
116386	Paul Bevan	2019	V55	M	parkrun	21:08	Cardiff	Cardiff parkrun # 591	2019-04-06
116386	Paul Bevan	2019	V55	M	parkrun	21:30	Cardiff	Cardiff parkrun # 594	2019-04-27
116386	Paul Bevan	2019	V55	M	parkrun	21:45	Cardiff	Cardiff parkrun # 592	2019-04-13
118461	Christine Birch	2019	V70	W	5K	25:31	Llandudno	Llandudno Easter 5K	2019-04-20
118461	Christine Birch	2019	V70	W	4MNAD	32:23	Ffrith	Borders League 4	2019-04-24
72633	Ian Bowles	2019	V70	M	DT1K	27.04	Swansea	Welsh Masters League	2019-04-24
72633	Ian Bowles	2019	V70	M	HT4K	30.07	Swansea	Welsh Masters League	2019-04-24
726647	Scott Browne	2019	V40	M	200	27.6	Swansea	Welsh Masters League	2019-04-24
726647	Scott Browne	2019	V40	M	400	60.8	Swansea	Welsh Masters League	2019-04-24
726647	Scott Browne	2019	V40	M	800	2:11.77	Cwmbran	Middle Distance Athletes League	2019-05-01
726647	Scott Browne	2019	V40	M	800	2:16.0	Swansea	Welsh Masters League	2019-04-24
726647	Scott Browne	2019	V40	M	3000	10:29.2	Swansea	Welsh Masters League	2019-04-24
726647	Scott Browne	2019	V40	M	5K	17:30	Cardiff	Cardiff Race for Victory 5K	2019-05-05
399109	Angela Bryant	2019	V55	W	100	15.9	Cheltenham	Brewer Memorial Games Open	2019-05-06
399109	Angela Bryant	2019	V55	W	100	16.4	Worcester	Worcester AC Open	2019-04-11
399109	Angela Bryant	2019	V55	W	100	16.4	Stourport	Midland Veterans' League Division South	2019-04-25
399109	Angela Bryant	2019	V55	W	parkrun	51:36	Newent	Newent parkrun # 312	2019-04-20
566499	Ben Butler-	2019	V35	M	5K	15:56	Cardiff	Cardiff Race	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Madden							for Victory 5K	05-05
566499	Ben Butler-Madden	2019	V35	M	parkrun	17:21	Barry Island	Barry Island parkrun # 205	2019-04-20
566499	Ben Butler-Madden	2019	V35	M	parkrun	17:43	Barry Island	Barry Island parkrun # 204	2019-04-13
566499	Ben Butler-Madden	2019	V35	M	HM	72:51	Paddock Wood	Paddock Wood Half Marathon	2019-04-07
566499	Ben Butler-Madden	2019	V35	M	Mar	2:32:23	London	Virgin London Marathon	2019-04-28
372760	Kevin Challinor	2019	V55	M	400	72.09	Connah's Quay	Deeside Spring Open	2019-04-07
372760	Kevin Challinor	2019	V55	M	3000	12:11.8	Connah's Quay	Cheshire League	2019-05-04
372760	Kevin Challinor	2019	V55	M	4MNAD	27:54	Ffrith	Borders League 4	2019-04-24
372760	Kevin Challinor	2019	V55	M	5M	34:46	Chester	Chester Spring 5	2019-04-10
42753	Owen Cheshier	2019	V35	M	5K	22:01	Newtown	Newtown Chocoholics 5K	2019-04-19
607758	Ania Ciolek	2019	V35	W	parkrun	23:26	Aberbeeg	Aberbeeg parkrun # 26	2019-05-04
607758	Ania Ciolek	2019	V35	W	parkrun	23:57	Gorzow Wielkopolski, POL	Gorzow Wielkopolski parkrun # 82	2019-04-13
119080	Martyn Cole	2019	V55	M	800	2:23.7	Cheltenham	Brewer Memorial Games Open	2019-05-06
119080	Martyn Cole	2019	V55	M	1200	3:54.3	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
119080	Martyn Cole	2019	V55	M	Mile	5:32.8	Stourport	Midland Veterans' League Division South	2019-04-25
15877	Peter Coles	2019	V55	M	5K	17:37	Cardiff	Cardiff Race for Victory 5K	2019-05-05
15877	Peter Coles	2019	V55	M	parkrun	18:15	Cardiff	Cardiff parkrun # 591	2019-04-06
15877	Peter Coles	2019	V55	M	6M	37:34	Tredegar	Hospice of the Valleys 6	2019-04-14
81143	Emma Collins	2019	V55	W	5K	21:12	Kingsley	Mid Cheshire 5K	2019-04-26
81143	Emma Collins	2019	V55	W	5K	21:37	Llandudno	Llandudno Easter 5K	2019-04-20
81143	Emma Collins	2019	V55	W	parkrun	23:02	Bodelwyddan Castle	Bodelwyddan Castle parkrun # 27	2019-04-13
753949	Sarah Coote	2019	V35	W	800	2:39.5	Swansea	Welsh Masters League	2019-04-24
36008	Peter Crane	2019	V55	M	Mar	3:33:28	Newport	ABP Newport Wales Marathon	2019-05-05
554009	Claudia Cabbage	2019	V45	W	100	17.8	Portsmouth	Southern Counties	2019-04-29

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Veterans' League Hampshire Division	
554009	Claudia Cabbage	2019	V45	W	HJ	1.25	Basingstoke	Southern Athletics League Division 3SW	2019-04-13
554009	Claudia Cabbage	2019	V45	W	PV	2.20	Basingstoke	Southern Athletics League Division 3SW	2019-04-13
554009	Claudia Cabbage	2019	V45	W	TJ	8.08	Portsmouth	Southern Counties Veterans' League Hampshire Division	2019-04-29
554009	Claudia Cabbage	2019	V45	W	SP4K	8.95	Basingstoke	Southern Athletics League Division 3SW	2019-04-13
554009	Claudia Cabbage	2019	V45	W	DT1K	19.19	Basingstoke	Southern Athletics League Division 3SW	2019-04-13
554009	Claudia Cabbage	2019	V45	W	HT4K	17.77	Basingstoke	Southern Athletics League Division 3SW	2019-04-13
554009	Claudia Cabbage	2019	V45	W	HT4K	17.51	Portsmouth	Southern Counties Veterans' League Hampshire Division	2019-04-29
554009	Claudia Cabbage	2019	V45	W	JT600	20.08	Basingstoke	Southern Athletics League Division 3SW	2019-04-13
35171	Roderick Davies	2019	V60	M	100	14.70	Swansea	Swansea Harriers Open Meeting	2019-04-07
35171	Roderick Davies	2019	V60	M	200	30.4	Swansea	Welsh Masters League	2019-04-24
14897	Brett Davis	2019	V55	M	400	63.6	Swansea	Welsh Masters League	2019-04-24
14897	Brett Davis	2019	V55	M	800	2:35.4	Swansea	Welsh Masters League	2019-04-24
14897	Brett Davis	2019	V55	M	parkrun	21:30	Newport	Newport parkrun # 422	2019-04-20
14897	Brett Davis	2019	V55	M	parkrun	21:46	Riverfront	Riverfront parkrun # 119	2019-04-27
14897	Brett Davis	2019	V55	M	parkrun	21:47	Newport	Newport parkrun # 423	2019-05-04
14897	Brett Davis	2019	V55	M	parkrun	22:49	Rogiet	Rogiet parkrun	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								# 74	04-06
14897	Brett Davis	2019	V55	M	parkrun	25:36	Woolacombe Dunes	Woolacombe Dunes parkrun # 18	2019-04-13
748895	Susan Davis	2019	V55	W	parkrun	28:50	Newport	Newport parkrun # 422	2019-04-20
748895	Susan Davis	2019	V55	W	parkrun	36:46	Woolacombe Dunes	Woolacombe Dunes parkrun # 18	2019-04-13
198671	Paul Edwards	2019	V40	M	200	31.0	Swansea	Welsh Masters League	2019-04-24
198671	Paul Edwards	2019	V40	M	SP7.26K	6.65	Swansea	Welsh Masters League	2019-04-24
198671	Paul Edwards	2019	V40	M	DT2K	18.77	Swansea	Welsh Masters League	2019-04-24
198671	Paul Edwards	2019	V40	M	5K	22:05	Cardiff	Cardiff Race for Victory 5K	2019-05-05
198671	Paul Edwards	2019	V40	M	parkrun	22:49	Llanerchaeron	Llanerchaeron parkrun # 60	2019-04-20
198671	Paul Edwards	2019	V40	M	parkrun	23:12	Cardiff	Cardiff parkrun # 592	2019-04-13
198671	Paul Edwards	2019	V40	M	parkrun	23:14	Pontypridd	Pontypridd parkrun # 260	2019-04-27
198671	Paul Edwards	2019	V40	M	ZFL	75:31	Pentyrch	Pentyrch (6.8M/1601ft)	2019-04-30
386856	Jason Elworthy	2019	V45	M	5K	47:17	Cardiff	Cardiff Race for Victory 5K	2019-05-05
386856	Jason Elworthy	2019	V45	M	parkrun	43:14	Barry Island	Barry Island parkrun # 204	2019-04-13
386856	Jason Elworthy	2019	V45	M	parkrun	46:42	Barry Island	Barry Island parkrun # 205	2019-04-20
386856	Jason Elworthy	2019	V45	M	parkrun	47:59	Barry Island	Barry Island parkrun # 203	2019-04-06
386856	Jason Elworthy	2019	V45	M	10K	99:47	Newport	ABP Newport Wales 10K	2019-05-05
2079	Huw Evans	2019	V45	M	5K	16:25	Cardiff	Cardiff Race for Victory 5K	2019-05-05
2079	Huw Evans	2019	V45	M	parkrun	17:17	Colby	Colby parkrun # 247	2019-04-20
2079	Huw Evans	2019	V45	M	7MMT	41:36	Monmouth	Kymin Dash 7	2019-04-14
656064	Matthew Evans	2019	V35	M	1500	4:27.82	Cwmbran	Middle Distance Athletes League	2019-05-01
656064	Matthew Evans	2019	V35	M	3000	9:30.4	Swansea	Welsh Masters League	2019-04-24
656064	Matthew Evans	2019	V35	M	5K	16:29	Cardiff	Cardiff Race for Victory 5K	2019-05-05
656064	Matthew Evans	2019	V35	M	6M	34:18	Tredeggar	Hospice of the Valleys 6	2019-04-14
656064	Matthew Evans	2019	V35	M	10M	59:32	Ystrad Mynach	Pontypridd Reverse 10	2019-04-07

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
140387	Paul Evans	2019	V40	M	3M	26:11	Llanfrynach	Brecon AC 3	2019-05-07
387047	Sarah Everitt	2019	V50	W	800	2:30.13	Millfield	BMC PB Classic	2019-05-04
387047	Sarah Everitt	2019	V50	W	parkrun	19:35	Eastville	Eastville parkrun # 72	2019-04-20
387047	Sarah Everitt	2019	V50	W	parkrun	20:15	Eastville	Eastville parkrun # 71	2019-04-13
387047	Sarah Everitt	2019	V50	W	3.16ML	19:45	Sutton Coldfield	ERRA National Women's 6-Stage Relays	2019-04-06
387047	Sarah Everitt	2019	V50	W	10K	38:41	Bristol	Simplyhealth Great Bristol 10K	2019-05-05
387047	Sarah Everitt	2019	V50	W	10K	39:43	Corsham	Corsham St George's 10K	2019-04-28
745669	Paul Flynn	2019	V50	M	HMMT	1:48:02	Ponterwyd	Red Kite Challenge 10K / Half Marathon	2019-05-04
745669	Paul Flynn	2019	V50	M	Mar	3:01:34	London	Virgin London Marathon	2019-04-28
302908	Lisa Franklin	2019	V50	W	SP3K	6.90	Swansea	Welsh Masters League	2019-04-24
302908	Lisa Franklin	2019	V50	W	DT1K	15.39	Swansea	Welsh Masters League	2019-04-24
302908	Lisa Franklin	2019	V50	W	JT500	19.36	Carmarthen	Carmarthen Harriers Throws Open	2019-04-25
73041	Chris Fulcher	2019	V50	M	parkrun	19:47	Gnoll	Gnoll parkrun # 173	2019-04-06
73041	Chris Fulcher	2019	V50	M	HMMT	1:42:45	Ponterwyd	Red Kite Challenge 10K / Half Marathon	2019-05-04
73041	Chris Fulcher	2019	V50	M	Mar	3:03:37	Llanelli	Great Welsh Marathon	2019-04-14
433542	John Gardener	2019	V75	M	parkrun	27:48	Haverfordwest	Haverfordwest parkrun # 84	2019-04-20
433542	John Gardener	2019	V75	M	parkrun	29:29	Haverfordwest	Haverfordwest parkrun # 86	2019-05-04
433542	John Gardener	2019	V75	M	parkrun	30:12	Haverfordwest	Haverfordwest parkrun # 83	2019-04-13
433542	John Gardener	2019	V75	M	parkrun	30:48	Haverfordwest	Haverfordwest parkrun # 85	2019-04-27
433542	John Gardener	2019	V75	M	10M	88:43	Lampeter	Teifi 10	2019-04-21
550	Lee Garland	2019	V40	M	5000	17:17.92	St. Peter Port	Intertrust Challenge Open Series	2019-05-05
550	Lee Garland	2019	V40	M	5K	18:06	Castel	Chertsey House Series 5K	2019-04-07
550	Lee	2019	V40	M	4.	28:51	L'Ancrese	Guernsey	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Garland				75MXC		Common	Easter Keith Falla Memorial 4.75	04-20
108974	Melanie Garland	2019	V55	W	80	11.6	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
108974	Melanie Garland	2019	V55	W	100	14.6	Worcester	Worcester AC Open	2019-04-11
108974	Melanie Garland	2019	V55	W	100	14.66	Birmingham University	University of Birmingham Midweek Open Series	2019-05-08
108974	Melanie Garland	2019	V55	W	150	21.9	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
108974	Melanie Garland	2019	V55	W	200	30.4	Swansea	Welsh Masters League	2019-04-24
108974	Melanie Garland	2019	V55	W	HJ	1.35	Stourport	Midland Veterans' League Division South	2019-04-25
108974	Melanie Garland	2019	V55	W	LJ	4.36	Birmingham University	University of Birmingham Midweek Open Series	2019-05-08
108974	Melanie Garland	2019	V55	W	TJ	9.29	Swansea	Welsh Masters League	2019-04-24
108974	Melanie Garland	2019	V55	W	TJ	9.13	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
108974	Melanie Garland	2019	V55	W	SP3K	7.09	Stourport	Midland Veterans' League Division South	2019-04-25
108974	Melanie Garland	2019	V55	W	DT1K	21.15	Swansea	Welsh Masters League	2019-04-24
4323	Jon Grainger	2019	V50	M	parkrun	19:11	Moors Valley	Moors Valley parkrun # 181	2019-05-04
240762	Michael Graz	2019	V45	M	parkrun	20:41	Cheltenham	Cheltenham parkrun # 321	2019-04-13
181389	Martin Green	2019	V40	M	5K	16:16	Llandudno	Llandudno Easter 5K	2019-04-20
181389	Martin Green	2019	V40	M	parkrun	18:58	Conwy	Conwy parkrun # 220	2019-04-13
181389	Martin Green	2019	V40	M	parkrun	23:00	Conwy	Conwy parkrun # 223	2019-05-04
181389	Martin Green	2019	V40	M	5M	26:53	Chester	Chester Spring 5	2019-04-10
181389	Martin Green	2019	V40	M	HM	78:49	Porth Eirias	Coast Half Marathon	2019-04-14
181389	Martin Green	2019	V40	M	Mar	2:30:53	London	Virgin London Marathon	2019-04-28
812062	Donald Hale	2019	V65	M	5K	22:46	Llandudno	Llandudno Easter 5K	2019-04-20
812062	Donald	2019	V65	M	parkrun	23:09	Conwy	Conwy parkrun	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Hale							# 223	05-04
812062	Donald Hale	2019	V65	M	parkrun	23:32	Conwy	Conwy parkrun # 219	2019-04-06
812062	Donald Hale	2019	V65	M	parkrun	23:51	Conwy	Conwy parkrun # 220	2019-04-13
812062	Donald Hale	2019	V65	M	parkrun	24:16	Conwy	Conwy parkrun # 222	2019-04-27
66755	Haydn Hartnell	2019	V55	M	parkrun	20:13	Llanelli Coast	Llanelli Coast parkrun # 121	2019-05-04
66755	Haydn Hartnell	2019	V55	M	6M	40:51	Tredegar	Hospice of the Valleys 6	2019-04-14
66755	Haydn Hartnell	2019	V55	M	10KMT	55:01	Monmouth	Offas MT 10K	2019-04-07
19778	Graham Holder	2019	V45	M	SP7.26K	10.86	Basildon	Southern Athletics League Division 2E	2019-04-13
19778	Graham Holder	2019	V45	M	DT2K	29.51	Basildon	Southern Athletics League Division 2E	2019-04-13
19778	Graham Holder	2019	V45	M	HT7.26K	48.81	Basildon	Southern Athletics League Division 2E	2019-04-13
19778	Graham Holder	2019	V45	M	HT7.26K	48.11	Tonbridge	Tonbridge Norman Fowler Memorial Open	2019-04-22
24536	Iris Holder	2019	V75	W	100	19.6	Stourport	Midland Veterans' League Division South	2019-04-25
24536	Iris Holder	2019	V75	W	LJ	2.61	Stourport	Midland Veterans' League Division South	2019-04-25
861141	John Horsman	2019	V65	M	parkrun	26:49	Llanerchaeron	Llanerchaeron parkrun # 58	2019-04-06
861141	John Horsman	2019	V65	M	10K	54:41	Newport	ABP Newport Wales 10K	2019-05-05
446783	Mark Horsman	2019	V40	M	parkrun	17:36	Cardiff	Cardiff parkrun # 594	2019-04-27
69166	Ian Humphreys	2019	V55	M	parkrun	21:37	Shepton Mallet	Shepton Mallet parkrun # 100	2019-04-13
69166	Ian Humphreys	2019	V55	M	parkrun	21:39	Burnham and Highbridge	Burnham and Highbridge parkrun # 197	2019-04-06
69166	Ian Humphreys	2019	V55	M	parkrun	21:40	Burnham and Highbridge	Burnham and Highbridge parkrun # 199	2019-04-20
69166	Ian Humphreys	2019	V55	M	parkrun	23:08	Burnham and Highbridge	Burnham and Highbridge parkrun # 201	2019-05-04
554362	Richard Jackson-	2019	V35	M	parkrun	15:43	Cardiff	Cardiff parkrun # 593	2019-04-20



AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Hookins								
554362	Richard Jackson-Hookins	2019	V35	M	Mar	2:29:48	London	Virgin London Marathon	2019-04-28
42341	Mel James	2019	V70	M	200	33.8	Swansea	Welsh Masters League	2019-04-24
313721	Jeanette Jenkins	2019	V55	W	5K	22:54	Cardiff	Cardiff Race for Victory 5K	2019-05-05
313721	Jeanette Jenkins	2019	V55	W	parkrun	23:42	Pontypool	Pontypool parkrun # 273	2019-04-13
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:14	Pontypool	Pontypool parkrun # 272	2019-04-06
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:22	Pontypool	Pontypool parkrun # 274	2019-04-20
313721	Jeanette Jenkins	2019	V55	W	parkrun	27:20	Pontypool	Pontypool parkrun # 276	2019-05-04
313721	Jeanette Jenkins	2019	V55	W	10KMT	63:45	Monmouth	Offas MT 10K	2019-04-07
85793	David Jones	2019	V70	M	DT1K	13.32	Swansea	Welsh Masters League	2019-04-24
85793	David Jones	2019	V70	M	HT4K	18.04	Swansea	Welsh Masters League	2019-04-24
56658	Keri Jones	2019	V45	W	1M	6:38	Cardiff	Cardiff Summer Series Mile	2019-05-03
56658	Keri Jones	2019	V45	W	5K	21:51	Cardiff	Cardiff Race for Victory 5K	2019-05-05
56658	Keri Jones	2019	V45	W	parkrun	23:09	Newport	Newport parkrun # 420	2019-04-06
522737	Llinos Jones	2019	V35	W	3000	11:17.6	Swansea	Welsh Masters League	2019-04-24
522737	Llinos Jones	2019	V35	W	5K	19:47	Swansea	Swansea Bay Summer 5K Series	2019-05-09
522737	Llinos Jones	2019	V35	W	parkrun	19:09	Swansea Bay	Swansea Bay parkrun # 174	2019-04-20
522737	Llinos Jones	2019	V35	W	parkrun	19:57	Porthcawl	Porthcawl parkrun # 311	2019-04-06
522737	Llinos Jones	2019	V35	W	Mar	3:07:39	Newport	ABP Newport Wales Marathon	2019-05-05
658483	Richard Jones	2019	V45	M	3000	9:48.4	Swansea	Welsh Masters League	2019-04-24
658483	Richard Jones	2019	V45	M	parkrun	17:27	Riverfront	Riverfront parkrun # 116	2019-04-06
658483	Richard Jones	2019	V45	M	parkrun	17:32	Newport	Newport parkrun # 422	2019-04-20
658483	Richard Jones	2019	V45	M	parkrun	17:36	Newport	Newport parkrun # 421	2019-04-13
658483	Richard Jones	2019	V45	M	10K	34:19	Newport	ABP Newport Wales 10K	2019-05-05
95639	Tegid Jones	2019	V40	M	3000	9:25.5	Cheltenham	Brewer Memorial Games Open	2019-05-06

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
95639	Tegid Jones	2019	V40	M	parkrun	17:23	Harcourt Hill	Harcourt Hill parkrun # 230	2019-04-27
95639	Tegid Jones	2019	V40	M	5.1968M	28:04	Charlton-on-Otmoor	Kidlington AC Mota-vation Series (5.19)	2019-05-02
95639	Tegid Jones	2019	V40	M	10M	57:02	Maidenhead	Maidenhead Easter 10	2019-04-19
95639	Tegid Jones	2019	V40	M	10MMT	63:37	Chedworth	Chedworth Roman Trail 10	2019-04-14
842767	Louise Kirby	2019	V50	W	100	15.4	Worcester	Worcester AC Open	2019-04-11
842767	Louise Kirby	2019	V50	W	200	31.5	Swansea	Welsh Masters League	2019-04-24
842767	Louise Kirby	2019	V50	W	400	75.5	Swansea	Welsh Masters League	2019-04-24
842767	Louise Kirby	2019	V50	W	80HW50	18.96	Yeovil	Bill Whistlecroft Spring Festival Open - Day 1	2019-04-20
842767	Louise Kirby	2019	V50	W	300HW	65.90	Yeovil	Bill Whistlecroft Spring Festival Open - Day 1	2019-04-20
66357	Elio Lepore	2019	V60	M	1M	5:55	Cardiff	Cardiff Summer Series Mile	2019-05-03
66357	Elio Lepore	2019	V60	M	5K	19:10	Cardiff	Cardiff Race for Victory 5K	2019-05-05
66357	Elio Lepore	2019	V60	M	parkrun	20:32	Cardiff	Cardiff parkrun # 592	2019-04-13
599005	Adrian Lewis	2019	V45	M	200	28.9	Swansea	Welsh Masters League	2019-04-24
599005	Adrian Lewis	2019	V45	M	400	64.7	Swansea	Welsh Masters League	2019-04-24
599005	Adrian Lewis	2019	V45	M	800	2:23.3	Swansea	Welsh Masters League	2019-04-24
599005	Adrian Lewis	2019	V45	M	3000	10:28.1	Swansea	Welsh Masters League	2019-04-24
599005	Adrian Lewis	2019	V45	M	SP7.26K	4.87	Swansea	Welsh Masters League	2019-04-24
599005	Adrian Lewis	2019	V45	M	1M	5:13	Tewkesbury	Bushley Mile	2019-04-22
599005	Adrian Lewis	2019	V45	M	1M	5:13	Cardiff	Cardiff Summer Series Mile	2019-05-03
599005	Adrian Lewis	2019	V45	M	3M	18:13	Llanfrynach	Brecon AC 3	2019-05-07
599005	Adrian Lewis	2019	V45	M	parkrun	18:11	Pontypridd	Pontypridd parkrun # 258	2019-04-13
599005	Adrian Lewis	2019	V45	M	parkrun	18:28	Aberdare	Aberdare parkrun # 44	2019-04-27
599005	Adrian Lewis	2019	V45	M	parkrun	20:10	Aberdare	Aberdare parkrun # 45	2019-05-04
599005	Adrian	2019	V45	M	parkrun	20:13	Aberdare	Aberdare	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Lewis							parkrun # 43	04-20
44169	Karen Llewellyn	2019	V55	W	DT1K	18.96	Swansea	Welsh Masters League	2019-04-24
44169	Karen Llewellyn	2019	V55	W	HT3K	25.25	Swansea	Welsh Masters League	2019-04-24
77971	Margaret Ludden	2019	V55	W	4MNAD	29:56	Ffrith	Borders League 4	2019-04-24
360439	Helen Lutley	2019	V65	W	parkrun	25:49	Llanelli Coast	Llanelli Coast parkrun # 120	2019-04-20
360439	Helen Lutley	2019	V65	W	parkrun	26:41	Llanerchaeron	Llanerchaeron parkrun # 59	2019-04-13
360439	Helen Lutley	2019	V65	W	parkrun	26:42	Llanerchaeron	Llanerchaeron parkrun # 61	2019-05-04
360439	Helen Lutley	2019	V65	W	parkrun	27:03	Llanerchaeron	Llanerchaeron parkrun # 58	2019-04-06
360439	Helen Lutley	2019	V65	W	10M	1:46:03	Lampeter	Teifi 10	2019-04-21
38546	Richard Marks	2019	V65	M	5M	36:46	Llanybydder	Ras Dyffryn Cledlyn 5	2019-05-06
38546	Richard Marks	2019	V65	M	10M	85:21	Lampeter	Teifi 10	2019-04-21
24541	Daphne Marler	2019	V70	W	LJ	1.58	Swansea	Swansea Harriers Open Meeting	2019-04-07
24541	Daphne Marler	2019	V70	W	TJ	NM	Swansea	Welsh Masters League	2019-04-24
24541	Daphne Marler	2019	V70	W	HT3K	10.93	Swansea	Welsh Masters League	2019-04-24
789642	Kieran McDonnell	2019	V60	M	200	28.7	Swansea	Welsh Masters League	2019-04-24
789642	Kieran McDonnell	2019	V60	M	400	64.0	Swansea	Welsh Masters League	2019-04-24
861408	Alison McLellan	2019	V35	W	100	13.93	Connah's Quay	Deeside Spring Open	2019-04-07
861408	Alison McLellan	2019	V35	W	100	14.2	Connah's Quay	Cheshire League	2019-05-04
861408	Alison McLellan	2019	V35	W	200	28.60	Connah's Quay	Deeside Spring Open	2019-04-07
861408	Alison McLellan	2019	V35	W	LJ	4.66	Connah's Quay	Deeside Spring Open	2019-04-07
861408	Alison McLellan	2019	V35	W	TJ	9.72	Connah's Quay	Cheshire League	2019-05-04
249610	Gillian Murphy	2019	V65	W	1M	8:14	Cardiff	Cardiff Summer Series Mile	2019-05-03
249610	Gillian Murphy	2019	V65	W	5K	26:45	Cardiff	Cardiff Race for Victory 5K	2019-05-05
249610	Gillian Murphy	2019	V65	W	parkrun	27:58	Cardiff	Cardiff parkrun # 591	2019-04-06
249610	Gillian Murphy	2019	V65	W	parkrun	28:09	Cardiff	Cardiff parkrun # 593	2019-04-20
249610	Gillian Murphy	2019	V65	W	parkrun	29:47	Cardiff	Cardiff parkrun # 595	2019-05-04

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
23532	Mike Murphy	2019	V65	M	1M	6:11	Cardiff	Cardiff Summer Series Mile	2019-05-03
23532	Mike Murphy	2019	V65	M	5K	26:47	Cardiff	Cardiff Race for Victory 5K	2019-05-05
23532	Mike Murphy	2019	V65	M	parkrun	20:25	Cardiff	Cardiff parkrun # 593	2019-04-20
23532	Mike Murphy	2019	V65	M	parkrun	20:40	Cardiff	Cardiff parkrun # 591	2019-04-06
462645	Doug Nicholls	2019	V35	M	10M	59:11	Lampeter	Teifi 10	2019-04-21
462645	Doug Nicholls	2019	V35	M	Mar	2:50:40	Newport	ABP Newport Wales Marathon	2019-05-05
224418	Charlie Northey	2019	V50	M	3M	20:36	Llanfrynach	Brecon AC 3	2019-05-07
327361	Catherine Olivant	2019	V45	W	5K	22:52	Cardiff	Cardiff Race for Victory 5K	2019-05-05
327361	Catherine Olivant	2019	V45	W	6M	47:43	Tredegar	Hospice of the Valleys 6	2019-04-14
25923	Derek Osborne	2019	V55	M	200	30.1	Swansea	Welsh Masters League	2019-04-24
25923	Derek Osborne	2019	V55	M	400	66.1	Swansea	Welsh Masters League	2019-04-24
25923	Derek Osborne	2019	V55	M	PV	2.00	Swansea	Welsh Masters League	2019-04-24
25923	Derek Osborne	2019	V55	M	TJ	9.98	Swansea	Welsh Masters League	2019-04-24
25923	Derek Osborne	2019	V55	M	SP6K	8.14	Swansea	Welsh Masters League	2019-04-24
25923	Derek Osborne	2019	V55	M	HT6K	30.38	Swansea	Welsh Masters League	2019-04-24
25923	Derek Osborne	2019	V55	M	3M	21:14	Llanfrynach	Brecon AC 3	2019-05-07
25923	Derek Osborne	2019	V55	M	parkrun	22:33	Groe	Groe parkrun # 5	2019-04-06
25923	Derek Osborne	2019	V55	M	parkrun	22:39	Groe	Groe parkrun # 7	2019-04-20
42374	Clive Osmond	2019	V55	M	5K	23:08	Cardiff	Cardiff Race for Victory 5K	2019-05-05
42374	Clive Osmond	2019	V55	M	ZFL	69:50	Pentyrch	Pentyrch (6.8M/1601ft)	2019-04-30
2433	Georgie Parnell	2019	V35	W	1500	5:05.1	Cheltenham	Brewer Memorial Games Open	2019-05-06
2433	Georgie Parnell	2019	V35	W	parkrun	19:14	Severn Bridge	Severn Bridge parkrun # 32	2019-04-20
374890	Andy Peet	2019	V50	M	parkrun	18:24	Leicester Victoria	Leicester Victoria parkrun # 177	2019-04-20
377409	John Peters	2019	V40	M	2ML	10:38	Horsham	Sussex Relay Championships	2019-04-06
42345	Keith Powell	2019	V55	M	200	29.6	Swansea	Welsh Masters League	2019-04-24

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
42345	Keith Powell	2019	V55	M	HJ	1.30	Newport	Newport Harriers Club Championships	2019-04-04
42345	Keith Powell	2019	V55	M	LJ	4.14	Newport	Newport Harriers Club Championships	2019-04-02
42345	Keith Powell	2019	V55	M	TJ	NM	Swansea	Welsh Masters League	2019-04-24
42345	Keith Powell	2019	V55	M	5K	30:07	Cardiff	Cardiff Race for Victory 5K	2019-05-05
48461	Robert Prady	2019	V35	M	800	2:17.1	Swansea	Welsh Masters League	2019-04-24
48461	Robert Prady	2019	V35	M	3000	9:56.56	Swansea	Swansea Harriers Open Meeting	2019-04-07
48461	Robert Prady	2019	V35	M	3000	10:22.8	Swansea	Welsh Masters League	2019-04-24
48461	Robert Prady	2019	V35	M	5K	17:31	Port Talbot	Aberavon Seafront 5K Series	2019-05-01
48461	Robert Prady	2019	V35	M	10K	35:10	Newport	ABP Newport Wales 10K	2019-05-05
193879	Renate Prells	2019	V60	W	SP4K	6.67	Swansea	Swansea Harriers Open Meeting	2019-04-07
193879	Renate Prells	2019	V60	W	DT1K	17.20	Swansea	Welsh Masters League	2019-04-24
193879	Renate Prells	2019	V60	W	HT3K	28.65	Swansea	Welsh Masters League	2019-04-24
25853	Glyn Price	2019	V50	M	PV	3.40	Swansea	Welsh Masters League	2019-04-24
25853	Glyn Price	2019	V50	M	TJ	9.08	Swansea	Welsh Masters League	2019-04-24
25853	Glyn Price	2019	V50	M	SP6K	8.37	Swansea	Welsh Masters League	2019-04-24
1322	Sean Price	2019	V55	M	1M	5:57	Cardiff	Cardiff Summer Series Mile	2019-05-03
1322	Sean Price	2019	V55	M	parkrun	20:22	Bryn Bach	Bryn Bach parkrun # 338	2019-05-04
1322	Sean Price	2019	V55	M	parkrun	22:07	Pontypridd	Pontypridd parkrun # 259	2019-04-20
1322	Sean Price	2019	V55	M	parkrun	28:48	Bryn Bach	Bryn Bach parkrun # 335	2019-04-06
1322	Sean Price	2019	V55	M	parkrun	28:53	Victoria Dock	Victoria Dock parkrun # 53	2019-04-27
1322	Sean Price	2019	V55	M	parkrun	29:30	Penallta	Penallta parkrun # 194	2019-04-13
1322	Sean Price	2019	V55	M	Mar	3:35:18	London	Virgin London Marathon	2019-04-28
42370	David Proffitt	2019	V65	M	parkrun	28:50	Riverfront	Riverfront parkrun # 119	2019-04-27
42370	David Proffitt	2019	V65	M	parkrun	29:23	Riverfront	Riverfront parkrun # 117	2019-04-13

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
42370	David Proffitt	2019	V65	M	Mar	3:59:09	Newport	ABP Newport Wales Marathon	2019-05-05
785044	Chris Pruski	2019	V60	M	SP5K	8.18	Swansea	Welsh Masters League	2019-04-24
785044	Chris Pruski	2019	V60	M	DT1K	25.42	Swansea	Welsh Masters League	2019-04-24
785044	Chris Pruski	2019	V60	M	HT5K	15.66	Swansea	Welsh Masters League	2019-04-24
785044	Chris Pruski	2019	V60	M	JT600	27.04	Carmarthen	Carmarthen Harriers Throws Open	2019-04-25
396849	Glyndwr Pugh	2019	V55	M	SP6K	8.69	Swansea	Welsh Masters League	2019-04-24
396849	Glyndwr Pugh	2019	V55	M	DT1.5K	24.55	Swansea	Welsh Masters League	2019-04-24
396849	Glyndwr Pugh	2019	V55	M	HT6K	31.46	Swansea	Welsh Masters League	2019-04-24
50106	Phil Rees	2019	V75	M	200	54.5	Swansea	Welsh Masters League	2019-04-24
50106	Phil Rees	2019	V75	M	TJ	4.60	Swansea	Welsh Masters League	2019-04-24
50106	Phil Rees	2019	V75	M	DT1K	19.66	Swansea	Welsh Masters League	2019-04-24
50106	Phil Rees	2019	V75	M	HT4K	17.00	Swansea	Welsh Masters League	2019-04-24
9649	Steven Rees	2019	V40	M	3000	9:38.3	Swansea	Welsh Masters League	2019-04-24
9649	Steven Rees	2019	V40	M	HMMT	83:32	Ponterwyd	Red Kite Challenge 10K / Half Marathon	2019-05-04
4894	Mike Robbins	2019	V55	M	5000	19:12.7	Bebington	Wirral AC Endurance Open Series (5000m)	2019-05-08
4894	Mike Robbins	2019	V55	M	parkrun	22:58	Wepre	Wepre parkrun # 152	2019-04-13
4894	Mike Robbins	2019	V55	M	parkrun	23:08	Wepre	Wepre parkrun # 151	2019-04-06
4894	Mike Robbins	2019	V55	M	4MNAD	25:42	Ffrith	Borders League 4	2019-04-24
72835	Barrie Roberts	2019	V75	M	parkrun	29:42	Cannon Hill	Cannon Hill parkrun # 440	2019-05-04
22339	Huw Roberts	2019	V60	M	3000	13:25.1	Swansea	Welsh Masters League	2019-04-24
22339	Huw Roberts	2019	V60	M	5K	21:00	Cardiff	Cardiff Race for Victory 5K	2019-05-05
22339	Huw Roberts	2019	V60	M	parkrun	21:29	Porthcawl	Porthcawl parkrun # 311	2019-04-06
895411	Mark Roberts	2019	V55	M	800	2:33.74	Swansea	Swansea Harriers Open Meeting	2019-04-07
895411	Mark	2019	V55	M	800	2:40.01	Cwmbran	Middle	2019-

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Roberts							Distance Athletes League	05-01
895411	Mark Roberts	2019	V55	M	3M	20:51	Llanfrynach	Brecon AC 3	2019-05-07
895411	Mark Roberts	2019	V55	M	parkrun	20:33	Groe	Groe parkrun # 6	2019-04-13
28820	Peter Roberts	2019	V45	M	SP7.26K	10.06	Swansea	Welsh Masters League	2019-04-24
28820	Peter Roberts	2019	V45	M	DT2K	34.33	Swansea	Welsh Masters League	2019-04-24
28820	Peter Roberts	2019	V45	M	HT7.26K	27.44	Swansea	Welsh Masters League	2019-04-24
5388	Paul Ross-Davies	2019	V65	M	parkrun	21:24	Tewkesbury	Tewkesbury parkrun # 182	2019-04-20
793204	Sharon Samuel	2019	V50	W	100	14.6	Stourport	Midland Veterans' League Division South	2019-04-25
15337	Rob Sheen	2019	V55	M	5K	18:47	Cardiff	Cardiff Race for Victory 5K	2019-05-05
31762	Clare St. John-Coleman	2019	V55	W	100	15.60	Lee Valley	Lee Valley Sprint 100m / 200m Open Series	2019-04-24
42436	Dave Stokes	2019	V55	M	HJ	1.10	Connah's Quay	Cheshire League	2019-05-04
42436	Dave Stokes	2019	V55	M	SP6K	8.52	Connah's Quay	Deeside Spring Open	2019-04-07
42436	Dave Stokes	2019	V55	M	DT1.5K	30.73	Connah's Quay	Deeside Spring Open	2019-04-07
42436	Dave Stokes	2019	V55	M	JT800	26.03	Connah's Quay	Cheshire League	2019-05-04
340051	Ian Swanson	2019	V65	M	800	4:19.0	Swansea	Welsh Masters League	2019-04-24
340051	Ian Swanson	2019	V65	M	3000	18:45.6	Swansea	Welsh Masters League	2019-04-24
340051	Ian Swanson	2019	V65	M	parkrun	32:58	Maesteg	Maesteg parkrun # 84	2019-04-06
340051	Ian Swanson	2019	V65	M	parkrun	33:38	Maesteg	Maesteg parkrun # 85	2019-04-13
340051	Ian Swanson	2019	V65	M	parkrun	34:53	Maesteg	Maesteg parkrun # 86	2019-04-20
10863	Joe Thomas	2019	V40	M	3000	9:43.2	Swansea	Welsh Masters League	2019-04-24
10863	Joe Thomas	2019	V40	M	5K	16:37	Cardiff	Cardiff Race for Victory 5K	2019-05-05
222758	Jan Timberlake	2019	V50	W	80	12.7	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
222758	Jan Timberlake	2019	V50	W	HJ	1.20	Stourport	Midland Veterans' League Division South	2019-04-25

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
222758	Jan Timberlake	2019	V50	W	LJ	4.02	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
928718	Martin Tucker	2019	V50	M	SP6K	10.15	Connah's Quay	Deeside Spring Open	2019-04-07
928718	Martin Tucker	2019	V50	M	JT700	43.27	Connah's Quay	Deeside Spring Open	2019-04-07
42328	Steve Wadley	2019	V55	M	parkrun	28:30	Riverfront	Riverfront parkrun # 119	2019-04-27
35174	Julie Wakelam	2019	V60	W	100	17.1	Stourport	Midland Veterans' League Division South	2019-04-25
35174	Julie Wakelam	2019	V60	W	HJ	1.10	Stourport	Midland Veterans' League Division South	2019-04-25
35174	Julie Wakelam	2019	V60	W	LJ	3.50	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
35174	Julie Wakelam	2019	V60	W	TJ	7.33	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
35174	Julie Wakelam	2019	V60	W	SP3K	7.22	Stourport	Midland Veterans' League Division South	2019-04-25
35174	Julie Wakelam	2019	V60	W	HT3K	25.94	Tipton	Tipton Games Open	2019-04-07
35174	Julie Wakelam	2019	V60	W	JT500	21.14	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
35174	Julie Wakelam	2019	V60	W	JT500	18.49	Stourport	Midland Veterans' League Division South	2019-04-25
65287	Gwynn Wallace	2019	V50	M	SP7.26K	9.15	Bedford	Southern Athletics League Division 2W	2019-04-13
65287	Gwynn Wallace	2019	V50	M	HT7.26K	18.76	Bedford	Southern Athletics League Division 2W	2019-04-13
51847	Peter Watkeys	2019	V35	M	parkrun	18:19	Basingstoke	Basingstoke parkrun # 586	2019-05-04
51847	Peter Watkeys	2019	V35	M	parkrun	18:31	Basingstoke	Basingstoke parkrun # 585	2019-04-27
761334	Victoria Watkins	2019	V35	W	100	15.7	Stourport	Midland Veterans' League Division South	2019-04-25
761334	Victoria Watkins	2019	V35	W	400	68.9	Cheltenham	Brewer Memorial Games Open	2019-05-06
761334	Victoria	2019	V35	W	400	69.4	Stourport	Midland	2019-



AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Watkins							Veterans' League Division South	04-25
761334	Victoria Watkins	2019	V35	W	parkrun	22:21	Mulbarton	Mulbarton parkrun # 298	2019-04-20
761334	Victoria Watkins	2019	V35	W	parkrun	24:12	Tewkesbury	Tewkesbury parkrun # 183	2019-04-27
50764	Russell Whiting	2019	V50	M	100	12.3	Hastings	Southern Athletics League Division 3SE	2019-04-13
50764	Russell Whiting	2019	V50	M	100	12.7	Crawley	Haywards Heath Harriers Open	2019-04-25
50764	Russell Whiting	2019	V50	M	200	25.9	Crawley	Haywards Heath Harriers Open	2019-04-25
766506	David John Williams	2019	V35	M	400	55.8	Swansea	Welsh Masters League	2019-04-24
766506	David John Williams	2019	V35	M	800	2:01.65	Cwmbran	Middle Distance Athletes League	2019-05-01
766506	David John Williams	2019	V35	M	800	2:02.6	Swansea	Welsh Masters League	2019-04-24
766506	David John Williams	2019	V35	M	parkrun	17:15	Cardiff	Cardiff parkrun # 593	2019-04-20
766506	David John Williams	2019	V35	M	parkrun	17:18	Cardiff	Cardiff parkrun # 595	2019-05-04
766506	David John Williams	2019	V35	M	parkrun	17:46	Cardiff	Cardiff parkrun # 594	2019-04-27
782788	Ian Williams	2019	V40	M	SP7.26K	8.85	Newport	Newport Harriers Club Championships	2019-04-02
782788	Ian Williams	2019	V40	M	DT2K	28.10	Newport	Newport Harriers Club Championships	2019-04-04
928365	Mark Williams	2019	V60	M	800	2:53.3	Swansea	Welsh Masters League	2019-04-24
928365	Mark Williams	2019	V60	M	3000	12:13.5	Swansea	Welsh Masters League	2019-04-24
928365	Mark Williams	2019	V60	M	5K	20:59	Cardiff	Cardiff Race for Victory 5K	2019-05-05
928365	Mark Williams	2019	V60	M	5K	21:32	Port Talbot	Aberavon Seafront 5K Series	2019-05-01
928365	Mark Williams	2019	V60	M	5K	21:55	Swansea	Swansea Bay Summer 5K Series	2019-05-09
928365	Mark Williams	2019	V60	M	parkrun	21:38	Aberdare	Aberdare parkrun # 43	2019-04-20
928365	Mark Williams	2019	V60	M	parkrun	22:06	Aberdare	Aberdare parkrun # 41	2019-04-06
928365	Mark Williams	2019	V60	M	parkrun	22:19	Aberdare	Aberdare parkrun # 42	2019-04-13

AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
643962	Robin Wood	2019	V50	M	100	13.75	Swansea	Swansea Harriers Open Meeting	2019-04-07
643962	Robin Wood	2019	V50	M	200	28.7	Swansea	Welsh Masters League	2019-04-24
643962	Robin Wood	2019	V50	M	400	70.3	Swansea	Welsh Masters League	2019-04-24
643962	Robin Wood	2019	V50	M	LJ	4.35	Swansea	Swansea Harriers Open Meeting	2019-04-07
643962	Robin Wood	2019	V50	M	TJ	9.42	Swansea	Welsh Masters League	2019-04-24
643962	Robin Wood	2019	V50	M	SP6K	8.82	Swansea	Welsh Masters League	2019-04-24