

## Power of 10 Athlete Data

AthleteID	Name	Year	Age	Gro	Gender	Event	Performance	Venue	Meeting	Date
44187	David Glendower	2019	V50		M	WT11.34K	8.97	Lee Valley	British Masters Winter Throws Championships	2019-03-10
50106	Phil Rees	2019	V75		M	TJ	5.61	Lee Valley	British Masters Championships	2019-03-10
34256	Dave Shields	2019	V55		M	TJ	8.91	Lee Valley	British Masters Championships	2019-03-10
44187	David Glendower	2019	V50		M	SP6K	7.64	Lee Valley	British Masters Championships	2019-03-10
928718	Martin Tucker	2019	V50		M	SP6K	10.98	Lee Valley	British Masters Championships	2019-03-10
386856	Jason Elworthy	2019	V45		M	SP5K	6.11	Cardiff	Welsh Athletics Shot in the Dark Open	2019-03-02
39483	Dave Gordon	2019	V50		M	PV	3.40	Lee Valley	British Masters Championships	2019-03-10
42345	Keith Powell	2019	V55		M	PV	2.60	Lee Valley	British Masters Championships	2019-03-10
25853	Glyn Price	2019	V50		M	PV	3.83	Cardiff	Vault Cardiff	2019-03-10
35171	Roderick Davies	2019	V60		M	LJ	3.94	Lee Valley	British Masters Championships	2019-03-09
42345	Keith Powell	2019	V55		M	LJ	4.48	Lee Valley	British Masters Championships	2019-03-09
50106	Phil Rees	2019	V75		M	LJ	2.10	Lee Valley	British Masters Championships	2019-03-09
782788	Ian Williams	2019	V40		M	JT800	27.15	Lee Valley	British Masters Winter Throws Championships	2019-03-09
928718	Martin Tucker	2019	V50		M	JT700	40.93	Lee Valley	British Masters Winter Throws Championships	2019-03-09
44187	David Glendower	2019	V50		M	HT6K	24.28	Lee Valley	British Masters Winter Throws Championships	2019-03-10
50106	Phil Rees	2019	V75		M	HT4K	16.04	Lee Valley	British Masters Winter Throws Championships	2019-03-09
50106	Phil Rees	2019	V75		M	HJ	0.90	Lee Valley	British Masters Championships	2019-03-09
782788	Ian Williams	2019	V40		M	DT2K	29.52	Lee Valley	British Masters Winter Throws Championships	2019-03-09
656064	Matthew Evans	2019	V35		M	3000	9:35.62	Cardiff	Welsh Athletics International	2019-03-03
656064	Matthew Evans	2019	V35		M	3000	9:46.20	Lee Valley	British Masters Championships	2019-03-10
656064	Matthew Evans	2019	V35		M	1500	4:24.27	Lee Valley	British Masters Championships	2019-03-09
719036	Austin Davies	2019	V60		M	800	2:39.77	Lee Valley	British Masters Championships	2019-03-10
14897	Brett Davis	2019	V55		M	800	2:22.37	Lee Valley	British Masters Championships	2019-03-10
51847	Peter Watkeys	2019	V35		M	800	2:05.45	Lee Valley	British Masters Championships	2019-03-10
23960	Ian Broadhurst	2019	V60		M	200	27.31	Lee Valley	British Masters Championships	2019-03-10
35171	Roderick Davies	2019	V60		M	200	29.96	Lee Valley	British Masters Championships	2019-03-10
89210	Stuart Pearce	2019	V40		M	200	26.37	Lee Valley	British Masters Championships	2019-03-10
50764	Russell Whiting	2019	V50		M	200	25.87	Lee Valley	British Masters Championships	2019-03-10
35171	Roderick Davies	2019	V60		M	60	9.09	Lee Valley	British Masters Championships	2019-03-09
89210	Stuart Pearce	2019	V40		M	60	7.93	Lee Valley	British Masters Championships	2019-03-09
42345	Keith Powell	2019	V55		M	60	8.50	Lee Valley	British Masters Championships	2019-03-09
42345	Keith Powell	2019	V55		M	60	8.57	Lee Valley	British Masters Championships	2019-03-09
50764	Russell Whiting	2019	V50		M	60	7.69	Lee Valley	British Masters Championships	2019-03-09
50764	Russell Whiting	2019	V50		M	60	7.75	Lee Valley	British Masters Championships	2019-03-09
44169	Karen Llewellyn	2019	V55		W	WT7.26K	8.24	Lee Valley	British Masters Winter Throws Championships	2019-03-09
193879	Renate Prells	2019	V60		W	WT5.45K	10.25	Lee Valley	British Masters Winter Throws Championships	2019-03-09
43859	Amanda Cook	2019	V40		W	TJ	9.19	Lee Valley	British Masters Championships	2019-03-10
108974	Melanie Garland	2019	V55		W	TJ	9.38	Lee Valley	British Masters Championships	2019-03-10
24536	Iris Holder	2019	V75		W	TJ	6.08	Lee Valley	British Masters Championships	2019-03-10
24541	Daphne Marler	2019	V70		W	TJ	4.70	Lee Valley	British Masters Championships	2019-03-10
554009	Claudia Cabbage	2019	V45		W	SP4K	9.15	Lee Valley	British Masters Championships	2019-03-09
107445	Ruth Jansen	2019	V45		W	SP4K	9.42	Lee Valley	British Masters Championships	2019-03-09
44169	Karen Llewellyn	2019	V55		W	SP3K	7.93	Lee Valley	British Masters Championships	2019-03-09
193879	Renate Prells	2019	V60		W	SP3K	7.21	Lee Valley	British Masters Championships	2019-03-09

554009	Claudia Cabbage	2019	V45	W	PV	2.20	Lee Valley	British Masters Championships	2019-03-09
566434	Alison Murray	2019	V50	W	PV	2.83	Cardiff	Vault Cardiff	2019-03-10
566434	Alison Murray	2019	V50	W	PV	2.81	Lee Valley	British Masters Championships	2019-03-09
26018	Amanda Broadhurst	2019	V45	W	LJ	3.78	Lee Valley	British Masters Championships	2019-03-09
43859	Amanda Cook	2019	V40	W	LJ	4.32	Lee Valley	British Masters Championships	2019-03-09
25969	Joanne Frost	2019	V40	W	LJ	5.11	Sportcity	Sale Harriers Open Series inc. North Wales 300m Championships	2019-03-10
108974	Melanie Garland	2019	V55	W	LJ	4.52	Lee Valley	British Masters Championships	2019-03-09
24536	Iris Holder	2019	V75	W	LJ	2.82	Lee Valley	British Masters Championships	2019-03-09
24541	Daphne Marler	2019	V70	W	LJ	2.02	Lee Valley	British Masters Championships	2019-03-09
31762	Clare St. John-Coleman	2019	V55	W	LJ	3.54	Lee Valley	British Masters Championships	2019-03-09
44169	Karen Llewellyn	2019	V55	W	HT3K	26.97	Lee Valley	British Masters Winter Throws Championships	2019-03-09
193879	Renate Prells	2019	V60	W	HT3K	30.13	Lee Valley	British Masters Winter Throws Championships	2019-03-09
108974	Melanie Garland	2019	V55	W	HJ	1.36	Lee Valley	British Masters Championships	2019-03-09
44169	Karen Llewellyn	2019	V55	W	DT1K	21.28	Lee Valley	British Masters Winter Throws Championships	2019-03-10
193879	Renate Prells	2019	V60	W	DT1K	20.08	Lee Valley	British Masters Winter Throws Championships	2019-03-10
43859	Amanda Cook	2019	V40	W	60HW40	9.93	Lee Valley	British Masters Championships	2019-03-09
2433	Georgie Parnell	2019	V35	W		800 2:23.34	Lee Valley	British Masters Championships	2019-03-10
842767	Louise Kirby	2019	V50	W		400	71.39 Lee Valley	British Masters Championships	2019-03-09
761334	Victoria Watkins	2019	V35	W		400	69.82 Lee Valley	British Masters Championships	2019-03-09
26018	Amanda Broadhurst	2019	V45	W		200	31.87 Lee Valley	British Masters Championships	2019-03-10
26443	Dorothy Fraser	2019	V80	W		200	54.16 Lee Valley	British Masters Championships	2019-03-10
108974	Melanie Garland	2019	V55	W		200	31.43 Lee Valley	British Masters Championships	2019-03-10
965885	Eleri Jones	2019	V35	W		200	29.12 Lee Valley	British Masters Championships	2019-03-10
842767	Louise Kirby	2019	V50	W		200	31.53 Lee Valley	British Masters Championships	2019-03-10
246785	Juliet Sidney	2019	V50	W		200	28.98 Lee Valley	British Masters Championships	2019-03-10
2865	Michelle Thomas	2019	V45	W		200	27.10 Lee Valley	British Masters Championships	2019-03-10
761334	Victoria Watkins	2019	V35	W		200	31.06 Lee Valley	British Masters Championships	2019-03-10
26443	Dorothy Fraser	2019	V80	W		60	13.33 Lee Valley	British Masters Championships	2019-03-09
25969	Joanne Frost	2019	V40	W		60	8.19 Sportcity	Sale Harriers Open Series inc. North Wales 300m Championships	2019-03-10
25969	Joanne Frost	2019	V40	W		60	8.30 Sportcity	Sale Harriers Open Series inc. North Wales 300m Championships	2019-03-10
108974	Melanie Garland	2019	V55	W		60	8.97 Lee Valley	British Masters Championships	2019-03-09
108974	Melanie Garland	2019	V55	W		60	8.97 Lee Valley	British Masters Championships	2019-03-09
24536	Iris Holder	2019	V75	W		60	11.43 Lee Valley	British Masters Championships	2019-03-09
965885	Eleri Jones	2019	V35	W		60	8.60 Lee Valley	British Masters Championships	2019-03-09
842767	Louise Kirby	2019	V50	W		60	9.30 Lee Valley	British Masters Championships	2019-03-09
24541	Daphne Marler	2019	V70	W		60	14.23 Lee Valley	British Masters Championships	2019-03-09
246785	Juliet Sidney	2019	V50	W		60	8.59 Lee Valley	British Masters Championships	2019-03-09
31762	Clare St. John-Coleman	2019	V55	W		60	9.59 Lee Valley	British Masters Championships	2019-03-09
31762	Clare St. John-Coleman	2019	V55	W		60	9.79 Lee Valley	British Masters Championships	2019-03-09
2865	Michelle Thomas	2019	V45	W		60	8.22 Lee Valley	British Masters Championships	2019-03-09