

Power of 10 Athlete Data									
AthleteID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
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
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
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
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
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
198671	Paul Edwards	2019	V40	M	200		31 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
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
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
42341	Mel James	2019	V70	M	200		33.8 Swansea	Welsh Masters League	2019-04-24
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
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
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
789642	Kieran McDonnell	2019	V60	M	200		28.7 Swansea	Welsh Masters League	2019-04-24
789642	Kieran McDonnell	2019	V60	M	400		64 Swansea	Welsh Masters League	2019-04-24

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
42345	Keith Powell	2019 V55	M	200	29.6	Swansea	Welsh Masters League	2019-04-24
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
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
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
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
22339	Huw Roberts	2019 V60	M	3000	13:25.1	Swansea	Welsh Masters League	2019-04-24
895411	Mark Roberts	2019 V55	M	800	2:33.74	Swansea	Swansea Harriers Open Meeting	2019-04-07
895411	Mark Roberts	2019 V55	M	800	2:40.01	Cwmbran	Middle Distance Athletes League	2019-05-01
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
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
10863	Joe Thomas	2019 V40	M	3000	9:43.2	Swansea	Welsh Masters League	2019-04-24
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
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
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
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
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
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
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
753949	Sarah Coote	2019 V35	W	800 2:39.5		Swansea	Welsh Masters League	2019-04-24
554009	Claudia Cabbage	2019 V45	W	100	17.8	Portsmouth	Southern Counties Veterans' League Hampshire Divisic	2019-04-29
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 Divisic	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 Divisic	2019-04-29
554009	Claudia Cabbage	2019 V45	W	JT600	20.08	Basingstoke	Southern Athletics League Division 3SW	2019-04-13
387047	Sarah Everitt	2019 V50	W	800 2:30.13		Millfield	BMC PB Classic	2019-05-04
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
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

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
522737	Llinos Jones	2019	V35	W		3000	11:17.6	Swansea	Welsh Masters League	2019-04-24
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
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
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
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
2433	Georgie Parnell	2019	V35	W		1500	5:05.1	Cheltenham	Brewer Memorial Games Open	2019-05-06
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
793204	Sharon Samuel	2019	V50	W		100	14.6	Stourport	Midland Veterans' League Division South	2019-04-25
31762	Clare St. John-Coleman	2019	V55	W		100	15.60	Lee Valley	Lee Valley Sprint 100m / 200m Open Series	2019-04-24
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
222758	Jan Timberlake	2019	V50	W	LJ		4.02	Stourport	Kidderminster & Stourport Spring Open	2019-04-07
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
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 Watkins	2019	V35	W		400	69.4	Stourport	Midland Veterans' League Division South	2019-04-25