

Men's WMAL Rankings 3rd March 2023 NOT including Inter area 26/02/23

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Michael Dickens	2023	V35	M	60	7.37	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Owen Cheshier	2023	V35	M	60	8.04	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Chris Shepherd	2023	V40	M	60	8.08	Cardiff	Cardiff Met Grand Prix	22/01/2023
James Morgan	2023	V50	M	60	8.26	Cardiff	Cardiff Met Grand Prix	22/01/2023
Russell Whiting	2023	V55	M	60	7.93	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Martin Weetman	2022	V55	M	60	8.77	Sportcity	Manchester Indoor Open Meetings	04/12/2022
Mark Ellery	2022	V60	M	60	8.67	Cardiff	Cardiff Met Grand Prix	18/12/2022
Brian MacBride	2022	V60	M	60	8.51	Cardiff	Cardiff Met Grand Prix	18/12/2022
Martin Weetman	2023	V60	M	60	8.56	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Paul Yeoman	2023	V60	M	60	9.32	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Ian Broadhurst	2023	V65	M	60	8.73	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Kieran McDonnell	2023	V65	M	60	9.25	Cardiff	Cardiff Met Grand Prix	22/01/2023
Roderick Davies	2023	V65	M	60	9.36	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Chris Pruski	2023	V65	M	60	10.07	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Mel James	2023	V75	M	60	10.25	Emirates Arena	Scottishathletics National Indoor Masters Championships & F	12/02/2023
Robin (Bob) Frost	2023	V75	M	60	15.60	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Paul Yeoman	2023	V60	M	60HM60	12.85	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Michael Dickens	2023	V35	M	200	23.38	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Owen Cheshier	2023	V35	M	200	25.80	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
James Morgan	2023	V50	M	200	27.26	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Russell Whiting	2023	V55	M	200	25.27	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Mark Ellery	2023	V60	M	200	29.41	Cardiff	Cardiff Met Grand Prix	22/01/2023
Paul Yeoman	2023	V60	M	200	31.41	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Ian Broadhurst	2023	V65	M	200	27.39	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Roderick Davies	2023	V65	M	200	30.36	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Mel James	2023	V75	M	200	34.78	Emirates Arena	Scottishathletics National Indoor Masters Championships & F	12/02/2023
Brian Dias	2022	V35	M	300	52.59	Cardiff	Cardiff Met Grand Prix	18/12/2022
Paul Yeoman	2022	V60	M	300	53.15	Cardiff	Cardiff Met Grand Prix	18/12/2022
Brett Davis	2023	V55	M	400	61.34	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Paul Yeoman	2023	V60	M	400	74.71	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Kieran McDonnell	2023	V65	M	400	67.71	Cardiff	Cardiff Met Grand Prix	22/01/2023
Barrie Roberts	2023	V75	M	400	2:05.01	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Gareth Robbins	2022	V40	M	600	1:45.10	Cardiff	Cardiff Met Grand Prix	18/12/2022
Brett Davis	2022	V55	M	600	1:41.49	Cardiff	Cardiff Met Grand Prix	18/12/2022
Colin Williams	2022	V55	M	600	1:40.27	Cardiff	Cardiff Met Grand Prix	18/12/2022
Brian Dias	2023	V35	M	800	2:43.31	Cardiff	Cardiff Met Grand Prix	22/01/2023
Peter Watkeys	2023	V40	M	800	2:13.28	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
David John Williams	2023	V40	M	800	2:00.70	Cardiff	Cardiff Met Grand Prix	22/01/2023
Gareth Robbins	2023	V40	M	800	2:27.00	Cardiff	Cardiff Met Grand Prix	22/01/2023
Colin Williams	2023	V55	M	800	2:21.17	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Brett Davis	2023	V55	M	800	2:28.21	Cardiff	Cardiff Met Grand Prix	22/01/2023
David Williams	2023	V55	M	800	2:29.38	Lee Valley	Lee Valley New Year's Open	02/01/2023
Paul Flynn	2023	V55	M	800	2:36.61	Lee Valley	Southern Counties Veterans AA Championships	12/02/2023
Paul Yeoman	2023	V60	M	800	3:08.59	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Barrie Roberts	2023	V75	M	800	4:22.70	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Adrian Lewis	2023	V50	M	1500	4:56.45	Cardiff	Cardiff Met Grand Prix	22/01/2023
Colin Williams	2023	V55	M	1500	4:53.63	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Paul Flynn	2023	V55	M	1500	5:11.97	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Barrie Roberts	2023	V75	M	1500	8:26.54	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Owen Cheshier	2023	V35	M	HJ	1.73	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Paul Yeoman	2023	V60	M	HJ	1.26	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Robin (Bob) Frost	2023	V75	M	HJ	0.95	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Phil Rees	2023	V80	M	HJ	0.95	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Joseph Horner	2023	V55	M	LJ	4.02	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Keith Powell	2022	V60	M	LJ	3.77	Cardiff	Cardiff Met Grand Prix	18/12/2022
Paul Yeoman	2022	V60	M	LJ	3.65	Cardiff	Cardiff Met Grand Prix	18/12/2022
Roderick Davies	2023	V65	M	LJ	3.93	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Phil Rees	2023	V80	M	LJ	1.92	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Joseph Horner	2023	V55	M	TJ	8.75	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Dave Shields	2023	V60	M	TJ	8.26	Lee Valley	Southern Counties Veterans AA Championships	12/02/2023
Dave Shields	2023	V60	M	TJ	8.26	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Phil Rees	2023	V80	M	TJ	5.23	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Glyn Price	2023	V55	M	PV	3.60	Cardiff	Cardiff Met Grand Prix	22/01/2023
Glyn Price	2022	V55	M	PV	3.60	Cardiff	Cardiff Met Grand Prix	18/12/2022
Dave Stokes	2023	V60	M	PV	2.00	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023

Paul Yeoman	2023	V60	M	PV	2.42	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Phil Rees	2023	V80	M	SP3K	6.62	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Paul Brooks	2023	V70	M	SP4K	7.19	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Robin (Bob) Frost	2023	V75	M	SP4K	6.03	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Dave Stokes	2023	V60	M	SP5K	8.72	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Martin Weetman	2023	V60	M	SP5K	8.31	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Paul Yeoman	2023	V60	M	SP5K	7.31	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Chris Pruski	2023	V65	M	SP5K	7.56	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Martin Tucker	2023	V55	M	SP6K	10.23	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Kieran Golding	2022	V40	M	DT2K	21.27	Swindon	Swindon Harriers Winter Throws Series	05/11/2022
Graham Holder	2023	V50	M	DT1.5K	36.27	Basingstoke	Basingstoke & Mid Hants AC Winter Throws	18/02/2023
Graham Holder	2023	V50	M	HT6K	54.76	Basingstoke	Basingstoke & Mid Hants AC Winter Throws	18/02/2023