



## Welsh Masters Athletics Limited

### Men's Rankings 9th November 2020.

This is another update and features end of season performances from ...

Mark Wyndham Jones, and New entries on the lists for Ifan Lloyd, Matthew Harding, Rob Sheen and David O Williams.

Well done to them.

Event	First Name	Last Name	AG	Time/Dist		Venue	date
60							
	Stuart	Pearce	V40	7.95	i	Lee Valley	01/03/2020
	Russell	Whiting	V50	7.88	i	Lee Valley	01/03/2020
	Mark	Ellery	V55	8.47	i	Cardiff	19/01/2020
	Keith	Powell	V55	8.59	i	Cardiff	19/01/2020

	David	Shaw	V60	8.55	i	Lee Valley	07/03/2020
	David	Marginson	V60	8.68	i	Cardiff	19/01/2020
	Brian	MacBride	V60	8.93	i	Lee Valley	07/03/2020
	Roderick	Davies	V60	9.32	i	Swansea	12/01/2020
	Chris	Norton	V60	9.97	i	Cardiff	19/01/2020
	Ian	Broadhurst	V65	8.72	i	Cardiff	19/01/2020
	Kieran	Mcdonnell	V65	8.89	i	Cardiff	19/01/2020
	Donald	Hale	V65	11.32	i	Connah's Quay	12/01/2020
	Glyn	Sutton	V75	8.61	i	Lee Valley	01/03/2020
	Mel	James	V75	10.07	i	Cardiff	19/01/2020
	John	Evans	V85	11.51	i	Lee Valley	23/02/2020

60MH							
	Glyn	Price	V50	11.05	i	Lee Valley	01/03/2020
	Derek	Osborne	V55	11.09	i	Lee Valley	23/02/2020
	Keith	Powell	V55	16.65	i	Lee Valley	23/02/2020

100							
	Matthew	Harding	V40	12.37	0.00	Stretford	26/09/2020
	Russell	Whiting	V50	12.20	0	Worthing	08/09/2020
	Mark	Ellery	V55	13.21	w	Cardiff	19/09/2020
	Keith	Powell	V55	13.44	0	Nuneaton	06/09/2020
	Roderick	Davies	V60	14.46	0	Swansea	16/08/2020
	Jon	Clarke	V60	17.61	0	Nuneaton	06/09/2020
	Mel	James	V75	16.06	0	Nuneaton	06/09/2020

200							
	Lee	Richards	V35	25.50	i	Cardiff	19/01/2020
	Brian	Dias	V35	31.73	i	Cardiff	19/01/2020
	Matthew	Harding	V40	25.65	0	Stretford	26/09/2020
	Stuart	Pearce	V40	26.44	i	Lee Valley	08/03/2020
	Michael	Graz	V45	31.63	i	Lee Valley	23/02/2020
	Russell	Whiting	V50	25.09	0	Worthing	11/08/2020
	Mark	Ellery	V55	28.30	0	Whitehall	12/09/2020
	Keith	Powell	V55	28.35	i	Lee Valley	08/03/2020

	David	Shaw	V60	27.99	i	Cardiff	19/01/2020
	David	Marginson	V60	28.70	i	Cardiff	19/01/2020
	Roderick	Davies	V60	29.31	w	Cardiff	19/09/2020
	Brian	MacBride	V60	30.91	i	Lee Valley	08/03/2020
	Ian	Broadhurst	V65	27.75	i	Cardiff	19/01/2020
	Kieran	Mcdonnell	V65	28.90	i	Cardiff	19/01/2020
	Mark	Wyndham-Jones	V65	32.90	0	Norwich	31/10/2020
	Glyn	Sutton	V75	28.74	i	Cardiff	19/01/2020
	Mel	James	V75	33.12	0	Nuneaton	06/09/2020
	John	Evans	V85	42.74	i	Lee Valley	23/02/2020

300MH							
	Dale	Garland	V35	40.00	0	St. Peter Port	12/07/2020

400							
	Dale	Garland	V35	51.74	0	St. Peter Port	10/09/2020
	Owen	Chesher	V35	56.56	i	Lee Valley	01/03/2020
	Brian	Dias	V35	70.61	i	Lee Valley	07/03/2020
	Matthew	Harding	V40	59.83	0	Stretford	19/09/2020
	Michael	Graz	V45	66.80	i	Cardiff	19/01/2020

	Neil	Davies	V50	63.72	i	Sheffield	08/02/2020
	Brett	Davis	V55	60.02	i	Cardiff	19/01/2002
	Jon	Grainger	V55	63.11	i	Cardiff	19/01/2020
	Martyn	Cole	V60	67.60	i	Cardiff	19/01/2020
	David	Shaw	V60	68.23	i	Lee Valley	07/03/2020

	Kieran	Mcdonnell	V65	62.17	i	Lee Valley	01/03/2020
	Ian	Broadhurst	V65	63.56	i	Sheffield	08/02/2020
	Barrie	Roberts	V75	96.66	i	Lee Valley	01/03/2020

400mh							
	Dale	Garland	V35	52.83	0	St Peter Port	06/08/2020

800							
	David John	Williams	V35	02:00.71	i	Cardiff	19/01/2020
	Brian	Dias	V35	02:41.99	i	Cardiff	19/01/2020
	Adrian	Lewis	V45	02:19.05	i	Cardiff	19/01/2020
	Michael	Graz	V45	02:35.15	i	Cardiff	19/01/2020
	James	Rogers	V45	02:49.34	0	Stretford	19/09/2020
	Jon	Grainger	V55	02:17.45	i	Cardiff	19/01/2020
	Brett	Davis	V55	02:17.69	i	Cardiff	19/01/2020
	Daniel	Thorogood	V55	02:35.21	i	Cardiff	19/01/2020

	Martyn	Cole	V60	02:25.90	i	Lee Valley	08/03/2020
	Austin	Davies	V60	02:39.72	i	Lee Valley	08/03/2020
	Mark	Williams	V60	02:46.24	i	Cardiff	19/01/2020
	Barrie	Roberts	V75	03:36.42	i	Lee Valley	01/03/2020

1000							
	Derek	Osborne	V55	03:31.64	i	Lee Valley	23/02/2020
	Keith	Powell	V55	04:31.41	i	Lee Valley	23/02/2020

1500							
	David John	Williams	V35	04:09.86	i	Cardiff	25/01/2020
	Brian	Dias	V35	05:34.92	i	Cardiff	19/01/2020
	Doug	Nicholls	V40	04:27.65	i	Cardiff	25/01/2020
	Lee	Garland	V45	04:34.56	00:00.00	St. Peter Port	30/08/2020
	Huw	Evans	V45	04:41.00	i	Cardiff	19/01/2020
	Jon	Grainger	V55	04:39.76	0	Southampton	05/09/2020
	David O	Williams	V55	04:58.90	0	Aldershot	10/09/2020
	Rob	Sheen	V55	05:16.88	0	Nuneaton	04/10/2020
	Daniel	Thorogood	V55	05:31.57	i	Cardiff	19/01/2020
	Martyn	Cole	V60	05:03.08	i	Sheffield	08/02/2020
	Mark	Williams	V60	05:32.12	i	Cardiff	19/01/2020
	David	Walker	V60	05:43.29	i	Cardiff	19/01/2020
	Elio	Lepore	V65	05:24.12	i	Cardiff	19/01/2020
	Richard	Marks	V70	05:45.23	i	Lee Valley	01/03/2020

1500s/c							
	Lee	Garland	V45	04:53.87	0	St Peter Port	06/08/2020

3000/sc							
	Lee	Garland	V45	10:49.00	00:00.00	St. Peter Port	13/09/2020

3000							
	Matthew	Evans	V35	09:43.74	i	Lee Valley	08/03/2020
	Doug	Nicholls	V40	09:40.22	i	Lee Valley	01/03/2020
	James	Rogers	V45	11:28.30	00:00.00	Stretford	19/09/2020
	Paul	Flynn	V50	10:07.59	00:00.00	Aberdare	29/08/2020
	Jon	Grainger	V55	10:32.49	i	Lee Valley	01/03/2020
	David O	Williams	V55	10:43.50	0	Battersea Park	31/10/2020
	Rob	Sheen	V55	10:59.00	0	Nuneaton	20/09/2002

	Ifan	Lloyd	V60	10:09.33	0	Swansea	20/09/2020
	Austin	Davies	V60	12:09.91	i	Lee Valley	01/03/2020

5000							
	Warwick	Helps	V40	17:51.25	0	St. Peter Port	23/08/2020
	Lee	Garland	V45	17:50.11	0	St. Peter Port	12/07/2020

HJ							
	Owen	Chesher	V35	1.83	i	Cardiff	25/01/2020
	Dale	Garland	V35	1.80	0	St. Peter Port	26/07/2020

	Steve	Ingram	V45	1.55	i	Swansea	11/01/2020
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	Glyn	Price	V50	1.45	i	Lee Valley	01/03/2020
	Neil	Davies	V50	1.40	i	Connah's Quay	12/01/2020
	Robin	Wood	V50	1.20	i	Swansea	11/01/2020

	Derek	Osborne	V55	1.38	i	Lee Valley	23/02/2020
	Keith	Powell	V55	1.32	i	Lee Valley	23/02/2020

	Phil	Rees	V75	0.90	i	Lee Valley	07/03/2020
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LJ							
	Dale	Garland	V35	6.36	0	St. Peter Port	13/09/2020
	Brian	Dias	V35	3.65	i	Lee Valley	07/03/2020

	Robin	Wood	V50	4.63	i	Swansea	11/01/2020
	Neil	Davies	V50	4.47	i	Connah's Quay	12/01/2020

	Derek	Osborne	V55	4.57	i	Lee Valley	23/02/2020
	Keith	Powell	V55	4.52	0	Tavistock	16/08/2020
	Dave	Shields	V55	3.88	i	Lee Valley	23/02/2020
	Dave	Stokes	V55	3.44	i	Connah's Quay	12/01/2020
	David	Shaw	V60	4.74	i	Lee Valley	07/03/2020
	Roderick	Davies	V60	3.70	i	Swansea	11/01/2020

	Phil	Rees	V75	2.44	i	Lee Valley	07/03/2020
	<b>John</b>	<b>Evans</b>	<b>V85</b>	<b>2.75</b>	<b>i</b>	<b>Lee Valley</b>	<b>23/02/2020</b>
						<b>British Record</b>	

TJ							
	Robin	Wood	V50	9.41	i	Swansea	11/01/2020
	Dave	Shields	V55	8.79	i	Lee Valley	08/03/2020
	Phil	Rees	V75	5.52	i	Lee Valley	08/03/2020
	<b>John</b>	<b>Evans</b>	<b>V85</b>	<b>5.83</b>	<b>i</b>	<b>Lee Valley</b>	<b>23/02/2020</b>
						<b>British Record</b>	

PV							
	Glyn	Price	V50	3.86	i	Cardiff	25/01/2020
	Dave	Gordon	V50	3.21	i	Lee Valley	01/03/2020
	Keith	Powell	V55	2.50	i	Lee Valley	08/03/2020
	Dave	Stokes	V55	2.13	i	Connah's Quay	12/01/2020

SP7.26K							
	Dale	Garland	V35	10.57	0	St. Peter Port	30/07/2020
	Ian	Williams	V40	8.56	i	Lee Valley	01/03/2020
	Graham	Holder	V45	10.56	i	Lee Valley	08/03/2020
	Steve	Ingram	V45	9.06	i	Swansea	12/01/2020
	Jason	Elworthy	V45	5.48	i	Cardiff	25/01/2020

	Martin	Tucker	V50	10.43	i	Connah's Quay	12/01/2020
	David	Glendower	V50	7.34	i	Lee Valley	01/01/2020
	Robin	Wood	V50	7.34	i	Swansea	12/01/2020

SP6K							
	Neil	Davies	V50	9.67	i	Connah's Quay	12/01/2020
	David	Glendower	V50	7.83	i	Lee Valley	08/03/2020

	Glyndwr	Pugh	V55	9.64	i	Lee Valley	08/03/2020
	Derek	Osborne	V55	8.67	i	Lee Valley	23/02/2020
	Dave	Stokes	V55	8.69	i	Lee Valley	08/03/2020
	Keith	Powell	V55	7.98	i	Lee Valley	23/02/2020

JT700							
	Martin	Tucker	V50	40.04	0	Lee Valley	07/03/2020
	Dave	Stokes	V55	24.40	0	Lee Valley	07/03/2020

JT800							
	Dale	Garland	V35	48.10	0	St. Peter Port	26/07/2020

DT 1.5K							
	Dave	Stokes	V55	31.73	0	Lee Valley	07/03/2020
	Andrew	Turner	V55	29.78	0	Bournemouth	20/09/2020
	Glyndwr	Pugh	V55	28.21	0	Lee Valley	07/03/2020

DT2K							
	Dale	Garland	V35	25.70	0	St. Peter Port	23/08/2020

HT7.26K							
	Graham	Holder	V45	48.68	0	Lee Valley	08/03/2020

HT6K							
	Glyndwr	Pugh	V55	32.62	0	Lee Valley	08/03/2020
	Andrew	Turner	V55	30.12	0	Bournemouth	20/09/2020
	Dave	Stokes	V55	28.38	0	Lee Valley	08/03/2020

HT4K							
	Phil	Rees	V75	16.59	0	Lee Valley	07/03/2020

WT11.34K							
	David	Glendower	V50	9.01	0	Lee Valley	08/03/2020
	Glyndwr	Pugh	V55	11.51	0	Lee Valley	08/03/2020
WT15.88K							
	Graham	Holder	V45	13.89	0	Lee Valley	08/03/2020

PenWt							
	Derek	Osborne	V55	3002	i	Lee Valley	23/02/2020
	Keith	Powell	V55	1824	i	Lee Valley	23/02/2020