



WMAL Men's Indoor/Winter Throws Season 2020 FINAL RANKINGS



Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
60	Stuart	Pearce	V40	7.95	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Russell	Whiting	V50	7.88	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Mark	Elbery	V55	8.47	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Keith	Powell	V55	8.59	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	David	Shaw	V60	8.55	I	Lee Valley	British Masters Championships	07/03/2020
	David	Marginson	V60	8.68	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Roderick	Davies	V60	9.32	I	Swansea	West Wales Championships	12/01/2020
	Chris	Norton	V60	9.97	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Ian	Broadhurst	V65	8.72	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Kieran	McDonnell	V65	8.89	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Donald	Hale	V65	11.32	I	Connah's Quay	North Wales Regional Championships	12/01/2020
	Glyn	Sutton	V70	8.61	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Mel	James	V75	10.07	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	John	Evans	V85	11.51	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
60M	Glyn	Price	V50	11.05	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Derek	Osborne	V55	11.09	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Keith	Powell	V55	16.65	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
200	Lee	Richards	V35	25.50	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Brian	Dias	V35	31.73	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Stuart	Pearce	V40	26.44	I	Lee Valley	British Masters Championships	08/03/2020
	Michael	Graz	V45	31.63	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Russell	Whiting	V50	26.41	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Mark	Elbery	V55	28.65	I	Lee Valley	British Masters Championships	08/03/2020
	Keith	Powell	V55	28.35	I	Lee Valley	British Masters Championships	08/03/2020
	David	Shaw	V60	27.59	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	David	Marginson	V60	28.70	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Roderick	Davies	V60	31.97	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Ian	Broadhurst	V65	27.75	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Kieran	McDonnell	V65	28.90	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Glyn	Sutton	V70	28.74	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Mel	James	V75	34.82	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	John	Evans	V85	42.74	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
400	Owen	Chesher	V35	56.56	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Brian	Dias	V35	70.61	I	Lee Valley	British Masters Championships	07/03/2020
	Michael	Graz	V45	66.80	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Neil	Davies	V50	63.72	I	Sheffield	Masters Grand Prix	08/02/2020
	Brett	Davis	V55	60.02	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Jon	Granger	V55	63.11	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Martyn	Cole	V60	67.60	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	David	Shaw	V60	68.23	I	Lee Valley	British Masters Championships	07/03/2020
	Ian	Broadhurst	V65	63.56	I	Sheffield	Masters Grand Prix	08/02/2020
	Barrie	Roberts	V75	96.66	I	Lee Valley	England Masters Inter Area Match	01/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
800	David John	Williams	V35	02:00.71	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Brian	Dias	V35	02:41.99	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Adrian	Lewis	V45	02:19.05	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Michael	Graz	V45	02:35.15	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Jon	Granger	V55	02:17.45	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Brett	Davis	V55	02:17.69	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Daniel	Thorogood	V55	02:35.21	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Martyn	Cole	V60	02:25.90	I	Lee Valley	British Masters Championships	08/03/2020
	Austin	Davies	V60	02:39.72	I	Lee Valley	British Masters Championships	08/03/2020
	Mark	Williams	V60	02:46.24	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Barrie	Roberts	V75	03:36.42	I	Lee Valley	England Masters Inter Area Match	01/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
1000	Derek	Osborne	V55	03:31.64	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Keith	Powell	V55	04:31.41	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
1500	David John	Williams	V35	04:09.86	I	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Brian	Dias	V35	05:34.92	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Doug	Nicholls	V40	04:27.65	I	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Huw	Evans	V45	04:41.00	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Jon	Granger	V55	04:43.47	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Daniel	Thorogood	V55	05:31.57	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Martyn	Cole	V60	05:03.08	I	Sheffield	Masters Grand Prix	08/02/2020
	Mark	Williams	V60	05:32.12	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Elio	Lepore	V60	05:24.12	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	David	Walker	V60	05:43.29	I	Cardiff	Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races	19/01/2020
	Richard	Marks	V70	05:45.23	I	Lee Valley	England Masters Inter Area Match	01/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
3000	Matthew	Evans	V35	09:43.74	I	Lee Valley	British Masters Championships	08/03/2020
	Doug	Nicholls	V40	09:40.22	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Jon	Granger	V55	10:32.49	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Austin	Davies	V60	12:09.91	I	Lee Valley	England Masters Inter Area Match	01/03/2020

Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
HJ	Keith	Chester	V35	1.83	I	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Steve	Ingram	V45	1.55	I	Swansea	West Wales Championships	11/01/2020
	Glyn	Price	V50	1.45	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Neil	Davies	V50	1.40	I	Connaught Quay	North Wales Regional Championships	12/01/2020
	Robin	Wood	V50	1.70	I	Swansea	West Wales Championships	11/01/2020
	Derek	Osborne	V55	1.38	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Keith	Powell	V55	1.32	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Phil	Rees	V75	0.90	I	Lee Valley	British Masters Championships	07/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
LI	Brian	Dias	V35	3.65	I	Lee Valley	British Masters Championships	07/03/2020
	Robin	Wood	V50	4.63	I	Swansea	West Wales Championships	11/01/2020
	Neil	Davies	V50	4.47	I	Connaught Quay	North Wales Regional Championships	12/01/2020
	Derek	Osborne	V55	4.57	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Keith	Powell	V55	4.42	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Dave	Shields	V55	3.88	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Dave	Stokes	V55	3.44	I	Connaught Quay	North Wales Regional Championships	12/01/2020
	David	Shaw	V60	4.74	I	Lee Valley	British Masters Championships	07/03/2020
	Roderick	Davies	V60	3.70	I	Swansea	West Wales Championships	11/01/2020
	Phil	Rees	V75	2.44	I	Lee Valley	British Masters Championships	07/03/2020
	John	Evans	V85	2.75	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships) BRITISH RECORD	23/02/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
LI								
	Robin	Wood	V50	9.41	I	Swansea	West Wales Championships	11/01/2020
	Dave	Shields	V55	8.79	I	Lee Valley	British Masters Championships	08/03/2020
	Phil	Rees	V75	5.52	I	Lee Valley	British Masters Championships	08/03/2020
	John	Evans	V85	5.83	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
PV								
	Glyn	Price	V50	3.86	I	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Dave	Gordon	V50	3.21	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Keith	Powell	V55	2.50	I	Lee Valley	British Masters Championships	08/03/2020
	Dave	Stokes	V55	2.13	I	Connaught Quay	North Wales Regional Championships	12/01/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
SP7.26K								
	Ian	Williams	V40	8.56	I	Lee Valley	England Masters Inter Area Match	01/03/2020
	Graham	Holder	V45	10.56	I	Lee Valley	British Masters Championships	08/03/2020
	Steve	Ingram	V45	9.06	I	Swansea	West Wales Championships	12/01/2020
	Jason	Elworthy	V45	5.48	I	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Martin	Tucker	V50	10.43	I	Connaught Quay	North Wales Regional Championships	12/01/2020
	David	Glendower	V50	7.34	I	Lee Valley	Lee Valley New Year Open	01/01/2020
	Robin	Wood	V50	7.34	I	Swansea	West Wales Championships	12/01/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
SP6K								
	Neil	Davies	V50	9.67	I	Connaught Quay	North Wales Regional Championships	12/01/2020
	David	Glendower	V50	7.83	I	Lee Valley	British Masters Championships	08/03/2020
	Glyndwr	Pugh	V55	9.64	I	Lee Valley	British Masters Championships	08/03/2020
	Derek	Osborne	V55	8.67	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Dave	Stokes	V55	8.69	I	Lee Valley	British Masters Championships	08/03/2020
	Keith	Powell	V55	7.98	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
SP4K								
	Paul	Brooks	V70	8.07	I	Connaught Quay	North Wales Regional Championships	12/01/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
JT700								
	Martin	Tucker	V50	40.04	0	Lee Valley	British Masters Championships Winter Throws	07/03/2020
	Dave	Stokes	V55	24.40	0	Lee Valley	British Masters Championships Winter Throws	07/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
DT 1.5K								
	Dave	Stokes	V55	31.73	0	Lee Valley	British Masters Championships Winter Throws	07/03/2020
	Glyndwr	Pugh	V55	28.21	0	Lee Valley	British Masters Championships Winter Throws	07/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
HT7.26K								
	Graham	Holder	V45	48.68	0.00	Lee Valley	British Masters Championships Winter Throws	08/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
HT6K								
	Glyndwr	Pugh	V55	32.62	0.00	Lee Valley	British Masters Championships Winter Throws	08/03/2020
	Dave	Stokes	V55	28.38	0.00	Lee Valley	British Masters Championships Winter Throws	08/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
HT4K								
	Phil	Rees	V75	16.59	0	Lee Valley	British Masters Championships Winter Throws	07/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
WT1 1.34 K								
	David	Glendower	V50	9.01	0.00	Lee Valley	British Masters Championships Winter Throws	08/03/2020
	Glyndwr	Pugh	V55	11.51	0.00	Lee Valley	British Masters Championships Winter Throws	08/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
WT1 5.98 K								
	Graham	Holder	V45	13.89	0	Lee Valley	British Masters Championships Winter Throws	08/03/2020
Event	First Name	Last Name	AG	Time/Dist	I/O	Venue	Meeting	date
Pent								
	Derek	Osborne	V55	3002	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Keith	Powell	V55	1824	I	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020