

Welsh Masters Athletics Limited - MEN'S Rankings 2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Owen Chesher	2023	V35	M	60	8.04	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Michael Dickens	2023	V35	M	60	7.23	Torun, POL	WMA - World Masters Championships	27/03/2023
Seriashe Childs	2023	V40	M	60	7.30	Torun, POL	WMA - World Masters Championships	28/03/2023
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	7.90	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Brian MacBride	2023	V60	M	60	8.56	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Martin Westman	2023	V60	M	60	8.56	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Mark Ellery	2023	V60	M	60	8.86	Cardiff	Cardiff Met Grand Prix	22/01/2023
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
Roderick Davies	2023	V65	M	60	9.36	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
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	4J Studios scottishathletics National Indoor Masters Championships & Para Success	12/02/2023
Barrie Roberts	2023	V75	M	60	14.41	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Robin (Bob) Frost	2023	V75	M	60	15.60	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Michael Dickens	2023	V35	M	100	11.18	London (CT)	Newham & Essex Beagles Track Open Meetings Summer Series 2023	16/07/2023
Matthew Harding	2023	V40	M	100	12.55	Stretford	Trafford Medal Meetings	28/08/2023
Matthew Harding	2023	V40	M	100	12.57	Stretford	Trafford Medal Meetings	01/05/2023
Kieran Golding	2023	V40	M	100	15	Reading	Southern Counties VAC League - Western	02/07/2023
Neil Davies	2023	V50	M	100	14.9	Sportcity	The 14th Joe Moran Memorial Veteran Meeting	07/06/2023
Graham Holder	2023	V50	M	100	15.4	Tonbridge	Southern Counties Veterans AC Kent Division 2	02/06/2023
James Morgan	2023	V50	M	100	12.83	Yate	Avon/Yate AC Masters Open	12/08/2023
Joseph Horner	2023	V55	M	100	13.7	Trebooth	IG & Menai Track and Field Open	10/09/2023
Chris Millard	2023	V55	M	100	12.27	Gloucester	St George's Day Open Graded Competition	23/04/2023
Russell Whiting	2023	V55	M	100	11.98	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Paul Williams	2023	V60	M	100	13.43	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Martin Westman	2023	V60	M	100	13.8	Burton	Midland Veterans League - North	07/06/2023
Martin Westman	2023	V60	M	100	13.8	Trebooth	IG & Menai Track and Field Open	10/09/2023
Mark Ellery	2023	V60	M	100	14	Gloucester	Gloucester AC Graded Open	05/09/2023
Paul Yeoman	2023	V60	M	100	14.60	Pescara, ITA	European Masters Athletics Championships	21/09/2023
Ian Broadhurst	2023	V65	M	100	13.7	Par	Newquay & Par AC Open Graded meeting (incorporating the Sapphire League)	19/08/2023
Ian Broadhurst	2023	V65	M	100	13.74	Pescara, ITA	European Masters Athletics Championships	21/09/2023
Roderick Davies	2023	V65	M	100	14.48	Yate	Yate & District Sprints & Hurdles C23 Inc. South West Sapphire League	16/04/2023
Kieran McDonnell	2023	V65	M	100	14.55	Swindon	Swindon Harriers Autumn Open Meeting	10/09/2023
Jon Clarke	2023	V65	M	100	21.8	Sportcity	The 14th Joe Moran Memorial Veteran Meeting	07/06/2023
Mark Wyndham-Jones	2023	V70	M	100	15.37	Nuneaton	England Masters Inter Area Challenge	06/08/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Kieran Golding	2023	V40	M	150	22.81	Swindon	Mark Cawte Memorial Spring Open Meeting	22/03/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Owen Chesher	2023	V35	M	2001	25.80	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Owen Chesher	2023	V35	M	200	25.80	Wrexham	North Wales Outdoor Championships	14/05/2023
Michael Dickens	2023	V35	M	200	23.01	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Michael Dickens	2023	V35	M	2001	23.32	Torun, POL	WMA - World Masters Championships	30/03/2023
Kieran Golding	2023	V40	M	200	31.3	Abingdon	Southern Counties VAC League - Western	15/06/2023
Matthew Harding	2023	V40	M	200	25.36	Stratford	Trafford Medal Meetings	28/08/2023
James Morgan	2023	V50	M	200	26.41	Yate	Avon/Yate AC Masters Open	12/08/2023
James Morgan	2023	V50	M	2001	27.26	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Jon Grainger	2023	V55	M	200	29.7	Southampton	Southern Counties VAC League - Hampshire Division	22/05/2023
Chris Millard	2023	V55	M	200	26.19	Gloucester	St George's Day Open Graded Competition	23/04/2023
Russell Whiting	2023	V55	M	200	24.93	Pescara, ITA	European Masters Athletics Championships	24/09/2023
Russell Whiting	2023	V55	M	2001	25.27	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Russell Whiting	2023	V55	M	200	DQ	Torun, POL	WMA - World Masters Championships	30/03/2023
Colin Williams	2023	V55	M	200	28.13	Aberdare	Welsh Athletics Sprints Open and Field	19/07/2023
Colin Williams	2023	V55	M	200	28.44	Cardiff	Run With The Wind & Throws	10/06/2023
Paul Williams	2023	V60	M	200	27.4	Birmingham	Midland Veterans League - North	17/05/2023
Martin Weetman	2023	V60	M	200	28.62	Bangor (W)	Menai Open Evening	31/05/2023
Mark Ellery	2023	V60	M	200	29.41	Cardiff	Cardiff Met Grand Prix	22/01/2023
Martin Weetman	2023	V60	M	2001	29.48	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Paul Yeoman	2023	V60	M	2001	31.41	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Paul Yeoman	2023	V60	M	200	32.39	Aberdare	Welsh Athletics Sprints Open and Field	19/07/2023
Ian Broadhurst	2023	V65	M	200	27.37	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Ian Broadhurst	2023	V65	M	2001	27.39	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Kieran McDonnell	2023	V65	M	200	29.15	Yate	Avon/Yate AC Masters Open	12/08/2023
Roderick Davies	2023	V65	M	200	29.84	Yate	Yate & District Sprints & Hurdles C23 inc. South West Sapphires League	16/04/2023
Roderick Davies	2023	V65	M	2001	30.36	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Paul Allen	2023	V75	M	200	40	Redditch	Midland Veterans League - South	09/08/2023
Mel James	2023	V75	M	2001	34.78	Emirates Arena	4J Studios scottishathletics National Indoor Masters Championships & Para Success	12/02/2023
Mel James	2023	V75	M	200	36.89	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Barrie Roberts	2023	V75	M	200	59.23	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
James Morgan	2023	V50	M	300	44.22	Nuneaton	Nuneaton Harriers AC End of Season Open	10/09/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Jonathan Williams	2023	V35	M	400	51.91	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Jonathan Williams	2023	V35	M	4001	54.51	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Kieran Golding	2023	V40	M	400	68.79	Gloucester	Cheltenham Midsummer Opens	26/07/2023
Gareth Robbins	2023	V40	M	400	64.52	Carmarthen	West Wales Regional Championships	14/05/2023
Peter Watkeys	2023	V40	M	400	56.7	Salisbury	Southern Athletics League Division 1	09/07/2023
Neil Davies	2023	V50	M	400	65.52	Stratford	Trafford Medal Meetings	06/08/2023
Brett Davis	2023	V55	M	4001	61.07	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Brett Davis	2023	V55	M	400	61.42	Pescara, ITA	European Masters Athletics Championships	26/09/2023
Jon Grainger	2023	V55	M	400	67.6	Portsmouth	Southern Counties VAC League - Hampshire Division	24/04/2023
Sean Price	2023	V55	M	400	60.66	Pescara, ITA	European Masters Athletics Championships	26/09/2023
Colin Williams	2023	V55	M	400	60.38	Aberdare	Welsh Athletics Sprints Open and Field	19/07/2023
Paul Yeoman	2023	V60	M	400	72.87	Pescara, ITA	European Masters Athletics Championships	22/09/2023
Paul Yeoman	2023	V60	M	4001	72.91	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Kieran McDonnell	2023	V65	M	400	67.35	Yate	Avon/Yate AC Masters Open	12/08/2023
Kieran McDonnell	2023	V65	M	400	67.62	Swindon	Swindon Harriers Autumn Open Meeting	10/09/2023
Kieran McDonnell	2023	V65	M	4001	67.71	Cardiff	Cardiff Met Grand Prix	22/01/2023
Barrie Roberts	2023	V75	M	400	111.41	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Barrie Roberts	2023	V75	M	4001	123.47	Torun, POL	WMA - World Masters Championships	27/03/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Oliver Williams	2023	V35	M	600	1:25.76	Gloucester	Cheltenham Midsummer Opens	05/07/2023
David John Williams	2023	V40	M	600	1:26.19	Gloucester	Cheltenham Midsummer Opens	05/07/2023
Kieran Golding	2023	V40	M	600	1:58.5	Swindon	Mark Cawte Memorial Spring Open Meeting	22/03/2023
Colin Williams	2023	V55	M	600	1:39.23	Gloucester	Cheltenham Midsummer Opens	05/07/2023
Brett Davis	2023	V55	M	600	1:42.65	Gloucester	Cheltenham Midsummer Opens	05/07/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Oliver Williams	2023	V35	M	800	1:59.3	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Oliver Williams	2023	V35	M	800i	2:00.03	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Luke Northall	2023	V35	M	800	2:23.2	Ormskirk	Northern Track & Field League West 15	09/07/2023
Brian Dias	2023	V35	M	800i	2:43.31	Cardiff	Cardiff Met Grand Prix	22/01/2023
David John Williams	2023	V40	M	800	1:57.93	Exeter	BMC Regional Races	25/07/2023
David John Williams	2023	V40	M	800i	2:00.47	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Peter Watkeys	2023	V40	M	800	2:03.71	Watford	Watford Harriers Open Graded Meetings	12/07/2023
Peter Watkeys	2023	V40	M	800i	2:13.28	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Gareth Robbins	2023	V40	M	800	2:25.32	Carmarthen	West Wales Regional Championships	14/05/2023
Gareth Robbins	2023	V40	M	800i	2:27.00	Cardiff	Cardiff Met Grand Prix	22/01/2023
Kieran Golding	2023	V40	M	800	2:38.76	Gloucester	Brewer Memorial Games	01/05/2023
Kristan Humphreys	2023	V45	M	800	2:13.84	Yeovil	Yeovil Games	09/09/2023
Michael Jones	2023	V50	M	800	2:39.66	Aldershot	Southern Counties VAC League - Hampshire Division	24/07/2023
Mark Shepherd	2023	V50	M	800i	2:19.38	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Colin Williams	2023	V55	M	800i	2:18.48	Torun, POL	WMA - World Masters Championships	29/03/2023
Colin Williams	2023	V55	M	800	2:18.63	Birmingham (U)	University of Birmingham Track & Field Festival Day 1	29/07/2023
Sean Price	2023	V55	M	800	2:19.59	Pescara, ITA	European Masters Athletics Championships	28/09/2023
Sean Price	2023	V55	M	800i	2:23.79	Torun, POL	WMA - World Masters Championships	30/03/2023
Brett Davis	2023	V55	M	800i	2:28.21	Cardiff	Cardiff Met Grand Prix	22/01/2023
Brett Davis	2023	V55	M	800	2:28.88	Pescara, ITA	European Masters Athletics Championships	28/09/2023
David Williams	2023	V55	M	800	2:29.38	Lee Valley	Lee Valley New Year's Open	02/01/2023
Jon Grainger	2023	V55	M	800	2:31.9	Southampton	Southern Counties VAC League - Hampshire Division	22/05/2023
Paul Flynn	2023	V55	M	800	2:36.61	Lee Valley	Southern Counties Veterans AA Championships	12/02/2023
Paul Yeoman	2023	V60	M	800i	3:08.59	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Paul Yeoman	2023	V60	M	800	3:14.48	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Dave Watson	2023	V65	M	800i	2:41.65	Sheffield	Run Jump Throw & Master GP	04/02/2023
Richard Marks	2023	V70	M	800	2:56.64	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Paul Allen	2023	V75	M	800	3:41.8	Redditch	Midland Veterans League - South	09/08/2023
Barrie Roberts	2023	V75	M	800i	4:19.19	Torun, POL	WMA - World Masters Championships	30/03/2023
Barrie Roberts	2023	V75	M	800	4:22.5	Redditch	Midland Veterans League - South	09/08/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Paul Yeoman	2023	V60	M	1000	4:32.91	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Oliver Williams	2023	V35	M	1500	4:04.48	Cardiff	Welsh Senior/U15 Championships	24/06/2023
Oliver Williams	2023	V35	M	1500	4:08.21	Cardiff	Cardiff Met Grand Prix	22/01/2023
Luke Northall	2023	V35	M	1500	4:19.5	Wrexham	Northern Track & Field League West 15	19/08/2023
Gareth Venables	2023	V35	M	1500	4:37.15	Lee Valley	Southern Counties Veterans AA Championships	12/02/2023
Dean Johnson	2023	V35	M	1500	4:53.1	Newport	Midland Counties League Division 3	09/07/2023
David John Williams	2023	V40	M	1500	4:04.94	Yate	Avon/Yate AC Masters Open	12/08/2023
Peter Watkeys	2023	V40	M	1500	4:12.83	Watford	Watford Harriers Open Graded Meetings	23/08/2023
Edward Land	2023	V40	M	1500	4:31.70	Oxford	Iffley Festival of Miles	03/06/2023
Gareth Robbins	2023	V40	M	1500	5:03.76	Newport	Welsh 3000m & 5000m Championships	31/05/2023
Kieran Golding	2023	V40	M	1500	5:36.29	Yate	Avon/Yate AC Masters Open	12/08/2023
Kristan Humphreys	2023	V45	M	1500	4:37.49	Stourport	Kidderminster & Stourport Mike Lambert Open	28/08/2023
Owen Davies	2023	V45	M	1500	4:56.96	Yate	Avon/Yate AC Masters Open	12/08/2023
Adrian Lewis	2023	V50	M	1500	4:45.73	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Colin Williams	2023	V55	M	1500	4:48.76	Oxford	Iffley Festival of Miles	03/06/2023
Colin Williams	2023	V55	M	1500	4:50.28	Torun, POL	WMA - World Masters Championships	31/03/2023
David Williams	2023	V55	M	1500	4:54.35	Wimbledon	Herc Wimbo 1500m Festival Night	31/05/2023
Paul Flynn	2023	V55	M	1500	5:04.95	Tullamore, IRL	123.ie National Masters Championships	12/08/2023
Jeremy Mower	2023	V55	M	1500	5:06.13	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Paul Flynn	2023	V55	M	1500	5:11.97	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Mike Robbins	2023	V55	M	1500	5:40.47	Liverpool	Northern Track & Field League West 15	18/06/2023
Richard Flutter	2023	V55	M	1500	5:54.83	Wrexham	North Wales Outdoor Championships	14/05/2023
Clive Osmond	2023	V60	M	1500	6:09.87	Yate	Avon/Yate AC Masters Open	12/08/2023
Paul Yeoman	2023	V60	M	1500	7:30.61	Pescara, ITA	European Masters Athletics Championships	23/09/2023
Dave Watson	2023	V65	M	1500	5:21.26	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Dave Watson	2023	V65	M	1500	5:24.06	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Richard Marks	2023	V70	M	1500	5:49.58	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Paul Allen	2023	V75	M	1500	7:34.3	Redditch	Midland Veterans League - South	05/07/2023
Barrie Roberts	2023	V75	M	1500	8:26.54	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Barrie Roberts	2023	V75	M	1500	8:32.65	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Luke Northall	2023	V35	M	3000	9:47.20	Wrexham	North Wales Outdoor Championships	14/05/2023
Phil Hambleton	2023	V35	M	3000i	9:12.73	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Dean Johnson	2023	V35	M	3000i	10:41.47	Swindon	Mark Cawte Memorial Spring Open Meeting	22/03/2023
Siôn Lewis	2023	V40	M	3000	9:13.06	Wimbledon	Hercules Wimbledon 3000m Festival Night - sponsored by Tripadvisor	07/06/2023
Edward Land	2023	V40	M	3000	10:00.38	Yate	Avon/Yate AC Masters Open	12/08/2023
Mark Horsman	2023	V40	M	3000	10:11.00	Carmarthen	West Wales Regional Championships	14/05/2023
Andrew Reynolds	2023	V40	M	3000	10:15.78	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Kieran Golding	2023	V40	M	3000	11:52.75	Swindon	Swindon 3000m Under the Lights	20/10/2023
Gareth Robbins	2023	V40	M	3000	12:34.98	Yate	Avon/Yate AC Masters Open	12/08/2023
Kristan Humphreys	2023	V45	M	3000	9:58.46	Gloucester	St George's Day Open Graded Competition	23/04/2023
Derek Lloyd	2023	V45	M	3000	9:48.23	Wattford	Wattford Harriers Open Graded Meetings	23/08/2023
Martin Green	2023	V45	M	3000	9:41.9	Stretford	Trafford Grand Prix	11/07/2023
Owen Davies	2023	V45	M	3000	10:48.21	Yate	Avon/Yate AC Masters Open	12/08/2023
Kristan Humphreys	2023	V45	M	3000i	10:28.57	Swindon	Mark Cawte Memorial Spring Open Meeting	22/03/2023
Lee Garland	2023	V45	M	3000	10:26.95	St. Peter Port	Artec Track & Field Series	03/09/2023
Kristan Humphreys	2023	V45	M	3000	10:00.59	Aberdare	Inter Regional T&F Championships	16/07/2023
Huw Evans	2023	V50	M	3000	9:41.20	Carmarthen	West Wales Regional Championships	14/05/2023
Huw Evans	2023	V50	M	3000	9:34.49	Millfield	BMC PB Classic	03/06/2023
Mark Shepherd	2023	V50	M	3000	10:31.2	Birmingham	Midland Veterans League - North	17/05/2023
Michael Jones	2023	V50	M	3000	11:08.25	Aldershot	Southern Counties VAC League - Hampshire Division	24/07/2023
Stephen Davies	2023	V55	M	3000	9:56.20	Nuneaton	England Masters Inter Area Challenge	06/08/2023
David Williams	2023	V55	M	3000	10:29.74	Wimbledon	Hercules Wimbledon 3000m Festival Night - sponsored by Tripadvisor	07/06/2023
David Williams	2023	V55	M	3000i	10:35.69	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Jeremy Mower	2023	V55	M	3000	10:36.3	Gloucester	Gloucester AC Open	06/06/2023
Colin Williams	2023	V55	M	3000i	10:36.46	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Mike Robbins	2023	V55	M	3000	11:56.8	Ashton-under-Lyne	Cheshire League	23/04/2023
Richard Flutter	2023	V55	M	3000	12:15.26	Wrexham	North Wales Outdoor Championships	14/05/2023
Dave Watson	2023	V65	M	3000	11:33.30	Stretford	Trafford Grand Prix	15/08/2023
Dave Watson	2023	V65	M	3000i	11:40.69	Torun, POL	WMA - World Masters Championships	26/03/2023
Paul Allen	2023	V75	M	3000	15:51.6	Stratford-upon-Avon	Midland Veterans League - South	14/06/2023
Barrie Roberts	2023	V75	M	3000i	18:42.67	Torun, POL	WMA - World Masters Championships	26/03/2023

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Siôn Lewis	2023	V40	M	5000	16:11.38	Lee Valley	Middlesex County Championships	14/05/2023
Richard Jones	2023	V50	M	5000	16:24.00	Newport	Welsh 3000m & 5000m Championships	31/05/2023
Phil Hambleton	2023	V35	M	5000	16:25.39	Newport	Welsh 3000m & 5000m Championships	31/05/2023
Luke Northall	2023	V35	M	5000	17:20.9	Ormskirk	Northern Track & Field League West 15	09/07/2023
Mark Horsman	2023	V40	M	5000	17:23.05	Newport	Welsh 3000m & 5000m Championships	31/05/2023
Derek Lloyd	2023	V45	M	5000	17:31.98	Abingdon	Southern Athletics League Division 2 South & West	18/06/2023
David Williams	2023	V55	M	5000	18:09.65	Wimbledon	Hercules Wimbledon Festival 5000m sponsored by Tripadvisor	05/08/2023
Lee Garland	2023	V45	M	5000	18:10.45	St. Peter Port	Spike Night of 5000s	25/08/2023
Jeremy Mower	2023	V55	M	5000	18:28.3	Gloucester	Gloucestershire County Championships	29/04/2023
Mike Robbins	2023	V55	M	5000	20:53.2	Macclesfield	Northern Track & Field League West 15	20/05/2023
Stephen Davies	2023	V60	M	5000	29:53.4	Newark	Nottinghamshire County Development League	30/04/2023
Barrie Roberts	2023	V75	M	5000	31:35.91	Pescara, ITA	European Masters Athletics Championships	26/09/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dave Watson	2023	V65	M	10000	43:27.7	Jarrow	NECAA Open Pentathlon Championships & BMAF 10000m Championships	16/09/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Jeremy Mower	2023	V55	M	2000SC	7:49.85	Rugby	Midland Counties League Division 1	19/08/2023
Mark Roberts	2023	V60	M	2000SC	10:12.95	Gloucester	Cheltenham Midsummer Opens	26/07/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Luke Northall	2023	V35	M	3000SCs	11:40.4	Ormskirk	Northern Track & Field League West 15	09/07/2023
Dean Johnson	2023	V35	M	3000SC	13:02.1	Abingdon	Midland Counties League Division 3	09/09/2023
Jeremy Mower	2023	V55	M	3000SC	12:08.81	Nottingham	Midland Counties League Division 1	09/07/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Glyn Price	2023	V55	M	60HM50	11.65i	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Paul Yeoman	2023	V60	M	60HM60	12.53i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Glyn Price	2023	V55	M	100HM50	18.74	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Paul Yeoman	2023	V60	M	100HM60	19.85	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Paul Yeoman	2023	V60	M	300HM60	57.22	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Ian Broadhurst	2023	V65	M	300HM60	48.68	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Neil Davies	2023	V50	M	400H	80.8	Macclesfield	Northern Track & Field League West 15	20/05/2023
Neil Davies	2023	V50	M	400H	82.96	Liverpool	Northern Track & Field League West 15	18/06/2023
Paul Yeoman	2023	V60	M	400H	99.34	Nuneaton	Midland Counties League Technical Events	18/06/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Welsh Masters AA V35 Team	2023	V35	M	4x100	48.70	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Welsh Masters AA V50 Team	2023	V50	M	4x100	60.66	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Welsh Masters AA V60 Team	2023	V60	M	4x100	79.65	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Welsh Masters AA V35 Team	2023	V35	M	4x200i	1:38.20	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Welsh Masters AA V50 Team	2023	V50	M	4x200i	2:12.00	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Welsh Masters AA V60 Team	2023	V60	M	4x200i	2:26.62	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Graham Holder	2023	V50	M	DT1.5K	39.17	Gillingham	Kent Combined Events, Masters Throws & U13 Championships	17/09/2023
Peter Roberts	2023	V50	M	DT1.5K	35.75	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Neil Davies	2023	V50	M	DT1.5K	30.35	Wrexham	North Wales Outdoor Championships	14/05/2023
Jason Elworthy	2023	V50	M	DT1.5K	12.86	Cardiff	Welsh Senior/U15 Championships	25/06/2023
Gwynn Wallace	2023	V55	M	DT1.5K	30.21	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Andrew Turner	2023	V55	M	DT1.5K	27.25	Yate	Avon/Yate AC Masters Open	12/08/2023
Paul Williams	2023	V60	M	DT1.5K	22.22	Sutton Coldfield	Midland Veterans League - North	12/07/2023
Andrew Turner	2023	V55	M	DT1K	32.92	Winchester	Winchester & DAC September Season Finale	24/09/2023
Andrew Turner	2023	V55	M	DT1K	30.55	Bournemouth	Bournemouth Open	10/09/2023
Dave Stokes	2023	V60	M	DT1K	33.27	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Wynn Howe	2023	V60	M	DT1K	32.72	Tonbridge	Mike Rowbottom Memorial Bank Holiday Open Meeting inc. Kent U13 Pentathlon Championships	28/08/2023
Duncan Steward	2023	V60	M	DT1K	23.25	Yate	Avon/Yate AC Masters Open	12/08/2023
Paul Williams	2023	V60	M	DT1K	24.39	Telford	Midland Veterans League - North	19/04/2023
Paul Yeoman	2023	V60	M	DT1K	23.05	Yate	Avon/Yate AC Masters Open	12/08/2023
Chris Pruski	2023	V65	M	DT1K	19.96	Nuneaton	Midland Masters Championships	11/06/2023
Martin Davies	2023	V65	M	DT1K	16.59	Yate	Avon/Yate AC Masters Open	12/08/2023
Mark Wyndham-Jones	2023	V70	M	DT1K	35.53	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Peter Hawney	2023	V70	M	DT1K	28.91	Gillingham	Kent Combined Events, Masters Throws & U13 Championships	17/09/2023
Paul Brooks	2023	V70	M	DT1K	23.94	Telford	Telford Games	09/09/2023
Paul Brooks	2023	V75	M	DT1K	22.91	Wrexham	Wrexham	24/09/2023
Ian Robinson	2023	V75	M	DT1K	22.03	Loughborough	Loughborough Open	21/06/2023
Robin (Bob) Frost	2023	V75	M	DT1K	16.01	Wrexham	North Wales Outdoor Championships	14/05/2023
Phil Rees	2023	V80	M	DT1K	17.39	Derby	BMAF - British Masters AF Track & Field Championships	01/09/2023
Kieran Golding	2023	V40	M	DT2K	22.72	Swindon	Swindon Harriers Autumn Open Meeting	10/09/2023
Ian Williams	2023	V45	M	DT2K	28.10	Newport	Midland Counties League Division 3	09/07/2023
Peter Roberts	2023	V50	M	DT2K	37.33	Swansea	Swansea Harriers AC Open Meeting	23/04/2023
Graham Holder	2023	V50	M	DT2K	33.30	Eltham	Southern Athletics League Division 2 North & East	19/08/2023
Neil Davies	2023	V50	M	DT2K	23.72	Liverpool	Northern Track & Field League West 15	18/06/2023
David Glendower	2023	V50	M	DT2K	14.23	Carmarthen	West Wales Regional Championships	14/05/2023
Paul Williams	2023	V60	M	DT2K	17.84	Birmingham	Midland Veterans League - North	17/05/2023
Paul Yeoman	2023	V60	M	DT2K	16.89	Abingdon	Midland Counties League Division 3	09/09/2023
Martin Davies	2023	V65	M	DT2K	12.19	Newport	Midland Counties League Division 3	09/07/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Graham Holder	2023	V50	M	HT6K	54.98	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Gwynn Wallace	2023	V55	M	HT6K	25.67	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Andrew Turner	2023	V55	M	HT6K	23.12	Portsmouth	Southern Counties VAC League - Hampshire Division	24/04/2023
Dave Stokes	2023	V60	M	HT5K	32.61	Ellesmere Port	West Cheshire AC 25th Anniversary Open Meeting	26/03/2023
Wynn Howe	2023	V60	M	HT5K	30.49	Gillingham	Medway & Maidstone Open	02/07/2023
Duncan Steward	2023	V60	M	HT5K	25.02	Yate	Avon/Yate AC Masters Open	12/08/2023
Paul Yeoman	2023	V60	M	HT5K	19.40	Yate	Avon/Yate AC Masters Open	12/08/2023
Paul Williams	2023	V60	M	HT6K	12.83	Telford	Midland Veterans League - North	19/04/2023
Martin Davies	2023	V65	M	HT5K	18.41	Yate	Avon/Yate AC Masters Open	12/08/2023
Mark Wyndham-Jones	2023	V70	M	HT4K	34.49	Derby	BMAF - British Masters AF Track & Field Championships	01/09/2023
Peter Hawney	2023	V70	M	HT4K	31.79	Gillingham	Kent Combined Events, Masters Throws & U13 Championships	17/09/2023
David Jones	2023	V70	M	HT4K	18.09	Aberdare	South Wales Throws 2	30/05/2023
Paul Brooks	2023	V70	M	HT4K	17.40	Bebington	Wirral AC Open Meeting (Mini Series)	24/04/2023
Paul Brooks	2023	V75	M	HT4K	15.72	Wrexham	Wrexham	23/09/2023
Robin (Bob) Frost	2023	V75	M	HT4K	12.16	Wrexham	The Final Fling	24/09/2023
Phil Rees	2023	V80	M	HT3K	20.51	Yate	Avon/Yate AC Masters Open	12/08/2023
Jonathan Williams	2023	V35	M	HT7.26K	9.75	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Kieran Golding	2023	V40	M	HT7.26K	15.50	Abingdon	Southern Counties VAC League - Western	15/06/2023
Graham Holder	2023	V50	M	HT7.26K	48.85	Stevenage	Southern Athletics League Division 2 North & East	09/07/2023
Peter Roberts	2023	V50	M	HT7.26K	24.50	Birmingham	National Athletics League Premier Division Fixture B	05/08/2023
David Glendower	2023	V50	M	HT7.26K	21.10	Cardiff	Welsh Senior/U15 Championships	24/06/2023
Neil Davies	2023	V50	M	HT7.26K	20.29	Macclesfield	Northern Track & Field League West 15	20/05/2023
Steven Thomas-Spires	2023	V50	M	HT7.26K	16.85	Ormskirk	Northern Track & Field League West 15	09/07/2023
Glyn Price	2023	V55	M	HT7.26K	15.00	Woodford	National Athletics League Premier Division Fixture B	15/07/2023
Chris Millard	2023	V55	M	HT7.26K	14.99	Yate	Avon League	25/06/2023
Paul Yeoman	2023	V60	M	HT7.26K	14.28	Nuneaton	Midland Counties League Technical Events	18/06/2023
Martin Davies	2023	V65	M	HT7.26K	17.56	Newport	Midland Counties League Division 3	09/07/2023
Peter Hawney	2023	V70	M	HT7.26K	16.89	Eltham	Southern Athletics League Division 2 North & East	19/08/2023
David Jones	2023	V70	M	HT7.26K	9.51	Carmarthen	West Wales Regional Championships	14/05/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Kieran Golding	2023	V40	M	JT800	32.38	Yate	Avon/Yate AC Masters Open	12/08/2023
Ian Williams	2023	V45	M	JT800	26.56	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Graham Holder	2023	V50	M	JT700	27.73	Tonbridge	Southern Counties Veterans AC Kent Division 2	02/06/2023
Jason Elworthy	2023	V50	M	JT800	12.28	Cardiff	Welsh Senior/U15 Championships	24/06/2023
Martin Tucker	2023	V55	M	JT700	39.30	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Gwynn Wallace	2023	V55	M	JT700	33.71	Stantonbury	Mike Leonard Memorial Open Meeting	21/05/2023
Glyn Price	2023	V55	M	JT700	26.89	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Chris Millard	2023	V55	M	JT800	27.57	Yate	Avon League	25/06/2023
Wynn Howe	2023	V60	M	JT600	36.57	Gillingham	Medway & Maidstone Open	02/07/2023
Duncan Steward	2023	V60	M	JT600	24.87	Yate	Avon/Yate AC Masters Open	12/08/2023
Paul Yeoman	2023	V60	M	JT600	24.34	Yate	Avon/Yate AC Masters Open	12/08/2023
Martin Weetman	2023	V60	M	JT600	24.00	Treborth	IG & Menai Track and Field Open	10/09/2023
Dave Stokes	2023	V60	M	JT600	20.79	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Paul Williams	2023	V60	M	JT600	17.88	Sutton Coldfield	Midland Veterans League - North	12/07/2023
Chris Pruski	2023	V65	M	JT600	30.72	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Martin Davies	2023	V65	M	JT600	18.01	Yate	Avon/Yate AC Masters Open	12/08/2023
Mark Wyndham-Jones	2023	V70	M	JT500	29.27	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Robin (Bob) Frost	2023	V75	M	JT500	16.60	Wrexham	The Final Fling	24/09/2023
Paul Allen	2023	V75	M	JT600	14.20	Stratford-upon-Avon	Midland Veterans League - South	14/06/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Kieran Golding	2023	V40	M	SPT.26K	7.03	Poole	Southern Athletics League Division 3 West	20/05/2023
Ian Williams	2023	V45	M	SPT.26K	9.35	Leamington	Midland Counties League Division 3	20/05/2023
Jason Elworthy	2023	V50	M	SP5K	5.59	Cardiff	Welsh Senior/U15 Championships	25/06/2023
Graham Holder	2023	V50	M	SP6K	11.44	Gillingham	Kent Combined Events, Masters Throws & U13 Championships	17/09/2023
Graham Holder	2023	V50	M	SP6K	10.47i	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Neil Davies	2023	V50	M	SP6K	9.04	Wrexham	North Wales Outdoor Championships	14/05/2023
Graham Holder	2023	V50	M	SPT.26K	10.20	St. Albans	Southern Athletics League Division 2 North & East	18/06/2023
Peter Roberts	2023	V50	M	SPT.26K	9.23	Carmarthen	West Wales Regional Championships	14/05/2023
Neil Davies	2023	V50	M	SPT.26K	8.04	Marblehead	Northern Track & Field League West 15	20/05/2023
David Glendower	2023	V50	M	SPT.26K	6.39	Carmarthen	West Wales Regional Championships	14/05/2023
Andrew Turner	2023	V55	M	SP5K	9.67	Bournemouth	Bournemouth Open	10/09/2023
Martin Tucker	2023	V55	M	SP6K	10.23	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Gwynn Wallace	2023	V55	M	SP6K	9.85	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Andrew Turner	2023	V55	M	SP6K	8.00	Yate	Avon/Yate AC Masters Open	12/08/2023
Robert Eales	2023	V55	M	SPT.26K	9.66	Aberdare	Welsh South & East Regional Championships	13/05/2023
Joseph Horner	2023	V55	M	SPT.26K	6.59	Aberdare	Inter Regional T&F Championships	16/07/2023
Dave Stokes	2023	V60	M	SP5K	8.72i	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Martin Weetman	2023	V60	M	SP5K	8.31i	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Paul Yeoman	2023	V60	M	SP5K	7.31i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Paul Williams	2023	V60	M	SP5K	9.10	Burton	Midland Veterans League - North	07/06/2023
Duncan Steward	2023	V60	M	SP5K	9.02	Yate	Avon/Yate AC Masters Open	12/08/2023
Dave Stokes	2023	V60	M	SP5K	8.87	Ellesmere Port	West Cheshire AC 25th Anniversary Open Meeting	26/03/2023
Wynn Howe	2023	V60	M	SP6K	7.79	Bromley	Southern Counties Veterans AC Kent Division 2 Field Only	23/06/2023
Paul Yeoman	2023	V60	M	SP5K	7.31	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Paul Williams	2023	V60	M	SPT.26K	7.82	Abingdon	Midland Counties League Division 3	09/09/2023
Chris Pruski	2023	V65	M	SP5K	7.56i	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Martin Davies	2023	V65	M	SP5K	7.49	Yate	Avon/Yate AC Masters Open	12/08/2023
Chris Pruski	2023	V65	M	SP5K	7.34	Nuneaton	Midland Masters Championships	11/06/2023
Martin Davies	2023	V65	M	SPT.26K	6.09	Stoke	Midland Counties League Division 3	19/08/2023
Mark Wyndham-Jones	2023	V70	M	SP4K	11.03	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Peter Hawney	2023	V70	M	SP4K	9.79	Gillingham	Kent Combined Events, Masters Throws & U13 Championships	17/09/2023
Paul Brooks	2023	V70	M	SP4K	7.35	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Paul Brooks	2023	V70	M	SP4K	7.19i	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Paul Brooks	2023	V75	M	SP4K	7.05	Wrexham	Wrexham	23/09/2023
Robin (Bob) Frost	2023	V75	M	SP4K	6.04	Wrexham	North Wales Outdoor Championships	14/05/2023
Robin (Bob) Frost	2023	V75	M	SP4K	6.03i	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Phil Rees	2023	V80	M	SP3K	6.62i	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Phil Rees	2023	V80	M	SP3K	6.49	Yate	Avon/Yate AC Masters Open	12/08/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Kieran Golding	2023	V40	M	WT15.88K	4.99	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Graham Holder	2023	V50	M	WT11.34K	18.57	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Graham Holder	2023	V50	M	WT11.34K	17.93i	Bournemouth	Bournemouth Open	26/03/2023
Gwynn Wallace	2023	V55	M	WT11.34K	9.82	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Dave Stokes	2023	V60	M	WT9.08K	12.28	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Mark Wyndham-Jones	2023	V70	M	WT7.26K	14.49	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Owen Chesher	2023	V35	M	HJ	1.73i	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Owen Chesher	2023	V35	M	HJ	1.75	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Neil Davies	2023	V50	M	HJ	1.43	Sportcity	The 14th Joe Moran Memorial Veteran Meeting	07/06/2023
Russell Whiting	2023	V55	M	HJ	1.30	Eastbourne	Sussex Masters League	04/08/2023
Paul Yeoman	2023	V60	M	HJ	1.40	Pescara, ITA	European Masters Athletics Championships	22/09/2023
Paul Yeoman	2023	V60	M	HJ	1.39i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Martin Weetman	2023	V60	M	HJ	1.25	Telford	Midland Veterans League - North	19/04/2023
Paul Williams	2023	V60	M	HJ	1.20	Telford	Midland Veterans League - North	19/04/2023
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	0.95i	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Phil Rees	2023	V80	M	HJ	0.86	Yate	Avon/Yate AC Masters Open	12/08/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Glyn Price	2023	V55	M	PV	3.75i	Torun, POL	WMA - World Masters Championships	30/03/2023
Glyn Price	2023	V55	M	PV	3.70	Pescara, ITA	European Masters Athletics Championships	28/09/2023
Paul Yeoman	2023	V60	M	PV	2.60	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Paul Yeoman	2023	V60	M	PV	2.60	Pescara, ITA	European Masters Athletics Championships	23/09/2023
Paul Yeoman	2023	V60	M	PV	2.43i	Cardiff	Vault Cardiff	05/03/2023
Keith Powell	2023	V60	M	PV	2.21	Aberdare	Welsh South & East Regional Championships	13/05/2023
Dave Stokes	2023	V60	M	PV	2.05	Wrexham	North Wales Outdoor Championships	14/05/2023
Dave Stokes	2023	V60	M	PV	2.00i	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Martin Weetman	2023	V60	M	PV	1.90	Burton	Midland Veterans League - North	07/06/2023
Martin Davies	2023	V65	M	PV	2.60	Nuneaton	Midland Counties League Technical Events	18/06/2023
Martin Davies	2023	V65	M	PV	2.60	Abingdon	Midland Counties League Division 3	09/09/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Steven Thomas-Spires	2023	V50	M	LJ	3.74	Ormskirk	Northern Track & Field League West 15	09/07/2023
Joseph Horner	2023	V55	M	LJ	4.35	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Joseph Horner	2023	V55	M	LJ	4.02i	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Paul Williams	2023	V60	M	LJ	4.45	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Keith Powell	2023	V60	M	LJ	3.95	Yate	Avon/Yate AC Masters Open	12/08/2023
Paul Yeoman	2023	V60	M	LJ	3.95	Pescara, ITA	European Masters Athletics Championships	22/09/2023
Martin Weetman	2023	V60	M	LJ	3.78	Nuneaton	Midland Veterans League A Final	16/09/2023
Dave Shields	2023	V60	M	LJ	3.68	Abingdon	Southern Counties VAC League - Western	15/06/2023
Dave Shields	2023	V60	M	LJ	3.62i	Lee Valley	Eastern Master AC/Veterans AC Championships	26/03/2023
Paul Yeoman	2023	V60	M	LJ	3.57i	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Dave Shields	2023	V60	M	LJ	3.57	Horspath	Southern Counties VAC League - Western	24/04/2023
Roderick Davies	2023	V65	M	LJ	3.98	Aberdare	Welsh Athletics Sprints Open and Field	19/07/2023
Roderick Davies	2023	V65	M	LJ	3.93i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Martin Davies	2023	V65	M	LJ	2.47	Yate	Avon/Yate AC Masters Open	12/08/2023
Jon Clarke	2023	V65	M	LJ	1.96	Sportcity	The 14th Joe Moran Memorial Veteran Meeting	07/06/2023
Mark Wyndham-Jones	2023	V70	M	LJ	3.38	Yate	Avon/Yate AC Masters Open	12/08/2023
Phil Rees	2023	V80	M	LJ	2.16	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Phil Rees	2023	V80	M	LJ	1.92i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Joseph Horner	2023	V55	M	TJ	9.21	Treborrh	IG & Menai Track and Field Open	10/09/2023
Joseph Horner	2023	V55	M	TJ	8.75i	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Paul Williams	2023	V60	M	TJ	9.56	Stoke	Midland Counties League Division 3	19/08/2023
Dave Shields	2023	V60	M	TJ	8.38	Reading	Southern Counties VAC League - Western	02/07/2023
Dave Shields	2023	V60	M	TJ	8.26i	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Dave Shields	2023	V60	M	TJ	8.26i	Lee Valley	Southern Counties Veterans AA Championships	12/02/2023
Duncan Steward	2023	V60	M	TJ	6.20	Yate	Avon/Yate AC Masters Open	12/08/2023
Martin Davies	2023	V65	M	TJ	6.00	Yate	Avon/Yate AC Masters Open	12/08/2023
Phil Rees	2023	V80	M	TJ	5.23i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Phil Rees	2023	V80	M	TJ	4.80	Yate	Avon/Yate AC Masters Open	12/08/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Paul Yeoman	2023	V60	M	DecM60	4261	Pescara, ITA	European Masters Athletics Championships	23/09/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Kieran Golding	2023	V40	M	PenWtM40	1305	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Graham Holder	2023	V50	M	PenWtM50	3299	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Gwynn Wallace	2023	V55	M	PenWtM55	2505	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Dave Stokes	2023	V60	M	PenWtM60	2389	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Paul Yeoman	2023	V60	M	PenM60	1932	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Mark Wyndham-Jones	2023	V70	M	PenWtM70	3015	Horspath	BMAF Throws Pentathlon Championships	20/08/2023