

WELSH
MASTERS
RANKINGS

MALE

2016 RANKINGS

8.12.2016

60
METRES

| | | | | | |
|-------|--------------------|--------------------------|----------------------|---------------|-----------|
| 7.6 | CHRIS MILLARD | NORTH SOMERSET | V45 | CARDIFF | 23.1.2016 |
| 8.09 | GLYN SUTTON | NEWPORT | V70 | ANCONA | 20.3.2016 |
| 8.21 | STUART PEARCE | NEWPORT | V35 | CARDIFF | 23.1.2016 |
| 8.31 | PAUL EVANS | BRECON | V40 | CARDIFF | 10.1.2016 |
| 8.36 | ROBIN WOOD | SWANSEA | V50 | SWANSEA | 24.1.2016 |
| 8.45 | IAN BROADHURST | WREXHAM | V60 | LEE VALLEY | 12.3.2016 |
| 8.53 | SIMON GILL | LLISWERRY | V35 | CARDIFF | 23.1.2016 |
| 8.57 | KEITH POWELL | NEWPORT | V55 | CARDIFF | 23.1.2016 |
| 8.62 | MARCEL GRAY | SALE | V50 | CONNAH'S QUAY | 23.1.2016 |
| 8.73 | IAIN MOODY | TELFORD | V50 | CARDIFF | 23.1.2016 |
| 8.83 | BRIAN WILLIAMSON | RHONDDA | V65 | LEE VALLEY | 12.3.2016 |
| 9.01 | ROY WHITEHOUSE | NEATH | V50 | CARDIFF | 23.1.2016 |
| 9.17 | CHARLIE NORTHEY | BRECON | V45 | CARDIFF | 23.1.2016 |
| 9.67 | JON CLARKE | WREXHAM | V55 | LEE VALLEY | 28.2.2016 |
| 9.78 | MEL JAMES | LES CROUPIERS | V70 | LEE VALLEY | 28.2.2016 |
| 9.79 | GARRY JONES | CARDIFF | V55 | CARDIFF | 23.1.2016 |
| 10.52 | DEREK OSBORNE | BRECON | V50 | LEE VALLEY | 14.2.2016 |
| 10.62 | JOHN EVANS | RUGBY AND NORTHAMPTON | V80 | ANCONA | 30.3.2016 |
| 10.98 | JOHN GARDENER | PEMBROKESHIRE | V70 | CARDIFF | 23.1.2016 |
| 11.64 | MALCOLM FARNHAM | LES CROUPIERS | V75 | CARDIFF | 23.1.2016 |
| 12.77 | PHIL REES | CARDIFF | V70 | CARDIFF | 23.1.2016 |
| 13.36 | JASON ELWORTHY | BARRY AND VALE | (T38/ F38) V40 | CARDIFF | 23.1.2016 |
| 14 | JON HUBERT-DANIELS | SWANSEA | V80 | CARDIFF | 23.1.2016 |

100
METRES

| | | | | | |
|-------|----------------|---------------|-----|------------|-----------|
| 11.75 | STEVE BUTTLER | WORCESTER | V40 | LEICESTER | 14.5.2016 |
| 12.14 | NAVID CHILDS | BRECON | V35 | BIRMINGHAM | 17.9.2016 |
| 12.5 | PAUL WILLIAMS | CITY OF STOKE | V50 | BRECON | 3.7.2016 |
| 12.55 | JAMES MORGAN | NEWPORT | V45 | BIRMINGHAM | 17.9.2016 |
| 12.6 | STUART PEARCE | NEWPORT | V35 | BRECON | 3.7.2016 |
| 12.7 | EIFION LEWIS | CARMARTHEN | V45 | BRECON | 3.7.2016 |
| 12.91 | IOAN HUGHES | MENAI | V35 | BANGOR | 18.9.2016 |
| 13.08 | PAUL EVANS | BRECON | V40 | BIRMINGHAM | 20.3.2016 |
| 13.2 | GLYN SUTTON | NEWPORT | V70 | SOLIHULL | 17.7.2016 |
| 13.48 | MARCEL GRAY | SALE | V50 | WREXHAM | 14.5.2016 |
| 13.5 | STEPHEN BAILEY | CARDIFF | V35 | BRECON | 3.7.2016 |
| 13.5 | ALEC WILLIAMS | PEMBROKESHIRE | V45 | BRECON | 3.7.2016 |
| 13.56 | IAN BROADHURST | WREXHAM | V60 | SOLIHULL | 17.7.2016 |

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|------------|------------------|---------------------------|----------------------|---------------|-----------|
| 13.7 | Malcolm Medhurst | Newport | V50 | NEWPORT | 7.9.2016 |
| 13.75 | ROBIN WOOD | SWANSEA | V50 | NEWPORT | 24.4.2016 |
| 13.8 | DAVE BOALER | CARDIFF | V55 | BRECON | 3.7.2016 |
| 14 | KEITH POWELL | NEWPORT | V55 | BRECON | 3.7.2016 |
| 14 | KIERAN MCDONNELL | U/A | V60 | NEWPORT | 7.9.2016 |
| 14.06 | GLYN PRICE | SWANSEA | V50 | BIRMINGHAM | 30.7.2016 |
| 14.1 | Rod Davies | Swansea | V55 | NEWPORT | 7.9.2016 |
| 14.2 | DEREK OSBORNE | BRECON | V50 | SWANSEA | 18.5.2016 |
| 14.8 | Steve Wadley | Newport | V55 | SWANSEA | 18.5.2016 |
| 14.9 | RICHARD HUGHES | WESTBURY HARRIERS | V55 | BRECON | 3.7.2016 |
| 14.9 | GAVIN BELCHER | NEWPORT | V45 | NEWPORT | 14.4.2016 |
| 14.99 | JON CLARKE | WREXHAM | V60 | BIRMINGHAM | 30.7.2016 |
| 15.1 | Charlie Northey | Brecon | V45 | SWANSEA | 18.5.2016 |
| 15.3 | ROD HOWE | U/A | V65 | BRECON | 3.7.2016 |
| 15.5 | STEPHEN WALKER | WREXHAM | V55 | BRECON | 3.7.2016 |
| 15.5 | GARRY JONES | CARDIFF | V55 | BRECON | 3.7.2016 |
| 15.5 | BARRY GRIFFITHS | BRECON | M50 | NEWPORT | 7.9.2016 |
| 15.6 | John Watkins | Newport | V60 | SWANSEA | 18.5.2016 |
| 15.8 | Dave Stokes | Deeside | V50 | NEWPORT | 7.9.2016 |
| 16.6 | Mel James | Port Talbot Harriers | V70 | SWANSEA | 18.5.2016 |
| 16.6 | HUW MORGAN | PEMBROKESHIRE | V70 | NEWPORT | 7.9.2016 |
| 16.9 | MICHAEL H DAVIES | LES CROUPIERS | V60 | NEWPORT | 7.9.2016 |
| 17.2 | DUNCAN STEWARD | RHONDDA | V55 | BRECON | 3.7.2016 |
| 17.7 | JOHN EVANS | RUGBY AND NORTHAMPTON | V80 | BRECON | 3.7.2016 |
| 18.1 | ALAN MANN | LES CROUPIERS | V55 | BRECON | 3.7.2016 |
| 18.4 | John Gardener | Pembrokeshire Harriers | V75 | BRECON | 3.7.2016 |
| 18.4 | MIKE POLLOCK | NEWPORT | M50 | NEWPORT | 7.9.2016 |
| 18.8 | MALCOLM FARNHAM | LES CROUPIERS | V75 | BRECON | 3.7.2016 |
| 19.3 | PETER MOODY | CARMARTHEN | V60 | NEWPORT | 7.9.2016 |
| 22.32 | JASON ELWORTHY | BARRY AND VALE | (T38/ F38) V40 | BRECON | 14.5.2016 |
| 23.5 | Hubert Daniels | Swansea | V80 | SWANSEA | 18.5.2016 |
| 200 METRES | | | | | |
| 22.95 | DALE GARLAND | CHANNEL ISLANDS | V35 | ST PETER PORT | 5.6.2016 |
| 24.75 | CHRIS MILLARD | NORTH SOMERSET | V45 | LEE VALLEY | 28.2.2016 |
| 24.9 | STEVE BUTTLER | WORCESTER | V40 | WORCESTER | 27.7.2016 |
| 25.02 | NAVID CHILDS | BRECON | V35 | SANDY | 3.9.2016 |
| 25.4 | PAUL WILLIAMS | CITY OF STOKE | V50 | BRECON | 3.7.2016 |
| 25.72 | JAMES MORGAN | NEWPORT HARRIERS | V45 | CARDIFF | 29.6.2016 |
| 25.8 | JAKE MORGAN | CARMARTHEN | V45 | BRECON | 8.6.2016 |
| 26 | STUART PEARCE | NEWPORT | V35 | BRECON | 3.7.2016 |
| 26.2 | EIFION LEWIS | CARMARTHEN | V45 | BRECON | 3.7.2016 |

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| 26.52 | IAN BROADHURST | WREXHAM | V60 | CARDIFF | 10.1.2016 |
| 26.55 | IOAN HUGHES | MENAI | V35 | BANGOR | 18.9.2016 |
| 26.9 | GLYN SUTTON | NEWPORT | V70 | BRECON | 8.6.2016 |
| 27.12 | PAUL EVANS | BRECON | V35 | BRECON | 18.6.2016 |
| 27.2 | STEPHEN BAILEY | CARDIFF | V35 | BRECON | 3.7.2016 |
| 27.4 | GAVIN BELCHER | NEWPORT | V45 | NEWPORT | 14.4.2016 |
| 27.86 | SIMON GILL | LLISWERRY | V35 | CARDIFF | 10.1.2016 |
| 28.0 | Brett Davis | Newport | V50 | SWANSEA | 18.5.2016 |
| 28.2 | Alec Williams | Pembrokeshire Harriers | V45 | BRECON | 3.7.2016 |
| 28.23 | ROBIN WOOD | SWANSEA | V50 | CARDIFF | 10.1.2016 |
| 28.28 | MARCEL GRAY | SALE | V50 | WREXHAM | 14.5.2016 |
| 28.35 | MALCOLM COWTON | YATE | V50 | CARDIFF | 10.1.2016 |
| 28.52 | DEREK OSBORNE | BRECON | V50 | CARDIFF | 10.1.2016 |
| 28.8 | Malcolm Medhurst | Newport | V50 | BRECON | 8.6.2016 |
| 29.3 | John Watkins | Newport | V60 | BRECON | 8.6.2016 |
| 29.41 | CHARLES NORTHEY | BRECON | V45 | CARDIFF | 10.1.2016 |
| 29.9 | Rod Davies | Swansea | V55 | BRECON | 8.6.2016 |
| 30.79 | BRIAN WILLIAMSON | RHONDDA | V65 | LEE VALLEY | 13.3.2016 |
| 31.0 | Steve Wadley | Newport | V55 | SWANSEA | 18.5.2016 |
| 31.2 | ROD HOWE | CARDIFF | V65 | BRECON | 3.7.2016 |
| 32.12 | MARK KALLENBERG | CARMARTHEN | V55 | CARDIFF | 10.1.2016 |
| 32.5 | GARRY JONES | CARDIFF | V55 | BRECON | 3.7.2016 |
| 32.54 | JON CLARKE | WREXHAM | V60 | EXETER | 19.6.2016 |
| 33.13 | MEL JAMES | LES CROUPIERS | V70 | LEE VALLEY | 28.2.2016 |
| 37.54 | JOHN EVANS | RUGBY AND NORTHAMPTON | V80 | ANCONA | 1.4.2016 |
| 37.6 | Dave Stokes | Deeside | V50 | SWANSEA | 18.5.2016 |
| 39.5 | John Gardener | Pembrokeshire Harriers | V75 | BRECON | 3.7.2016 |
| 40.3 | ALAN MANN | LES CROUPIERS | V55 | BRECON | 3.7.2016 |
| 47.0 | PHIL REES | CARDIFF | V70 | BRECON | 8.6.2016 |
| 55.12 | JASON ELWORTHY | BARRY AND VALE | V40 (T38/ F38) | CARDIFF | 10.1.2016 |
| 400 METRES | | | | | |
| 50.64 | DALE GARLAND | CHANNEL ISLANDS | V35 | ST PETER PORT | 16.7.2016 |
| 54.7 | PAUL CLARKE | CARMARTHEN | V35 | SWANSEA | 10.8.2016 |
| 56.0 | JAKE MORGAN | CARMARTHEN | V45 | BRECON | 8.6.2016 |
| 58.1 | BRETT DAVIS | NEWPORT | V50 | BRECON | 8.6.2016 |
| 59.86 | STUART PEARCE | NEWPORT | V35 | SOLIHULL | 17.7.2016 |
| 60.86 | MALCOLM COWTON | YATE | V50 | LEE VALLEY | 12.3.2016 |
| 61.12 | IAN BROADHURST | WREXHAM | V60 | BIRMINGHAM | 17.9.2016 |
| 61.3 | SEAN PRICE | RHONDDA | V50 | SOLIHULL | 17.7.2016 |
| 62 | Malcolm Medhurst | Newport | V50 | NEWPORT | 7.9.2016 |
| 62.07 | PAUL BEVAN | CARDIFF | V55 | CARDIFF | 23.1.2016 |
| 62.4 | ALEC WILLIAMS | PEMBROKESHIRE | V45 | NEWPORT | 7.9.2016 |

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| 62.52 | SIMON GILL | LLISWERRY | V35 | CARDIFF | 23.1.2016 |
| 62.98 | CHARLES NORTHEY | BRECON | V45 | CARDIFF | 23.1.2016 |
| 63.3 | JAMES MORGAN | NEWPORT | V45 | BRECON | 3.7.2016 |
| 64.34 | ROY WHITEHOUSE | NEATH | V50 | CARDIFF | 23.1.2016 |
| 64.5 | PAUL EVANS | BRECON | V40 | SWANSEA | 10.8.2016 |
| 64.67 | IAIN MOODY | TELFORD | V50 | CARDIFF | 23.1.2016 |
| 64.8 | Paul Flynn | Swansea | V45 | SWANSEA | 10.8.2016 |
| 66.7 | ADRIAN LEWIS | ABERDARE | V40 | SWANSEA | 10.8.2016 |
| 67.5 | John Watkins | Newport | V60 | SWANSEA | 10.8.2016 |
| 68.4 | GLYN PRICE | SWANSEA | V50 | BIRMINGHAM | 30.7.2016 |
| 68.8 | MIKE EVANS | SWANSEA | M35-49 | SWANSEA | 10.8.2016 |
| 70.4 | BARRY GRIFFITHS | BRECON | M50 | NEWPORT | 7.9.2016 |
| 72.1 | DESMOND JONES | LISWERRY | M35-49 | NEWPORT | 7.9.2016 |
| 73.2 | EIFION LEWIS | CARMARTHEN | V45 | BRECON | 3.7.2016 |
| 73.4 | DAVE PROFFITT | LLISWERRY | V60 | NEWPORT | 7.9.2016 |
| 74.2 | PETE SOWERBY | BRECON | M50-59 | NEWPORT | 7.9.2016 |
| 77.2 | GORDON ORME | CARMARTHEN | V70 | NEWPORT | 7.9.2016 |
| 78.9 | GARRY JONES | CARDIFF | V55 | NEWPORT | 7.9.2016 |
| 79.4 | ROD HOWE | U/A | V65 | BRECON | 3.7.2016 |
| 79.4 | MICHAEL H DAVIES | LES CROUPIERS | V60 | SWANSEA | 10.8.2016 |
| 82.25 | BARRIE ROBERTS | BOURNVILLE | V70 | SOLIHULL | 17.7.2016 |
| 87.44 | LEN TEW | PORT TALBOT | V80 | LEE VALLEY | 28.2.2016 |
| 88.4 | JOHN GARDENER | PEMBROKESHIRE | V70 | SWANSEA | 10.8.2016 |
| 88.5 | PETER MOODY | CARMARTHEN | V60 | NEWPORT | 7.9.2016 |
| 103.4 | JON CLARKE | WREXHAM | V60 | BRECON | 3.7.2016 |
| 111.4 | ALAN MANN | LES CROUPIERS | V55 | BRECON | 3.7.2016 |

800
METRES

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| 2:02.68 | PAUL CLARKE | CARMARTHEN | V35 | SWANSEA | 31.7.2016 |
| 2:08.3 | MATT GURMIN | SWANSEA | V40 | NEWPORT | 7.9.2016 |
| 2:10.2 | LEE GARLAND | CHANNEL ISLANDS | V40 | ST PETER PORT | 23.8.2016 |
| 2:12.6 | TERRY JONES | RUN4ALL | V40 | BRECON | 3.7.2016 |
| 2:13.9 | JON GRAINGER | SOUTHAMPTON | V50 | ALDERSHOT | 4.7.2016 |
| 2:14.49 | BRETT DAVIS | NEWPORT | V50 | NUNEATON | 5.6.2016 |
| 2:15.33 | ROBERT PRADY | SWANSEA | V35 | NEWPORT | 24.4.2016 |
| 2:17.47 | PAUL EVANS | BRECON | V40 | CARDIFF | 10.1.2016 |
| 2:18.65 | SIMON GILL | LLISWERRY | V35 | CARDIFF | 10.1.2016 |
| 2:18.7 | MIKE HODGSON | DEESSIDE | V45 | BRECON | 3.7.2016 |
| 2:20.77 | ADRIAN LEWIS | ABERDARE | V40 | CARDIFF | 10.1.2016 |
| 2:21.94 | Paul Flynn | Swansea | V45 | CARMARTHEN | 17.7.2016 |
| 2:22.1 | IFAN LLOYD | SWANSEA | V55 | SWANSEA | 31.7.2016 |
| 2:22.51 | CHARLES NORTHEY | BRECON | V45 | CARDIFF | 10.1.2016 |
| 2:23.43 | ALEC WILLIAMS | PEMBROKESHIRE | V45 | CARMARTHEN | 17.7.2016 |
| 2:30.4 | BERNIE JONES | WREXHAM | V55 | LEIGH | 1.5.2016 |
| 2:32.81 | MALCOLM COWTON | YATE | V50 | CARDIFF | 10.1.2016 |

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| 2:34.6 | RICHARD MARKS | SARN HELEN | V65 | NEWPORT | 7.9.2016 |
| 2:37.25 | LAURENCE WORTH | PEMBROKESHIRE | V50 | NEWPORT | 24.4.2016 |
| 2:38.4 | AUSTIN DAVIES | WEST SUFFOLK | V55 | BRECON | 3.7.2016 |
| 2:39.4 | Malcolm Medhurst | Newport | V50 | SWANSEA | 10.8.2016 |
| 2:40.72 | MARK KALLENBERG | CARMARTHEN | V55 | CARDIFF | 10.1.2016 |
| 2:43.5 | DEREK OSBORNE | BRECON | V50 | SWANSEA | 10.8.2016 |
| 2:46.1 | PETE SOWERBY | BRECON | M50-59 | NEWPORT | 7.9.2016 |
| 2:46.9 | BARRY GRIFFITHS | BRECON | M50 | NEWPORT | 7.9.2016 |
| 2:47.3 | Clive Osmond | Les Croupiers ALDRSHOT, FARNHAM AND DISTRICT | V55 | NEWPORT | 7.9.2016 |
| 2:48.97 | TONY DAVIES | FARNHAM AND DISTRICT | V60 | SOLIHULL | 17.7.2016 |
| 2:52.6 | DAVE PROFFITT | LLISWERRY | V60 | NEWPORT | 7.9.2016 |
| 2:54.8 | DESMOND JONES | LISWERRY | M35-49 | NEWPORT | 7.9.2016 |
| 2:58.4 | John Watkins | Newport | V60 | SWANSEA | 10.8.2016 |
| 3:03.4 | MICHAEL H DAVIES | LES CROUPIERS | V60 | NEWPORT | 7.9.2016 |
| 3:03.9 | GORDON ORME | CARMARTHEN | V70 | NEWPORT | 7.9.2016 |
| 3:10.38 | BARRIE ROBERTS | BOURNVILLE | V70 | PERTH, AUSTRALIA | 27.10.2016 |
| 3:17 | JOHN GARDENER | PEMBROKESHIRE | V75 | NEWPORT | 7.9.2016 |
| 3:19.3 | PETER MOODY | CARMARTHEN | V60 | NEWPORT | 7.9.2016 |
| 3:35.39 | LEN TEW | PORT TALBOT | V80 | CARDIFF | 10.1.2016 |
| 4:02.9 | Ian Swanson | Port Talbot Harriers | V65 | SWANSEA | 10.8.2016 |
| 4:09.2 | ALAN MANN | LES CROUPIERS | V55 | BRECON | 3.7.2016 |
| 1500 METRES | | | | | |
| 4:22.77 | LEE GARLAND | CHANNEL ISLANDS | V40 | ST PETER PORT | 7.6.2016 |
| 4:28.43 | PAUL CLARKE | CARMARTHEN | V35 | BELFAST | 9.6.2016 |
| 4:30.55 | TERRY JONES | RUN4ALL | V35 | SOLIHULL | 17.7.2016 |
| 4:37.76 | JON GRAINGER | SOUTHAMPTON | V50 | SOLIHULL | 17.7.2016 |
| 4:39.61 | ROBERT JOHN | FAIRWATER | V40 | CARDIFF | 23.1.2016 |
| 4:45.48 | ROY WHITEHOUSE | NEATH | V50 | LEE VALLEY | 28.2.2016 |
| 4:47.6 | ROBERT PRADY | SWANSEA | V35 | SWANSEA | 10.8.2016 |
| 4:49.45 | BERNIE JONES | WREXHAM | V55 | CARDIFF | 23.1.2016 |
| 4:51.1 | IFAN LLOYD | SWANSEA | V55 | BRECON | 3.7.2016 |
| 4:52.5 | Paul Flynn | Swansea | V45 | SWANSEA | 18.5.2016 |
| 4:56.01 | ADRIAN LEWIS | ABERDARE | V40 | LEE VALLEY | 28.2.2016 |
| 4:57.6 | JEREMY MOWER | GLOUCESTER | V50 | GLOUCESTER | 15.5.2016 |
| 5:02.3 | Brett Davis | Newport | V50 | SWANSEA | 18.5.2016 |
| 5:04.5 | ROB SHEEN | LEICESTER | V55 | BRECON | 3.7.2016 |
| 5:05.9 | Charlie Northey | Brecon | V45 | SWANSEA | 18.5.2016 |
| 5:07.4 | Alec Williams | Pembrokeshire Harriers | V45 | CARMARTHEN | 17.7.2016 |
| 5:09.9 | MIKE EVANS | SWANSEA | M35-49 | SWANSEA | 10.8.2016 |
| 5:10.1 | RICHARD MARKS | SARN HELEN | V65 | SWANSEA | 10.8.2016 |

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| 5:17.1 | Charlie Northey | Brecon | V45 | SWANSEA | 10.8.2016 |
| 5:18.8 | EVATT CUMMINGS | LES CROUPIERS | V45 | SWANSEA | 10.8.2016 |
| 5:29.4 | Robert Evans | Les Croupiers | V60 | SWANSEA | 10.8.2016 |
| 5:34.49 | TONY DAVIES | ALDRESHOT, FARNHAM AND DISTRICT | V60 | SOLIHULL | 17.7.2016 |
| 5:37.9 | MICHAEL BRYANT | HIGHWORTH RC | V55 | BRECON | 3.7.2016 |
| 5:45.0 | AUSTIN DAVIES | WEST SUFFOLK | V55 | BRECON | 3.7.2016 |
| 5:48.9 | Malcolm Medhurst | Newport | V50 | SWANSEA | 18.5.2016 |
| 5:56.05 | GORDON ORME | CARMARTHEN | V70 | LEE VALLEY | 28.2.2016 |
| 5:57.2 | DEREK OSBORNE | BRECON | V50 | BRECON | 3.7.2016 |
| 6:14.00 | JOHN GARDENER | PEMBROKESHIRE | V70 | CARDIFF | 23.1.2016 |
| 6:14.03 | GLYN PRICE | SWANSEA | V50 | BIRMINGHAM | 31.7.2016 |
| 6:22.02 | BARRIE ROBERTS | BOURNVILLE | V70 | PERTH, AUSTRALIA | 4.11.2016 |
| 6:40.0 | John Watkins | Newport | V60 | SWANSEA | 10.8.2016 |
| 8:09.7 | Ian Swanson | Port Talbot Harriers | V65 | SWANSEA | 10.8.2016 |
| 8:46 | ALAN MANN | LES CROUPIERS | V55 | BRECON | 3.7.2016 |
| 1500 S/C | | | | | |
| 5:36.97 | IFAN LLOYD | SWANSEA | V55 | SWANSEA | 31.7.2016 |
| 6:00.06 | Charlie Northey | Brecon | V45 | SWANSEA | 31.7.2016 |
| 2000 S/C | | | | | |
| 6:40.7 | LEE GARLAND | CHANNEL ISLANDS | V40 | ST PETER PORT | 11.6.2016 |
| 07:30.7 | JEREMY MOWER | GLOUCESTER | V50 | WORCESTER | 2.7.2016 |
| 3000 METRES | | | | | |
| 9:35.7 | HUW EVANS | LES CROUPIERS | V40 | NEWPORT | 7.9.2016 |
| 9:41.6 | STUART CREES | LES CROUPIERS | V35 | NEWPORT | 7.9.2016 |
| 9:46.44 | LEE GARLAND | CHANNEL ISLANDS | V40 | ST PETER PORT | 4.8.2016 |
| 9:51.1 | PAUL CLARKE | CARMARTHEN | V35 | NEWPORT | 24.4.2016 |
| 09:52.2 | MATHEW JACKLIN | ABERDARE | V40 | SOLIHULL | 17.7.2016 |
| 9:56.75 | LEE AHERNE | PARC BRYN BACH | V50 | SOLIHULL | 17.7.2016 |
| 10:04.26 | IFAN LLOYD | SWANSEA | V55 | BRECON | 18.6.2016 |
| 10:16.34 | BERNIE JONES | WREXHAM | V55 | LEE VALLEY | 28.2.2016 |
| 10:19.1 | ADRIAN LEWIS | ABERDARE | V40 | NEWPORT | 24.4.2016 |
| 10:21.2 | JEREMY MOWER | GLOUCESTER | V50 | CHELTENHAM | 20.7.2016 |
| 10:22.9 | ROB SHEEN | LEICESTER | V50 | BRECON | 3.7.2016 |
| 10:27 | Paul Flynn | Swansea | V45 | NEWPORT | 7.9.2016 |
| 10:52.69 | ELIO LEPORE | LES CROUPIERS | V60 | LEE VALLEY | 28.2.2016 |
| 10:57.4 | Richard Marks | Sarn helen | M60+ | BRECON | 8.6.2016 |
| 11:06.93 | ALEC WILLIAMS | PEMBROKESHIRE | V45 | SWANSEA | 15.5.2016 |
| 11:09.28 | Charlie Northey | Brecon | V45 | SWANSEA | 31.7.2016 |
| 11:10.2 | Robert Evans | Les Croupiers | M60+ | SWANSEA | 18.5.2016 |
| 11:16.9 | PETE SOWERBY | BRECON | M50- 59 | NEWPORT | 7.9.2016 |

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| 11:21.6 | ROBERT PRADY | SWANSEA | V35 | NEWPORT | 24.4.2016 |
| 11:42.1 | EVATT CUMMINGS | LES CROUPIERS | V45 | BRECON | 8.6.2016 |
| 11:45.2 | BRETT DAVIS | NEWPORT | V50 | NEWPORT | 7.9.2016 |
| 11:47.1 | HUW ROBERTS | BRIDGEND | V50 | NEWPORT | 7.9.2016 |
| 11:52.1 | LAURENCE WORTH | PEMBROKESHIRE | V50 | NEWPORT | 24.4.2016 |
| 12:09.8 | MICHAEL BRYANT | HIGHWORTH RC | V55 | BRECON | 3.7.2016 |
| 12:12.2 | DAVE PROFFITT | LLISWERRY | V60 | BRECON | 3.7.2016 |
| 12:38.68 | IAN WRIGHT | ISLWYN | V55 | LEE VALLEY | 13.3.2016 |
| 12:40.3 | GORDON ORME | CARMARTHEN | V70 | NEWPORT | 7.9.2016 |
| 12:49.3 | Clive Osmond | Les Croupiers | V55 | BRECON | 8.6.2016 |
| 12:53.2 | MICHAEL H DAVIES | LES CROUPIERS | V60 | BRECON | 8.6.2016 |
| 13:16.7 | John Gardener | Pembrokeshire Harriers | V70 | NEWPORT | 7.9.2016 |
| 13:40.3 | EIFION LEWIS | CARMARTHEN | V45 | BRECON | 3.7.2016 |
| 14:15.7 | PETER MOODY | CARMARTHEN | V60 | NEWPORT | 7.9.2016 |
| 14:46.15 | BARRIE ROBERTS | BOURNVILLE | V70 | ANCONA | 30.3.2016 |
| 14:56.4 | GARRY JONES | CARDIFF | V55 | BRECON | 8.6.2016 |
| 16:19 | RALPH DAVEY | LES CROUPIERS | V70 | NEWPORT | 7.9.2016 |
| 17:21.6 | ALAN MANN | LES CROUPIERS | V55 | BRECON | 3.7.2016 |
| 17:33.5 | Ian Swanson | Port Talbot Harriers | V65 | BRECON | 8.6.2016 |

5000
METRES

| | | | | | |
|----------|----------------|---------------------------|------|---------------------|------------|
| 16:42.73 | LEE GARLAND | CHANNEL ISLANDS | V40 | ST PETER PORT | 20.5.2016 |
| 16:56.6 | MATHEW JACKLIN | ABERDARE | V40 | BRECON | 3.7.2016 |
| 17:36.05 | JEREMY MOWER | GLOUCESTER | V50 | CHELTENHAM | 13.7.2016 |
| 18:15.9 | ROB SHEEN | LEICESTER | V50 | NUNEATON | 5.6.2016 |
| 19:27.5 | ALEC WILLIAMS | PEMBROKESHIRE | V45 | BRECON | 3.7.2016 |
| 20:15.0 | Robert Evans | Les Croupiers | M60+ | BRECON | 3.7.2016 |
| 20:18.36 | DAVE PROFFITT | LLISWERRY | V60 | PERTH, AUSTRALIA | 29.10.2016 |
| 21:39.5 | AUSTIN DAVIES | WEST SUFFOLK | V55 | BRECON | 3.7.2016 |
| 22:25.6 | John Gardener | Pembrokeshire Harriers | V70 | BRECON | 3.7.2016 |
| 24:15.29 | BARRIE ROBERTS | BOURNVILLE | V70 | PERTH, AUSTRALIA | 29.10.2016 |
| 28:07.5 | ALAN MANN | LES CROUPIERS | V55 | BRECON | 3.7.2016 |

10000
METRES

| | | | | | |
|----------|-------------------|---------------|-----|---------------------|-----------|
| 35:15.53 | STUART CREES | LES CROUPIERS | V35 | CARDIFF | 9.7.2016 |
| 35:23.93 | BEN BUTLER-MADDEN | LES CROUPIERS | V35 | CARDIFF | 9.7.2016 |
| 41:19.51 | DAVE PROFFITT | LLISWERRY | V60 | PERTH, AUSTRALIA | 1.11.2016 |

1KM WALK

| | | | | | |
|---------|----------------|---------------|-----|---------|-----------|
| 6:44.03 | LAWRENCE WORTH | PEMBROKESHIRE | V50 | SWANSEA | 15.5.2016 |
| 6:44.68 | ROBIN WOOD | SWANSEA | V50 | SWANSEA | 15.5.2016 |
| 7:18.7 | JOHN COLLINS | SWANSEA | V75 | SWANSEA | 15.5.2016 |

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|-------------------|--------------------------------|---------------------------------------|-----|--------------|-----------|
| 2KM WALK | | | | | |
| 13:17.2 | STEPHEN WALKER | WREXHAM | V55 | SOLIHULL | 17.7.2016 |
| 13:56.68 | Charlie Northey | Brecon | V45 | SOLIHULL | 17.7.2016 |
| 14:29.02 | JOHN COLLINS | SWANSEA | V75 | NEWPORT | 24.4.2016 |
| 16:53.7 | JOHN EVANS | RUGBY AND NORTHAMPTON | V80 | LOUGHBOROUGH | 27.7.2016 |
| 18:38.37 | TONY DAVIES | ALDERSHOT, FARNHAM AND DISTRICT | V60 | SOLIHULL | 17.7.2016 |
| 3KM WALK | | | | | |
| 19:21.3 | STEPHEN WALKER | WREXHAM | V55 | BRECON | 3.7.2016 |
| 20:53.6 | KEN BOBBETT | HILLINGDON | V70 | BRECON | 3.7.2016 |
| 60M HURDLES | | | | | |
| 10.52 | DEREK OSBORNE | BRECON | V50 | LEE VALLEY | 14.2.2016 |
| 100M HURDLES | | | | | |
| 17.88 | GLYN PRICE | SWANSEA | V50 | ANCONA | 31.7.2016 |
| 18.8 | DEREK OSBORNE | BRECON | V50 | BRECON | 3.7.2016 |
| 23.59 | MARTIN DAVIES | BRISTOL AND WEST | V60 | SOLIHULL | 17.7.2016 |
| 110M HURDLES | | | | | |
| 22.6 | DEREK OSBORNE | BRECON | V50 | NEWPORT | 24.4.2016 |
| 300M HURDLES | | | | | |
| 47.52 | IAN BROADHURST | WREXHAM | V60 | WARRINGTON | 21.8.2016 |
| 400M HURDLES | | | | | |
| 56.06 | DALE GARLAND | GUERNSEY | V35 | PORTSMOUTH | 14.5.2016 |
| 69.91 | IAIN MOODY | TELFORD | V50 | BRECON | 18.6.2016 |
| 4 * 100M RELAY | | | | | |
| 50.75 | WELSH INTERAREA M35-49 TEAM | | | SOLIHULL | 17.7.2016 |
| 53.7 | NEWPORT | | | BRECON | 8.6.2016 |
| 55.97 | WELSH INTERAREA M50-59 TEAM | | | SOLIHULL | 17.7.2016 |
| 56.0 | BRECON | | | BRECON | 8.6.2016 |
| 61.31 | WELSH INTERAREA M60-69 TEAM | | | SOLIHULL | 17.7.2016 |
| 77.6 | LES CROUPIERS | | | BRECON | 8.6.2016 |

4 * 200M
RELAY

| | | | | | |
|---------|---------------|--|-------|------------|-----------|
| 1:55.06 | WELSH MASTERS | | V50 | LEE VALLEY | 28.2.2016 |
| 1:56.03 | WELSH MASTERS | | V35 | LEE VALLEY | 28.2.2016 |
| 2:10.4 | BRECON | | mixed | NEWPORT | 7.9.2016 |
| 2:15.00 | WELSH MASTERS | | V60 | LEE VALLEY | 28.2.2016 |
| 2:41.71 | WELSH MASTERS | | V70 | LEE VALLEY | 28.2.2016 |

4 * 400M
RELAY

| | | | | | |
|--------|---------|------------|-----|---------|-----------|
| 4.18.1 | Newport | men | V50 | SWANSEA | 18.5.2016 |
| 4.39.7 | Brecon | mixed team | | SWANSEA | 18.5.2016 |

SHOT

7.26 KG

AGE 35-49

| | | | | | |
|-------|-----------------|----------------|---------------|--------------------|-----------|
| 12.98 | PETER MAITLAND | SWANSEA | V40 | KINGSTON | 2.7.2016 |
| 11.33 | ANDREW TURNER | BOURNEMOUTH | V50 | BOURNEMOUTH | 14.5.2016 |
| 11.2 | GRAHAM HOLDER | BEXLEY | V40 | HEMEL HEMPSTEAD | 20.8.2016 |
| 11.01 | PETE ROBERTS | SWANSEA | V40 | SWANSEA | 23.1.2016 |
| 10.38 | ROBERT EALES | NEWPORT | V50 | CHELTENHAM | 27.7.2016 |
| 10.2 | MIKE SMALL | WORCESTER | V60 | STOURPORT | 28.4.2016 |
| 10.01 | JAMES ELTON | RHONDDA | V35 | SWANSEA | 18.5.2016 |
| 9.17 | Hywel Port | Rhondda | V35 | SWANSEA | 10.8.2016 |
| 9.00 | NAVID CHILDS | BRECON | V35 | HARROW | 22.5.2016 |
| 8.64 | IAN WILLIAMS | NEWPORT | V35- 49 | BRECON | 3.7.2016 |
| 8.16 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 14.5.2016 |
| 8.08 | GLYN PRICE | SWANSEA | V50 | NOTTINGHAM | 6.8.2016 |
| 8.01 | NICK LIA | CARDIFF | V60 | NOTTINGHAM | 6.8.2016 |
| 7.94 | ROBIN WOOD | SWANSEA | V50 | NEWPORT | 24.4.2016 |
| 7.46 | Charlie Northey | Brecon | V45 | SWANSEA | 18.5.2016 |
| 7.36 | DAVE STOKES | DEESIDE | V50 | CONNAH'S QUAY | 16.4.2016 |
| 7.34 | DAVID GLENDOWER | PEMBROKESHIRE | V45 | CONNAH'S QUAY | 7.5.2016 |
| 7.33 | DAVID JONES | SWANSEA | V65 | CARMARTHEN | 17.7.2016 |
| 7.26 | CHARLIE NORTHEY | BRECON | V45 | SWANSEA | 10.8.2016 |
| 6.51 | PAUL EVANS | BRECON | V40 | CARDIFF | 23.1.2016 |
| 5.74 | JASON ELWORTHY | BARRY AND VALE | (T38/ F38) | CARDIFF | 31.1.2016 |
| 5.34 | IAN ROBINSON | WREXHAM | V60 | WREXHAM | 5.6.2016 |

6 KG

AGE 50-59

| | | | | | |
|-------|----------------|-------------|-----|------------|-----------|
| 11.23 | ANDREW TURNER | BOURNEMOUTH | V50 | LEE VALLEY | 13.3.2016 |
| 10.21 | GLYN PUGH | RHONDDA | V55 | LEE VALLEY | 13.3.2016 |
| 9.98 | Robin Wood | Swansea | V50 | SWANSEA | 18.5.2016 |
| 9.44 | DUNCAN STEWARD | RHONDDA | V55 | CARDIFF | 23.1.2016 |

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|--------|------------------|------------------------------|----------------------|------------|-----------|
| 9.21 | GLYN PRICE | SWANSEA | V50 | BIRMINGHAM | 30.7.2016 |
| 9.2 | DAVE STOKES | DEESIDE | V50 | SWANSEA | 10.8.2016 |
| 9.08 | JIM GILLESPIE | LINCOLN WELLINGTON | V50 | LEE VALLEY | 13.3.2016 |
| 9.01 | DEREK OSBORNE | BRECON | V50 | LEE VALLEY | 14.2.2016 |
| 8.97 | Michael Drew | Rhondda | V55 | SWANSEA | 18.5.2016 |
| 8.57 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 3.7.2016 |
| 8.47 | CHRIS BERRY | BASINGSTOKE AND MID HANTS | V55 | PORTSMOUTH | 25.4.2016 |
| 8.07 | JIM GILLESPIE | LINCOLN WELLINGTON | V50 | BRECON | 3.7.2016 |
| 7.8 | ROBIN WOOD | SWANSEA | V50 | CARDIFF | 23.1.2016 |
| 7.45 | Steve Wadley | Newport | V55 | SWANSEA | 18.5.2016 |
| 6.98 | STEPHEN WALKER | WREXHAM | V55 | BRECON | 3.7.2016 |
| 6.43 | KEITH POWELL | NEWPORT | V55 | SWANSEA | 10.8.2016 |
| 5 KG | AGE 60-69 | | | | |
| 10.36 | PHIL OLSEN | CARDIFF | V60 | LEE VALLEY | 28.2.2016 |
| 9.00 | Ian Bowles | Swansea | V70 | SWANSEA | 18.5.2016 |
| 9.00 | Nick Lia | Cardiff AAC | V60 | SWANSEA | 18.5.2016 |
| 8.19 | CHRIS PRUSKI | SWANSEA | M60 | SWANSEA | 10.8.2016 |
| 8.27 | GARETH PROTHEROE | BRECON | V60 | BRECON | 3.7.2016 |
| 7.85 | John Watkins | Newport | V60 | SWANSEA | 18.5.2016 |
| 7.73 | John McFall | Brecon | V60 | SWANSEA | 10.8.2016 |
| 7.63 | PAUL BROOKS | WREXHAM | V65 | SWANSEA | 18.5.2016 |
| 7.13 | JASON ELWORTHY | BARRY AND VALE | (T38/ F38) V40 | CARDIFF | 31.1.2016 |
| 7.08 | MAL FARNHAM | LES CROUPIERS | V75 | SWANSEA | 10.8.2016 |
| 6.95 | Phil Rees | Cardiff AAC | V70 | SWANSEA | 18.5.2016 |
| 6.79 | Alan Perkins | Port Talbot Harriers | V60 | SWANSEA | 10.8.2016 |
| 6.67 | John Watkins | Newport | V60 | SWANSEA | 10.8.2016 |
| 6.64 | David Jones | Swansea | V65 | BRECON | 3.7.2016 |
| 6.54 | Martin Hillier | Run 4 All | V65 | SWANSEA | 18.5.2016 |
| 6.51 | PHIL REES | CARDIFF | V70 | SWANSEA | 10.8.2016 |
| 4 KG | AGE 70-79 | | | | |
| 10.23 | Ian Bowles | Swansea | V70 | WREXHAM | 25.9.2016 |
| 7.86 | MALCOLM FARNHAM | LES CROUPIERS | V75 | LEE VALLEY | 28.2.2016 |
| 7.25 | BRIAN WEBB | RHONDDA | V75 | CARDIFF | 23.1.2016 |
| 7.14 | DAVE WALSH | U/A | V75 | BRECON | 3.7.2016 |
| 6.9 | PHIL REES | CARDIFF | V70 | CARDIFF | 23.1.2016 |
| DISCUS | | | | | |
| 2KG | AGE 35-49 | | | | |
| 36.06 | PETER MAITLAND | SWANSEA | V40 | BEDFORD | 4.6.2016 |
| 35.92 | GRAHAM HOLDER | BEXLEY | V40 | BROMLEY | 16.4.2016 |
| 34.28 | PETE ROBERTS | SWANSEA | V40 | SWANSEA | 10.4.2016 |

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|--------|------------------|------------------------------|---------------|---------------|-----------|
| 30.85 | HYWEL PORT | RHONDDA | V40 | BRECON | 3.7.2016 |
| 27 | DAVE STOKES | DEESSIDE | V50 | CONNAH'S QUAY | 7.5.2016 |
| 26.87 | IAN WILLIAMS | NEWPORT | V35-49 | NEWPORT | 7.9.2016 |
| 23.32 | DEREK OSBORNE | BRECON | V50 | NEWPORT | 24.4.2016 |
| 22.25 | NICK LIA | CARDIFF | V60 | NOTTINGHAM | 6.8.2016 |
| 21.73 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 14.5.2016 |
| 21.09 | DAVID GLENDOWER | PEMBROKESHIRE | V45 | BRECON | 3.7.2016 |
| 20.51 | PAUL WILLIAMS | CITY OF STOKE | V50 | BIRMINGHAM | 25.5.2016 |
| 19.94 | TERRY JONES | RUN4ALL | V35 | BRECON | 18.6.2016 |
| 17.58 | CHARLIE NORTHEY | BRECON | V45 | NEWPORT | 7.9.2016 |
| 14.82 | PAUL EVANS | BRECON | V40 | BRECON | 18.6.2016 |
| 14.16 | JASON ELWORTHY | BARRY AND VALE | (T38/ F38) | BRECON | 18.6.2016 |
| 13.34 | DAVID JONES | SWANSEA | V65 | SWANSEA | 31.7.2016 |
| 1.5 KG | AGE 50-59 | | | | |
| 35.87 | ANDREW TURNER | BOURNEMOUTH | V50 | LEE VALLEY | 12.3.2016 |
| 34.75 | DAVE STOKES | DEESSIDE | V50 | SOLIHULL | 17.7.2016 |
| 32.48 | GLYN PUGH | RHONDDA | V55 | BRECON | 3.7.2016 |
| 30.17 | DEREK OSBORNE | BRECON | V50 | BRECON | 8.6.2016 |
| 30.02 | MIKE DREW | RHONDDA | V55 | BRECON | 8.6.2016 |
| 28.41 | JIM GILLESPIE | LINCOLN WELLINGTON | V50 | BRECON | 3.7.2016 |
| 28.24 | DUNCAN STEWARD | RHONDDA | V55 | BRECON | 3.7.2016 |
| 27.82 | ROBERT EALES | NEWPORT | V50 | BRECON | 8.6.2016 |
| 26.53 | GLYN PRICE | SWANSEA | V50 | BIRMINGHAM | 31.7.2016 |
| 26.44 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 8.6.2016 |
| 24.57 | STEVE WADLEY | NEWPORT | V55 | BRECON | 8.6.2016 |
| 24.04 | CHRIS BERRY | BASINGSTOKE AND MID HANTS | V55 | BRECON | 3.7.2016 |
| 23.4 | MIKE MULLINS | RHONDDA | V50 | BRECON | 8.6.2016 |
| 20.04 | BARRY GRIFFITHS | BRECON | V50 | BRECON | 8.6.2016 |
| 1 KG | AGE 60+ | | | | |
| 36.36 | IAN BOWLES | WORCESTER | V70 | WREXHAM | 25.9.2016 |
| 35.74 | GEOFF WARD | WREXHAM | V60 | WREXHAM | 24.9.2016 |
| 33.63 | NICK LIA | CARDIFF | V60 | BRECON | 3.7.2016 |
| 31.77 | IAN ROBINSON | WREXHAM | V60 | WREXHAM | 14.5.2016 |
| 31.53 | PAUL BROOKS | WREXHAM | V65 | WREXHAM | 30.7.2016 |
| 30.33 | PHIL OLSEN | U/A | V60 | BRECON | 3.7.2016 |
| 27.13 | GARETH PROTHEROE | BRECON | V60 | BRECON | 3.7.2016 |
| 28.82 | HUW MORGAN | PEMBROKESHIRE | M70 | BRECON | 3.7.2016 |
| 24.63 | CHRIS PRUSKI | SWANSEA | V60 | NEWPORT | 7.9.2016 |
| 22.79 | PHIL REES | CARDIFF | V70 | BRECON | 8.6.2016 |
| 21.92 | JOHN MCFALL | BRECON | V65 | BRECON | 8.6.2016 |
| 17.41 | DAVID JONES | SWANSEA | V65 | BRECON | 3.7.2016 |

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|---------|-----------------|------------------------------|-----|---------------|-----------|
| 16.57 | JOHN WATKINS | NEWPORT | V60 | BRECON | 8.6.2016 |
| 0.75KG | AGE 70-79 | | | | |
| 20.97 | PHIL REES | CARDIFF | V70 | BIRMINGHAM | 17.9.2016 |
| 17.21 | DAVE WALSH | U/A | V75 | BRECON | 3.7.2016 |
| 17.02 | BRIAN WEBB | RHONDDA | V75 | BRECON | 3.7.2016 |
| HAMMER | | | | | |
| 7.26 KG | AGE 35-49 | | | | |
| 52.53 | GRAHAM HOLDER | BEXLEY | V40 | CARN BREA | 7.5.2016 |
| 28.95 | NICK LIA | CARDIFF | V60 | NEWPORT | 24.4.2016 |
| 27.65 | PETE ROBERTS | SWANSEA | V40 | KINGSTON | 2.7.2016 |
| 26.10 | HYWEL PORT | RHONDDA | V35 | SWANSEA | 18.5.2016 |
| 25.5 | DEREK OSBORNE | BRECON | V50 | SWANSEA | 31.7.2016 |
| 24.3 | DAVE STOKES | DEESSIDE | V50 | CONNAH'S QUAY | 7.5.2016 |
| 24.26 | DAVID GLENDOWER | PEMBROKESHIRE | V45 | BRECON | 3.7.2016 |
| 20.41 | JAMES ELTON | RHONDDA | V35 | SWANSEA | 18.5.2016 |
| 19.58 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 14.5.2016 |
| 17.84 | CHRIS BERRY | BASINGSTOKE AND MID HANTS | V55 | PORTSMOUTH | 25.4.2016 |
| 16.31 | PETER MAITLAND | SWANSEA | V40 | BRECON | 27.8.2016 |
| 13.97 | CHARLES NORTHEY | BRECON | V45 | SWANSEA | 10.8.2016 |
| 12.96 | GLYN PRICE | SWANSEA | V50 | BEDFORD | 4.6.2016 |
| 12.95 | DAVID JONES | SWANSEA | V65 | SWANSEA | 15.5.2016 |
| 10.55 | PAUL EVANS | BRECON | V40 | BRECON | 3.7.2016 |
| 6 KG | AGE 50-59 | | | | |
| 54.25 | GARY HALPIN | BRECON | V50 | BRECON | 3.7.2016 |
| 38.2 | ANDREW TURNER | BOURNEMOUTH | V50 | PORTSMOUTH | 25.4.2016 |
| 35.02 | GLYN PUGH | RHONDDA | V55 | BRECON | 3.7.2016 |
| 31.28 | DEREK OSBORNE | BRECON | V50 | SWANSEA | 18.5.2016 |
| 29.77 | DAVE STOKES | DEESSIDE | V50 | SOLIHULL | 17.7.2016 |
| 27.47 | MIKE DREW | RHONDDA | V55 | SWANSEA | 18.5.2016 |
| 25.21 | CHRIS BERRY | BASINGSTOKE AND MID HANTS | V55 | BRECON | 3.7.2016 |
| 25.02 | JIM GILLESPIE | LINCOLN WELLINGTON | V50 | DERBY | 18.6.2016 |
| 23.45 | DUNCAN STEWARD | RHONDDA | V55 | BRECON | 3.7.2016 |
| 19.48 | JIM GILLESPIE | LINCOLN WELLINGTON | V50 | BRECON | 3.7.2016 |
| 15.16 | Steve Wadley | Newport | V55 | SWANSEA | 18.5.2016 |
| 5 KG | AGE 60-69 | | | | |
| 38.11 | NICK LIA | CARDIFF | V60 | BRECON | 3.7.2016 |
| 29.54 | GEOFF WARD | WREXHAM | V60 | WREXHAM | 24.9.2016 |
| 29.11 | IAN BOWLES | WORCESTER | V70 | SWANSEA | 18.5.2016 |
| 25.40 | PHIL OLSEN | U/A | V60 | BRECON | 3.7.2016 |
| 20.26 | PHIL REES | CARDIFF | V70 | SWANSEA | 10.8.2016 |

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|---------|------------------|------------------------------|----------------------|---------------|-----------|
| 19.56 | ALAN PERKINS | PORT TALBOT | V60 | SWANSEA | 18.5.2016 |
| 17.86 | DAVID JONES | SWANSEA | V65 | BRECON | 3.7.2016 |
| 15.21 | JOHN MCFALL | BRECON | V60 | SWANSEA | 10.8.2016 |
| 9.17 | John Watkins | Newport | V60 | SWANSEA | 18.5.2016 |
| 4 KG | AGE 70-79 | | | | |
| 32.76 | IAN BOWLES | WORCESTER | V70 | WREXHAM | 25.9.2016 |
| 19.20 | PHIL REES | CARDIFF | V70 | EXETER | 19.6.2016 |
| 18.64 | BRIAN WEBB | RHONDDA | V75 | BRECON | 3.7.2016 |
| JAVELIN | | | | | |
| 800G | AGE 35-49 | | | | |
| 49.87 | DALE GARLAND | GUERNSEY | V35 | ST PETER PORT | 5.6.2016 |
| 35.59 | CHARLES NORTHEY | BRECON | V45 | BRECON | 3.7.2016 |
| 34.06 | IAN WILLIAMS | NEWPORT | V35-49 | BRECON | 3.7.2016 |
| 31.59 | GRAHAM HOLDER | BEXLEY | V40 | BROMLEY | 16.4.2016 |
| 31.09 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 14.5.2016 |
| 30.54 | HYWEL PORT | RHONDDA | V35 | BRECON | 3.7.2016 |
| 28.12 | DAVE GOODGER | U/A | V40 | BRECON | 3.7.2016 |
| 27.63 | CHRIS PRUSKI | SWANSEA | V60 | CARMARTHEN | 17.7.2016 |
| 27.44 | TERRY JONES | RUN4ALL | V35 | SWANSEA | 31.7.2016 |
| 20.16 | IAN ROBINSON | WREXHAM | V60 | WREXHAM | 5.6.2016 |
| 17.56 | DAVID JONES | SWANSEA | V65 | CARMARTHEN | 17.7.2016 |
| 17.48 | PAUL EVANS | BRECON | V40 | BRECON | 18.6.2016 |
| 13.95 | JASON ELWORTHY | BARRY AND VALE | V40 (T38/ F38) | CARMARTHEN | 17.7.2016 |
| 700G | AGE 50-59 | | | | |
| 40.65 | JON POWELL | GERMANY | V50 | BRECON | 3.7.2016 |
| 30.83 | MIKE DREW | RHONDDA | V55 | BRECON | 8.6.2016 |
| 29.72 | DUNCAN STEWARD | RHONDDA | V55 | BRECON | 3.7.2016 |
| 29.4 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 3.7.2016 |
| 28.22 | DEREK OSBORNE | BRECON | V50 | BRECON | 3.7.2016 |
| 26.65 | DAVE STOKES | DEESSIDE | V50 | NEWPORT | 7.9.2016 |
| 25.57 | GLYN PRICE | SWANSEA | V50 | BIRMINGHAM | 31.7.2016 |
| 23.34 | STEVE WADLEY | NEWPORT | V55 | BRECON | 8.6.2016 |
| 22 | CHRIS BERRY | BASINGSTOKE AND MID HANTS | V55 | WINCHESTER | 16.5.2016 |
| 21.62 | JIM GILLESPIE | LINCOLN WELLINGTON | V50 | DERBY | 21.5.2016 |
| 20.03 | MIKE MULLINS | RHONDDA | V50 | BRECON | 8.6.2016 |
| 18.38 | GLYN PUGH | RHONDDA | V55 | BRECON | 8.6.2016 |
| 18.34 | BARRY GRIFFITHS | BRECON | V50 | BRECON | 8.6.2016 |
| 15.47 | Malcolm Medhurst | Newport | V50 | BRECON | 8.6.2016 |
| 600G | AGE 60-69 | | | | |
| 32.47 | CHRIS PRUSKI | SWANSEA | V60 | BIRMINGHAM | 17.9.2016 |

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|--------------|------------------|------------------------------|------------|---------------------|-----------|
| 29.1 | GARETH PROTHEROE | BRECON | V60 | BRECON | 3.7.2016 |
| 19.1 | MALCOLM FARNHAM | LES CROUPIERS | V75 | BRECON | 8.6.2016 |
| 17.9 | JOHN MCFALL | BRECON | V65 | BRECON | 8.6.2016 |
| 15.74 | JOHN WATKINS | NEWPORT | V60 | BRECON | 8.6.2016 |
| 15.17 | DAVID JONES | SWANSEA | V65 | NEWPORT | 7.9.2016 |
| 14.92 | PHIL REES | CARDIFF | V70 | BRECON | 8.6.2016 |
| 500G | AGE 70-79 | | | | |
| 22.59 | MALCOLM FARNHAM | LES CROUPIERS | V75 | BRECON | 3.7.2016 |
| 18.98 | IAN BOWLES | WORCESTER | V70 | BIRMINGHAM | 30.7.2016 |
| 18.7 | DAVE WALSH | U/A | V75 | BRECON | 3.7.2016 |
| 16.16 | BRIAN WEBB | RHONDDA | V75 | BRECON | 3.7.2016 |
| 12.16 | PHIL REES | CARDIFF | V70 | BRECON | 3.7.2016 |
| HIGH JUMP | | | | | |
| 1.52 | GLYN PRICE | SWANSEA | V50 | BIRMINGHAM | 30.7.2016 |
| 1.48 | DEREK OSBORNE | BRECON | V50 | ANCONA | 30.3.2016 |
| 1.4 | JON POWELL | GERMANY | V50 | BRECON | 3.7.2016 |
| 1.35 | CHARLIE NORTHEY | BRECON | V45 | BRECON | 3.7.2016 |
| 1.35 | Robin Wood | Swansea | V50 | LEE VALLEY | 28.2.2016 |
| 1.35 | ANDREW HARRIS | UNATTACHED | V60 | BRECON | 8.6.2016 |
| 1.35 | CHRIS BERRY | BASINGSTOKE AND MID HANTS | V55 | SOLIHULL | 17.7.2016 |
| 1.25 | ALLAN CHEERS | BASINGSTOKE & MID HANTS | V70 | LEE VALLEY | 28.2.2016 |
| 1.25 | KEITH POWELL | NEWPORT | V55 | NEWPORT | 7.9.2016 |
| 1.25 | DESMOND JONES | LISWERRY | M35- 49 | NEWPORT | 7.9.2016 |
| 1.23 | PAUL EVANS | BRECON | V40 | CARDIFF | 23.1.2016 |
| 1.2 | BARRY GRIFFITHS | BRECON | V50 | BRECON | 8.6.2016 |
| 1.2 | TERRY JONES | RUN4ALL | V35 | SWANSEA | 31.7.2016 |
| 1.20 | Dave Stokes | Deeside | V50 | NEWPORT | 7.9.2016 |
| 1.15 | John Watkins | Newport | V60 | BRECON | 8.6.2016 |
| 1.15 | Steve Wadley | Newport | V55 | BRECON | 8.6.2016 |
| 1.15 | MIKE MULLINS | RHONDDA | V50 | BRECON | 8.6.2016 |
| 1.1 | BRIAN WILLIAMSON | RHONDDA | V65 | LEE VALLEY | 28.2.2016 |
| 1.1 | IAN SWANSON | PORT TALBOT | V60 | BRECON | 8.6.2016 |
| 1.1 | EVATT CUMMINGS | LES CROUPIERS | V45 | BRECON | 8.6.2016 |
| 1 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 8.6.2016 |
| 0.94 | PHIL REES | CARDIFF | V70 | BRECON | 8.6.2016 |
| LONG JUMP | | | | | |
| 6.67 | NAVID CHILDS | BRECON | V35 | PERTH, AUSTRALIA | 4.11.2016 |
| 6.1 | IOAN HUGHES | MENAI | V35 | CONNAH'S QUAY | 16.4.2016 |
| 5.61 | ALEX JACKSON | SWANSEA | V35 | BRECON | 18.6.2016 |
| 4.95 | PAUL WILLIAMS | CITY OF STOKE | V55 | SOLIHULL | 17.7.2016 |

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| 4.88 | DEREK OSBORNE | BRECON | V50 | LEE VALLEY | 28.2.2016 |
| 4.69 | GLYN PRICE | SWANSEA | V50 | BIRMINGHAM | 30.7.2016 |
| 4.68 | ALEC WILLIAMS | Pembrokeshire Harriers | V45 | BRECON | 3.7.2016 |
| 4.48 | ROBIN WOOD | SWANSEA | V50 | CARDIFF | 10.1.2016 |
| 4.48 | DAVE SHIELDS | READING | V55 | BRECON | 3.7.2016 |
| 4.48 | KEITH POWELL | NEWPORT | V55 | BRECON | 3.7.2016 |
| 4.26 | Rod Davies | Swansea | V55 | BIRMINGHAM | 17.9.2016 |
| 4.24 | Steve Wadley | Newport | V55 | SWANSEA | 18.5.2016 |
| 4.14 | BRIAN WILLIAMSON | RHONDDA | V65 | CARDIFF | 10.1.2016 |
| 4.11 | Alec Williams | Pembrokeshire Harriers | V45 | SWANSEA | 18.5.2016 |
| 3.98 | Charlie Northey | Brecon | V45 | BRECON | 8.6.2016 |
| 3.89 | TERRY JONES | RUN4ALL | V35 | BRECON | 18.6.2016 |
| 3.87 | ALLAN CHEERS | BASINGSTOKE & MID HANTS | V70 | LEE VALLEY | 28.2.2016 |
| 3.77 | DAVE STOKES | DEESSIDE | V50 | CONNAH'S QUAY | 23.1.2016 |
| 3.71 | John Watkins | Newport | V60 | BRECON | 8.6.2016 |
| 3.7 | BARRY GRIFFITHS | BRECON | V50 | BRECON | 8.6.2016 |
| 3.66 | PAUL EVANS | BRECON | V40 | BRECON | 8.6.2016 |
| 3.38 | GARRY JONES | CARDIFF | V55 | CARDIFF | 10.1.2016 |
| 3.32 | JON CLARKE | WREXHAM | V60 | SOLIHULL | 17.7.2016 |
| 3.26 | JOHN EVANS | RUGBY AND NORTHAMPTON | V80 | NUNEATON | 5.6.2016 |
| 2.95 | RICHARD DIXON | BLAENAU GWENT | V50 | BRECON | 8.6.2016 |
| 2.93 | ELIO LEPORE | LES CROUPIERS | V60 | SOLIHULL | 17.7.2016 |
| 2.72 | PHIL REES | CARDIFF | V70 | BRECON | 3.7.2016 |
| 2.16 | JASON ELWORTHY | BARRY AND VALE | V40 (T38/ F38) | CARDIFF | 10.1.2016 |

TRIPLE
JUMP

| | | | | | |
|-------|-----------------|----------------------------|-----|------------|-----------|
| 14.36 | NAVID CHILDS | BRECON | V35 | CARDIFF | 11.6.2016 |
| 11.04 | ALEX JACKSON | SWANSEA | V35 | BRECON | 18.6.2016 |
| 10.18 | ROBIN WOOD | SWANSEA | V50 | SWANSEA | 24.1.2016 |
| 9.98 | PAUL WILLIAMS | CITY OF STOKE | V55 | BRECON | 3.7.2016 |
| 9.71 | DEREK OSBORNE | BRECON | V50 | CARDIFF | 10.1.2016 |
| 9.3 | DAVE SHIELDS | READING | V55 | LEE VALLEY | 13.3.2016 |
| 9.03 | CHARLES NORTHEY | BRECON | V45 | BRECON | 14.5.2016 |
| 8.84 | KEITH POWELL | NEWPORT | V55 | BRECON | 3.7.2016 |
| 8.61 | TERRY JONES | RUN4ALL | V35 | BRECON | 18.6.2016 |
| 8.42 | ALLAN CHEERS | BASINGSTOKE & MID HANTS | V70 | CARDIFF | 10.1.2016 |
| 7.4 | DAVE STOKES | DEESSIDE | V50 | SWANSEA | 10.8.2016 |
| 7.29 | BARRY GRIFFITHS | BRECON | V50 | NEWPORT | 7.9.2016 |
| 7.21 | JOHN EVANS | RUGBY AND NORTHAMPTON | V80 | ANCONA | 2.4.2016 |
| 7.05 | PAUL EVANS | BRECON | V40 | BRECON | 3.7.2016 |

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|------------|----------------|------------------------------|----------------------|---------------|-----------|
| 6 | PHIL REES | CARDIFF | V70 | CARDIFF | 10.1.2016 |
| 4.69 | JASON ELWORTHY | BARRY AND VALE | V40 (T38/ F38) | BRECON | 14.5.2016 |
| POLE VAULT | | | | | |
| 4.1 | GLYN PRICE | SWANSEA | V50 | ANCONA | 30.3.2016 |
| 3.46 | DAVE GORDON | DACORUM AND TRING | V45 | CARDIFF | 24.1.2016 |
| 3.03 | MARTIN DAVIES | BRISTOL AND WEST | V60 | YATE | 11.9.2016 |
| 2.8 | DEREK OSBORNE | BRECON | V50 | BRECON | 3.7.2016 |
| 2.6 | KEITH POWELL | NEWPORT | V55 | BRECON | 3.7.2016 |
| 2.6 | CHRIS BERRY | BASINGSTOKE AND MID HANTS | V55 | BRECON | 3.7.2016 |
| 2.55 | ALAN JEFFERIES | RHYMNEY VALLEY | V50 | CARDIFF | 10.1.2016 |
| 2.46 | DAVE STOKES | DEESSIDE | V50 | CONNAH'S QUAY | 23.1.2016 |
| 2.46 | JOHN HOWE | RHONDDA | V70 | CARDIFF | 24.1.2016 |