

WELSH
MASTERS
RANKINGS

MALE

2017 RANKINGS

29th May 2017

60 METRES

7.54	NAVID CHILDS	BRECON	V35	LEE VALLEY	1.1.2017
7.65	STUART PEARCE	NEWPORT	V35	YATE	9.4.2017
8.06	RICHARD WINTLE	PEMBROKESHIRE	V45	SWANSEA	21.1.2017
8.07	JIM MORGAN	CARDIFF	V45	LEE VALLEY	5.2.2017
8.4	KEITH POWELL	NEWPORT	V55	LEE VALLEY	11.3.2017
8.49	ROBIN WOOD	SWANSEA	V50	SWANSEA	21.1.2017
8.47	IAN BROADHURST	WREXHAM	V60	CARDIFF	5.2.2017
8.55	PAUL EDWARDS	CARDIFF	V40	CARDIFF	5.2.2017
8.56	PAUL EVANS	BRECON	V40	CARDIFF	5.2.2017
8.59	ALEC WILLIAMS	PEMBROKESHIRE	V50	CARDIFF	5.2.2017
8.79	KIERAN MCDONNELL	LES CROUPIERS	V60	CARDIFF	5.2.2017
8.81	ROD DAVIES	SWANSEA	V60	LEE VALLEY	26.2.2017
9.3	BRIAN WILLIAMSON	RHONDDA	V65	CARDIFF	5.2.2017
9.76	MIKE POLLOCK	NEWPORT	V55	CARDIFF	5.2.2017
9.78	GARRY JONES	PORT TALBOT	V55	CARDIFF	5.2.2017
9.92	PATRICK WEBBER		V65	LEE VALLEY	11.3.2017
10.18	NEIL WATKINS	RHONDDA	V60	CARDIFF	5.2.2017
10.35	MEL JAMES	LES CROUPIERS	V70	CARDIFF	5.2.2017
10.52	DEREK OSBORNE	BRECON	V50	LEE VALLEY	14.2.2016
		RUGBY AND			
10.7	JOHN EVANS	NORTHAMPTON	V80	LEE VALLEY	12.2.2017
10.92	JOHN GARDENER	PEMBROKESHIRE	V70	CARDIFF	5.2.2017
11.78	PHIL REES	CARDIFF	V70	CARDIFF	5.2.2017
11.94	MALCOLM FARNHAM	LES CROUPIERS	V75	CARDIFF	5.2.2017
			V40		
13.36	JASON ELWORTHY	BARRY AND VALE	(T38/F38)	CARDIFF	23.1.2016
14.82	HUBERT DANIELS	SWANSEA	V85	CARDIFF	5.2.2017

100 METRES

11.8	STEPHEN BUTTLER	SHREWSBURY	V40	MALDWYN	9.4.2017
12.21	STUART PEARCE	NEWPORT	V35	BRECON	14.5.2017
12.8	PAUL WILLIAMS	STOKE	V50	TELFORD	10.5.2017
13.39	PAUL EVANS	BRECON	V40	CARDIFF	14.5.2017
15.57	ROD DAVIES	SWANSEA	V60	CARMARTHEN	14.5.2017
19	PETER WATKEYS	BASINGSTOKE	V35	DARTFORD	15.4.2017

200 METRES

24.15	NAVID CHILDS	BRECON	V35	LEE VALLEY	1.1.2017
24.85	STEPHEN BUTTLER	SHREWSBURY	V40	STOKE	1.4.2017
25.78	JAKE MORGAN	CARMARTHEN	V45	LEE VALLEY	26.2.2017
26.34	STUART PEARCE	NEWPORT	V35	CARDIFF	25.4.2017
26.89	JAMES MORGAN	NEWPORT	V45	LEE VALLEY	12.3.2017
26.97	IAN BROADHURST	WREXHAM	V60	GLASGOW	5.3.2017
27.03	SCOTT BROWNE	LES CROUPIERS	V40	CARDIFF	15.1.2017
27.83	GLYN SUTTON	NEWPORT	V70	CARDIFF	15.1.2017
28.31	PAUL EVANS	BRECON	V40	CARDIFF	25.4.2017
28.42	KIERAN MCDONNELL	LES CROUPIERS	V60	CARDIFF	25.4.2017

28.51	GARETH KNIGHT	NEWPORT	V35	NEWPORT	6.4.2017
28.7	BRETT DAVIS	NEWPORT	V50	CARDIFF	15.1.2017
28.92	ADRIAN LEWIS	ABERDARE	V45	CARDIFF	15.1.2017
29.02	ROD DAVIES	SWANSEA	V60	LEE VALLEY	12.3.2017
29.16	KEITH POWELL	NEWPORT	V55	CARDIFF	25.4.2017
29.54	DEREK OSBORNE	BRECON	V50	CARDIFF	25.4.2017
29.62	PAUL EDWARDS	CARDIFF	V40	CARDIFF	25.4.2017
30.21	CHARLES NORTHEY	BRECON	V45	CARDIFF	15.1.2017
30.79	KEITH POWELL	NEWPORT	V55	CARDIFF	15.1.2017
30.94	HUW SPICKETT	RHONDDA	V45	CARDIFF	25.4.2017
31.05	ROBIN WOOD	SWANSEA	V50	LEE VALLEY	26.2.2017
31.66	BARRY GRIFFITHS	BRECON	V60	CARDIFF	25.4.2017
32.08	BRIAN WILLIAMSON	RHONDDA	V65	CARDIFF	15.1.2017
32.19	MARK KALLENBERG	CARMARTHEN	V55	CARDIFF	15.1.2017
32.7	JOHN WATKINS	NEWPORT	V60	CARDIFF	25.4.2017
33.4	MIKE POLLOCK	NEWPORT	V55	CARDIFF	25.4.2017
34.14	GARRY JONES	PORT TALBOT	V55	CARDIFF	15.1.2017
35.74	DAVE STOKES	DEESSIDE	V50	CARDIFF	25.4.2017
37.68	RAY LEWIS	PORTSMOUTH RUGBY AND	V65	CARDIFF	15.1.2017
38.8	JOHN EVANS	NORTHAMPTON	V80	LEE VALLEY	26.2.2017
40.79	LEN TEW	PORT TALBOT	V80	CARDIFF	15.1.2017
45.56	PHIL REES	CARDIFF	V75	CARDIFF	15.1.2017
55.7	HUBERT DANIELS	SWANSEA	V85	CARDIFF	15.1.2017

400 METRES

49.46	DALE GARLAND	GUERNSEY	V35	PORTSMOUTH	14.5.2017
55.48	PETER WATKEYS	BASINGSTOKE	V35	CARDIFF	5.2.2017
57.02	JAKE MORGAN	CARMARTHEN	V45	CARDIFF	5.2.2017
57.27	SCOTT BROWNE	LES CROUPIERS	V40	CARDIFF	5.2.2017
59.27	BRETT DAVIS	NEWPORT	V50	CARDIFF	5.2.2017
60.92	IAN BROADHURST	WREXHAM	V60	LEE VALLEY	11.3.2017
61.08	GARETH KNIGHT	NEWPORT	V35	NEWPORT	4.4.2017
63.24	GAVIN BELCHER	NEWPORT	V45	CARDIFF	25.4.2017
63.35	MALCOLM MEDHURST	NEWPORT	V50	CARDIFF	14.5.2017
63.46	ADRIAN LEWIS	ABERDARE	V45	CARDIFF	5.2.2017
64.74	ALEC WILLIAMS	PEMBROKESHIRE	V50	CARDIFF	5.2.2017
65.67	KIERAN MCDONNELL	LES CROUPIERS	V60	CARDIFF	25.4.2017
67.59	LAWRENCE WORTH	PEMBROKESHIRE	V50	CARDIFF	5.2.2017
67.78	CHARLIE NORTHEY	BRECON	V50	CARDIFF	25.4.2017
73.12	NEIL SIDNEY	LLISWERRY	V45	CARDIFF	25.4.2017
76.43	ELIO LEPORE	LES CROUPIERS	V60	CARDIFF	25.4.2017
79.3	GARRY JONES	PORT TALBOT	V55	CARDIFF	15.1.2017
79.58	MIKE CRANWELL	LES CROUPIERS	V65	CARDIFF	25.4.2017
80.52	RAY LEWIS	PORTSMOUTH BOURNEVILLE	V65	CARDIFF	5.2.2017
84.93	BARRY ROBERTS	HARRIERS	V70	CARDIFF	5.2.2017
88.58	JOHN GARDENER	PEMBROKESHIRE	V70	CARDIFF	5.2.2017

800 METRES

1:56.4	JAMES THIE	CARDIFF	V35	LEE VALLEY	26.2.2017
2:01.27	PETER WATKEYS	BASINGSTOKE	V35	CARDIFF	15.1.2017

2:08.38	MATTHEW GURMIN	SWANSEA	V40	CARDIFF	15.1.2017
2:09.2	SCOTT BROWNE	LES CROUPIERS	V40	LEE VALLEY	12.3.2017
2:09.49	JOHN PETERS	MALDWYN	V40	CARDIFF	15.1.2017
2:12.55	JAKE MORGAN	CARMARTHEN	V45	CARDIFF	15.1.2017
2:12.83	GARETH KNIGHT	NEWPORT	V35	CARDIFF	15.1.2017
2:17.12	BRETT DAVIS	NEWPORT	V50	CARDIFF	25.4.2017
2:17.34	RICHARD JONES	NEWPORT	V45	NEWPORT	4.4.2017
2:20.07	ADRIAN LEWIS	ABERDARE	V40	CARDIFF	15.1.2017
2:24.13	STUART WADLOW	LES CROUPIERS	V40	CARDIFF	15.1.2017
2:26	CHARLES NORTHEY	BRECON	V45	CARDIFF	15.1.2017
2:28.2	JON SAMUEL	NEWPORT	V45	CARDIFF	14.5.2017
2:31.3	MALCOLM MEDHURST	NEWPORT	V50	CARDIFF	14.5.2017
2:33.96	MARK KALLENBERG	CARMARTHEN	V55	CARDIFF	15.1.2017
2:34.4	RICHARD MARKS	SARN HELEN	V65	LEE VALLEY	26.2.2017
2:37.37	AUSTIN DAVIES	BRECON	V55	CARDIFF	15.1.2017
2:42.95	PETE SOWERBY	BRECON	V50	CARDIFF	25.4.2017
2:45.41	JOHN WATKINS	NEWPORT	V60	CARDIFF	15.1.2017
2:46.33	NEIL SIDNEY	LLISWERRY	V45	CARDIFF	25.4.2017
2:46.62	JOS JONES	SWANSEA	V40	NEWPORT	23.4.2017
2:49.71	BARRY GRIFFITHS	BRECON	V60	CARDIFF	25.4.2017
2:50.83	MIKE CRANWELL	LES CROUPIERS	V65	CARDIFF	25.4.2017
2:52.13	CLIVE OSMOND	LES CROUPIERS	V55	CARDIFF	15.1.2017
3:02.67	GORDON ORME	CARMARTHEN	V70	LEE VALLEY	26.2.2017
3:16.18	RAY LEWIS	PORTSMOUTH	V65	CARDIFF	15.1.2017
3:56.56	LEN TEW	PORT TALBOT	V80	CARDIFF	15.1.2017
4:30.2	IAN SWANSON	PORT TALBOT	V65	CARDIFF	25.4.2017

1500 METRES

4:00.4	JAMES THIE	CARDIFF	V35	LEE VALLEY	26.2.2017
4:16.57	PETER WATKEYS	BASINGSTOKE	V35	BASINGSTOKE	6.5.2017
4:22.78	PAUL CLARKE	CARMARTHEN	V35	CARMARTHEN	14.5.2017
4:27.5	MATTHEW GURMIN	SWANSEA	V40	CARDIFF	5.2.2017
4:28.2	SCOTT BROWNE	LES CROUPIERS	V40	CARDIFF	5.2.2017
4:30.27	GARETH KNIGHT	NEWPORT	V35	CARDIFF	5.2.2017
4:38.42	RICHARD JONES	NEWPORT	V45	NEWPORT	6.4.2017
4:42.1	ROY WHITEHOUSE	NEATH	V50	CARDIFF	5.2.2017
4:43.83	ADRIAN LEWIS	ABERDARE	V45	CARDIFF	5.2.2017
4:47.08	PAUL FLYNN	SWANSEA	V45	CARDIFF	5.2.2017
4:52.51	STUART WADLOW	LES CROUPIERS	V40	CARDIFF	5.2.2017
4:59.61	BRETT DAVIS	NEWPORT	V50	CARDIFF	5.2.2017
5:04.91	ALEC WILLIAMS	PEMBROKESHIRE	V50	CARDIFF	5.2.2017
5:13.45	RICHARD MARKS	SARN HELEN	V65	LEE VALLEY	26.2.2017
5:21.96	DARRYN MACATEE	NEWPORT	V55	CARDIFF	14.5.2017
5:23.05	LAWRENCE WORTH	PEMBROKESHIRE	V50	CARDIFF	5.2.2017
5:39.26	HUW ROBERTS	BRIDGEND	V55	CARDIFF	5.2.2017
5:42.31	JEFFERY HANSON	RHONDDA	V55	CARDIFF	14.5.2017
5:46.26	CLIVE OSMOND	LES CROUPIERS	V55	CARDIFF	5.2.2017
6:05.85	GORDON ORME	CARMARTHEN	V70	LEE VALLEY	26.2.2017
6:19.6	JOHN GARDENER	PEMBROKESHIRE	V70	CARDIFF	5.2.2017

3000 METRES

8:40.05	JAMES THIE	CARDIFF	V35	SHEFFIELD	8.1.2017
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9:28.35	DOUG NICHOLLS	LES CROUPIERS	V35	CARDIFF	25.4.2017
9:43.14	RICHARD JONES	NEWPORT	V45	NEWPORT	6.4.2017
9:45.65	LEE AHERNE	PARC BRYN BACH	V50	LEE VALLEY	26.2.2017
9:49.14	STUART CREES	LES CROUPIERS	V35	CARDIFF	25.4.2017
9:49.85	ED DONOVAN	LES CROUPIERS	V35	CARDIFF	25.4.2017
9:51.82	PAUL CLARKE	CARMARTHEN	V35	NEWPORT	23.4.2017
9:56.38	MATT HURFORD	LES CROUPIERS	V40	CARDIFF	25.4.2017
10:19.38	STUART WADLOW	LES CROUPIERS	V40	CARDIFF	14.5.2017
10:20.35	ADRIAN LEWIS	ABERDARE	V45	NEWPORT	23.4.2017
10:23.33	PAUL FLYNN	SWANSEA	V45	NEWPORT	23.4.2017
10:26.69	GARETH KNIGHT	NEWPORT	V35	CARDIFF	25.4.2017
10:30.99	SCOTT BROWNE	LES CROUPIERS	V40	CARDIFF	25.4.2017
10:49.62	DAVID JAMES	LES CROUPIERS	V55	CARDIFF	25.4.2017
10:54.51	DANIEL LUFFMAN	LES CROUPIERS	V40	CARDIFF	25.4.2017
11:02.72	PETE SOWERBY	BRECON	V50	CARDIFF	25.4.2017
11:04.77	RICHARD MARKS	SARN HELEN	V65	LEE VALLEY	26.2.2017
11:07.49	ELIO LEPORE	LES CROUPIERS	V60	CARDIFF	25.4.2017
11:12.38	JOS JONES	SWANSEA	V40	NEWPORT	23.4.2017
11:34.29	HUW ROBERTS	BRIDGEND	V55	LEE VALLEY	12.3.2017
11:47.16	TIM FRY	CARDIFF	V35	NEWPORT	23.4.2017
11:50.54	EVATT CUMMINGS	LES CROUPIERS	V45	CARDIFF	25.4.2017
11:51.76	ROB EVANS	LES CROUPIERS	V60	CARDIFF	25.4.2017
12:17.03	JEFFERY HANSON	RHONDDA	V55	CARDIFF	25.4.2017
19:06.1	IAN SWANSON	PORT TALBOT	V65	CARDIFF	25.4.2017
2KM WALK					
14:35.6	ROBIN WOOD	SWANSEA	V50	LEE VALLEY	26.2.2017
4 * 200M RELAY					
1:43.8	WELSH MASTERS 35+			LEE VALLEY	26.2.2017
1:53.9	WELSH MASTERS 50+			LEE VALLEY	26.2.2017
2:24.3	WELSH MASTERS 60+			LEE VALLEY	26.2.2017
400H					
75.3	PETER WATKEYS	BASINGSTOKE	V35	DARTFORD	15.4.2017
1500 S/C					
5:38.77	CHARLES NORTHEY	BRECON	V45	NEWPORT	23.4.2017
SHOT					
7.26 KG					
13.7	AGE 35-49	PETER MAITLAND	SWANSEA	V40	BASINGSTOKE 6.5.2017
11.1	ANDREW TURNER	BOURNEMOUTH	V50	BOURNEMOUTH	14.5.2017
10.35	PETER ROBERTS	SWANSEA	V45	NEWPORT	23.4.2017
9.19	HYWEL PORT	RHONDDA	V35	CARDIFF	25.4.2017
9.03	IAN WILLIAMS	NEWPORT	V40	CARDIFF	14.5.2017
8.45	NAVID CHILDS	BRECON	V35	LEE VALLEY	12.3.2017
7.66	MATTHEW TAYLOR	BARRY AND VALE	V35	NEWPORT	23.4.2017

7.56	DEREK OSBORNE	BRECON	V50	NEWPORT	23.4.2017
7.26	DAVID JONES	SWANSEA	V65	CARMARTHEN	14.5.2017
7.22	DAVID GLENDOWER	PEMBROKESHIRE	V45	LEE VALLEY	1.1.2017
			V45		
7.08	JASON ELWORTHY	BARRY AND VALE	T38/F38	CARDIFF	25.4.2017
6.51	RICHARD WINTLE	PEMBROKESHIRE	V45	CARDIFF	5.2.2017
5.82	PAUL EVANS	BRECON	V35	CARDIFF	5.2.2017
5.36	PETER WATKEYS	BASINGSTOKE	V35	DARTFORD	15.4.2017
6 KG	AGE 50-59				
11.93	ANDREW TURNER	BOURNEMOUTH	V50	LEE VALLEY	26.2.2017
10.38	GLYN PUGH	RHONDDA	V55	LEE VALLEY	12.3.2017
9.01	DAVE STOKES	DEESSIDE	V55	CARDIFF	25.4.2017
8.61	MIKE DREW	RHONDDA	V55	CARDIFF	5.2.2017
8.25	DEREK OSBORNE	BRECON	V50	CARDIFF	25.4.2017
8.2	GLYN PRICE	SWANSEA	V50	CARDIFF	25.4.2017
7.04	CHARLES NORTHEY	BRECON	V45	CARDIFF	25.4.2017
6.73	BARRY GRIFFITHS	BRECON	V60	CARDIFF	25.4.2017
5 KG	AGE 60-69				
				LORMONT,	
10.36	TERRY LALLEY	RHONDDA	V65	FRANCE	27.5.2017
8.9	JOHN MCFALL	BRECON	V65	CARDIFF	25.4.2017
8.26	CHRIS PRUSKI	SWANSEA	V60	CARDIFF	25.4.2017
6.8	MALCOLM FARNHAM	LES CROUPIERS	V75	CARDIFF	25.4.2017
6.47	PHIL REES	CARDIFF	V75	CARDIFF	25.4.2017
			V45		
6.41	JASON ELWORTHY	BARRY AND VALE	T38/F38	NEWPORT	23.4.2017
4 KG	AGE 70-79				
8.37	JOHN HOWE	RHONDDA	V75	CARDIFF	5.2.2017
7.49	MALCOLM FARNHAM	LES CROUPIERS	V75	CARDIFF	5.2.2017
7.06	PHIL REES	CARDIFF	V70	CARDIFF	5.2.2017
DISCUS					
2KG	AGE 35-49				
36.63	PETER MAITLAND	SWANSEA	V40	NEWPORT	23.4.2017
33.16	PETER ROBERTS	SWANSEA	V45	CARMARTHEN	14.5.2017
27.87	IAN WILLIAMS	NEWPORT	V40	LEE VALLEY	11.3.2017
22.24	DEREK OSBORNE	BRECON	V50	NEWPORT	23.4.2017
20.31	DAVID GLENDOWER	PEMBROKESHIRE	V45	DAEGU	21.3.2017
13.89	RICHIE GARDENER	ABERDARE	V40	NEWPORT	23.4.2017
			V40		
11.86	JASON ELWORTHY	BARRY AND VALE	(T38/F38)	CARDIFF	14.5.2017
1.5KG	AGE 50-59				
35.76	ANDREW TURNER	BOURNEMOUTH	V50	LEE VALLEY	11.3.2017
30.49	GLYN PUGH	RHONDDA	V55	LEE VALLEY	11.3.2017
			V40		
14.79	JASON ELWORTHY	BARRY AND VALE	(T38/F38)	NEWPORT	23.4.2017
1 KG	AGE 60-69				

39.56	TERRY LALLEY	RHONDDA	V65	CASTRES, FRANCE	17.5.2017
HAMMER					
7.26KG	AGE 35-49				
32.48	TERRY LALLEY	RHONDDA	V65	CASTRES, FRANCE	21.5.2017
26.08	PETER ROBERTS	SWANSEA	V45	NEWPORT	23.4.2017
24	DEREK OSBORNE	BRECON	V50	NEWPORT	23.4.2017
23.96	HYWEL PORT	RHONDDA	V35	CARDIFF	25.4.2017
22.49	DAVID GLENDOWER	PEMBROKE	V35	CARDIFF	25.4.2017
12.79	DAVID JONES	SWANSEA	V65	CARMARTHEN	14.5.2017
12.32	PAUL EVANS	BRECON	V40	NEWPORT	23.4.2017
12.24	JASON ELWORTHY	BARRY AND VALE	T38/F38	CARDIFF	25.4.2017
6KG					
AGE 50-59					
38.13	ANDREW TURNER	BOURNEMOUTH	V50	BOURNEMOUTH	2.4.2017
34.77	GLYN PUGH	RHONDDA	V55	LEE VALLEY	12.3.2017
27.85	DAVE STOKES	DEESSIDE	V55	CARDIFF	25.4.2017
25.79	DEREK OSBORNE	BRECON	V50	CARDIFF	25.4.2017
23.95	DAVID GLENDOWER	PEMBROKESHIRE	V45	DAEGU	22.3.2017
19.35	BARRY GRIFFITHS	BRECON	V60	CARDIFF	25.4.2017
16.25	CHARLES NORTHEY	BRECON	V45	CARDIFF	25.4.2017
5 KG					
AGE 60-69					
43.25	TERRY LALLEY	RHONDDA	V65	CASTRES, FRANCE	21.5.2017
19.58	CHRIS PRUSKI	SWANSEA	V60	CARDIFF	25.4.2017
19.5	PHIL REES	CARDIFF	V75	CARDIFF	25.4.2017
15.57	DAVE JONES	SWANSEA	V65	CARDIFF	25.4.2017
15.4	JOHN MCFALL	BRECON	V65	CARDIFF	25.4.2017
12.17	JASON ELWORTHY	BARRY AND VALE	T38/F38	NEWPORT	23.4.2017
JAVELIN					
800					
AGE 35-49					
31.96	CHRIS PRUSKI	SWANSEA	V60	CARMARTHEN	14.5.2017
31.9	IAN WILLIAMS	NEWPORT	V40	LEE VALLEY	11.3.2017
5.71	PETER WATKEYS	BASINGSTOKE	V35	DARTFORD	15.4.2017
700					
AGE 50-59					
23.1	ANDREW TURNER	BOURNEMOUTH	V50	BOURNEMOUTH	2.4.2017
600					
AGE 60-69					
25.38	TERRY LALLEY	RHONDDA	V65	LORMONT, FRANCE	27.5.2017

HIGH JUMP

1.5	GLYN PRICE	SWANSEA	V50	CARDIFF	25.4.2017
1.4	DEREK OSBORNE	BRECON	V50	CARDIFF	25.4.2017
1.35	CHARLES NORTHEY	BRECON	V45	CARDIFF	25.4.2017
1.3	KEITH POWELL	NEWPORT	V55	LEE VALLEY	5.2.2017
1.3	PETER WATKEYS	BASINGSTOKE	V35	DARTFORD	15.4.2017
1.15	BARRY GRIFFITHS	BRECON	V60	CARDIFF	25.4.2017
1.1	JOHN HOWE	RHONDDA	V75	CARDIFF	5.2.2017
1.1	IAN WILLIAMS	NEWPORT	V40	CARDIFF	25.4.2017
1	IAN SWANSON	PORT TALBOT	V65	CARDIFF	25.4.2017
1	PAUL EVANS	BRECON	V40	CARDIFF	14.5.2017

LONG JUMP

6.65	NAVID CHILDS	BRECON	V35	CARDIFF	28.1.2017
4.79	ROBIN WOOD	SWANSEA	V50	SWANSEA	22.1.2017
4.67	RICHARD WINTLE	PEMBROKESHIRE	V45	SWANSEA	22.1.2017
4.57	DEREK OSBORNE	BRECON	V50	CARDIFF	15.1.2017
4.51	PETER WATKEYS	BASINGSTOKE	V35	DARTFORD	15.4.2017
4.49	KEITH POWELL	NEWPORT	V55	CARDIFF	14.5.2017
4.31	PAUL EDWARDS	CARDIFF	V40	CARDIFF	15.1.2017
4.26	GLYN PRICE	SWANSEA	V50	CARDIFF	25.4.2017
4.23	DAVE SHIELDS	READING	V55	READING	19.3.2017
4.19	ROD DAVIES	SWANSEA	V60	LEE VALLEY	11.3.2017
3.94	STEVE JULIER	ABERDARE	V45	CARDIFF	25.4.2017
3.71	PAUL EDWARDS	CARDIFF	V40	CARDIFF	25.4.2017
3.43	CHARLES NORTHEY	BRECON	V45	CARDIFF	25.4.2017
3.37	GARRY JONES	PORT TALBOT	V55	CARDIFF	15.1.2017
3.37	PAUL EVANS	BRECON	V40	CARDIFF	14.5.2017
3.26	DAVE STOKES	DEESSIDE	V55	CARDIFF	25.4.2017
3.24	JOHN WATKINS	NEWPORT	V60	CARDIFF	15.1.2017
		RUGBY AND			
3.22	JOHN EVANS	NORTHAMPTON	V80	LEE VALLEY	26.2.2017
2.95	MATTHEW TAYLOR	BARRY AND VALE	V35	NEWPORT	23.4.2017
2.89	BARRY GRIFFITHS	BRECON	V60	CARDIFF	25.4.2017
2.76	ADRIAN LEWIS	ABERDARE	V45	CARDIFF	25.4.2017
2.7	PHIL REES	CARDIFF	V75	CARDIFF	15.1.2017
			V40		
2.01	JASON ELWORTHY	BARRY AND VALE	(T38/F38)	NEWPORT	23.4.2017

TRIPLE JUMP

14.58	NAVID CHILDS	BRECON	V35	CARDIFF	28.1.2017
10.23	ROBIN WOOD	SWANSEA	V50	SWANSEA	22.1.2017
9.58	DEREK OSBORNE	BRECON	V50	CARDIFF	15.1.2017
9.28	DAVE SHIELDS	READING	V55	LEE VALLEY	12.2.2017
9.25	PAUL WILLIAMS	STOKE	V50	TELFORD	10.5.2017
8.65	PETER WATKEYS	BASINGSTOKE	V35	DARTFORD	15.4.2017
8.57	CHARLES NORTHEY	BRECON	V45	CARDIFF	15.1.2017
		RUGBY AND			
6.75	JOHN EVANS	NORTHAMPTON	V80	LEE VALLEY	26.2.2017
5.72	PAUL EVANS	BRECON	V40	CARDIFF	14.5.2017
5.62	PHIL REES	CARDIFF	V75	CARDIFF	15.1.2017
			V40		
4.28	JASON ELWORTHY	BARRY AND VALE	(T38/F38)	CARDIFF	14.5.2017

POLE VAULT

3.95	GLYN PRICE	SWANSEA DACORUM AND	V50	CARDIFF	28.1.2017
3.5	DAVE GORDON	TRING	V45	LEE VALLEY	26.2.2017
2.8	DEREK OSBORNE	BRECON	V50	CARDIFF	15.1.2017
2.8	KEITH POWELL	NEWPORT	V55	CARDIFF	26.2.2017
2.05	JOHN HOWE	RHONDDA	V70	CARDIFF	15.1.2017
1.3	PETER WATKEYS	BASINGSTOKE	V35	DARTFORD	15.4.2017