

**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 Weetman    | 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        | Treborth     | 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 Weetman     | 2023 | V60       | M      | 100   | 13.8        | Burton       | Midland Veterans League - North  | 07/06/2023 |
| Martin Weetman     | 2023 | V60       | M      | 100   | 13.8        | Treborth     | 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  |
| <b>Name</b>       | <b>Year</b> | <b>Age Group</b> | <b>Gender</b> | <b>Event</b> | <b>Performance</b> | <b>Venue</b>   | <b>Meeting</b>  | <b>Date</b> |
| Owen Chesher      | 2023        | V35              | M             | 200i         | 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             | 200i         | 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              | Stretford      | 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             | 200i         | 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             | 200i         | 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             | 200i         | 29.48              | Lee Valley     | England Masters AA Inter Area Challenge   | 26/02/2023  |
| Paul Yeoman       | 2023        | V60              | M             | 200i         | 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             | 200i         | 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 Sapphrie League             | 16/04/2023  |
| Roderick Davies   | 2023        | V65              | M             | 200i         | 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             | 200i         | 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  |
| <b>Name</b>       | <b>Year</b> | <b>Age Group</b> | <b>Gender</b> | <b>Event</b> | <b>Performance</b> | <b>Venue</b>   | <b>Meeting</b>  | <b>Date</b> |
| James Morgan      | 2023        | V50              | M             | 300          | 44.22              | Nuneaton       | Nuneaton Harriers AC End of Season Open   | 10/09/2023  |
| <b>Name</b>       | <b>Year</b> | <b>Age Group</b> | <b>Gender</b> | <b>Event</b> | <b>Performance</b> | <b>Venue</b>   | <b>Meeting</b>  | <b>Date</b> |
| Jonathan Williams | 2023        | V35              | M             | 400          | 51.91              | Nuneaton       | England Masters Inter Area Challenge  | 06/08/2023  |
| Jonathan Williams | 2023        | V35              | M             | 400i         | 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              | Stretford      | Trafford Medal Meetings   | 06/08/2023  |
| Brett Davis       | 2023        | V55              | M             | 400i         | 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             | 400i         | 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             | 400i         | 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             | 400i         | 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 1S                                     | 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      | 1500i | 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      | 1500i | 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      | 1500i | 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      | 1500i | 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      | 1500i | 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      | 1500i | 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      | 1500i | 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 |
| Sion Lewis        | 2023 | V40       | M      | 3000  | 9:12.06     | 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     | Watford           | Watford 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    | Aztec 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  | 10:31.3     | 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     | trafford-upon-Avo | 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 |

| Name           | Year | Age Group | Gender | Event | Performance | Venue          | Meeting  | Date       |
|----------------|------|-----------|--------|-------|-------------|----------------|--|------------|
| Sion 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      | 3000SCns | 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 Tea | 2023 | V35       | M      | 4x100   | 48.70       | Nuneaton     | England Masters Inter Area Challenge                                      | 06/08/2023 |
| Welsh Masters AA V50 Tea | 2023 | V50       | M      | 4x100   | 60.66       | Nuneaton     | England Masters Inter Area Challenge                                      | 06/08/2023 |
| Welsh Masters AA V60 Tea | 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 Tea | 2023 | V35       | M      | 4x200i  | 1:38.20     | Lee Valley   | England Masters AA Inter Area Challenge                                   | 26/02/2023 |
| Welsh Masters AA V50 Tea | 2023 | V50       | M      | 4x200i  | 2:12.00     | Lee Valley   | England Masters AA Inter Area Challenge                                   | 26/02/2023 |
| Welsh Masters AA V60 Tea | 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 1S  | 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 1S                    | 20/05/2023 |
| Steven Thomas-Spires | 2023 | V50       | M      | HT7.26K | 16.85       | Ormskirk       | Northern Track & Field League West 1S                    | 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 |
| Chris Pruski       | 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       | tratford-upon-Avo | Midland Veterans League - South                       | 14/06/2023 |

| Name               | Year | Age Group | Gender | Event   | Performance | Venue          | Meeting   | Date       |
|--------------------|------|-----------|--------|---------|-------------|----------------|---|------------|
| Kieran Golding     | 2023 | V40       | M      | SP7.26K | 7.03        | Poole          | Southern Athletics League Division 3 West                                 | 20/05/2023 |
| Ian Williams       | 2023 | V45       | M      | SP7.26K | 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    | 10.471      | 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      | SP7.26K | 10.20       | St. Albans     | Southern Athletics League Division 2 North & East                         | 18/06/2023 |
| Peter Roberts      | 2023 | V50       | M      | SP7.26K | 9.23        | Carmarthen     | West Wales Regional Championships   | 14/05/2023 |
| Neil Davies        | 2023 | V50       | M      | SP7.26K | 8.04        | Macclesfield   | Northern Track & Field League West 15                                     | 20/05/2023 |
| David Glendower    | 2023 | V50       | M      | SP7.26K | 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      | SP7.26K | 9.66        | Aberdare       | Welsh South & East Regional Championships                                 | 13/05/2023 |
| Joseph Horner      | 2023 | V55       | M      | SP7.26K | 6.59        | Aberdare       | Inter Regional T&F Championships  | 16/07/2023 |
| Dave Stokes        | 2023 | V60       | M      | SP5K    | 8.721       | Connah's Quay  | North Wales Indoor T&F Championships                                      | 15/01/2023 |
| Martin Weetman     | 2023 | V60       | M      | SP5K    | 8.311       | Connah's Quay  | North Wales Indoor T&F Championships                                      | 15/01/2023 |
| Paul Yeoman        | 2023 | V60       | M      | SP5K    | 7.331       | 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      | SP7.26K | 7.82        | Abingdon       | Midland Counties League Division 3  | 09/09/2023 |
| Chris Pruski       | 2023 | V65       | M      | SP5K    | 7.561       | 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      | SP7.26K | 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    | 7.191       | 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    | 6.031       | Connah's Quay  | North Wales Indoor T&F Championships                                      | 15/01/2023 |
| Phil Rees          | 2023 | V80       | M      | SP3K    | 6.621       | 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    | 1.29i       | 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        | Treborth      | 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 |
| 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      | PenIM60  | 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 |