

**WELSH  
MASTERS  
RANKINGS****MALE****AS AT 31ST  
DECEMBER 2015****60 METRES**

7.62	CHRIS MILLARD	NORTH SOMERSET	V45	CARDIFF	11.1.2015
8.00	JAMES MORGAN	NEWPORT	V40	YATE	12.4.2015
8.26	GLYN SUTTON	NEWPORT	V65	LEE VALLEY	22.2.2015
8.3	ROBIN WOOD	SWANSEA	V45	SWANSEA	1.3.2015
8.61	PAUL EVANS	BRECON	V35	CARDIFF	13.12.2015
8.8	DAVID JAMES	WREXHAM	V45	CONNAH'S QUAY	10.1.2015
8.83	HUW SPICKETT	RHONDDA	V45	CARDIFF	11.1.2015
8.83	BRIAN WILLIAMSON	RHONDDA	V65	TORUN, POLAND	24.3.2015
9.67	MEL JAMES	LES CROUPIERS	V70	LEE VALLEY	1.3.2015
9.79	GARRY JONES	PORT TALBOT	V55	CARDIFF	8.2.2015
9.97	STEVE PRYKE	PEMBROKESHIRE	V55	CARDIFF	8.2.2015
10.23	JOHN EVANS	RUGBY AND NORTHAMPTON	V80	TORUN, POLAND	24.3.2015
11.27	PHIL REES	CARDIFF	V70	CARDIFF	8.2.2015
11.38	MALCOLM FARNHAM	LES CROUPIERS	V75	CARDIFF	8.2.2015
12.54	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	CARDIFF	11.1.2015

**100 METRES**

11.5	CHRIS MILLARD	NORTH SOMERSET	V45	GLOUCESTER	12.7.2015
11.7	STEPHEN BUTTLER	WORCESTER	V40	MUCH WENLOCK	12.7.2015
12.1	RICHARD THOMAS	PEMBROKESHIRE	V40	BRECON	14.6.2015
12.5	JAMES MORGAN	NEWPORT	V40	CARDIFF	3.6.2015
12.74	STUART PEARCE	NEWPORT	V35	NEWPORT	23.5.2015
12.79	GLYN SUTTON	NEWPORT	V70	EXETER	21.6.2015
13.03	IAN BROADHURST	WREXHAM	V60	LYON	7.8.2015
13.2	ROBIN WOOD	SWANSEA	V45	BRECON	14.6.2015
13.22	MARK SAUNDERS	MALDWYN	V45	COLWYN BAY	11.7.2015
13.28	PAUL EVANS	BRECON	V35	SWANSEA	9.8.2015
13.4	DAVID JAMES	WREXHAM	V45	SPORTCITY	8.8.2015
13.47	MALCOLM COWTON	YATE	V50	CHELTENHAM	1.7.2015
13.6	GAVIN BELCHER	NEWPORT	V40	CARDIFF	29.4.2015
13.72	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
13.78	ANTHONY POWELL	NEATH	V45	SWANSEA	9.8.2015
13.8	MALCOLM MEDHURST	NEWPORT	V50	BRECON	19.8.2015
13.9	ALEC WILLIAMS	PEMBROKESHIRE	V45	BARRY	28.5.2015
14.0	DAVID BOALER	CARDIFF	V55	BRECON	14.6.2015
14.1	SIMON GILL	LLISWERRY	V35	BARRY	28.5.2015
14.1	LAURENCE WORTH	PEMBROKESHIRE	V50	BARRY	28.5.2015
14.3	CHARLES WALSH	PORT TALBOT	V40	BRECON	14.6.2015
14.3	DUNCAN STEWARD	RHONDDA	V55	BRECON	14.6.2015
14.5	BILAL NAMANI	RHONDDA	V60	CARDIFF	29.4.2015
14.5	JOHN WATKINS	NEWPORT	V60	BARRY	28.5.2015

14.5	TIM BARRATT	PEMBROKESHIRE	V50	BRECON	19.8.2015
14.8	BARRY GRIFFITHS	BRECON	V50	BARRY	28.5.2015
14.9	BRIAN WILLIAMSON	RHONDDA	V65	CARDIFF	29.4.2015
15.0	CHARLES NORTHEY	BRECON	V45	BARRY	28.5.2015
15.6	MEL JAMES	LES CROUPIERS	V70	BARRY	28.5.2015
16.0	ALAN PERKINS	PORT TALBOT	V60	CARDIFF	29.4.2015
16.0	GARRY JONES	PORT TALBOT	V55	BRECON	19.8.2015
16.7	JOHN EVANS	RUGBY AND NORTHAMPTON	V80	BRECON	14.6.2015
17.1	JOHN HOWE	RHONDDA	V70	BRECON	14.6.2015
17.6	MICHAEL H DAVIES	LES CROUPIERS	V60	CARDIFF	29.4.2015
18.9	MAL FARNHAM	LES CROUPIERS	V75	BRECON	14.6.2015
19.3	PHIL REES	CARDIFF	V70	BRECON	14.6.2015
19.4	JOHN GARDENER	PEMBROKESHIRE	V70	BRECON	19.8.2015
21.98	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	NEWPORT	23.5.2015

## 200 METRES

24.5	CHRIS MILLARD	NORTH SOMERSET	V45	BRECON	14.6.2015
24.6	STEPHEN BUTTLER	WORCESTER	V40	STOKE	23.5.2015
25.2	PAUL CLARKE	CARMARTHEN	V35	BRECON	14.6.2015
25.68	RICHARD THOMAS	PEMBROKESHIRE	V40	SWANSEA	9.8.2015
25.88	JAMES MORGAN	NEWPORT	V40	LYON	9.8.2015
26.4	STUART PEARCE	NEWPORT	V35	BARRY	28.5.2015
26.47	GLYN SUTTON	NEWPORT	V70	LYON	10.8.2015
26.59	IAN BROADHURST	WREXHAM	V60	BIRMINGHAM	19.9.2015
27.2	NEIL DAVIES	WREXHAM	V45	NUNEATON	7.6.2015
27.3	GAVIN BELCHER	NEWPORT	V40	SWANSEA	8.7.2015
27.4	ROBIN WOOD	SWANSEA	V45	BRECON	14.6.2015
27.4	MALCOLM COWTON	YATE	V50	STOKE GIFFORD	12.5.2015
27.6	DAVID JAMES	WREXHAM	V45	SPORTCITY	8.8.2015
27.89w	PAUL EVANS	BRECON	V35	CARDIFF	31.5.2015
27.9	GAVIN BELCHER	NEWPORT	V40	BRECON	29.4.2015
27.9	MALCOLM MEDHURST	CARDIFF	V50	NEWPORT	16.4.2015
27.99	ANTHONY POWELL	NEATH	V45	SWANSEA	9.8.2015
28.1	SIMON GILL	LLISWERRY	V35	BARRY	28.5.2015
28.18	PAUL BEVAN	CARDIFF	V55	LEE VALLEY	1.3.2015
28.2	CHARLES WALSH	PORT TALBOT	V40	BRECON	14.6.2015
28.3	BRETT DAVIS	NEWPORT	V50	CARDIFF	28.5.2015
28.3	ALEC WILLIAMS	PEMBROKESHIRE	V45	BARRY	28.5.2015
28.35	DEREK OSBORNE	BRECON	V50	CARDIFF	11.1.2015
27.63	PAUL EVANS	BRECON	V35	SWANSEA	9.8.2015
29.0	ROB SAGE	LES CROUPIERS	V35	CARDIFF	29.4.2015
29.4	LAURENCE WORTH	PEMBROKESHIRE	V50	BARRY	28.5.2015
29.81	BRIAN WILLIAMSON	RHONDDA	V65	TORUN, POLAND	26.3.2015
30.0	BILAL NAMANI	RHONDDA	V60	CARDIFF	29.4.2015
30.3	CHARLES NORTHEY	BRECON	V45	BARRY	28.5.2015
30.3	JOHN WATKINS	NEWPORT	V60	BARRY	28.5.2015
30.31	HUW SPICKETT	RHONDDA	V45	CARDIFF	11.1.2015

31.0	BARRY GRIFFITHS	BRECON	V50	SWANSEA	8.7.2015
31.51	MEL JAMES	LES CROUPIERS	V70	LYON	9.8.2015
32.3	DUNCAN STEWARD	RHONDDA	V55	BARRY	28.5.2015
32.3	GARRY JONES	PORT TALBOT	V55	BRECON	14.6.2015
33.08	KEVIN CHALLINOR	DEESIDE	V50	CARDIFF	11.1.2015
33.3	GARRY JONES	PORT TALBOT	V55	BARRY	28.5.2015
33.5	ALAN PERKINS	PORT TALBOT	V60	SWANSEA	8.7.2015
35.3	DAVE PROFFITT	NEWPORT	V60	CARDIFF	29.4.2015
35.9	GORDON ORME	CARMARTHEN	V70	CARDIFF	29.4.2015
36.19	JOHN EVANS	RUGBY AND NORTHAMPTON	V80	LEE VALLEY	8.3.2015
37.1	RORY MCKERLICK	CARDIFF	V35	BARRY	28.5.2015
37.7	MICHAEL H DAVIES	LES CROUPIERS	V60	CARDIFF	11.1.2015
39.4	JOHN DAVIES	PORT TALBOT	V65	CARDIFF	29.4.2015
40.7	JOHN GARDENER	PEMBROKESHIRE	V70	CARDIFF	29.4.2015
42.15	MALCOLM FARNHAM	LES CROUPIERS	V75	CARDIFF	11.1.2015
43.96	PHIL REES	CARDIFF	V70	CARDIFF	11.1.2015
50.6	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	CARDIFF	11.1.2015

#### 400 METRES

53.27	PAUL CLARKE	CARMARTHEN	V35	SOLIHULL	19.7.2015
57.99	NEIL DAVIES	WREXHAM	V45	LYON	12.8.2015
58.12	BRETT DAVIS	NEWPORT	V50	BIRMINGHAM	26.7.2015
58.5	SEAN PRICE	RHONDDA	V50	SWANSEA	8.7.2015
59.06	IAN BROADHURST	WREXHAM	V60	LYON	15.8.2015
59.8	MARK SAUNDERS	MALDWYN	V45	BRECON	19.8.2015
59.44	ANTHONY POWELL	NEATH	V45	SWANSEA	9.8.2015
60.04	PAUL BEVAN	CARDIFF	V55	LEE VALLEY	1.3.2015
60.1	GAVIN BELCHER	NEWPORT	V40	SWANSEA	8.7.2015
60.8	MALCOLM MEDHURST	NEWPORT	V50	SWANSEA	8.7.2015
60.91	MALCOLM COWTON	YATE	V50	YEOVIL	13.9.2015
61.1	ADRIAN LEWIS	ABERDARE	V40	SWANSEA	8.7.2015
61.73	STUART PEARCE	NEWPORT	V35	NEWPORT	23.5.2015
61.8	CHARLES WALSH	PORT TALBOT	V40	BRECON	14.6.2015
61.9	CHARLES NORTHEY	BRECON	V45	BRECON	14.6.2015
62.0	LAURENCE WORTH	PEMBROKESHIRE	V50	BRECON	14.6.2015
62.19	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
62.43	JON GOODALL	BELGRAVE	V35	STOKE GIFFORD	12.5.2015
62.6	PAUL EVANS	BRECON	V35	BRECON	19.8.2015
63.3	DAVID JAMES	WREXHAM	V45	SPORTCITY	8.8.2015
65.3	DAVID BOALER	CARDIFF	V55	BRECON	14.6.2015
65.6	ALEC WILLIAMS	PEMBROKESHIRE	V45	SWANSEA	8.7.2015
65.63	JOHN WATKINS	NEWPORT	V60	SOLIHULL	19.7.2015
65.99	ROBIN WOOD	SWANSEA	V45	CARDIFF	8.2.2015
70.8	BARRY GRIFFITHS	BRECON	V50	BRECON	19.8.2015
70.99	KEVIN CHALLINOR	DEESIDE	V50	BANGOR	23.5.2015
72.02	MEL JAMES	LES CROUPIERS	V70	BIRMINGHAM	25.7.2015
73.5	GARRY JONES	PORT TALBOT	V55	BRECON	14.6.2015
77	ALAN PERKINS	PORT TALBOT	V60	BRECON	19.8.2015

77.5	MICHAEL H DAVIES	LES CROUPIERS	V60	BRECON	19.8.2015
78.1	GORDON ORME	CARMARTHEN	V70	SWANSEA	8.7.2015
87.6	JOHN GARDENER	PEMBROKESHIRE	V70	BRECON	19.8.2015
93.7	JOHN DAVIES	PORT TALBOT	V65	BRECON	19.8.2015

### 800 METRES

2:02.16	PAUL CLARKE	CARMARTHEN	V35	BIRMINGHAM	26.7.2015
2:12.45	MATTHEW GURMIN	SWANSEA	V40	SWANSEA	9.8.2015
2:12.60	BRETT DAVIS	NEWPORT	V50	BIRMINGHAM	26.7.2015
2:13.3	SCOTT BROWNE	BARRY AND VALE	V35	CARDIFF	29.4.2015
2:17.0	LEE AHERNE	PARC BRYN BACH	V45	BRECON	14.6.2015
2:17.05	SEAN PRICE	RHONDDA	V50	CARDIFF	11.1.2015
2:21.7	ROB SAGE	LES CROUPIERS	V35	CARDIFF	29.4.2015
2:21.93	ANTHONY WILLIAMS	ABERDARE	V55	CARDIFF	11.1.2015
2:22.70	PAUL BEVAN	CARDIFF	V55	CARDIFF	11.1.2015
2:23.38	MALCOLM MEDHURST	NEWPORT	V50	CARDIFF	11.1.2015
2:25.5	CHARLES WALSH	PORT TALBOT	V40	BRECON	14.6.2015
2:26.69	ADRIAN LEWIS	ABERDARE	V40	NEWPORT	11.7.2015
2:26.79	BILAL NAMANI	RHONDDA	V60	TORUN, POLAND	26.3.2015
2:28.3	CHARLES NORTHEY	BRECON	V45	BRECON	14.6.2015
2:30.9	LAURENCE WORTH	PEMBROKESHIRE	V50	BRECON	14.6.2015
2:31.6	MARK SAUNDERS	MALDWYN	V45	CONNAH'S QUAY	10.5.2015
2:32.5	MALCOLM COWTON	YATE	V50	CARDIFF	29.4.2015
2:34.1	RICHARD MARCS	SARN HELEN	V65	SWANSEA	8.7.2015
2:34.3	ALEC WILLIAMS	PEMBROKESHIRE	V45	CARDIFF	29.4.2015
2:35.0	DAVID JAMES	WREXHAM	V45	WREXHAM	2.8.2015
2:37.4	EVATT CUMMINGS	LES CROUPIERS	V45	BRECON	19.8.2015
2:39.3	DAVID JAMES	WREXHAM	V45	WIGAN	3.5.2015
2:39.7	BARRY GRIFFITHS	BRECON	M50	SWANSEA	8.7.2015
2:42.79	KEVIN CHALLINOR	DEESIDE	V50	BANGOR	23.5.2015
2:47.7	AUSTIN DAVIES	BRECON	V55	BRECON	14.6.2015
2:47.7	CLIVE OSMOND	LES CROUPIERS	V55	SWANSEA	8.7.2015
2:53.76	MICHAEL H DAVIES	LES CROUPIERS	V60	CARDIFF	11.1.2015
2:55.58	DAVE PROFFITT	NEWPORT	V60	TORUN, POLAND	25.3.2015
2:58.34	GARRY JONES	PORT TALBOT	V55	CARDIFF	11.1.2015
2:58.6	GORDON ORME	CARMARTHEN	V70	BRECON	19.8.2015
3:01.4	JOHN WATKINS	NEWPORT	V60	BRECON	14.6.2015
3:09.32	BARRIE ROBERTS	BOURNVILLE RUGBY AND	V70	LYON	6.8.2015
3:19.0	JOHN EVANS	NORTHAMPTON	V80	CARDIFF	29.4.2015
3:19.2	ALAN PERKINS	PORT TALBOT	V60	BRECON	19.8.2015
3:20.1	JOHN GARDENER	PEMBROKESHIRE	V70	BRECON	19.8.2015
3:39.2	JOHN DAVIES	PORT TALBOT	V65	BRECON	19.8.2015
3:54.8	IAN SWANSON	PORT TALBOT	V60	CARDIFF	29.4.2015

### 1500 METRES

4:20.34	LEE GARLAND	CHANNEL ISLANDS	V40	ST PETER PORT	7.6.2015
4:26.4	PAUL CLARKE	CARMARTHEN	V35	BRECON	31.5.2015
4:33.0	HUW EVANS	LES CROUPIERS	V40	BRECON	14.6.2015
4:33.58	MATTHEW GURMIN	SWANSEA	V40	SWANSEA	9.8.2015

4:38.4	LEE AHERNE	PARC BRYN BACH	V45	BRECON	14.6.2015
4:45.57	ANTHONY WILLIAMS	ABERDARE	V55	CARDIFF	8.2.2015
4:53.20	DAVID JOHN WILLIAMS	LES CROUPIERS	V40	LEE VALLEY	1.3.2015
4:54.7	BERNIE JONES	WREXHAM	V55	BRECON	14.6.2015
4:57.8	PETE SOWERBY	BRECON	V50	SWANSEA	8.7.2015
4:58.0	BRETT DAVIS	NEWPORT	V50	BARRY	28.5.2015
4:58.4	ROB SHEEN	LEICESTER	V50	BRECON	14.6.2015
4:59.0	JEREMY MOWER	GLOUCESTER AC	V45	YATE	25.4.2015
4:59.02	ADRIAN LEWIS	ABERDARE	V40	BIRMINGHAM	25.7.2015
5:00.48	CHARLES NORTHEY	BRECON	V45	CARDIFF	8.2.2015
5:02.9	CHARLES WALSH	PORT TALBOT	V40	BRECON	14.6.2015
5:04.7	RICHARD MARCS	SARN HELEN	V65	BARRY	28.5.2015
5:06.1	BLEDDYN JONES	LLISWERRY	V35	SWANSEA	25.3.2015
5:06.1	LAURENCE WORTH	PEMBROKESHIRE	V50	BARRY	28.5.2015
5:08.5	ALEC WILLIAMS	PEMBROKESHIRE	V45	BARRY	28.5.2015
5:19.07	MARK KALLENBERG	CARMARTHEN	V50	LEE VALLEY	1.3.2015
5:28.02	HUW ROBERTS	BRIDGEND	V55	CARDIFF	8.2.2015
5:30.9	HOWARD KENT	LES CROUPIERS	V60	BARRY	28.5.2015
5:31.0	IAN WRIGHT	ISLWYN	V55	BRECON	14.6.2015
5:33.27	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
5:35.1	CLIVE OSMOND	LES CROUPIERS	V55	BRECON	14.6.2016
5:50.2	PAUL ALLEN	HALESOWEN	V65	STOURPORT	30.4.2015
5:41.72	MAL COWTON	YATE	V50	STOKE GIFFORD	21.4.2015
5:50.2	PAUL ALLEN	HALESOWEN	V65	STOURPORT	30.4.2015
5:54.1	GORDON ORME	CARMARTHEN	V70	SWANSEA	8.7.2015
5:57.1	ALAN MASON	LES CROUPIERS	V55	BARRY	28.5.2015
6:02.75	PAUL EVANS	BRECON	V35	CARDIFF	8.2.2015
6:26.1	JOHN GARDENER	PEMBROKESHIRE	V70	SWANSEA	8.7.2015
6:29.03	BARRIE ROBERTS	BOURNVILLE	V70	LYON	12.8.2015

#### **MILE**

4:57.35	MATTHEW GURMIN	SWANSEA	V40	SOLIHULL	19.7.2015
5:32.54	RICHARD MARCS	SARN HELEN	V65	SOLIHULL	19.7.2015
5:33.80	LAURENCE WORTH	PEMBROKESHIRE	V50	SOLIHULL	19.7.2015
6:18.76	GORDON ORME	CARMARTHEN	V70	SOLIHULL	19.7.2015

#### **3000 METRES**

9:17.2	HUW EVANS	LES CROUPIERS	V40	BRECON	14.6.2015
9:33.91	LEE AHERNE	PARC BRYN BACH	V45	SOLIHULL	19.7.2015
9:57.95	MATTHEW GURMIN	SWANSEA	V40	CARDIFF	26.4.2015
9:59.00	DAVID JOHN WILLIAMS	LES CROUPIERS	V40	LEE VALLEY	1.3.2015
10:04.51	ROB SHEEN	LEICESTER	V50	LOUGHBOROUGH	4.4.2015
10:07.13	IFAN LLOYD	SWANSEA	V55	NEATH	24.5.2015
10:14.6	ROYSTON WHITEHOUSE	NEATH	V50	BRECON	19.8.2015
10:16.8	BERNIE JONES	WREXHAM	V55	BRECON	14.6.2015
10:17.9	ROB SHEEN	LEICESTER	V50	BRECON	14.6.2015
10:20.3	MARTIN WILLIAMS	LES CROUPIERS	V50	BARRY	28.5.2015
10:36.3	ROB SAGE	LES CROUPIERS	V35	CARDIFF	29.4.2015
10:36.86	PETE SOWERBY	BRECON	V50	BRECON	31.5.2015

10:45.86	ADRIAN LEWIS	ABERDARE	V40	BRECON	31.5.2015
10:49.5	DAVE COLES	LES CROUPIERS	V55	BRECON	19.8.2015
10:51.7	RICHARD MARCS	SARN HELEN	V65	BRECON	19.8.2015
11:12.3	ALEC WILLIAMS	PEMBROKESHIRE	V45	CARDIFF	29.4.2015
11:17.3	BRETT DAVIS	NEWPORT	V50	CARDIFF	29.4.2015
11:25.7	LAURENCE WORTH	PEMBROKESHIRE	V50	BARRY	28.5.2015
11:27.51	HUW ROBERTS	BRIDGEND	V55	LEE VALLEY	1.3.2015
11:28.6	EVATT CUMMINGS	LES CROUPIERS	V45	CARDIFF	29.4.2015
11:37.2	ROBERT EVANS	LES CROUPIERS	V60	CARDIFF	29.4.2015
11:41.6	KEVIN JONES	LES CROUPIERS	V45	CARDIFF	29.4.2015
11:43.76	SANDY JOHNSTON	LES CROUPIERS	V65	SOLIHULL	19.7.2015
11:44.5	IAN WRIGHT	ISLWYN	V55	BRECON	19.8.2015
11:47.5	HOWARD KENT	LES CROUPIERS	V60	BARRY	28.5.2015
11:51.9	SEAN PRICE	RHONDDA	V50	BRECON	19.8.2015
12:10.3	BARRY GRIFFITHS	BRECON	M50	BRECON	31.5.2015
12:11.4	GORDON ORME	CARMARTHEN	V70	BRECON	19.8.2015
12:11.69	DAVE PROFFITT	NEWPORT	V60	LEE VALLEY	8.3.2015
12:24.6	PAUL ALLEN	HALESOWEN	V65	BRIERLY HILL	27.5.2015
12:28.8	CLIVE OSMOND	LES CROUPIERS	V55	BRECON	19.8.2015
13:12	JOHN GARDENER	PEMBROKESHIRE	V70	BRECON	19.8.2015
13:21.3	JOHN WATKINS	NEWPORT	V60	BARRY	28.5.2015
13:51.92	BARRIE ROBERTS	BOURNVILLE	V70	LEE VALLEY	1.3.2015
15:10.4	GARY HYATT	LES CROUPIERS	V65	BRECON	14.6.2015
15:31.6	IAN SWANSON	PORT TALBOT	V60	BARRY	28.5.2015
15:52	ALAN PERKINS	PORT TALBOT	V60	BRECON	19.8.2015
15:54.1	JOHN DAVIES	PORT TALBOT	V65	BRECON	19.8.2015

### 5000 METRES

16:41.14	LEE GARLAND	CHANNEL ISLANDS	V40	ST PETER PORT	2.6.2015
17:29.9	ROB SHEEN	LEICESTER	V50	NUNEATON	7.6.2015
18:43.97	RICHARD MARCS	SARN HELEN	V65	BIRMINGHAM	26.7.2015
20:38.7	LAURENCE WORTH	PEMBROKESHIRE	V50	BRECON	14.6.2015
20:42.2	IAN WRIGHT	ISLWYN	V55	BRECON	14.6.2015
20:44.0	AUSTIN DAVIES	BRECON	V55	BRECON	14.6.2015
21:44.6	PAUL ALLEN	HALESOWEN	V65	HALESOWEN	2.9.2015
21:50.6	DAVE PROFFITT	NEWPORT	V60	LEE VALLEY	6.8.2015
22:12.6	KEVIN CHALLINOR	DEESIDE	V50	CONNAH'S QUAY	11.1.2015
25:21.9	GARY HYATT	LES CROUPIERS	V65	BRECON	14.6.2015

### 10000 METRES

33:43.59	HUW EVANS	LES CROUPIERS	V40	BIRMINGHAM	19.9.2015
43:36.56	GORDON ORME	CARMARTHEN	V70	BIRMINGHAM	19.9.2015
43:45.20	DAVE PROFFITT	NEWPORT	V60	LEE VALLEY	9.8.2015

### 2KM WALK

11:22.5	KEN BOBBETT	HILLINGDON	V70	BRECON	14.6.2015
13:46.56	BRETT DAVIS	NEWPORT	M50	SOLIHULL	19.7.2015
14:05.3	JOHN COLLINS	SWANSEA	V75	BRECON	14.6.2015

15:35.1	JOHN EVANS	RUGBY AND NORTHAMPTON	V80	RUGBY	17.6.2015
19:52.9	MATT GURMIN	SWANSEA	M40	SOLIHULL	19.7.2015
<b>5KM WALK</b>					
30:27.0	KEN BOBBETT	HILLINGDON	V70	LYON	6.8.2015
<b>20KM WALK</b>					
02:11:01	KEN BOBBETT	HILLINGDON	V70	LYON	15.8.2015
<b>2000M STEEPLECHASE</b>					
6:24.00	LEE GARLAND	CHANNEL ISLANDS	V40	ST PETER PORT	7.8.2015
8:00.7	CHARLES WALSH	PORT TALBOT	V40	BRECON	14.6.2015
<b>3000M STEEPLECHASE</b>					
9:35.51	SULLIVAN SMITH	SWANSEA	V35	SWANSEA	9.5.2015
9:55.87	LEE GARLAND	CHANNEL ISLANDS	V40	ST PETER PORT	1.7.2015
13:53	JOHN COLLINS	2KM			
<b>100M HURDLES</b>					
18.05	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
18.5	MIKE MULLINS	RHONDDA	V50	BRECON	14.6.2015
19.1	DAVE BOALER	CARDIFF	V55	BRECON	14.6.2015
<b>110M HURDLES</b>					
21.7	JON GOODALL	BELGRAVE	V35	ST ALBANS	20.6.2015
21.7	DEREK OSBORNE	BRECON	V50	CONNAH'S QUAY	29.8.2015
<b>300M HURDLES</b>					
45.4	IAN BROADHURST	WREXHAM	V60	LYON	11.8.2015
<b>400M HURDLES</b>					
66.49	NEIL DAVIES	WREXHAM	V45	LYON	10.8.2015
70.6	JON GOODALL	BELGRAVE	V35	EASTBOURNE	25.4.2015
74.5	DAVID JAMES	WREXHAM	V45	SPORTCITY	8.8.2015
74.92	DEREK OSBORNE	BRECON	V50	SWANSEA	9.8.2015
<b>4 * 100M RELAY</b>					
53.46	WMAA		V50	SOLIHULL	19.7.2015
54.87	WMAA		V35	SOLIHULL	19.7.2015
61.94	WMAA		V70	SOLIHULL	19.7.2015
67.44	WMAA		V60	SOLIHULL	19.7.2015
<b>4 * 200M RELAY</b>					
1:56.54	WMAA		V35	LEE VALLEY	1.3.2015
2:03.1	BRECON		V35+	BRECON	19.8.2015
2:24.6	PORT TALBOT		V35+	BRECON	19.8.2015

**4 \* 400M RELAY**

4:39.1	BRECON		V35	CARDIFF	29.4.2015
4:59.1	LES CROUPIERS		V35	CARDIFF	29.4.2015
5:45.1	PORT TALBOT		V35	CARDIFF	29.4.2015

**SHOT****7.26 KG****AGE 35-49**

10.91	PETE ROBERTS	SWANSEA	V40	CARMARTHEN	28.5.2015
10.73	JAMES ELTON	RHONDDA	V35	NEWPORT	11.7.2015
10.67	ROB EALES	NEWPORT	V50	NEWPORT	23.5.2015
10.05	MIKE SMALL	WORCESTER	V60	BRIERLY HILL	27.5.2015
9.68	DAVE STOKES	DEESSIDE	V50	CONNAH'S QUAY	3.5.2015
9.41	HYWEL PORT	RHONDDA	V35	SWANSEA	8.7.2015
8.93	BLEDDYN JONES	LLISWERRY	V35	SWANSEA	1.3.2015
8.73	ROBIN WOOD	SWANSEA	V45	SWANSEA	1.3.2015
8.68	STEVE INGRAM	SWANSEA	V40	SWANSEA	8.7.2015
8.45	TERRY LALLEY	RHONDDA	V65	TOULOUSE	18.1.2015
8.32	GLYN PRICE	SWANSEA	V45	BARRY	28.5.2015
7.93	DEREK OSBORNE	BRECON	V50	CARDIFF	26.4.2015

7.6	CHRIS MILLARD	NORTH SOMERSET	V45	YATE	2.8.2015
7.54	DAVID GLENDOWER	PEMBROKESHIRE	V45	GILLINGHAM	31.5.2015
7.42	CHARLES NORTHEY	BRECON	V45	SWANSEA	8.7.2015
6.76	PAUL EVANS	BRECON	V35	CARDIFF	11.1.2015
6.71	MARK SAUNDERS	MALDWYN	V45	COLWYN BAY	11.7.2015
6.46	KEITH POWELL	NEWPORT	V50	CONNAH'S QUAY	29.8.2015
6.40	DAVID JAMES	WREXHAM	V45	CONNAH'S QUAY	10.1.2015

6.39	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	BARRY	28.5.2015
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**6 KG****AGE 50-59**

12.51	ANDREW TURNER	BOURNEMOUTH	V50	BOURNEMOUTH	23.5.2015
10.19	GLYN PUGH	RHONDDA	V50	BARRY	28.5.2015
9.6	DAVE STOKES	DEESSIDE	V50	CONNAH'S QUAY	12.4.2015
9.27	DUNCAN STEWARD	RHONDDA	V55	CARDIFF	11.1.2015
8.97	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
8.93	RICHARD DIXON	BLAENAU GWENT	V50	BRECON	14.6.2015
8.64	MIKE DREW	RHONDDA	V55	BARRY	28.5.2015
7.65	BARRY GRIFFITHS	BRECON	V50	SWANSEA	8.7.2015

**5 KG****AGE 60-69**

12.02	MIKE SMALL	WORCESTER	V60	BRECON	14.6.2015
10.87	TERRY LALLEY	RHONDDA	V65	OBERNAI, FRANCE	13.6.2015
9.54	IAN BOWLES	WORCESTER	V70	BARRY	28.5.2015
8.23	JOHN MCFALL	BRECON	V60	BARRY	28.5.2015
7.99	PHIL JAMES	UNATTACHED	V60	SWANSEA	8.7.2015



7.56	DAVE WALSH	UNATTACHED	V75	BRECON	14.6.2015
7.43	BRIAN WEBB	RHONDDA	V75	BRECON	14.6.2015
7.39	JOHN WATKINS	NEWPORT	V60	BARRY	28.5.2015
7.38	PAUL BROOKS	WREXHAM	V65	COLWYN BAY	11.7.2015
7.32	MALCOLM FARNHAM	LES CROUPIERS	V75	BRECON	14.6.2015
7.26	PHIL REES	CARDIFF	V70	SWANSEA	8.7.2015
7.01	DAVID JONES	SWANSEA	V65	CARDIFF	26.4.2015

6.83	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	NEWPORT	11.7.2015
6.24	ALAN PERKINS	PORT TALBOT	V60	BARRY	28.5.2015

#### 4 KG

#### AGE 70-79

10.47	IAN BOWLES	WORCESTER	V70	SOLIHULL	19.7.2015
9.01	JOHN HOWE	RHONDDA	V70	LEE VALLEY	22.2.2015
7.45	BRIAN WEBB	RHONDDA	V75	LEE VALLEY	7.3.2015
7.34	MALCOLM FARNHAM	LES CROUPIERS	V75	CARDIFF	11.1.2015
7.14	PHIL REES	CARDIFF	V70	CARDIFF	11.1.2015

#### DISCUS

#### 2KG

#### AGE 35-49

37.74	PETE ROBERTS	SWANSEA	V40	SWANSEA	9.5.2015
30.19	HYWEL PORT	RHONDDA	V35	CARDIFF	29.4.2015
29.00	DAVE STOKES	DEESSIDE	V50	MACCLESFIELD	12.7.2015
26.85	TERRY LALLEY	RHONDDA	V65	TOULOUSE	6.6.2015
25.45	DEREK OSBORNE	BRECON	V50	CARDIFF	26.4.2015
21.28	DAVID GLENDOWER	PEMBROKESHIRE	V45	ASHFORD	23.5.2015
20.09	ROBIN WOOD	SWANSEA	V45	CARDIFF	26.4.2015
19.14	CHARLES NORTHEY	BRECON	V45	CARDIFF	26.4.2015
19.02	MARK SAUNDERS	MALDWYN	V45	BANGOR	23.5.2015
17.89	KEITH POWELL	NEWPORT	V50	CONNAH'S QUAY	29.8.2015

13.88	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	BRECON	31.5.2015
13.33	DAVID JONES	SWANSEA	V65	NEATH	24.5.2015
12.63	PAUL EVANS	BRECON	V35	BRECON	19.8.2015

#### 1.5 KG

#### AGE 50-59

39.17	ANDREW TURNER	BOURNEMOUTH	V50	LEE VALLEY	7.3.2015
36.4	DAVE STOKES	DEESSIDE	V50	BANGOR	23.5.2015
35.22	MIKE SMALL	WORCESTER	V60	BRIERLY HILL	27.5.2015
29.79	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
29.00	RICHARD DIXON	BLAENAU GWENT	V50	BRECON	14.6.2015
28.97	GLYN PUGH	RHONDDA	V50	BRECON	14.6.2015
26.96	DUNCAN STEWARD	RHONDDA	V55	BRECON	14.6.2015
24.76	MIKE DREW	RHONDDA	V55	BRECON	14.6.2015
20.97	CHRIS BERRY	BASINGSTOKE AND MID HANTS	V55	BRECON	14.6.2015
19.24	BARRY GRIFFITHS	BRECON	V50	BRECON	19.8.2015

12.37	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	SWANSEA	9.8.2015
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**1 KG****AGE 60+**

42.09	MIKE SMALL	WORCESTER	V60	BIRMINGHAM	19.9.2015
37.03	TERRY LALLEY	RHONDDA	V65	DERBY	17.5.2015
35.42	IAN BOWLES	WORCESTER	V70	BRECON	14.6.2015
32.68	IAN ROBINSON	WREXHAM	V65	CONNAH'S QUAY	17.5.2015
28.6	PAUL BROOKS	WREXHAM	V65	TELFORD	12.9.2015
26.85	H MORGAN	PEMBROKESHIRE	V60	BRECON	19.8.2015
23.34	JOHN MCFALL	BRECON	V60	BRECON	14.6.2015
22.68	JOHN DAVIES	PORT TALBOT	V65	CARDIFF	29.4.2015
20.82	DAVE WALSH	UNATTACHED	V75	BIRMINGHAM	25.7.2015
20.43	PHIL REES	CARDIFF	V70	BRECON	14.6.2015
18.69	DAVID JONES	SWANSEA	V65	BRECON	14.6.2015
18.26	ALAN PERKINS	PORT TALBOT	V60	CARDIFF	29.4.2015
17.15	BRIAN WEBB	RHONDDA	V75	LEE VALLEY	8.3.2015
13.36	MICHAEL H DAVIES	LES CROUPIERS	V60	CARDIFF	29.4.2015

**JAVELIN****800G****AGE 35-49**

37.73	CHARLES NORTHEY	BRECON	V45	SOLIHULL	19.7.2015
32.12	HYWEL PORT	RHONDDA	V35	BRECON	19.8.2015
32.01	MIKE SMALL	WORCESTER	V60	STOURPORT	30.4.2015
28.65	ROBIN WOOD	SWANSEA	V45	BRECON	14.6.2015
25.39	DAVE STOKES	DEESSIDE	V50	CONNAH'S QUAY	12.4.2015
25.04	MARK SAUNDERS	MALDWYN	V40	CONNAH'S QUAY	10.5.2015
21.96	DEREK OSBORNE	BRECON	V50	BRECON	31.5.2015
18.57	KEITH POWELL	NEWPORT	V50	CONNAH'S QUAY	29.8.2015
17.72	DAVID JONES	SWANSEA	V65	NEATH	24.5.2015
16.5	PAUL EVANS	BRECON	V35	BARRY	28.5.2015
14.55	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	NEWPORT	11.7.2015
11.8	DAVID JAMES	WREXHAM	V45	WIGAN	3.5.2015

**700G****AGE 50-59**

44.52	JON POWELL	UNATTACHED	V50	BRECON	14.6.2015
34.00	MIKE SMALL	WORCESTER	V60	REDDITCH	29.7.2015
31.15	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
30.45	DUNCAN STEWARD	RHONDDA	V55	EXETER	21.6.2015
29.71	RICHARD DIXON	BLAENAU GWENT	V50	BRECON	19.8.2015
28.05	MIKE DREW	RHONDDA	V55	BRECON	14.6.2015
27.01	DAVE STOKES	DEESSIDE	V50	BRECON	19.8.2015
22.53	CHRIS BERRY	BASINGSTOKE AND MID HANTS	V55	BRECON	14.6.2015
21.18	GLYN PUGH	RHONDDA	V50	BRECON	19.8.2015
20.33	BARRY GRIFFITHS	BRECON	V50	BRECON	19.8.2015
19.24	MICHAEL MULLINS	RHONDDA	V50	BARRY	28.5.2015
18.46	LAURENCE WORTH	PEMBROKESHIRE	V50	BRECON	14.6.2015

**600G****AGE 60-69**

35.67	MIKE SMALL	WORCESTER	V60	BRIERLY HILL	27.5.2015
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30.02	JOHN DAVIES	PORT TALBOT	V65	SOLIHULL	19.7.2015
26.69	TERRY LALLEY	RHONDDA	V65	DERBY	17.5.2015
23.02	JOHN HOWE	RHONDDA	V70	BRECON	14.6.2015
22.38	JOHN MCFALL	BRECON	V60	BRECON	14.6.2015
22.01	IAN ROBINSON	WREXHAM	V65	BRECON	14.6.2015
19.39	JOHN WATKINS	NEWPORT	V60	BARRY	28.5.2015
19.24	MIKE MULLINS	RHONDDA	V50	BARRY	28.5.2015
18.34	IAN BOWLES	WORCESTER	V70	BRECON	19.8.2015
17.64	ALAN PERKINS	PORT TALBOT	V60	BRECON	19.8.2015
17.57	BRIAN WEBB	RHONDDA	V75	BARRY	28.5.2015
16.40	DAVID JONES	SWANSEA	V65	BRECON	14.6.2015
14.33	PHIL REES	CARDIFF	V70	BARRY	28.5.2015

**500G**

**AGE 70-79**

23.36	MALCOLM FARNHAM	LES CROUPIERS	V75	BRECON	19.8.2015
20.66	JOHN HOWE	RHONDDA	V70	EXETER	21.6.2015
18.42	DAVE WALSH	UNATTACHED	V75	BRECON	14.6.2015
17.78	BRIAN WEBB	RHONDDA	V75	BRECON	14.6.2015
10.12	PHIL REES	CARDIFF	V70	BRECON	14.6.2015

**HAMMER**

**7.26 KG**

**AGE 35-49**

51.38	GARY HALPIN	BRECON	V45	BRECON	14.6.2015
33.03	JAMES ELTON	RHONDDA	V35	NEWPORT	11.7.2015
32.71	TERRY LALLEY	RHONDDA	V65	TOULOUSE	10.5.2015
30.1	DAVE STOKES	DEESSIDE	V50	CONNAH'S QUAY	17.5.2015
29.81	ROB EALES	NEWPORT	V50	NEWPORT	4.7.2015
28.6	PETE ROBERTS	SWANSEA	V40	SWANSEA	8.7.2015
25.92	HYWEL PORT	RHONDDA	V35	CARDIFF	29.4.2015
25.1	DEREK OSBORNE	BRECON	V50	CONNAH'S QUAY	29.8.2015
24.61	DAVID GLENDOWER	PEMBROKESHIRE	V45	BRECON	14.6.2015
19.83	GLYN PRICE	SWANSEA	V45	CONNAH'S QUAY	29.8.2015
15.19	CHARLES NORTHEY	BRECON	V45	CARDIFF	29.4.2015
12.69	DAVID JONES	SWANSEA	V65	NEATH	24.5.2015

V40

12.1	JASON ELWORTHY	BARRY AND VALE	(T38/F38)	CARDIFF	29.4.2015
11.33	PAUL EVANS	BRECON	V35	CARDIFF	26.4.2015

**6 KG**

**AGE 50-59**

41.55	ANDREW TURNER	BOURNEMOUTH	V50	BASINGSTOKE	8.6.2015
35.15	GLYN PUGH	RHONDDA	V50	CARDIFF	29.4.2015
33.6	MIKE SMALL	WORCESTER	V60	STOURPORT	30.4.2015
30.55	DEREK OSBORNE	BRECON	V50	CARDIFF	29.4.2015
29.39	MIKE DREW	RHONDDA	V55	BRECON	14.6.2015
29.10	DAVE STOKES	DEESSIDE	V50	CONNAH'S QUAY	12.4.2015
25	DUNCAN STEWARD	RHONDDA	V55	EXETER	21.6.2015
24.34	CHRIS BERRY	BASINGSTOKE AND MID HANTS	V55	BRECON	14.6.2015
23.7	RICHARD DIXON	BLAENAU GWENT	V50	CARDIFF	29.4.2015
19.79	BARRY GRIFFITHS	BRECON	V50	SWANSEA	8.7.2015

<b>5 KG</b>	<b>AGE 60-69</b>				
41.85	TERRY LALLEY	RHONDDA	V65	AUCH	3.5.2015
40.93	MIKE SMALL	WORCESTER	V60	BRECON	14.6.2015
38.63	NICK LIA	CARDIFF	V60	SWANSEA	8.7.2015
32.00	PHIL JAMES	UNATTACHED	V60	SWANSEA	8.7.2015
31.64	IAN BOWLES	WORCESTER	V70	CARDIFF	29.4.2015
20.09	JOHN DAVIES	PORT TALBOT	V65	CARDIFF	29.4.2015
19.89	ALAN PERKINS	PORT TALBOT	V60	CARDIFF	29.4.2015
19.29	DAVID JONES	SWANSEA	V65	BRECON	14.6.2015
19.24	BRIAN WEBB	RHONDDA	V75	CARDIFF	29.4.2015
18.23	PHIL REES	CARDIFF	V70	BRECON	14.6.2015
14.71	JOHN MCFALL	BRECON	V60	SWANSEA	8.7.2015

<b>4 KG</b>	<b>AGE 70-79</b>				
33.45	IAN BOWLES	WORCESTER	V70	NUNEATON	7.6.2015
19.06	PHIL REES	CARDIFF	V70	EXETER	8.7.2015
11.92	JASON ELWORTHY	BARRY AND VALE	V40 (T38/F38)	NEWPORT	11.7.2015

#### **HIGH JUMP**

1.55	STEVE INGRAM	SWANSEA	V40	SWANSEA	8.7.2015
1.45	JON POWELL	UNATTACHED	V50	BRECON	14.6.2015
1.45	GLYN PRICE	SWANSEA	V45	CONNAH'S QUAY	31.8.2015
1.44	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
1.40	CHARLIE NORTHEY	BRECON	V45	SOLIHULL	19.7.2015
1.35	ROBIN WOOD	SWANSEA	V45	SWANSEA	8.7.2015
1.35	DAVID JAMES	WREXHAM	V45	CONNAH'S QUAY	10.1.2015
1.25	ALLAN CHEERS	BASINGSTOKE & MID HANTS	V70	BRECON	14.6.2015
1.23	HYWEL PORT	RHONDDA	V35	BRECON	19.8.2015
1.21	JOHN HOWE	RHONDDA	V70	LEE VALLEY	22.2.2015
1.20	BARRY GRIFFITHS	BRECON	V50	BARRY	28.5.2015
1.20	DAVE STOKES	DEESSIDE	V50	BARRY	28.5.2015
1.20	MICHAEL MULLINS	RHONDDA	V50	BARRY	28.5.2015
1.18	EVATT CUMMINGS	LES CROUPIERS	V45	BRECON	19.8.2015
1.16	PAUL EVANS	BRECON	V35	CARDIFF	13.12.2015
1.15	GLYN PUGH	RHONDDA	V50	BARRY	28.5.2015
1.1	JOHN WATKINS	NEWPORT	V60	BARRY	28.5.2015
1.1	IAN SWANSON	PORT TALBOT	V60	BARRY	28.5.2015
0.98	PHIL REES	CARDIFF	V70	BRECON	19.8.2015

#### **LONG JUMP**

6.16	IOAN HUGHES	MENAI	V35	BIRMINGHAM	25.7.2015
5.00	DEREK OSBORNE	BRECON	V50	BIRMINGHAM	19.9.2015
4.81	ROBIN WOOD	SWANSEA	V45	CARDIFF	26.4.2015
4.67	JAMES MORGAN	NEWPORT	V40	CARDIFF	11.1.2015
4.41	DAVE SHIELDS	READING	V50	BRECON	14.6.2015

4.38	GAVIN BELCHER	NEWPORT	V40	BARRY	28.5.2015
4.28	ANTHONY POWELL	NEATH	V45	SWANSEA	9.8.2015
		BASINGSTOKE & MID			
4.04	ALLAN CHEERS	HANTS	V70	LEE VALLEY	7.3.2015
3.91	DAVE STOKES	DEESSIDE	V50	CONNAH'S QUAY	10.1.2015
3.91	DAVID JAMES	WREXHAM	V45	COLWYN BAY	5.7.2015
3.89	BRIAN WILLIAMSON	RHONDDA	V65	SOLIHULL	19.7.2015
3.88	DUNCAN STEWARD	RHONDDA	V55	BRECON	14.6.2015
3.79	MICHAEL MULLINS	RHONDDA	V50	BRECON	14.6.2015
3.76	PAUL EVANS	BRECON	V35	CARDIFF	11.1.2015
3.72	CHARLES NORTHEY	BRECON	V45	CARDIFF	26.4.2015
3.52	BARRY GRIFFITHS	BRECON	V50	BARRY	28.5.2015
3.43	DAVE STOKES	DEESSIDE	V50	BRECON	19.8.2015
		RUGBY AND			
3.39	JOHN EVANS	NORTHAMPTON	V80	TORUN, POLAND	24.3.2015
3.34	GARRY JONES	PORT TALBOT	V55	CARDIFF	11.1.2015
3.29	JOHN WATKINS	NEWPORT	V60	BARRY	28.5.2015
2.66	JOHN MCFALL	BRECON	V60	BRECON	19.8.2015
2.51	PHIL REES	CARDIFF	V70	BRECON	14.6.2015
2.40	IAN SWANSON	PORT TALBOT	V60	BRECON	14.6.2015

			V40		
2.32	JASON ELWORTHY	BARRY AND VALE	(T38/F38)	CARDIFF	28.6.2015

### TRIPLE JUMP

11.36	IOAN HUGHES	MENAI	V35	SOLIHULL	19.7.2015
10.11	ROBIN WOOD	SWANSEA	V45	CARDIFF	25.1.2015
9.69	DAVE SHIELDS	READING	V50	LEE VALLEY	8.3.2015
9.68	STEVE INGRAM	SWANSEA	V40	SWANSEA	8.7.2015
9.44	DEREK OSBORNE	BRECON	V50	CONNAH'S QUAY	29.8.2015
8.93	DAVID JAMES	WREXHAM	V45	BEBINGTON	6.6.2015
		BASINGSTOKE & MID			
8.85	ALLAN CHEERS	HANTS	V70	CARDIFF	11.1.2015
8.83	GAVIN BELCHER	NEWPORT	V40	CARDIFF	29.4.2015
8.49	CHARLES NORTHEY	BRECON	V45	BRECON	14.6.2015
7.95	DUNCAN STEWARD	RHONDDA	V55	EXETER	21.6.2015
7.76	DAVE STOKES	DEESSIDE	V50	CONNAH'S QUAY	10.1.2015
		RUGBY AND			
7.64	JOHN EVANS	NORTHAMPTON	V80	CARDIFF	11.1.2015
7.12	MIKE MULLINS	RHONDDA	V50	SWANSEA	8.7.2015
6.06	PHIL REES	CARDIFF	V70	BRECON	14.6.2015
5.79	PAUL EVANS	BRECON	V35	CARDIFF	29.4.2015

			V40		
4.83	JASON ELWORTHY	BARRY AND VALE	(T38/F38)	NEWPORT	11.7.2015

### POLE VAULT

4.10	GLYN PRICE	SWANSEA	V45	TORUN, POLAND	25.3.2015
		DACORUM AND			
3.80	DAVE GORDON	TRING	V45	TORUN, POLAND	25.3.2015
3.00	MARTIN DAVIES	NEWPORT/BRISTOL	V55	BRECON	31.5.2015
2.9	DEREK OSBORNE	BRECON	V50	BRECON	14.6.2015

2.60	JOHN HOWE	RHONDDA	V70	TORUN, POLAND	26.3.2015
2.5	JON GOODALL	BELGRAVE	V35	LUTON	15.8.2015
2.50	ALAN JEFFERIES	RHYMNEY VALLEY	V50	NEWPORT	11.7.2015
2.45	DAVE STOKES	DEESSIDE	V50	MACCLESFIELD	12.7.2015
2.30	JOHN GOODALL	BELGRAVE	V35	CROYDON	4.7.2015
2.20	CHRIS BERRY	BASINGSTOKE AND MID HANTS	V55	BRECON	14.6.2015