

WMAL Men and Women Rankings 1st Nov 2023 to 31st Jan 2024

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Michael Dickens	2024	V35	M	60	7.33	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Owen Chesher	2024	V40	M	60	8.08	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Matthew Harding	2024	V40	M	60	8.09	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
James Morgan	2024	V50	M	60	8.28	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Neil Davies	2023	V50	M	60	9.06	Sportcity	Manchester Indoor Open Meeting	10/12/2023
Joseph Horner	2024	V55	M	60	9.03	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Joseph Horner	2023	V55	M	60	8.82	Connah's Quay	North Wales Christmas Indoor Open	09/12/2023
Russell Whiting	2024	V55	M	60	7.80	Abbotstown, IRL	AAI Games	27/01/2024
Martin Weetman	2023	V60	M	60	8.53	Connah's Quay	North Wales Christmas Indoor Open	09/12/2023
Mark Ellery	2024	V60	M	60	8.67	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Brian MacBride	2023	V60	M	60	8.88	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Paul Yeoman	2024	V60	M	60	9.12	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Steven Gardner	2023	V60	M	60	9.20	Connah's Quay	North Wales Christmas Indoor Open	09/12/2023
Ian Broadhurst	2024	V65	M	60	8.80	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Roderick Davies	2024	V65	M	60	9.45	Swansea	West Wales Indoor Athletics Championships Day 1	13/01/2024
Michael Finnie	2024	V65	M	60	10.97	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Donald Hale	2024	V70	M	60	12.33	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Mel James	2024	V75	M	60	10.48	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024

Michael Dickens	2024	V35	M	200	24.08	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Jonathan Williams	2024	V35	M	200	24.41	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Owen Chesher	2024	V40	M	200	26.13	Cardiff	Welsh Athletics Senior & U15 Championships	28/01/2024
James Morgan	2024	V50	M	200	27.45	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Russell Whiting	2024	V55	M	200	26.02	Abbotstown, IRL	AAI Games	27/01/2024

Jonathan Williams	2024	V35	M	300	38.77	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Neil Davies	2023	V50	M	300	45.82	Sportcity	Manchester Indoor Open Meeting	10/12/2023
Adrian Lewis	2024	V50	M	300	47.52	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Neil Davies	2024	V55	M	300	45.95	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Brett Davis	2024	V60	M	300	44.14	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Paul Yeoman	2024	V60	M	300	50.23	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Ian Broadhurst	2024	V65	M	300	44.48	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Kieran McDonnell	2024	V65	M	300	47.08	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024

Brett Davis	2024	V60	M	400	62.70	Cardiff	Welsh Athletics Senior & U15 Championships	27/01/2024
Sean Price	2024	V60	M	400	62.90	Cardiff	Welsh Athletics Senior & U15 Championships	27/01/2024

Oliver Williams	2023	V35	M	600	1:27.20	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Jonathan Williams	2023	V35	M	600	1:28.66	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Sean Price	2023	V55	M	600	1:38.60	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Brett Davis	2023	V55	M	600	1:39.40	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023

Oliver Williams	2024	V35	M	800	1:59.16	Cardiff	BMC Indoor Races	21/01/2024
Jonathan Williams	2024	V35	M	800	2:13.86	Cardiff	Welsh Athletics Senior & U15 Championships	28/01/2024
Peter Watkeys	2024	V40	M	800	2:03.96	Cardiff	Welsh Athletics Senior & U15 Championships	28/01/2024
David John Williams	2024	V40	M	800	1:59.09	Cardiff	BMC Indoor Races	21/01/2024
Adrian Lewis	2024	V50	M	800	2:38.11	Cardiff	Welsh Athletics Senior & U15 Championships	28/01/2024

Oliver Williams	2024	V35	M	1500	4:05.76	Cardiff	Welsh Athletics Senior & U15 Championships	27/01/2024
David John Williams	2024	V40	M	1500	4:07.51	Cardiff	Welsh Athletics Senior & U15 Championships	27/01/2024
Adrian Lewis	2024	V50	M	1500	5:19.56	Cardiff	Welsh Athletics Senior & U15 Championships	27/01/2024

Oliver Williams	2023	V35	M	3000	9:02.08	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
David John Williams	2023	V40	M	3000	9:16.05	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Owen Davies	2023	V45	M	3000	10:24.39	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Adrian Lewis	2023	V50	M	3000	10:44.82	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Ifan Lloyd	2023	V60	M	3000	10:21.35	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Dave Watson	2024	V65	M	3000	11:23.77	Sheffield	Run Jump Throw & Master GP Sheffield	20/01/2024

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Robin Wood	2024	V55	M	TJ	8.97	Swansea	West Wales Indoor Athletics Championships Day 2	20/01/2024
Joseph Horner	2024	V55	M	TJ	8.74	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Dave Shields	2024	V60	M	TJ	8.08	Cardiff	Welsh Athletics Senior & U15 Championships	27/01/2024

Martin Tucker	2024	V55	M	SP6K	9.39	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Dave Stokes	2024	V60	M	SP5K	9.10	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Paul Brooks	2023	V70	M	SP4K	7.41	Connah's Quay	North Wales Christmas Indoor Open	09/12/2023
Robin (Bob) Frost	2023	V75	M	SP4K	6.05	Connah's Quay	North Wales Christmas Indoor Open	09/12/2023

Glyn Price	2024	V55	M	PV	3.75	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
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Owen Chesher	2024	V40	M	HJ	1.58	Cardiff	Welsh Athletics Senior & U15 Championships	28/01/2024
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Matthew Harding	2024	V40	M	LJ	5.06	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Joseph Horner	2024	V55	M	LJ	4.20	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Martin Tucker	2024	V55	M	LJ	2.94	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Dave Stokes	2024	V60	M	LJ	3.30	Connah's Quay	North Wales Regional Indoor Championships	20/01/2024
Roderick Davies	2024	V65	M	LJ	3.79	Swansea	West Wales Indoor Athletics Championships Day 2	20/01/2024

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Emma Pengelly	2024	V35	W	60	8.73	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Rhiannon Jenkins	2023	V35	W	60	9.40	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Eleri Jones	2024	V40	W	60	8.40	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Rhiannon Jenkins	2024	V40	W	60	9.42	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Amanda Cook	2023	V45	W	60	9.02	Connah's Quay	North Wales Christmas Indoor Open	09/12/2023
Michelle Thomas	2024	V50	W	60	8.46	Athlone, IRL	National Master Indoor Championship	13/01/2024
Juliet Sidney	2024	V55	W	60	8.82	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Jan Timberlake	2024	V55	W	60	10.27	Sportcity	Manchester Indoor Open Meeting	07/01/2024
Melanie Garland	2023	V60	W	60	9.21	Sheffield	Run Jump Throw & Master GP Sheffield	29/12/2023
Angela Bryant	2023	V60	W	60	9.64	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Clare St. John-Coleman	2023	V60	W	60	9.74	Lee Valley	BFTTA Open Meet	10/12/2023
Daphne Marler	2024	V75	W	60	15.78	Swansea	West Wales Indoor Athletics Championships Day 1	13/01/2024

Melanie Garland	2023	V60	W	150	23.50	Sheffield	Northern Athletics November Open 2023	25/11/2023
Angela Bryant	2023	V60	W	150	23.87	Sheffield	Northern Athletics November Open 2023	25/11/2023

Eleri Jones	2024	V40	W	200	28.19	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Michelle Thomas	2024	V50	W	200	28.01	Athlone, IRL	National Master Indoor Championship	13/01/2024
Juliet Sidney	2024	V55	W	200	29.98	Cardiff	Welsh Athletics Senior & U15 Championships	28/01/2024
Melanie Garland	2024	V60	W	200	32.41	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Angela Bryant	2024	V60	W	200	32.81	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Nicola Buckwell	2024	V65	W	200	35.79	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024

Rhiannon Jenkins	2023	V35	W	300	51.77	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Sarah Coote	2024	V40	W	300	46.15	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024
Juliet Sidney	2023	V50	W	300	49.63	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Angela Bryant	2024	V60	W	300	54.88	Cardiff	Cardiff Metropolitan University Non Thomas Open	21/01/2024

Ewelina Ciesielska	2024	V35	W	1500	4:59.20	Cardiff	Welsh Athletics Senior & U15 Championships	27/01/2024
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Donna Morris	2023	V35	W	3000	10:33.28	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Ewelina Ciesielska	2023	V35	W	3000	10:47.60	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023
Diane Brownhill	2023	V50	W	3000	12:24.73	Cardiff	Cardiff Met Indoor Christmas Classic	17/12/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Melanie Garland	2023	V60	W	HJ	1.25	Sheffield	Northern Athletics December Open 2023	09/12/2023

Katherine Morgan	2024	V40	W	LJ	4.26	Swansea	West Wales Indoor Athletics Championships Day 2	20/01/2024
Amanda Cook	2023	V45	W	LJ	4.22	Connah's Quay	North Wales Christmas Indoor Open	09/12/2023
Jan Timberlake	2024	V55	W	LJ	3.56	Sportcity	Manchester Indoor Open Meeting	07/01/2024
Melanie Garland	2023	V60	W	LJ	4.49	Sheffield	Run Jump Throw & Master GP Sheffield	29/12/2023
Clare St. John-Coleman	2023	V60	W	LJ	3.39	Lee Valley	Lee Valley December Open 2023	03/12/2023
Daphne Marler	2024	V75	W	LJ	1.56	Swansea	West Wales Indoor Athletics Championships Day 2	20/01/2024

Sharon Hutchings	2023	V50	W	SP3K	8.86	Lee Valley	Lee Valley December Open 2023	03/12/2023
Sharon Hutchings	2024	V50	W	SP4K	7.58	Lee Valley	London Indoor Games U20/Senior	20/01/2024

Amanda Cook	2023	V45	W	TJ	9.04	Connah's Quay	North Wales Christmas Indoor Open	09/12/2023
Melanie Garland	2023	V60	W	TJ	8.92	Sheffield	Northern Athletics November Open 2023	25/11/2023
Daphne Marler	2024	V75	W	TJ	4.15	Swansea	West Wales Indoor Athletics Championships Day 2	20/01/2024