



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

Discus Throw Records

Produced by C. Pruski [WMAL] with additional records from

Sean Power, and Darryn McAtee 4th January 2021.

Welcome to my version of the records set by Welsh Athletes of Masters age.

The criteria I used for inclusion are aged 35+ and Welsh by birth or qualified by residence, membership of a Welsh club or Welsh Masters Athletics at time of record performance.

I have included Members and non members qualified as above. OTH = Not a member at that time.

If there are other sources of records with evidence please contact me through the web page.

Event	Performance	Name	Category	WMA	Club	Venue	Date
DT2K	49.60	Shaun Pickering	M35	OTH	Haringey	Cwmbran	1997-06-21
DT2K	48.00	Andrew Turner	M35	WMA	Bournemouth	Bournemouth	2004-02-07
DT2K	46.86	Lee Newman	M40	WMA	Worcester	Lee Valley	2018-03-10
DT2K	41.16	John Walters	M45	OTH	Cardiff	Wolverhampton	1984-06-27
DT2K	40.23	Andrew Turner	M45	WMA	Bournemouth	Bournemouth	2009-05-09

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
DT1.5K	42.30	John Walters	M50	OTH	Cardiff	Bournemouth	1989-06-24
DT1.5K	39.18	Andrew Turner	M50	WMA	Bournemouth	Lee Valley	2014-03-08
DT1.5K	40.06	Terry Lalley	M55	OTH	Rhondda	La Seyne-sur-Mer, FRA	2006-04-15
DT1.5K	32.47	Phil Olsen	M55	WMA	Cardiff	Cardiff	2010-07-03

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
DT1K	43.18	John Howe	M60	WMA	Rhondda	Hendon	2002-07-27
DT1K	39.56	Terry Lalley	M65	OTH	Rhondda	Castres, FRA	2017-05-17
DT1K	38.84	Mark Wyndham-Jones	M65	WMA	Norwich	Brecon	2019-07-21
DT1K	36.36	Ian Bowles	M70	WMA	Swansea	Wrexham	2016-09-25
DT1K	32.71	Ian Bowles	M75	WMA	Swansea	Nuneaton	2019-09-06



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

Hammer Throw

Event	Performance	Name	Category	WMA	Club	Venue	Date
HT7.26K	60.03	Graham Holder	M35	WMA	Bexley	Crystal Palace	2007-06-17
HT7.26K	55.89	Graham Holder	M40	WMA	Bexley	Eton	2012-05-05
HT7.26K	54.05	Graham Holder	M45	WMA	Bexley	Grays	2017-04-15

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
HT6K	53.36	Nigel Winchcombe	M50	OTH	Notts	Lee valley	2010-03-27
HT6K	41.72	Andrew Turner	M50	WMA	Bournemouth	Bournemouth	2014-03-29
HT6K	45.75	Terry Lalley	M55	OTH	Swansea	Nice, FRA	2007-07-11
HT6K	45.44	Terry Lalley	M55	WMA	Coventry	Nice, FRA	2009-06-18

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
HT5K	42.97	David Maggs	M60	OTH	Gateshead	Jarrow	2016-07-04
HT5K	32.00	Phil James	M60	WMA	Newport	Swansea	2015-07-08
HT5K	43.25	Terry Lalley	M65	WMA	Rhondda	Graulhet, FRA	2017-05-25

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
HT4K	35.38	William Kingsbury	M70	WMA	Rhondda	Carmarthen	1998-05-13
HT4K	31.93	Ian Bowles	M75	WMA	Swansea	Brecon	2019-07-21
HT4K	25.39	William Kingsbury	M80	WMA	Rhondda	Aberdare	2008-05-10



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

Javelin Throw Records

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
JT800	63.66	Jonathan Powell	M35	OTH	SC Muhl	Erkelenz	2001-07-28
JT800	34.82	Graham Holder	M35	WMA	Bexley	Dartford	2011-04-18
JT800	59.02	Jonathan Powell	M40	OTH	SC Muhl	Erkelenz	2003-05-16
JT800	58.93	Jonathan Powell	M40	WMA	SC Muhl	Schweinfurt, GER	2005-07-10
JT800	57.43	Colin Mackenzie	M45	OTH	N & E Beagles	Ashford	2011-06-05
JT800	43.95	Jonathan Powell	M45	WMA	SC Muhl	Solihull	2010-08-08

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
JT700	53.11	Tim Newenham	M50	OTH	Norwich	Great Yarmouth	2010-05-09
JT700	44.52	Jonathan Powell	M50	WMA	SC Muhl	Brecon	2015-06-14
JT700	38.78	John Davies	M55	OTH	Port Talbot	Warrington	2003-09-21
JT700	38.21	Jonathan Powell	M55	WMA	SC Muhl	Lee Valley	2018-03-10

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
JT600	38.89	Wayne Howe	M60	WMA	SC Vets	Canterbury	2019-06-13
JT600	31.88	Geoff Ward	M65	WMA	Wrexham	Brecon	2019-07-21

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
JT500	26.39	Brian Webb	M70	OTH	Cardiff	Exeter	2007-06-17
JT500	20.87	Ian Bowles	M75	WMA	Swansea	Brecon	2019-07-21

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
JT400	16.07	Derek Harper	M80	OTH	Swansea	Newport	2008-07-20
JT400	7.54	William Kingsbury	M80	WMA	Rhondda	Milton Keynes	2009-06-21



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

Shot Putt

Event	Performance	Name	Category	WMA	Club	Venue	Date
SP7.26K	20.45	Shaun Pickering	M35	OTH	Haringey	Crystal Palace	1997-08-17
SP7.26K	11.92	Graham Holder	M35	WMA	Bexley	Bedford	2011-07-30
SP7.26K	13.38i	Dean Bolt	M35	OTH	Unattached	Cardiff	2014-01-26
SP7.26K	11.56i	Graham Holder	M35	WMA	Bexley	Lee Valley	2011-02-27
SP7.26K	14.68	Andrew Turner	M40	WMA	Bournemouth	Eton	2005-08-20
SP7.26K	15.33i	Andrew Turner	M40	WMA	Bournemouth	Sindelfingen, GER	2004-03-12
SP7.26K	13.10	Andrew Turner	M45	WMA	Bournemouth	Eton	2009-07-05
SP7.26K	13.32i	Andrew Turner	M45	WMA	Bournemouth	Birmingham	2009-07-04

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
SP6K	13.10	Phil Davies	M50	OTH	Deeside	Birmingham	2011-06-26
SP6K	12.51	Andrew Turner	M50	WMA	Bournemouth	Bournemouth	2015-05-23
SP6K	14.05i	Phil Davies	M50	OTH	Deeside	Connah's Quay	2011-01-09
SP6K	12.47i	Andrew Turner	M50	WMA	Bournemouth	Lee Valley	2014-02-16
SP6K	12.53	John Walters	M55	OTH	Cardiff	Bedford	1994-07-17
SP6K	11.64	Terry Lalley	M55	WMA	Coventry	Nice,FRA	2019-06-18
SP6K	10.68i	Geoff Ward	M55	OTH	Wrexham	Connah's Quay	2011-01-09
SP6K	10.38i	Glyndwr Pugh	M55	WMA	Rhondda	Lee Valley	2017-03-12

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
SP5K	12.41	John Howe	M60	WMA	Rhondda	Neath	2002-05-07
SP5K	12.02i	John Walters	M60	OTH	Cardiff	Birmingham	1999-02-27
SP5K	11.18i	Geoff Ward	M60	WMA	Wrexham	Lee Valley	2013-03-10
SP5K	10.87	Terry Lalley	M65	OTH	Montauban	Obernai, France	2015-06-13
SP5K	10.45	Mark Wyndham-Jones	M65	WMA	Norwich	Norwich	2019-05-11
SP5K	9.92i	John Howe	M65	WMA	Rhondda	Lee Valley	2007-03-03

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
SP4K	10.47	Ian Bowles	M70	WMA	Swansea	Solihull	2015-07-19
SP4K	9.78i	John Howe	M70	WMA	Rhondda	Cardiff	2012-02-19
SP4K	10.13	Matt Cullen	M75	OTH	Swansea Val	Swansea	1978
SP4K	9.61	Ian Bowles	M75	WMA	Swansea	Brecon	2019-06-09
SP4K	8.37i	John Howe	M75	WMA	Rhondda	Cardiff	2017-02-05



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events—Weight Throw

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
WT15.88K	15.96	Graham Holder	M35	WMA	Bexley	Lee Valley	2011-02-27
WT15.88K	15.40	Gary Halpin	M40	WMA	Brecon	Cardiff	2010-07-04
WT15.88K	15.40	Graham Holder	M40	WMA	Bexley	Derby	2012-07-22
WT12.5K	9.75	David Glendower	M45	WMA	Invicta	Derby	2017-10-14
WT10K	11.78	David Glendower	M45	WMA	Invicta	Derby	2017-10-14
WT25.4K	3.62	David Glendower	M45	WMA	Invicta	Derby	2016-10-01
WT15.88K	15.09	Gary Halpin	M45	WMA	Brecon	Brecon	2015-06-14
WT11.34K	14.4	Andrew Turner	M45	WMA	Bournemouth	Birmingham	2013-09-15
WT11.34K	15.65	Terry Lalley	M50	OTH	Rhondda Blaenau Gwent	Hendon	2004-09-26
WT11.34K	8.9	Richard Dixon	M50	WMA	Gwent	Brecon	2016-07-03
WT10K	11.56	Gwynn Wallace	M50	WMA	Radley	Derby	2018-06-16
WT9.08K	16.51	Terry Lalley	M55	OTH	Rhondda	Tata, HUN	2009-08-21
WT11.34K	16.03	Terry Lalley	M55	OTH	Rhondda	Ljubljana, SLO	2008-07-25
WT11.34K	11.37	Dave Stokes	M55	WMA	Deeside	Birmingham	2019-08-11
WT11.34K	13.05i	Glyndwr Pugh	M55	WMA	Rhondda	Lee Valley	2017-03-12
WT9.08K	15.17	Terry Lalley	M60	OTH	Rhondda	Cenon, FRA	2013-04-20
WT9.08K	11.41	Duncan Steward	M60	WMA	Clevedon	Brecon	2019-07-21
WT9.08K	15.42	Terry Lalley	M65	WMA	Rhondda	Cenon, FRA	2017-06-10
WT9.08K	9.51i	John Howe	M65	WMA	Rhondda	Lee Valley	2008-02-23
WT7.26K	8.71	Ian Bowles	M70	WMA	Swansea	Birmingham	2019-07-30
WT7.26K	12.19	Ian Bowles	M75	WMA	Swansea	Caorle, ITA	2019-09-13
WT5.45K	8.78	Derek Harper	M75	WMA	WMAA	Birmingham	2008-07-06
WT7.26K	10.19	William Kingsbury	M75	WMA	Rhondda	Birmingham	2005-07-17
WT5.45K	11.19	William Kingsbury	M80	WMA	Rhondda	Aberdare	2008-05-10



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

Weight Pentathlon and Decathlon

Event	Performance	Name	Age Group	WMA	Club	Venue	Date
PenWtM35	3088	Graham Holder	M35	WMA	Bexley	Milton Keynes	2010-06-20
PenWt	3407	Andrew Turner	M40	WMA	Bournemouth	Bournemouth	2004-08-30
PenWtM45	3401	Graham Holder	M45	WMA	Bexley	Hull	2019-06-29
PenWtM50	2427	Gwynn Wallace	M50	WMA	Radley	Sheffield	2018-06-23
PenWtM50	3659	Terry Lalley	M55	OTH	Rhondda	Milton Keynes	2007-07-01
PenWtM65	3507	Terry Lalley	M65	OTH	Rhondda	Derby	2015-05-17
PenWtM65	3484	Terry Lalley	M65	WMA	Rhondda	Cenon, FRA	2017-06-10
PenWtM70	2668	Ian Bowles	M70	WMA	Swansea	Birmingham	2016-07-30
PenWtM75	3154	Ian Bowles	M75	WMA	Swansea	Hull	2019-06-29
PenWtM80	2467	William Kingsbury	M80	WMA	Rhondda	Milton Keynes	2008-06-15
Event	Performance	Name	Age Group	WMA	Club	Venue	Date
DecHTM45	3791	David Glendower	M45	WMA	Radley	Derby	2017-10-14
DecWtM50	6094	Terry Lalley	M55	OTH	Rhondda	Milton Keynes	2006-09-24



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

Long Jump

Event Performance		Name	Category	WMA	Club	Venue	Date
LJ	6.67	Navid Childs	M35	WMA	Thames Valley	Aarhus, DEN	2017-08-06
LJ	6.65i	Navid Childs	M35	WMA	Thames Valley	Cardiff	2017-01-28
LJ	6.96	Colin Wright	M40	OTH	Wrexham	Copthall Barnet	1992-07-18
LJ	6.13	Sean Power	M40	WMA	Cardiff	Verona,ITA	1988-06-28
LJ	6.18i	Sean Power	M40	WMA	Cardiff	Cosford	1986-03-15
LJ	6.13	Sean Power	M45	WMA	Cardiff	Verona	1988-06-28
LJ	5.88i	Sean Power	M45	WMA	Cardiff	Cosford	1988-03-25
LJ	5.73	Sean Power	M50	WMA	Cardiff	Miyazaki	1993-10-09
LJ	5.34i	Geoff Miller	M50	WMA	Newport	Cardiff	2006-03-04
LJ	5.13	Sean Power	M55	WMA	Cardiff	Cardiff	1999-08-11
LJ	4.97i	Geoff Ward	M55	OTH	Wrexham	Lee Valley	2011-02-26
LJ	4.93i	Brian Williamson	M55	WMA	Cardiff	Cardiff	2005-02-19
LJ	5.05	Geoff Ward	M60	OTH	Wrexham	Colwyn Bay	2013-08-25
LJ	4.41	Wayne Howe	M60	WMA	SC Vets	Canterbury	2019-06-13
LJ	4.82i	Geoff Ward	M60	WMA	Wrexham	Connah's Quay	2014-02-01
LJ	4.67	Les Williams	M65	OTH	Vet AC	Sheffield	1987-09-12
LJ	4.09	Mark Wyndham-	M65	WMA	Norwich	Horspath	2018-06-03
LJ	4.14i	Brian Williamson	M65	WMA	Rhondda	Cardiff	2016-01-10
LJ	4.14	Les Williams	M70	OTH	Vet AC	Sheffield	1994-09-24
LJ	3.83	John Evans	M70	WMA	Rugby & Northampton	San Sebastian, ESP	23/8-3/9-05
LJ	3.95i	John Evans	M70	WMA	Rugby & Northampton	Eskilstuna	2005-03-10
LJ	3.80	John Evans	M75	WMA	Rugby & Northampton	Nyiegyhaza	2010-07-18
LJ	3.65i	John Evans	M75	WMA	Rugby & Northampton	Lee Valley	2011-02-26
LJ	3.26	John Evans	M80	WMA	Rugby & Northampton	Nuneaton	2016-06-05
LJ	3.39i	John Evans	M80	WMA	Rugby & Northampton	Torun	2015-03-24
LJ	2.75iBR	John Evans	M85	WMA	Rugby & Northampton	Rugby	2020-02-23



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

Triple Jump

Event Performance		Name	Category	WMA	Club	Venue	Date
TJ	15.27	Sean Power	M35	WMA	Cardiff	Wolverhampton	1978-06-27
TJ	14.71i	Sean Power	M35	WMA	Cardiff	Cosford	1978-01-28
TJ	14.63	Sean Power	M40	WMA	Cardiff	Portsmouth	1986-05-10
TJ	14.15i	Sean Power	M40	WMA	Cardiff	Cosford	1986-01-11
TJ	13.81	Sean Power	M45	WMA	Cardiff	Swansea	1988-05-14
TJ	13.10	Sean Power	M45	WMA	Cardiff	Cosford	1988-03-26
TJ	13.34BR	Sean Power	M50	WMA	Cardiff	Bedford	1994-07-17
TJ	12.54iBR	Sean Power	M50	WMA	Cardiff	Birmingham	1997-03-01
TJ	12.81	Sean Power	M55	WMA	Cardiff	Newport	1998-07-12
TJ	12.45iBR	Sean Power	M55	WMA	Cardiff	Birmingham	1999-01-10
TJ	12.41	Sean Power	M60	WMA	Cardiff	Warrington	2003-09-21
TJ	11.93iBR	Sean Power	M60	WMA	Cardiff	Sindelfingen	2004-03-12
TJ	10.75	Sean Power	M65	WMA	Cardiff	Twickenham	2008-09-14
TJ	10.70i	Sean Power	M65	WMA	Cardiff	Lee Valley	2009-03-07
TJ	9.68	Sean Power	M70	WMA	Cardiff	Par	2013-09-07
TJ	9.41i	Sean Power	M70	WMA	Cardiff	Cardiff	2014-02-02
TJ	7.96	John Evans	M75	WMA	Rugby & Northampton	Exeter	2010-06-20
TJ	8.32i	Sean Power	M75	WMA	Cardiff	Swansea	2019-02-10
TJ	7.23	John Evans	M80	WMA	Rugby & Northampton	Rugby	2015-06-17
TJ	7.64iBR	John Evans	M80	WMA	Rugby & Northampton	Cardiff	2015-01-11
TJ	5.83iBR	John Evans	M85	WMA	Rugby & Northampton	Lee Valley	2020-02-23



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

High Jump

Event Performance		Name	Category	WMA	Club	Venue	Date
HJ	1.84	Owen Cheshier	M35	WMA	Brecon	Cardiff	2019-07-14
HJ	1.86	Geoff Ward	M35	OTH	Wrexham	Woking	1990-06-26
HJ	1.83i	Owen Cheshier	M35	WMA	Brecon	Brecon	2020-01-25
HJ	1.86	Geraint Griffiths	M40	OTH	Leicester Coritanian	Eugene	1989-08-05
HJ	1.80	Sean Power	M40	WMA	Cardiff	Corby	1987-07-12
HJ	1.79i	Sean Power	M40	WMA	Cardiff	Cosford	1987-03-28
HJ	1.75	Sean Power	M45	WMA	Cardiff	Miyazaki, Japan	1988-07-31
HJ	1.71i	Sean Power	M45	WMA	Cardiff	Cosford	1988-03-26
HJ	1.76	Sean Power	M50	WMA	Cardiff	Bedford	1994-07-17
HJ	1.47i	Keith Powell	M50	WMA	Newport	Lee Valley	2011-02-13
HJ	1.70	Sean Power	M55	WMA	Cardiff	Calais	1998-06-20
HJ	1.60i	Sean Power	M55	WMA	Cardiff	Cardiff	2001-02-17
HJ	1.60	Sean Power	M60	WMA	Cardiff	Cardiff	2004-07-11
HJ	1.61iBR	Sean Power	M60	WMA	Cardiff	Cyncoed	2003-03-26
		Mark Wyndham-					
HJ	1.35	Jones	M65	WMA	City of Norwich	Norwich	2019-05-12
HJ	1.35	Les Williams	M65	OTH	Vet AC	Split	1987-05-30
HJ	1.30i	John Howe	M65	OTH	Rhondda	Carshallton	2007-02-18
		Mark Wyndham-					
HJ	1.26i	Jones	M65	WMA	City of Norwich	Lee Valley	2018-02-25
HJ	1.35	Sean Power	M70	WMA	Cardiff	Newport	2013-07-24
HJ	1.36i	Sean Power	M70	WMA	Cardiff	Birmingham	2013-09-15
HJ	1.21	Les Williams	M75	OTH	Vet AC	Sheffield	1997-09-13
HJ	1.15	Trefor Pugh	M75	WMA	Maldwyn	Cardiff	2012-06-02
HJ	1.10i	John Howe	M75	WMA	Rhondda	Cardiff	2017-02-05



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Field Events

Pole Vault

Event Performance		Name	Category	WMA	Club	Venue	Date
PV	4.71	Egryn Jones	M35	OTH	Windsor SL&H	Cardiff	2009-06-10
PV	4.30	Glyn Price	M35	WMA	Swansea	Newport	2005-05-15
PV	4.80i	Egryn Jones	M35	OTH	Windsor SL&H	Lee Valley	2009-02-01
PV	4.20	Glyn Price	M35	WMA	Swansea	Cardiff	2005-01-09
PV	4.20	Glyn Price	M40	WMA	Swansea	Cardiff	2010-05-08
PV	4.30i	Egryn Jones	M40	OTH	Windsor SL&H	Uxbridge	2013-03-23
PV	4.10i	Glyn Price	M40	WMA	Swansea	Cardiff	2010-03-07
PV	4.40	Glyn Sutton	M45	WMA	Newport	Swansea	1990-06-16
PV	4.20i	Glyn Price	M45	WMA	Swansea	Birmingham	2012-03-25
PV	4.15	Glyn Sutton	M50	WMA	Newport	Exeter	1996-08-10
PV	4.10i	Glyn Price	M50	WMA	Swansea	Ancona	2016-03-30
PV	3.80	Godfrey Benson	M55	OTH	Swansea	Cardiff	1997-09-07
PV	3.80	Glyn Sutton	M55	WMA	Newport	Telford	2001-09-09
PV	3.18i	Martin Davies	M55	WMA	Newport	Bath	2012-12-23
PV	3.45	Glyn Sutton	M60	WMA	Newport	Hereford	2005-08-08
PV	3.00i	Glyn Sutton	M60	WMA	Newport	Carshallton	2007-02-18
PV	2.70	Glyn Sutton	M65	WMA	Newport	Brecon	2013-08-21
PV	2.80i	John Howe	M65	WMA	Rhondda	Cyncoed	2007-01-13
PV	2.50	John Howe	M70	WMA	Vets AC	Lyon, FRA	2015-08-10
PV	2.60i	John Howe	M70	WMA	Rhondda	Torun, POL	2015-03-26
PV	2.30	John Howe	M75	WMA	Rhondda	Birmingham	2017-07-25
PV	2.36i	John Howe	M75	WMA	Rhondda	Cardiff	2017-09-02