

WMAL Men's MORE Final 2021 Rankings - 19/10/2021



Event	First Name	Last Name	AG	Time/Dist	Venue	Meeting	date
60							
	Jon	Clarke	V60	11.32	Stretford	St Helens & Sutton Open Sprints Night	23/04/2021
100							
	Michael	Dickens	V35	11.60	Telford	Telford Games	11/09/2021
	Brian	Dias	V35	16.42	Swansea	Welsh Masters Championships	26/09/2021
	Matthew	Harding	V40	12.45	Stretford	British Masters AF Regional Challenge (North)	24/07/2021
	Kieran	Golding	V40	14.40	Cheltenham	The Brewer Memorial Games	18/09/2021
	Russell	Whiting	V50	11.80	Eastbourne	Sussex Veterans League	19/05/2021
	Paul	Williams	V55	13.10	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Robin	Wood	V55	14.30	Swansea	Welsh Masters Championships	26/09/2021
	Brian	MacBride	V60	13.49	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
	Keith	Powell	V60	13.87	Derby	BMAF - British Masters Championships	21/08/2021
	Roderick	Davies	V60	14.47	Cardiff	Welsh Senior Open & Run With the Wind	11/07/2021
	Jon	Clarke	V60	18.78	Stretford	Trafford Sprints Grand Prix	25/05/2021
	Ian	Broadhurst	V65	13.34	Derby	BMAF - British Masters Championships	21/08/2021
	Kieran	Mcdonnell	V65	14.44	Swansea	Welsh Athletics Event Specific - Sprints & Jumps	22/05/2021
	Graeme	Knowles	V65	14.95	Swansea	Welsh Masters Championships	26/09/2021
	Chris	Pruski	V65	15.70	Bury	Northern Masters Championships	17/10/2021
	Mark	Wyndham-Jones	V70	14.83	Derby	BMAF - British Masters Championships	21/08/2021
	Ian	Swanson	V70	22.33	Swansea	Welsh Masters Championships	26/09/2021
	Mel	James	V75	16.54	Nuneaton	Midland Masters Championships	06/06/2021
	John	Evans	V85	20.16	Nuneaton	Midland Veterans League Cup B Final	05/09/2021

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200						
	Michael	Dickens	V35	23.57	Swansea	Welsh Masters Championships 26/09/2021
	Jonathan	Williams	V35	24.29	Swansea	Welsh Masters Championships 26/09/2021
	Brian	Dias	V35	33.73	Swansea	Welsh Masters Championships 26/09/2021
	Matthew	Harding	V40	25.40	Salford	North of England League West 25 22/05/2021
	Kieran	Golding	V40	29.96	Swansea	Welsh Masters Championships 26/09/2021
	Russell	Whiting	V50	24.84	Crawley	Southern Athletics League - South Central 20/06/2021
	Paul	Williams	V55	27.30	Burton	Midland Veterans League - North 16/06/2021
	Robin	Wood	V55	29.93	Swansea	Welsh Masters Championships 26/09/2021
	Brian	MacBride	V60	29.21	Cardiff	Welsh Senior Open & Run With the Wind 11/07/2021
	Roderick	Davies	V60	29.74	Swansea	Welsh Masters Championships 26/09/2021
	Keith	Powell	V60	30.80	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W 27/06/2021
	Jon	Clark	V60	51.50	Bury	Northern Masters Championships 17/10/2021
	Ian	Broadhurst	V65	26.90	Nuneaton	England Masters AA Inter Area Match 18/07/2021
	Kieran	Mcdonnell	V65	29.17	Cardiff	Welsh Senior Open & Run With the Wind 11/07/2021
	Graeme	Knowles	V65	34.62	Swansea	Welsh Masters Championships 26/09/2021
	David	Walker	V65	35.32	Derby	BMAF - British Masters Championships 21/08/2002
	Mel	James	V75	34.21	Nuneaton	Midland Masters Championships 06/06/2021
	John	Evans	V85	46.80	Leamington	Midland Veterans League - East 09/06/2021

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300MH						
	Ian	Broadhurst	V65	47.71	Derby	BMAF - British Masters Championships 21/08/2021
400						
	Jonathan	Williams	V35	53.94	Swansea	Welsh Masters Championships 26/09/2021
	Lee	Richards	V35	60.10	Nuneaton	England Masters AA Inter Area Match 18/07/2021
	Adebowale	Ademuyewo	V35	01:41.6	Yate	National Athletics League Premier West 07/08/2021
	Matthew	Harding	V40	57.8	Warrington	Terry Davies Memorial Open Meeting 25/09/2021
	Kieran	Golding	V40	68.60	Cheltenham	Cheltenham Midsummer Open 28/07/2021
	Adrian	Lewis	V45	66.80	Dartford	Veterans Open Meeting 06/08/2021
	Neil	Davies	V50	64.46	Stretford	Trafford Sprints Grand Prix 25/05/2021
	Brett	Davis	V55	60.38	Nuneaton	Midland Masters Championships 06/06/2021
	Paul	Williams	V55	65.00	Telford	Midlands Veterans T&F League 26/05/2021
	Kieran	Mcdonnell	V65	62.73	Newport	Welsh Athletics Event Specific - Endurance 26/06/2021
	Barrie	Roberts	V75	99.90	Nuneaton	England Masters AA Inter Area Match 18/07/2021
400mh						
	Neil	Davies	V50	85.60	Macclesfield	North of England League West 2S 01/08/2021

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600m						
	Kieran	Golding	V40	01:55.64	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting 09/05/2021
800						
	Peter	Watkeys	V35	02:03.90	Basingstoke	Southern Athletics League - West 14/08/2021
	Jonathan	Williams	V35	02:13.33	Cardiff	Welsh Athletics Endurance Open [
	Gareth	Robbins	V35	02:37.09	Swansea	Welsh Masters Championships 26/09/2021
	Brian	Dias	V35	02:42.48	Cardiff	Welsh Athletics Endurance Open 21/07/2021
	Kieran	Golding	V40	02:44.40	Cheltenham	The Brewer Memorial Games 18/09/2021
	Adrian	Lewis	V45	02:14.40	Gloucester	Gloucester September Open 07/09/2021
	James	Rogers	V45	02:50.16	Stretford	Trafford Senior Open 24/04/2021
	Mark	Shepherd	V50	02:24.50	Burton	Midland Vets Track & Field League 11/08/2021
	Brett	Davis	V55	02:22.32	Nuneaton	Midland Masters Championships 06/06/2021
	Christopher	Purse	V60	02:54.60	Chelmsford	Eastern Masters League Southern 02/06/2021
	Mark	Williams	V60	02:58.87	Swansea	Welsh Masters Championships 26/09/2021
	Stephen	Davies	V60	03:53.79	Sheffield	Master Grand Prix 2021 18/07/2021
	Dave	Breen	V65	03:17.44	Swansea	Welsh Masters Championships 26/09/2021
	Richard	Marks	V70	02:41.41	Swansea	Welsh Masters Championships 26/09/2021
	Barrie	Roberts	V75	03:38.57	Swansea	Welsh Masters Championships 26/09/2021

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1000						
	Adrian	Lewis	V45	02:59.8	Dartford	Veterans Open Meeting
						06/08/2021

1500						
	Peter	Watkeys	V35	04:24.50	Basingstoke	Basingstoke & Mid Hants AC Season Starter
	Brian	Dias	V35	05:41.70	Swansea	Welsh Masters Championships
	Robert	Prady	V40	04:43.70	Nuneaton	England Masters AA Inter Area Match
	Kieran	Golding	V40	05:48.18	Swansea	Welsh Masters Championships
	Lee	Garland	V45	04:30.65	St. Peter Port	Guernsey Athletics Track & Field Series
	Adrian	Lewis	V45	04:37.86	Derby	BMAF - British Masters Championships
	Mark	Shepherd	V50	04:47.20	Burton	Midland League - Staffs
	David O	Williams	V55	04:46.30	Aldershot	Aldershot, Farnham & District AC Open Meeting 3
	Jeremy	Mower	V55	04:55.70	Nuneaton	England Masters AA Inter Area Match
	Rob	Sheen	V55	05:24.90	Nuneaton	England Masters AA Inter Area Match
	Ifan	Lloyd	V60	04:55.29	Swansea	Welsh Masters Championships
	Mark	Williams	V60	05:42.61	Swansea	Welsh Masters Championships
	Stephen	Davies	V60	07:28.00	Sheffield	Master Grand Prix 2021
	Keith	Powell	V60	07:50.90	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W
	David	Walker	V65	05:46.83	Derby	BMAF - British Masters Championships
	Dave	Breen	V65	06:30.44	Swansea	Welsh Masters Championships
	Richard	Marks	V70	05:33.99	Swansea	Welsh Masters Championships
	Michael H	Davies	V70	06:33.97	Swansea	Welsh Masters Championships
	Ian	Swanson	V70	09:58.73	Swansea	Welsh Masters Championships
	Barrie	Roberts	V75	07:37.19	Derby	BMAF - British Masters Championships

Mile						
	Sion	Lewis	V35	04:43.30	Finsbury Park	Golden Stag Mile
						03/07/2021
	James	Thie	V40	04:23.91	Linford Christie Stadium	BMC Festival of Miles inc. Thames Valley Harriers Open Meeting
	Kieran	Golding	V40	06:13.5	Cheltenham	Cheltenham Midsummer Open
	Mark	Shepherd	V50	05:26.30	Tamworth	Midland Veterans League
	David O	Williams	V55	05:12.68	Wimbledon	Dave Clarke Mile Extravaganza (with 1500m Split)
						28/07/2021

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2000s/c						
	Jeremy	Mower	V55	07:45.80	Cheltenham	Midland League - Gloucs
						11/07/2021

3000/sc						
	James	Rogers	V45	13:09.50	Salford	North of England League West 2S
						22/05/2021
	Jeremy	Mower	V55	11:25.99	Yate	Midland League - Gloucs
						15/08/2021

3000						
	Andrew	Reynolds	V35	09:53.0	Nuneaton	England Masters AA Inter Area Match
	Ben	Butler-Madden	V35	10:06.49	Milton Keynes	SOAR MK 5000 PB Special
	Robert	Prady	V40	10:09.43	Newport	Welsh Athletics Event Specific - Endurance
	Huw	Evans	V45	09:47.59	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting
	Lee	Garland	V45	10:04.25	St. Peter Port	Guernsey Athletics Track & Field Series
	James	Rogers	V45	11:37.69	Stretford	Trafford Grand Prix
	Paul	Flynn	V50	10:20.90	Nuneaton	England Masters AA Inter Area Match
	Mark	Shepherd	V50	10:26.70	Burton	Midland Vets Track & Field League
	David O	Williams	V55	10:02.87	Watford	Watford Open Graded Meeting
	Jeremy	Mower	V55	10:32.30	Gloucester	Gloucester June Open
	Rob	Sheen	V55	11:10.86	Loughborough	Charnwood AC Open
	Ifan	Lloyd	V60	10:00.87	Newport	Welsh Athletics Event Specific - Endurance
	Stephen	Davies	V60	15:10.14	Sheffield	Master Grand Prix 2021
	Ian	Swanson	V70	20:32.11	Swansea	Welsh Masters Championships
	Barrie	Roberts	V75	15:55.81	Swansea	Welsh Masters Championships
						26/09/2021

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5000							
	Ben	Butler-Madden	V35	16:58.0	Milton Keynes	SOAR MK 5000 PB Special	17/07/2021
	Robert	Prady	V40	17:28.87	Swansea	Welsh Masters Championships	26/09/2021
	Warwick	Helps	V40	18:37.53	St. Peter Port	Guernsey Athletics Track & Field Series	23/05/2021
	Lee	Garland	V45	17:56.66	St. Peter Port	Guernsey Athletics Track & Field Series	23/05/2021
	James	Rogers	V45	20:27.04	Nuneaton	Midland Masters Championships	06/06/2021
	Lee	Jones	V50	17:15.40	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Paul	Flynn	V50	17:58.12	Carmarthen	Welsh Endurance Meeting 1	26/05/2021
	David O	Williams	V55	17:33.32	Wimbledon	Hercules Wimbledon 5000m Festival	07/08/2021
	Jeremy	Mower	V55	18:06.90	Gloucester	Gloucestershire County Championships	16/05/2021
	Sean	McCormack	V55	19:16.59	Swansea	Welsh Masters Championships	26/09/2021
	Rob	Sheen	V55	19:40.76	Nottingham	The 5000m Track Challenge	21/08/2021
	Ifan	Lloyd	V60	17:15.03	Swansea	Welsh Masters Championships	26/09/2021
	Richard	Marks	V70	20:47.82	Swansea	Welsh Masters Championships	26/09/2021
10000							
	David O	Williams	V55	36:58.79	Wimbledon	Veterans AC 10000m Championships	15/09/2021
	Jeremy	Mower	V55	38:52.50	Gloucester	Gloucestershire County Championships	10/09/2021

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HJ						
	Owen	Chesher	V35	1.80	Cardiff	Welsh Senior Championships (inc. Under 15)
	Keith	Powell	V60	1.25	Nuneaton	England Masters AA Inter Area Match
	Mark	Wyndham-Jones	V70	1.27	Derby	BMAF - British Masters Championships
	Ian	Swanson	V70	1.10	Swansea	Welsh Masters Championships
	Phil	Rees	V75	0.79	Derby	BMAF - British Masters Championships

U							
	Brian	Dias	V35	3.57	Swansea	Welsh Masters Championships	26/09/2021
	Chris	Shepherd	V40	5.30	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Matthew	Harding	V40	4.90	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Kieran	Golding	V40	4.12	Cheltenham	The Brewer Memorial Games	18/09/2021
	Steven	Thomas-Spires	V50	3.95	Stretford	North of England League West 2S	04/07/2021
	Robin	Wood	V55	4.42	Swansea	Welsh Masters Championships	26/09/2021
	Paul	Williams	V55	4.06	Burton	Midland Veterans League - North	16/06/2021
	Dave	Stokes	V55	3.6	Swansea	Welsh Masters Championships	26/09/2021
	Keith	Powell	V60	4.33	Derby	BMAF - British Masters Championships	21/08/2021
	Roderick	Davies	V60	4.00	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Dave	Shields	V60	3.92	Swansea	Welsh Masters Championships	26/09/2021
	Jon	Clarke	V60	2.92	Ellesmere Port	Cheshire County Championships	22/08/2021
	Ian	Swanson	V70	2.16	Swansea	Welsh Masters Championships	26/09/2021
	Phil	Rees	V75	2.09	Derby	BMAF - British Masters Championships	21/08/2021
	John	Evans	V85	2.49	Nuneaton	England Masters AA Inter Area Match	18/07/2021

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TJ							
	Brian	Dias	V35	6.72	Nuneaton	England Masters AA Inter Area Match	18/07/2021
	Kieran	Golding	V40	8.80	Swansea	Welsh Masters Championships	26/09/2021
	Robin	Wood	V55	9.31	Swansea	Welsh Masters Championships	26/09/2021
	Robin	Wood	V55	9.13	Swansea	Welsh Masters Championships	26/09/2021
	Paul	Williams	V55	9.11	Telford	Midlands Veterans T&F League	26/05/2021
	David	Murrie	V60	8.94	Swansea	Welsh Masters Championships	26/09/2021
	Dave	Shields	V60	8.57	Swansea	Welsh Masters Championships	26/09/2021
	Phil	Rees	V75	4.69	Derby	BMAF - British Masters Championships	21/08/2021
	John	Evans	V85	5.73	Nuneaton	Midland Masters Championships	06/06/2021

PV							
	Glyn	Price	V55	3.81	Yate	National Athletics League Premier West	03/07/2021
	Dave	Stokes	V55	2.30	Ashton-under-Lyne	North of England League West 2S	19/06/2021
	Keith	Powell	V60	2.50	Yeovil	Yeovil Distance, Steeplechase & Jumps Open	08/05/2021
	Martin	Davies	V65	2.50	Hereford	Midland League - Worcs/Here/West	15/08/2021

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SP7.26K						
	Kieran	Golding	V40	6.67	Swindon	Southern Athletics League - West
						11/09/2021
	Graham	Holder	V45	10.60	Chelmsford	National Athletics League Championship London
	Ian	Williams	V45	8.80	Newport	Midland League - Newport
						11/07/2021
	Martin	Tucker	V50	9.03	Bangor (NI)	Ynys Mon Iga & Menai Track & Field Open Meeting
	Chris	Millard	V50	7.40	Yate	Avon Track & Field League
	Steven	Thomas-Spires	V50	7.17	Stretford	North of England League West 2S
						04/07/2021
	Dave	Stokes	V55	7.76	Salford	North of England League West 2S
						22/05/2021
	Jon	Clarke	V60	4.49	Ellesmere Port	Cheshire County Championships
						22/08/2021

SP6K						
	Martin	Tucker	V50	9.26	Nuneaton	Midland Masters Championships
	Steven	Thomas-Spires	V50	8.05	Wrexham	Wrexham Final Fling
	David	Glendower	V50	7.60	Lee Valley	British Masters AF Regional Challenge (South)
						01/08/2021
	Robert	Eales	V55	11.00	Swansea	Welsh Masters Championships
	Andrew	Turner	V55	9.58	Poole	Dorset County Championships
	Dave	Stokes	V55	8.54	Derby	BMAF - British Masters Championships
						21/08/2021

SP5K						
	Glyndwr	Pugh	V60	9.38	Swansea	Welsh Masters Championships
						26/09/2021
	Chris	Pruski	V65	8.14	Swansea	Welsh Masters Championships
						26/09/2021

SP4K						
	Mark	Wyndham-Jones	V70	11.27	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W
	Paul	Brooks	V70	7.12	Bangor (NI)	Ynys Mon Iga & Menai Track & Field Open Meeting
	David	Jones	V70	6.50	Swansea	Welsh Masters Championships
						26/09/2021
	Ian	Bowles	V75	7.89	Swansea	Welsh Masters Championships
						26/09/2021
	John	Evans	V85	5.05	Nuneaton	Midland Veterans League Cup B Final
						05/09/2021
SP3K						
	Phil	Rees	V75	6.82	Derby	BMAF - British Masters Championships
						21/08/2021

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JT500						
	Mark	Wyndham-Jones	V70	26.92	Swansea	Welsh Masters Championships
	Peter	Gender	V70	12.01	Swansea	Welsh Masters Championships
	John	Evans	V85	10.29	Nuneaton	Midland Vets League - East

JT600						
	Keith	Powell	V60	25.47	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W
	Glyndwr	Pugh	V60	18.12	Swansea	Welsh Masters Championships
	Jon	Clark	V60	13.89	Bury	Northern Masters Championships
JT 600						
	Chris	Pruski	V65	31.49	Swansea	Welsh Masters Championships

JT700						
	Martin	Tucker	V50	40.30	Kilmarnock	4J Studios scottishathletics Combined Events & Masters Championships & Hurdles Open
	Steven	Thomas-Spires	V50	24.59	Wrexham	Wrexham Final Fling
	Jonathan	Powell	V55	35.85	Euskirchen	
	Dave	Stokes	V55	23.27	Nuneaton	Midland Masters Championships

JT800						
	Kieran	Golding	V40	38.40	Horspath	Southern Counties Vets League - Western Division
	Graham	Holder	V45	29.38	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W
	Ian	Williams	V45	28.00	Stourport	Midland League - Worcs/Here/West
	Martin	Tucker	V50	36.63	Ashton-under-Lyne	North of England League West 2S
	Steven	Thomas-Spires	V50	22.03	Stretford	North of England League West 2S
	Dave	Stokes	V55	21.71	Salford	North of England League West 2S

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DT1K						
	Glyndwr	Pugh	V60	28.28	Swansea	Welsh Masters Championships
	Keith	Powell	V60	22.08	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W
	Geoff	Ward	V65	33.62	Derby	BMAF - British Masters Championships
	Chris	Pruski	V65	22.90	Swansea	Welsh Masters Championships
	Mark	Wyndham-Jones	V70	37.95	Swansea	Welsh Masters Championships
	Paul	Brooks	V70	25.24	Wrexham	Wrexham Final Fling
	David	Jones	V70	13.16	Swansea	Welsh Masters Championships
	Ian	Bowles	V75	26.35	Derby	BMAF - British Masters Championships

DT 1.5K						
	Jason	Elworthy	V45	13.80	Cardiff	Welsh Senior Championships (inc. Under 15)
	Martin	Tucker	V50	26.18	Swansea	Welsh Masters Championships
	David	Glendower	V50	22.61	Lee Valley	British Masters AF Regional Challenge (South)
	Andrew	Turner	V55	30.65	Yeovil	Somerset County Championships
	Robert	Eales	V55	30.00	Swansea	Welsh Masters Championships
	Dave	Stokes	V55	29.72	Sheffield	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W

DT2K						
	Brian	Dias	V35	11.45	Swansea	Welsh Masters Championships
	Kieran	Golding	V40	19.65	Cheltenham	The Brewer Memorial Games
	Graham	Holder	V45	34.09	Erith	Kent U13, Masters & Combined Events Championships
	Peter	Roberts	V45	33.29	Yate	National Athletics League Premier West
	Ian	Williams	V45	28.16	Aberdare	Newport Harriers Throws Club Championships
	Steven	Thomas-Spires	V50	21.90	Stretford	North of England League West 2S
	Dave	Stokes	V55	23.29	Salford	North of England League West 2S
	Glyn	Price	V55	14.39	Yate	National Athletics League Premier West

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HT7.26K						
	Graham	Holder	V45	49.10	Bromley	Southern Athletics League - South East London
	Peter	Roberts	V45	28.29	Yate	National Athletics League Premier West
	Steven	Thomas-Spires	V50	18.13	Macclesfield	North of England League West 2S
	Chris	Millard	V50	16.77	Yate	Avon Track & Field League
	Dave	Stokes	V55	29	Bangor (NI)	Ynys Mon Iga & Menai Track & Field Open Meeting
	Glyn	Price	V55	15.23	Yate	National Athletics League Premier West
	David	Jones	V70	11.66	Yate	National Athletics League Premier West

HT6K						
	Barry	Barnfield	V45	33.57	Swansea	Welsh Masters Championships
	David	Glendower	V50	24.55	Gillingham	Medway & Maidstone AC Open Meeting
	Steven	Thoms-Spires	V50	20.69	Wrexham	Wrexham Final Fling
	Robert	Eales	V55	29.40	Nuneaton	England Masters AA Inter Area Match
	Dave	Stokes	V55	28.52	Swansea	Welsh Masters Championships
	Andrew	Turner	V55	26.32	Bournemouth	Bournemouth Open

HT5K						
	Glyndwr	Pugh	V60	34.71	Swansea	Welsh Masters Championships
HT5K						
	Mark	Wyndham-Jones	V70	23.51	Peterborough	Eastern Masters League Northern

HT4K						
	Mark	Wyndham-Jones	V70	34.31	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W
	David	Jones	V70	18.96	Swansea	Welsh Masters Championships
	Ian	Bowles	V75	24.46	Swansea	Welsh Masters Championships

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WT7.26K	Mark	Wyndham-Jones	V70	13.23	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
WT7.26K	Ian	Bowles	V75	10.74	Swansea	Welsh Masters Championships	26/09/2021
WT12.5K							
WT9.08K	Glyndwr	Pugh	V60	12.43	Swansea	Welsh Masters Championships	26/09/2021
WT11.34K	Barry	Barnfield	V45	10.62	Swansea	Welsh Masters Championships	26/09/2021
WT11.34K	David	Glendower	V50	9.21	Lee Valley	British Masters AF Regional Challenge (South)	01/08/2021
WT11.34K	Dave	Stokes	V55	11.06	Stretford	British Masters AF Regional Challenge (North)	24/07/2002
	Andrew	Turner	V55	8.00	Swansea	Welsh Masters Championships	26/09/2021
WT25.4K							
WT15.88K	Graham	Holder	V45	13.66	Derby	BMAF - British Masters Championships	22/08/2021

WMAL Men's MORE Final 2021 Rankings - 19/10/2021

Pent							
PenM40	Kieran	Golding	V40	1590	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenM60	Keith	Powell	V60	1484	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenM70	Mark	Wyndham-Jones	V70	492.00	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021

PenWt							
	Graham	Holder	V45	3242	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021
PenWtM70	Mark	Wyndham-Jones	V70	3377	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	27/06/2021