



WMAA/AAMC Performances to 10th April



Power of 10 Athlete Data

Event	Rank	Performance	PB	Is PB	Name	Category	Club	Venue	Date	Gender
60	1	7.69	7.69i	PB	Russell Whiting	V50	Worthing	Lee Valley	2019-03-09	Men
60	2	7.73	7.73i	PB	Stephen Buttler	V40	Worcester	Birmingham (PB)	2019-01-27	Men
60	3	7.93	7.66i		Stuart Pearce	V40	Newport	Lee Valley	2019-03-09	Men
60	4	8.43	8.07i/8.0		James Morgan	V45	Newport	Cardiff	2019-01-20	Men
60	5	8.50	7.93i		Keith Powell	V55	Newport	Lee Valley	2019-03-09	Men
60	6	8.67	8.20i		Ian Broadhurst	V60	Wrexham	Cardiff	2019-01-20	Men
60	7	9.09	8.28i/8.2i		Roderick Davies	V60	Swansea	Lee Valley	2019-03-09	Men
60	8	9.97	9.97i	PB	Chris Pruski	V60	Swansea	Cardiff	2019-01-20	Men
60	9	10.09	9.67i		Mel James	V70	Port Talbot	Lee Valley	2019-02-24	Men
60	10	14.11	14.11i	PB	David Boaler	V60	Cardiff	Cardiff	2019-01-20	Men
100	1	13.75	13.21/13.2		Robin Wood	V50	Swansea	Swansea	2019-04-07	Men
100	2	14.70	13.01/12.9		Roderick Davies	V60	Swansea	Swansea	2019-04-07	Men
200	1	25.87	25.87i/24.5	PB	Russell Whiting	V50	Worthing	Lee Valley	2019-03-10	Men
200	2	26.37		25.13	Stuart Pearce	V40	Newport	Lee Valley	2019-03-10	Men
200	3	27.11		24.35	Ian Broadhurst	V60	Wrexham	Emirates Arena	2019-02-17	Men
200	4	27.38	26.77i		Scott Browne	V40	Les Croupiers	Cardiff	2019-01-20	Men
200	5	27.93		25.43	James Morgan	V45	Newport	Cardiff	2019-01-20	Men
200	6	28.49		25.67	Keith Powell	V55	Newport	Lee Valley	2019-02-24	Men
200	7	29.07		27.52	Kieran McDonnell	V60	Les Croupiers	Cardiff	2019-01-20	Men
200	8	29.96	26.32/25.9		Roderick Davies	V60	Swansea	Lee Valley	2019-03-10	Men
200	9	32.37		23.75	Lee Richards	V35	Newport	Cardiff	2019-01-20	Men
200	10	34.29		31.51	Mel James	V70	Port Talbot	Lee Valley	2019-02-24	Men
200	11	52.73		48.29	Jason Elworthy T38/F38	V45	Barry & Vale	Cardiff	2019-01-20	Men
400	1	55.95		54.67	Owen Chesher	V35	Brecon	Lee Valley	2019-02-24	Men
400	2	58.99	54.39/53.5		Sean Price	V55	Les Croupiers	Cardiff	2019-01-20	Men
400	3	59.65	57.27i		Scott Browne	V40	Les Croupiers	Cardiff	2019-01-20	Men
400	4	62.08		54.96	Ian Broadhurst	V60	Wrexham	Emirates Arena	2019-02-17	Men
400	5	62.80	54.98i		Brett Davis	V55	Newport	Cardiff	2019-01-20	Men
400	6	62.83		61.09	Kieran McDonnell	V60	Les Croupiers	Lee Valley	2019-02-24	Men
400	7	63.62	63.46i/61.1		Adrian Lewis	V45	Aberdare Valley	Cardiff	2019-01-20	Men
400	8	65.59	65.59i/64.8	PB	Paul Flynn	V50	Swansea	Cardiff	2019-01-20	Men
400	9	96.07	75.19/74.5		Barrie Roberts	V75	Bournville Harriers	Lee Valley	2019-02-24	Men

800	1	2:02.34	2:00.28		Peter Watkeys	V35	Basingstoke & Mid Hants	Lee Valley	2019-02-24	Men
800	2	2:12.62	2:08.47		Scott Browne	V40	Les Croupiers	Cardiff	2019-01-20	Men
800	3	2:13.16	1:49.73		Sean Price	V55	Les Croupiers	Cardiff	2019-01-20	Men
800	4	2:17.92	2:06.3		Brett Davis	V55	Newport	Torun, POL	2019-03-27	Men
800	5	2:21.83	2:20.07i		Adrian Lewis	V45	Aberdare Valley	Cardiff	2019-01-20	Men
800	6	2:28.07	2:21.94		Paul Flynn	V50	Swansea	Cardiff	2019-01-20	Men
800	7	2:31.45	2:31.45i	PB	Michael Graz	V45	Usk	Cardiff	2019-01-20	Men
800	8	2:32.55	2:22.5		Martyn Cole	V55	Worcester	Cardiff	2019-01-20	Men
800	9	2:33.74	2:31.2		Mark Roberts	V55	Brecon	Swansea	2019-04-07	Men
800	10	2:38.10	2:29.0		Austin Davies	V60	West Suffolk	Lee Valley	2019-02-24	Men
800	11	2:50.77	2:40.5		Clive Osmond	V55	Les Croupiers	Cardiff	2019-01-20	Men
800	12	3:18.63	2:57.5		Paul Allen	V70	Halesowen	Lee Valley	2019-02-24	Men
800	13	3:30.18	2:47.09		Barrie Roberts	V75	Bournville Harriers	Torun, POL	2019-03-28	Men
1500	1	4:24.27	4:24.27i	PB	Matthew Evans	V35	Aberdare Valley	Lee Valley	2019-03-09	Men
1500	2	4:31.87	4:31.87	PB	Tegid Jones	V40	Witney	Abingdon	2019-03-24	Men
1500	3	4:40.54	4:28.20i		Scott Browne	V40	Les Croupiers	Cardiff	2019-01-20	Men
1500	4	4:43.83	4:20.54		Jon Grainger	V50	Southampton	Lee Valley	2019-02-17	Men
1500	5	4:51.29	4:43.83i		Adrian Lewis	V45	Aberdare Valley	Cardiff	2019-01-20	Men
1500	6	5:01.65	4:58.1		Martyn Cole	V55	Worcester	Lee Valley	2019-02-24	Men
1500	7	5:12.05	4:47.08i		Paul Flynn	V50	Swansea	Cardiff	2019-01-20	Men
1500	8	5:21.58	5:04.2		Elio Lepore	V60	Les Croupiers	Cardiff	2019-01-20	Men
1500	9	5:40.34	5:24.63		Austin Davies	V60	West Suffolk	Cardiff	2019-01-20	Men
1500	10	5:43.79	5:43.79i	PB	Mark Williams	V60	Parc Bryn Bach	Lee Valley	2019-02-24	Men
1500	11	5:48.51	5:48.51i	PB	Mike Murphy	V65	Les Croupiers	Cardiff	2019-01-20	Men
1500	12	6:03.28	5:05.8		Huw Roberts	V60	Bridgend	Cardiff	2019-01-20	Men
1500	13	6:30.57	5:46.94		Paul Allen	V70	Halesowen	Lee Valley	2019-02-24	Men
1500	14	7:14.04	5:51.04		Barrie Roberts	V75	Bournville Harriers	Torun, POL	2019-03-30	Men
3000	1	9:35.62	9:30.7		Matthew Evans	V35	Aberdare Valley	Cardiff	2019-03-03	Men
3000	2	10:14.82	10:07.95i		Adrian Lewis	V45	Aberdare Valley	Lee Valley	2019-02-24	Men
3000	3	10:45.01	10:17.87		Paul Flynn	V50	Swansea	Lee Valley	2019-02-24	Men
3000	4	13:04.02	12:06.31i		Mark Williams	V60	Parc Bryn Bach	Lee Valley	2019-02-24	Men
3000	5	15:09.16	12:41.6		Barrie Roberts	V75	Bournville Harriers	Torun, POL	2019-03-24	Men

HJ	1	1.75	2.00	Owen Chesher	V35	Brecon	Swansea	2019-02-10	Men
HJ	2	1.47	1.56	Derek Osborne	V55	Brecon	Lee Valley	2019-02-17	Men
HJ	3	1.38 1.47i		Keith Powell	V55	Newport	Lee Valley	2019-02-17	Men
HJ	4	1.30	1.35	Robin Wood	V50	Swansea	Swansea	2019-02-10	Men
HJ	5	1.25	1.35	Andrew Harris	V65	Welsh Masters	Swansea	2019-02-10	Men
HJ	6	1.20	1.60	Chris Berry	V60	Swansea	Swansea	2019-02-10	Men
HJ	7	1.05	1.15	Ian Swanson	V65	Port Talbot	Swansea	2019-02-10	Men
HJ	8	1.02 1.02i	PB	Ian Robinson	V70	Wrexham	Lee Valley	2019-02-24	Men
HJ	9	0.90	1.05	Phil Rees	V75	Rhondda	Lee Valley	2019-03-09	Men
PV	1	4.05	4.80	Glyn Price	V50	Swansea	Cardiff	2019-01-27	Men
PV	2	3.45 3.90i		Dave Gordon	V50	Dacorum & Tring	Torun, POL	2019-03-28	Men
PV	3	2.70	3.05	Derek Osborne	V55	Brecon	Swansea	2019-02-10	Men
PV	4	2.60	3.21	Keith Powell	V55	Newport	Lee Valley	2019-03-10	Men
PV	5	2.30	2.50	Dave Stokes	V55	Deeside AAC	Swansea	2019-02-10	Men
LJ	1	4.64	5.62	Derek Osborne	V55	Brecon	Lee Valley	2019-02-17	Men
LJ	2	4.63 5.21i		Robin Wood	V50	Swansea	Lee Valley	2019-02-24	Men
LJ	3	4.58 5.29i		Keith Powell	V55	Newport	Lee Valley	2019-02-17	Men
LJ	4	4.15	4.79	Duncan Steward	V60	Clevedon	Swansea	2019-02-10	Men
LJ	5	4.04 5.16i		Dave Shields	V55	Reading AC	Lee Valley	2019-02-17	Men
LJ	5	4.04	5.19	Roderick Davies	V60	Swansea	Lee Valley	2019-02-24	Men
LJ	7	3.81 3.81i	PB	Ian Williams	V40	Newport	Swansea	2019-02-10	Men
LJ	8	3.69 3.91i		Dave Stokes	V55	Deeside AAC	Connah's Quay	2019-01-12	Men
LJ	9	3.44	4.85	Allan Cheers	V70	Basingstoke & Mid Hants	Swansea	2019-02-10	Men
LJ	10	3.17 3.17i	PB	Martin Tucker	V50	Deeside AAC	Swansea	2019-02-10	Men
LJ	11	3.12 3.12i	PB	Chris Berry	V60	Swansea	Swansea	2019-02-10	Men
LJ	12	2.65 2.65i	PB	Ian Swanson	V65	Port Talbot	Swansea	2019-02-10	Men
LJ	13	2.25	2.97	Phil Rees	V75	Rhondda	Swansea	2019-02-10	Men
TJ	1	9.94 10.23i		Robin Wood	V50	Swansea	Lee Valley	2019-02-24	Men
TJ	2	9.45	10.57	Derek Osborne	V55	Brecon	Swansea	2019-02-10	Men
TJ	3	8.91 10.59i		Dave Shields	V55	Reading AC	Lee Valley	2019-03-10	Men
TJ	4	8.32	15.31	Sean Power	V75	Cardiff	Swansea	2019-02-10	Men
TJ	5	8.11	9.66	Duncan Steward	V60	Clevedon	Swansea	2019-02-10	Men
TJ	6	7.18 7.94i		Dave Stokes	V55	Deeside AAC	Connah's Quay	2019-01-12	Men
TJ	7	5.61	6.42	Phil Rees	V75	Rhondda	Lee Valley	2019-03-10	Men
TJ	8	5.02	5.49	Ian Swanson	V65	Port Talbot	Swansea	2019-02-10	Men
SP7.26K	1	9.13 9.35i		Ian Williams	V40	Newport	Swansea	2019-02-10	Men
SP7.26K	2	5.37 6.74i		Jason Elworthy T38/F38	V45	Barry & Vale	Cardiff	2019-01-26	Men
DT2K	1	29.52	31.06	Ian Williams	V40	Newport	Lee Valley	2019-03-09	Men
JT800	1	27.15	34.06	Ian Williams	V40	Newport	Lee Valley	2019-03-09	Men

10K	1 32:10	32:10	PB	Richard Jackson-Hookins	V35	Les Croupiers	Beachley	2019-01-20	Men
10K	2 33:17	33:17	PB	Ben Butler-Madden	V35	Penarth & Dinas	Cardiff	2019-03-31	Men
10K	3 33:46	32:37		Lee Jones	V45	Deeside AAC	Llandudno	2019-01-19	Men
10K	4 33:47	33:45		Tegid Jones	V40	Witney	Bourton	2019-02-24	Men
10K	5 33:51	33:51	PB	Doug Nicholls	V35	Les Croupiers	Cardiff	2019-03-31	Men
10K	6 34:03	33:03		Martin Green	V40	North Wales RR	Llandudno	2019-01-19	Men
10K	7 34:26	34:26	PB	John Peters	V40	Maldwyn	Eastleigh	2019-03-24	Men
10K	8 34:41	32:54		Lee Aherne	V50	Parc Bryn Bach	Beachley	2019-01-20	Men
10K	9 34:46	33:09		Joe Thomas	V40	Bridgend	Cardiff	2019-03-31	Men
10K	10 34:55	34:12		Richard Jones	V45	Lliswerry	Beachley	2019-01-20	Men
10K	11 35:53	34:42		Mark Horsman	V40	Cardigan RC	Cardiff	2019-03-31	Men
10K	12 36:49	36:49	PB	Warwick Helps	V40	Guernsey	Eastleigh	2019-03-24	Men
10K	13 39:56	32:42		Rob Sheen	V55	Leicester	Kites Hardwick	2019-01-13	Men
10K	14 40:00	36:15		Haydn Hartnell	V55	Parc Bryn Bach	Cardiff	2019-03-31	Men
10K	15 40:38	35:18		Geran Hughes	V50	GOG Tri	Llandudno	2019-02-10	Men
10K	16 42:46	37:56		Mike Murphy	V65	Les Croupiers	Cardiff	2019-03-31	Men
10K	17 42:58	42:58	PB	Michael Graz	V45	Usk	London Olympic Park	2019-03-02	Men
10K	18 44:11	40:38		Lloyd Bevan	V55	Serpentine	Battersea Park	2019-04-06	Men
10K	19 46:14	46:14	PB	Paul Edwards	V40	Cardiff	Cardiff	2019-03-31	Men
10K	20 46:18	41:06		David Proffitt	V65	Lliswerry	Torun, POL	2019-03-27	Men
10K	21 53:21	47:52		Donald Hale	V65	North Wales RR	Llandudno	2019-01-19	Men
HM	1 72:38	71:54		Lee Jones	V45	Deeside AAC	Wrexham	2019-02-17	Men
HM	2 73:28	72:28		Martin Green	V40	North Wales RR	Wrexham	2019-02-17	Men
HM	3 73:31	73:31	PB	Ben Butler-Madden	V35	Penarth & Dinas	Llanelli	2019-02-10	Men
HM	4 73:50	73:50	PB	Doug Nicholls	V35	Les Croupiers	Cardiff	2019-03-24	Men
HM	5 74:27	71:38		Richard Jackson-Hookins	V35	Les Croupiers	Orvault, FRA	2019-03-10	Men
HM	6 74:44	71:44		Lee Aherne	V50	Parc Bryn Bach	Bath	2019-03-17	Men
HM	7 78:54	75:31		Mark Horsman	V40	Cardigan RC	Ostia, ITA	2019-03-10	Men
HM	8 88:08	75:48		Sean McCormack	V55	Abergele	Wrexham	2019-02-17	Men
HM	9 91:58	68:46		Rob Sheen	V55	Leicester	Loughborough	2019-02-17	Men
HM	10 1:42:58	92:39		David Proffitt	V65	Lliswerry	Newport	2019-03-03	Men
HM	11 2:10:10	2:01:50		John Horsman	V65	Cardigan RC	Ostia, ITA	2019-03-10	Men
Mar	1 2:34:08	2:34:08	PB	Ben Butler-Madden	V35	Penarth & Dinas	Tokyo, JPN	2019-03-03	Men
Mar	2 2:44:47	2:31:03		Martin Green	V40	North Wales RR	Llandudno	2019-03-31	Men

60	1	8.05	7.61	Michelle Thomas	V45	Birchfield H	Torun, POL	2019-03-27	Women
60	2	8.11 7.84i		Joanne Frost	V40	Bromsgrove & Redditch	Torun, POL	2019-03-26	Women
60	3	8.58 8.58i	PB	Juliet Sidney	V50	Newport	Torun, POL	2019-03-26	Women
60	4	8.60 8.60i	PB	Eleri Jones	V35	Newport	Lee Valley	2019-03-09	Women
60	5	8.78 8.75i		Amanda Cook	V40	Wrexham	Sportcity	2019-02-10	Women
60	6	8.79 8.79i	PB	Alison McLellan	V35	Deeside AAC	Connah's Quay	2019-01-12	Women
60	7	8.83 8.83i	PB	Sharon Samuel	V50	Bromsgrove & Redditch	Torun, POL	2019-03-26	Women
60	8	8.97 8.97i	PB	Melanie Garland	V55	Worcester	Lee Valley	2019-03-09	Women
60	9	9.30 9.30i	PB	Louise Kirby	V50	Newport	Lee Valley	2019-03-09	Women
60	10	9.36 9.22i		Angela Bryant	V55	Forest of Dean	Birmingham	2019-02-17	Women
60	11	9.55 8.64i		Amanda Broadhurst	V45	Wrexham	Cardiff	2019-01-20	Women
60	12	9.59 9.41i		Clare St. John-Coleman	V55	Chelmsford	Lee Valley	2019-03-09	Women
60	13	9.68 9.52i		Jan Timberlake	V50	Worcester	Torun, POL	2019-03-26	Women
60	14	11.38 9.82i/9.8i		Iris Holder	V75	Worcester	Lee Valley	2019-02-24	Women
60	15	13.21 10.47i		Dorothy Fraser	V80	Lincoln Wellington	Torun, POL	2019-03-27	Women
60	16	14.23 12.84i		Daphne Marler	V70	Swansea	Lee Valley	2019-03-09	Women
100	1	15.75	14.88	Clare St. John-Coleman	V55	Chelmsford	Woodford	2019-03-30	Women
200	1	26.33	23.98	Michelle Thomas	V45	Birchfield H	Torun, POL	2019-03-29	Women
200	2	28.97	28.86	Juliet Sidney	V50	Newport	Torun, POL	2019-03-28	Women
200	3	29.12 29.12i	PB	Eleri Jones	V35	Newport	Lee Valley	2019-03-10	Women
200	4	29.48	29.25	Sharon Samuel	V50	Bromsgrove & Redditch	Torun, POL	2019-03-29	Women
200	5	30.42	30.15	Melanie Garland	V55	Worcester	Birmingham	2019-02-17	Women
200	6	31.06 31.06i/30.7	PB	Victoria Watkins	V35	Black Pear Joggers	Lee Valley	2019-03-10	Women
200	7	31.38 30.99i		Angela Bryant	V55	Forest of Dean	Birmingham	2019-02-17	Women
200	8	31.53 31.21i		Louise Kirby	V50	Newport	Lee Valley	2019-03-10	Women
200	9	31.87	26.83	Amanda Broadhurst	V45	Wrexham	Lee Valley	2019-03-10	Women
200	10	52.68	34.83	Dorothy Fraser	V80	Lincoln Wellington	Torun, POL	2019-03-29	Women
400	1	69.74	66.32	Victoria Watkins	V35	Black Pear Joggers	Lee Valley	2019-02-24	Women
400	2	71.39	69.09	Louise Kirby	V50	Newport	Lee Valley	2019-03-09	Women
400	3	87.72	73.30	Angela Bryant	V55	Forest of Dean	Cardiff	2019-01-20	Women
800	1 2:23.24	2:09.53		Georgie Parnell	V35	Chepstow H	Lee Valley	2019-02-24	Women
800	2 2:32.83	2:24.2		Sarah Everitt	V50	Bristol & West	Lee Valley	2019-02-24	Women
800	3 2:34.08	2:34.08i	PB	Sarah Coote	V35	Parc Bryn Bach	Cardiff	2019-01-20	Women
800	4 2:40.19	2:30.4		Llinos Jones	V35	Swansea	Cardiff	2019-01-20	Women
800	5 2:43.13	2:27.0		Jenny Phillips	V50	Llanelli	Cardiff	2019-01-20	Women
800	6 3:01.35	2:23.38		Amanda Broadhurst	V45	Wrexham	Emirates Arena	2019-02-17	Women
1500	1 5:14.02	5:02.19i		Llinos Jones	V35	Swansea	Lee Valley	2019-02-24	Women
1500	2 5:16.98	5:02.98i		Sarah Everitt	V50	Bristol & West	Cardiff	2019-01-20	Women
1500	3 6:07.48	5:48.78i		Keri Jones	V45	Parc Bryn Bach	Cardiff	2019-01-20	Women
1500	4 7:07.42	7:07.42i	PB	Helen Lutley	V65	Emlyn	Cardiff	2019-01-20	Women
3000	1 11:13.31	10:57.74i		Sarah Everitt	V50	Bristol & West	Lee Valley	2019-02-24	Women

HJ	1	1.41 1.41i	PB	Alison Murray	V50	Hercules Wimbledon	Lee Valley	2019-02-24	Women
HJ	2	1.36	1.40	Melanie Garland	V55	Worcester	Lee Valley	2019-03-09	Women
HJ	3	1.30	1.45	Claudia Cubbage	V45	City of Portsmouth	Lee Valley	2019-02-24	Women
HJ	3	1.30 1.40i		Jan Timberlake	V50	Worcester	Torun, POL	2019-03-24	Women
HJ	5	1.27 1.50i		Amanda Broadhurst	V45	Wrexham	Emirates Arena	2019-02-17	Women
PV	1	3.02	3.95	Alison Murray	V50	Hercules Wimbledon	Carshalton	2019-02-03	Women
PV	2	2.20 2.63i		Claudia Cubbage	V45	City of Portsmouth	Lee Valley	2019-03-09	Women
LJ	1	5.38	5.91	Joanne Frost	V40	Bromsgrove & Redditch	Torun, POL	2019-03-25	Women
LJ	2	4.73 4.73i	PB	Melanie Garland	V55	Worcester	Torun, POL	2019-03-25	Women
LJ	3	4.56 4.56i	PB	Alison McLellan	V35	Deeside AAC	Connah's Quay	2019-01-12	Women
LJ	4	4.51	5.09	Amanda Cook	V40	Wrexham	Connah's Quay	2019-01-12	Women
LJ	5	4.27 4.56i		Jan Timberlake	V50	Worcester	Torun, POL	2019-03-25	Women
LJ	6	4.10	5.05	Amanda Broadhurst	V45	Wrexham	Emirates Arena	2019-02-17	Women
LJ	7	3.72	4.15	Clare St. John-Coleman	V55	Chelmsford	Birmingham (PB)	2019-03-16	Women
LJ	8	2.95	4.09	Iris Holder	V75	Worcester	Lee Valley	2019-02-10	Women
LJ	9	2.02 3.26i		Daphne Marler	V70	Swansea	Lee Valley	2019-03-09	Women
TJ	1	9.72 9.72i	PB	Melanie Garland	V55	Worcester	Torun, POL	2019-03-28	Women
TJ	2	9.20	10.39	Amanda Cook	V40	Wrexham	Connah's Quay	2019-01-12	Women
TJ	3	9.05 9.98i		Jan Timberlake	V50	Worcester	Torun, POL	2019-03-28	Women
TJ	4	8.84	10.19	Amanda Broadhurst	V45	Wrexham	Connah's Quay	2019-01-12	Women
TJ	5	6.25 8.19i		Iris Holder	V75	Worcester	Torun, POL	2019-03-28	Women
TJ	6	4.95	5.81	Daphne Marler	V70	Swansea	Swansea	2019-02-10	Women
SP4K	1	9.42	10.75	Ruth Jansen	V45	Welsh Masters	Lee Valley	2019-03-09	Women
SP4K	2	9.15 10.16i		Claudia Cubbage	V45	City of Portsmouth	Lee Valley	2019-03-09	Women
SP4K	3	8.38 10.06i		Amanda Broadhurst	V45	Wrexham	Emirates Arena	2019-02-17	Women
SP4K	4	7.44 8.99i		Karen Llewellyn	V55	Pembrokeshire	Swansea	2019-01-13	Women
SP4K	5	6.78 7.34i		Renate Prells	V60	Swansea	Swansea	2019-01-13	Women
DT1K	1	21.28	27.97	Karen Llewellyn	V55	Pembrokeshire	Lee Valley	2019-03-10	Women
DT1K	2	20.08	22.58	Renate Prells	V60	Swansea	Lee Valley	2019-03-10	Women
10K	1 39:50	38:20		Llinos Jones	V35	Swansea	Cardiff	2019-03-31	Women
10K	2 46:38	40:57		Emma Collins	V55	Denbigh	Llandudno	2019-02-10	Women
10K	3 51:48	45:53		Brenda Avery	V65	Chepstow H	Cardiff	2019-03-31	Women
10K	4 53:52	44:35		Christine Birch	V70	Abergele	Llandudno	2019-02-10	Women
10K	5 56:19	52:24		Gillian Murphy	V65	Les Croupiers	Cardiff	2019-03-31	Women
HM	1 89:16	84:27		Llinos Jones	V35	Swansea	Llanelli	2019-02-10	Women
HM	2 1:41:32	95:09		Elizabeth Driver	V60	Welsh Masters	Ras Al Khaimah, UAE	2019-02-08	Women
HM	3 1:49:35	1:46:03		Jeanette Jenkins	V55	Fairwater	Newport	2019-03-03	Women
HM	4 1:58:28	1:42:46		Brenda Avery	V65	Chepstow H	Weston-Super-Mare	2019-03-24	Women
HM	5 2:05:05	1:56:10		Helen Lutley	V65	Emlyn	Llanelli	2019-02-10	Women
Mar	1 3:33:37	3:28:51		Elizabeth Driver	V60	Welsh Masters	Dubai, UAE	2019-01-25	Women