

WMAA BMAF Championships Full Results 25/26th August 2018

100 M35 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
5	11.54		0.8	Seriashe Childs		V35	M	1	Seriashe Childs	Windsor Slough Eton & Hounslow/Welsh Masters	11.48 10.51
100 M45 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
7	12.85		1.6	James Morgan		V45	M	3	James Morgan	Newport/Welsh Masters	12.46 12.46
100 M50 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
5	12.41		0	Russell Whiting		V50	M	2		Worthing/Welsh Masters	12 11.7
100 M50 h2 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
2	12.34	w	2.1	Russell Whiting		V50	M	2		Worthing/Welsh Masters	12 11.7
100 M60 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
1	13.31		0	Ian Broadhurst		V60	M	5	Ian Broadhurst	Wrexham/Welsh Masters	13.17 12.4
6	14.78		0	Roderick Davies		V60	M	2		Swansea/Windsor Slough Eton & Hounslow/Welsh Maste	14.14 12.9
9	16.02		0	Jon Clarke		V60	M	3		West Cheshire/Northern Masters/Welsh Masters	15.07 14.99
100 M70 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
6	16.29		0	Mel James	SB	V70	M	5	Mel James	Port Talbot/Les Croupiers/Welsh Masters	16.29 15.6
100 W45 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
2	13.01	w	2.1	Michelle Thomas	SB	V45	W	2		Birchfield H/Welsh Masters	13.01 11.89
100 W50 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
1	13.91		0.6	Juliet Sidney		V50	W	1	Stuart Pearce	Newport/Welsh Masters	13.6 13.6
3	15.1		0.6	Louise Kirby		V50	W	2		Newport/Welsh Masters	15.02 15.02
100 W55 (25 Aug)											
Pos	Perf			Name		AG		Year	Coach	Club	SB PB
4	14.83		1.8	Angela Sonn		V55	W	3		Forest of Dean/Worcester/Welsh Masters	14.6 14.6
5	16.57		0	Anne Nelson	SB	V65	W	2		Epsom & Ewell/Veterans	16.57 15

100 W70 (25 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	1	25.49		-0.1	Daphne Marler	SB		V70	W	2		Swansea/Welsh Masters	25.49	21.8
100 W75 (25 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	1	19.31		-0.1	Iris Holder	SB		V75	W	3		Worcester/Welsh Masters	19.31	15.7
100 W80 (25 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	1	21.93		-0.1	Dorothy Fraser	SB		V80	W	2	Denise Timmis	Lincoln Wellington/Welsh Masters	21.93	16.84
200 M45 2 (26 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	7	27.38		-2.8	James Morgan			V45	M	3	James Morgan	Newport/Welsh Masters	25.96	25.43
200 M50 1 (26 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	2	26.56		-1.6	Russell Whiting			V50	M	2		Worthing/Welsh Masters	25.5	24.5
200 M60 (26 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	2	27.47		-1.8	Ian Broadhurst			V60	M	5	Ian Broadhurst	Wrexham/Welsh Masters	26.49	24.35
	4	30.54		-1.8	Roderick Davies			V60	M	2		Swansea/Windsor Slough Eton & Hounslow/Welsh Maste	29.04	25.9
200 M70 (26 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	4	34.77		-1.4	Mel James			V70	M	5	Mel James	Port Talbot/Les Croupiers/Welsh Masters	33.9	31.51
200 W45 1 (26 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	4	33.12		-1.8	Amanda Broadhurst			V45	W	3	Amanda Broadhurst	Wrexham/Welsh Masters	31.02	26.83
200 W45 2 (26 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	1	28		-2.8	Michelle Thomas			V45	W	2		Birchfield H/Welsh Masters	27.09	23.98
200 W50 (26 Aug)														
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB		
	2	30.07		-2.1	Juliet Sidney			V50	W	1	Stuart Pearce	Newport/Welsh Masters	29.12	28.86

200 W55 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	2	31.7		-2.8	Melanie Garland	V55	W	1	Roger Turner	Worcester/Welsh Masters	30.4	30.05
	5	33.03		-2.8	Angela Sonn	V55	W	3		Forest of Dean/Worcester/Welsh Masters	30.99	30.99
200 W80 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	1	48.19		-1.1	Dorothy Fraser	V80	W	2	Denise Timmis	Lincoln Wellington/Welsh Masters	45.97	34.83
400 M35 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	3	54.99			Lee Richards	V35	M	1	Stuart Pearce	Newport/Welsh Masters	54.73	52.13
400 M60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	3	62.73			Kieran McDonnell	V60	M	4		Les Croupiers/Welsh Masters	61.09	61.09
400 W35 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	1	66.9			Victoria Watkins	V35	W	5		Black Pear Joggers/Worcester/Welsh Masters	66.32	66.32
400 W50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	4	72.9			Louise Kirby	V50	W	2		Newport/Welsh Masters	69.09	69.09
400 W55 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	5	77.23			Angela Sonn	V55	W	3		Forest of Dean/Worcester/Welsh Masters	76.61	73.3
800 M55 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	2	02:14.0			Steve Toogood	V55	M	2		Buckley RC/Welsh Masters	02:09.9	01:58.8
800 W35 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	3	02:40.3			Victoria Watkins	V35	W	5		Black Pear Joggers/Worcester/Welsh Masters	02:36.7	02:36.7
800 W50 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
	1	02:32.1			Sarah Everitt	V50	W	2	David Taylor	Bristol & West/Welsh Masters	02:26.4	02:24.2

800 W70 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
-	DNF			Pat Gallagher		V70	W	3		Yate/Westbury/Welsh Masters	03:26.9	02:37.9
1500 M35 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	04:14.7			Peter Watkeys	SB	V35	M	2	Martin Tarsey	Basingstoke & Mid Hants/Welsh Masters	04:14.7	04:10.6
1500 M40 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
4	04:34.8			Lee Garland	SB	V40	M	4		Guernsey/Welsh Masters	04:34.8	03:59.0
1500 M75 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
4	06:49.1			Barrie Roberts		V75	M	1	Nicola Sykes	Bournville Harriers/Welsh Masters	06:37.3	05:51.0
10 W50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	05:07.7			Sarah Everitt		V50	W	2	David Taylor	Bristol & West/Welsh Masters	05:03.3	05:03.0
1500 W70 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	07:09.6			Pat Gallagher	SB	V70	W	3		Yate/Westbury/Welsh Masters	07:09.6	04:41.0
5000 M50 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
-	DNF			Lee Aherne		V50	M	3	Lee Aherne	Parc Bryn Bach/Welsh Masters		16:14.6
5000 M55 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
9	22:07.6			Ian Humphreys	SB	V55	M	1		Mendip/Welsh Masters	22:07.6	18:20.1
80HW50 W50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
4	16.56		1.5	Jan Timberlake	SB	V50	W	3		Worcester/Welsh Masters	16.56	15.26
300HM60 M60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	49.39			Ian Broadhurst		V60	M	5	Ian Broadhurst	Wrexham/Welsh Masters	48.57	45.4
3000SC M50 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
4	11:23.3			Jeremy Mower		V50	M	3	Jeremy Mower	Gloucester/Welsh Masters	11:17.4	11:16.8

3000W M60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
3	26:43.7			Jon Clarke	PB	V60	M	3		West Cheshire/Northern Masters/Welsh Masters	26:43.7	26:43.7
HJ W55 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	1.3			Melanie Garland		V55	W	1	Roger Turner	Worcester/Welsh Masters	1.4	1.4
HJ M35 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	1.65			Owen Chesher		V35	M	1	John Mcfall	Brecon/Welsh Masters	1.83	2
W50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	2.8			Alison Murray		V50	W	2		Hercules Wimbledon/Welsh Masters	3.01	3.95
PV M50 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	3.8			Glyn Price		V50	M	3	Edward Thompson	Swansea/Welsh Masters	4	4.8
PV M55 (26 Aug)												
5	2.7			Keith Powell		V55	M	3	Keith Powell	Newport/Welsh Masters	2.82	3.21
LJ M60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
4	4.14		1.1	Roderick Davies		V60	M	2		Swansea/Windsor Slough Eton & Hounslow/Welsh Maste	4.21	5.19
LJ W45 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
4	3.98		1	Amanda Broadhurst	SB	V45	W	3	Amanda Broadhurst	Wrexham/Welsh Masters	3.98	5.05
LJ W50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	4.3		1.1	Jan Timberlake		V50	W	3		Worcester/Welsh Masters	4.42	4.56
LJ W55 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	4.67		0.4	Melanie Garland	PB	V55	W	1	Roger Turner	Worcester/Welsh Masters	4.67	4.67
LJ W70 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	1.76		0	Daphne Marler		V70	W	2		Swansea/Welsh Masters	2	3.26
LJ W75 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	2.77		0.5	Iris Holder		V75	W	3		Worcester/Welsh Masters	3.07	4.09

TJ M55 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	8.67		2	Dave Shields		V55	M	3		Reading AC/Welsh Masters/Veterans	9.2	10.59
TJ M75 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	5.29		-0.3	Phil Rees		V75	M	3		Rhondda/Welsh Masters	5.64	6.42
TJ W45 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	8.58		1.6	Amanda Broadhurst		V45	W	3	Amanda Broadhurst	Wrexham/Welsh Masters	8.88	10.19
TJ W50 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	8.59		0.4	Jan Timberlake		V50	W	3		Worcester/Welsh Masters	9.98	9.98
TJ W55 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	9.38		0.8	Melanie Garland	PB	V55	W	1	Roger Turner	Worcester/Welsh Masters	9.38	9.38
SP6K M55 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
6	8.04			Dave Stokes		V55	M	2		Deeside AAC/Welsh Masters	9.04	10.08
SP3K W50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
5	7.85			Karen Llewellyn		V50	W	5		Pembrokeshire/Welsh Masters	8.75	9.64
SP3K W60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
3	7.34			Renate Prells	SB	V60	W	4	David Arnold	Swansea/Welsh Masters	7.34	7.71
WT15.88K M45 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	13.93			Graham Holder	SB	V45	M	2		Bexley/Welsh Masters/Haverling	13.93	15.96
WT11.34K M55 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
6	10.6			Dave Stokes		V55	M	2		Deeside AAC/Welsh Masters	11.18	12.39
WT7.26K W50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
6	8.29			Karen Llewellyn		V50	W	5		Pembrokeshire/Welsh Masters	8.62	10.45
WT5.45K W60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	11.39			Renate Prells	SB	V60	W	4	David Arnold	Swansea/Welsh Masters	11.39	11.71

DT1.5K M55 B (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
13	29.37			Dave Stokes		V55	M	2		Deeside AAC/Welsh Masters	30.87	38.69
DT1K M60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
12	24.72			Chris Pruski		V60	M	4		Swansea/Welsh Masters	27.17	27.29
DT1K W50 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
3	19.02			Karen Llewellyn		V50	W	5		Pembrokeshire/Welsh Masters	21.7	27.97
DT1K W60 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	19.6			Renate Prells		V60	W	4	David Arnold	Swansea/Welsh Masters	20.15	22.58
HT7.26K M45 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
1	51.32			Graham Holder	SB	V45	M	2		Bexley/Welsh Masters/Havering	51.32	62.01
HT6K M55 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
7	26.02			Dave Stokes		V55	M	2		Deeside AAC/Welsh Masters	27.08	30.35
HT4K M75 (26 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
4	17.83			Phil Rees		V75	M	3		Rhondda/Welsh Masters	20.89	20.89
HT3K W50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
4	30.22			Karen Llewellyn		V50	W	5		Pembrokeshire/Welsh Masters	30.5	33.07
HT3K W60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	29.78			Renate Prells	SB	V60	W	4	David Arnold	Swansea/Welsh Masters	29.78	33.74
JT700 M50 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
2	41.57			Martin Tucker	PB	V50	M	2		Deeside AAC/Welsh Masters	41.57	41.57
JT600 M60 (25 Aug)												
Pos	Perf			Name		AG		Year	Coach	Club	SB	PB
5	29.08			Chris Pruski		V60	M	4		Swansea/Welsh Masters	29.94	33.55

Medals and Placings Table = Men and Ladies				Men	Ladies
	GOLD	21	1st	5	16
	SILVER	18	2nd	9	9
	BRONZE	7	3rd	3	4
		13	4th	7	6
		7	5th		
		5	6th		
		2	7th		
		0	8th		
		2	9th		
		0	10th		
		0	11th		
		1	12th		
		1	13th		
Total Medal		46		17	29