

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
20792	Adebowale Ademuyewo	2019	V35	M	200	22.84	Birmingham	British Masters Championships	2019-08-11
20792	Adebowale Ademuyewo	2019	V35	M	200	22.90	Scotstoun	British Athletics League Division 2	2019-08-03
25672	Lee Aherne	2019	V50	M	5000	16:29.65	Birmingham	British Masters Championships	2019-08-11
25672	Lee Aherne	2019	V50	M	parkrun	16:40	Bryn Bach	Bryn Bach parkrun # 350	2019-08-17
25672	Lee Aherne	2019	V50	M	parkrun	16:41	Bryn Bach	Bryn Bach parkrun # 351	2019-08-24
25672	Lee Aherne	2019	V50	M	parkrun	16:50	Bryn Bach	Bryn Bach parkrun # 353	2019-09-07
25672	Lee Aherne	2019	V50	M	5.4KL	19:10	Llanelli	Welsh Relay Championships	2019-09-15
25672	Lee Aherne	2019	V50	M	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
25672	Lee Aherne	2019	V50	M	10K	33:54	Cardiff	Cardiff 10K	2019-09-01
25672	Lee Aherne	2019	V50	M	10K	33:57	Swansea	Admiral Swansea Bay 10K	2019-09-22
25672	Lee Aherne	2019	V50	M	10K	34:36	Barry Island 10K	Barry Island 10K	2019-08-04
111056	Eirian Arwyn	2019	V65	W	parkrun	28:07	Groe	Groe parkrun # 27	2019-09-21
111056	Eirian Arwyn	2019	V65	W	parkrun	28:32	Llyn Llech Owain	Llyn Llech Owain parkrun # 336	2019-09-14
111056	Eirian Arwyn	2019	V65	W	parkrun	28:42	Porthcawl	Porthcawl parkrun # 331	2019-09-07
111056	Eirian Arwyn	2019	V65	W	parkrun	28:55	Severn Bridge	Severn Bridge parkrun # 48	2019-08-31
111056	Eirian Arwyn	2019	V65	W	parkrun	29:05	Dolgellau	Dolgellau parkrun # 181	2019-08-10
111056	Eirian Arwyn	2019	V65	W	parkrun	29:08	Somerdale Pavilion	Somerdale Pavilion parkrun # 37	2019-08-17
111056	Eirian Arwyn	2019	V65	W	parkrun	29:26	Nant y Pandy	Nant y Pandy parkrun # 47	2019-08-03
111056	Eirian Arwyn	2019	V65	W	5.4KL	34:02	Llanelli	Welsh Relay Championships	2019-09-15
25295	Brenda Avery	2019	V65	W	parkrun	24:46	Riverfront	Riverfront parkrun # 138	2019-09-14
25295	Brenda Avery	2019	V65	W	parkrun	25:01	Minehead	Minehead parkrun # 156	2019-08-24
25295	Brenda Avery	2019	V65	W	4M	31:52	Redwick	Rose Inn 4 Series	2019-08-13
25295	Brenda Avery	2019	V65	W	5M	41:28	Bargoed	Parc Cwm Darran 5	2019-08-18
25295	Brenda	2019	V65	W	5.5MNAD	NT	Cwmbran	Gwent Leisure	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Avery							Centre League Cwmbran	08-06
25295	Brenda Avery	2019	V65	W	10K	50:10	Stratford upon Avon	Stratford's Big 10k	2019-09-08
25295	Brenda Avery	2019	V65	W	10K	50:48	Cardiff	Cardiff 10K	2019-09-01
25295	Brenda Avery	2019	V65	W	10K	51:24	Swansea	Admiral Swansea Bay 10K	2019-09-22
25295	Brenda Avery	2019	V65	W	10K	52:50	Barry Island 10K	Barry Island 10K	2019-08-04
25295	Brenda Avery	2019	V65	W	10K	54:06	Devizes	Devizes 10K	2019-09-29
349414	Chris Baldwin	2019	V60	M	4KL	20:45	Llandudno	North Wales Regional Relay Championships	2019-09-15
349414	Chris Baldwin	2019	V60	M	parkrun	25:46	Pont y Bala	Pont y Bala parkrun # 20	2019-08-24
349414	Chris Baldwin	2019	V60	M	parkrun	26:32	Pont y Bala	Pont y Bala parkrun # 19	2019-08-17
349414	Chris Baldwin	2019	V60	M	parkrun	28:20	Pont y Bala	Pont y Bala parkrun # 18	2019-08-10
717331	Lloyd Bevan	2019	V55	M	parkrun	23:14	Wormwood Scrubs	Wormwood Scrubs parkrun # 429	2019-09-14
72633	Ian Bowles	2019	V70	M	SP4K	9.22	Caorle, ITA	European Masters Stadia Championships	2019-09-13
72633	Ian Bowles	2019	V70	M	SP4K	9.14	Birmingham	British Masters Championships	2019-08-11
72633	Ian Bowles	2019	V70	M	WT7.26K	12.19	Caorle, ITA	European Masters Stadia Championships	2019-09-13
72633	Ian Bowles	2019	V70	M	WT7.26K	11.22	Birmingham	British Masters Championships	2019-08-11
72633	Ian Bowles	2019	V70	M	DT1K	31.95	Caorle, ITA	European Masters Stadia Championships	2019-09-11
72633	Ian Bowles	2019	V70	M	DT1K	30.20	Caorle, ITA	European Masters Stadia Championships	2019-09-13
72633	Ian Bowles	2019	V70	M	DT1K	30.17	Birmingham	British Masters Championships	2019-08-10
72633	Ian Bowles	2019	V70	M	DT1K	30.05	Worcester	Worcester AC Open	2019-08-08
72633	Ian Bowles	2019	V70	M	HT4K	29.27	Caorle, ITA	European Masters Stadia Championships	2019-09-13
72633	Ian Bowles	2019	V70	M	HT4K	29.11	Worcester	Worcester AC Open	2019-08-08
72633	Ian Bowles	2019	V70	M	HT4K	27.97	Birmingham	British Masters Championships	2019-08-11
72633	Ian Bowles	2019	V70	M	JT500	18.63	Caorle, ITA	European Masters Stadia	2019-09-13

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72633	Ian Bowles	2019	V70	M	PenWtM75	3148	Caorle, ITA	Championships European Masters Stadia Championships	2019-09-13
26018	Amanda Broadhurst	2019	V45	W	200	31.60	Birmingham	British Masters Championships	2019-08-11
26018	Amanda Broadhurst	2019	V45	W	200	32.18	Caorle, ITA	European Masters Stadia Championships	2019-09-07
26018	Amanda Broadhurst	2019	V45	W	800	2:56.51	Caorle, ITA	European Masters Stadia Championships	2019-09-08
26018	Amanda Broadhurst	2019	V45	W	80HW40	14.45	Caorle, ITA	European Masters Stadia Championships	2019-09-07
26018	Amanda Broadhurst	2019	V45	W	HJ	1.27	Caorle, ITA	European Masters Stadia Championships	2019-09-07
26018	Amanda Broadhurst	2019	V45	W	LJ	3.87	Caorle, ITA	European Masters Stadia Championships	2019-09-08
26018	Amanda Broadhurst	2019	V45	W	TJ	9.16	Birmingham	British Masters Championships	2019-08-11
26018	Amanda Broadhurst	2019	V45	W	TJ	9.11	Caorle, ITA	European Masters Stadia Championships	2019-09-06
26018	Amanda Broadhurst	2019	V45	W	SP4K	8.04	Caorle, ITA	European Masters Stadia Championships	2019-09-07
26018	Amanda Broadhurst	2019	V45	W	SP4K	7.52	Birmingham	British Masters Championships	2019-08-10
26018	Amanda Broadhurst	2019	V45	W	JT600	21.21	Caorle, ITA	European Masters Stadia Championships	2019-09-08
26018	Amanda Broadhurst	2019	V45	W	HepW45	3805	Caorle, ITA	European Masters Stadia Championships	2019-09-08
23960	Ian Broadhurst	2019	V60	M	100	13.41	Birmingham	British Masters Championships	2019-08-10
23960	Ian Broadhurst	2019	V60	M	200	26.82	Jesolo, ITA	European Masters Stadia Championships	2019-09-12
23960	Ian Broadhurst	2019	V60	M	200	27.13	Birmingham	British Masters Championships	2019-08-11
23960	Ian Broadhurst	2019	V60	M	200	27.32	Jesolo, ITA	European Masters Stadia Championships	2019-09-11
23960	Ian Broadhurst	2019	V60	M	400	61.86	Jesolo, ITA	European Masters Stadia Championships	2019-09-09
23960	Ian Broadhurst	2019	V60	M	400	63.83	Jesolo, ITA	European Masters Stadia Championships	2019-09-08
23960	Ian Broadhurst	2019	V60	M	300HM60	47.48	Jesolo, ITA	European Masters Stadia	2019-09-07

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Championships	
23960	Ian Broadhurst	2019	V60	M	300HM60	47.66	Birmingham	British Masters Championships	2019-08-10
23960	Ian Broadhurst	2019	V60	M	300HM60	51.68	Jesolo, ITA	European Masters Stadia Championships	2019-09-06
726647	Scott Browne	2019	V40	M	parkrun	30:57	Barry Island	Barry Island parkrun # 225	2019-09-14
399109	Angela Bryant	2019	V55	W	100	15.0	Hereford	Midland League Division 6	2019-08-04
399109	Angela Bryant	2019	V55	W	100	15.13	Birmingham	British Masters Championships	2019-08-10
399109	Angela Bryant	2019	V55	W	100	15.41	Caorle, ITA	European Masters Stadia Championships	2019-09-05
399109	Angela Bryant	2019	V55	W	200	31.98	Birmingham	British Masters Championships	2019-08-11
399109	Angela Bryant	2019	V55	W	200	32.59	Caorle, ITA	European Masters Stadia Championships	2019-09-11
399109	Angela Bryant	2019	V55	W	200	33.5	Hereford	Midland League Division 6	2019-08-04
399109	Angela Bryant	2019	V55	W	parkrun	46:31	Ross-on-Wye	Ross-on-Wye parkrun # 1	2019-08-03
399109	Angela Bryant	2019	V55	W	parkrun	48:50	Ross-on-Wye	Ross-on-Wye parkrun # 8	2019-09-21
371076	Clare Bryant	2019	V35	W	200	30.47	Caorle, ITA	European Masters Stadia Championships	2019-09-07
371076	Clare Bryant	2019	V35	W	100HW	18.72	Caorle, ITA	European Masters Stadia Championships	2019-09-07
371076	Clare Bryant	2019	V35	W	HJ	1.33	Caorle, ITA	European Masters Stadia Championships	2019-09-07
371076	Clare Bryant	2019	V35	W	SP4K	7.20	Caorle, ITA	European Masters Stadia Championships	2019-09-07
7443	Ken Buckle	2019	V75	M	10KMT	71:24	Winchcombe	Winchcombe Hill Climb 5K / 10K	2019-08-25
566499	Ben Butler-Madden	2019	V35	M	5K	15:49	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
566499	Ben Butler-Madden	2019	V35	M	parkrun	16:38	Pontypridd	Pontypridd parkrun # 278	2019-09-21
566499	Ben Butler-Madden	2019	V35	M	parkrun	17:10	Riverfront	Riverfront parkrun # 133	2019-08-10
566499	Ben Butler-Madden	2019	V35	M	parkrun	18:03	Grangemoor	Grangemoor parkrun # 196	2019-08-17
566499	Ben Butler-Madden	2019	V35	M	parkrun	18:54	Barry Island	Barry Island parkrun # 224	2019-09-07
566499	Ben Butler-Madden	2019	V35	M	parkrun	19:35	Barry Island	Barry Island parkrun # 225	2019-09-14
566499	Ben Butler-Madden	2019	V35	M	5.4KL	18:59	Llanelli	Welsh Relay Championships	2019-09-15

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566499	Ben Butler-Madden	2019	V35	M	10K	33:53	Cardiff	Cardiff 10K	2019-09-01
566499	Ben Butler-Madden	2019	V35	M	HMMT	82:27	Bath	Bath Two Tunnels Half Marathon	2019-08-18
43000	Stephen Buttler	2019	V40	M	LJ	5.10	Birmingham	British Masters Championships	2019-08-10
43000	Stephen Buttler	2019	V40	M	LJ	4.99	Sutton Coldfield	Midland League Division 3	2019-08-03
372760	Kevin Challinor	2019	V55	M	4.5MMT	35:21	Shotton	Deestridders Off Road Grand Prix 4.5	2019-08-01
42753	Owen Chesher	2019	V35	M	HJ	1.80	Birmingham	British Masters Championships	2019-08-11
21207	Seriashe Childs	2019	V35	M	100	11.72	Birmingham	British Masters Championships	2019-08-10
607758	Ania Ciolek	2019	V35	W	parkrun	22:36	Swansea Bay	Swansea Bay parkrun # 192	2019-08-31
607758	Ania Ciolek	2019	V35	W	parkrun	23:07	Bushy Park	Bushy Park parkrun # 800	2019-08-03
607758	Ania Ciolek	2019	V35	W	parkrun	23:56	Colby	Colby parkrun # 266	2019-09-14
607758	Ania Ciolek	2019	V35	W	parkrun	24:37	Conwy	Conwy parkrun # 239	2019-08-24
607758	Ania Ciolek	2019	V35	W	parkrun	24:55	Bath Skyline	Bath Skyline parkrun # 252	2019-08-17
607758	Ania Ciolek	2019	V35	W	parkrun	25:03	Colchester Castle	Colchester Castle parkrun # 332	2019-08-10
607758	Ania Ciolek	2019	V35	W	parkrun	37:14	Milford Waterfront	Milford Waterfront parkrun # 3	2019-09-21
199713	Lisa Cleary	2019	V50	W	1M	7:05	Butetown	Butetown Mile	2019-08-25
199713	Lisa Cleary	2019	V50	W	1.91ML	14:26	Redwick	Rose Inn Relays (3 x 1.91)	2019-09-03
199713	Lisa Cleary	2019	V50	W	parkrun	23:51	Groe	Groe parkrun # 22	2019-08-17
199713	Lisa Cleary	2019	V50	W	parkrun	24:58	Tamar Lakes	Tamar Lakes parkrun # 259	2019-09-21
199713	Lisa Cleary	2019	V50	W	parkrun	25:02	Barry Island	Barry Island parkrun # 219	2019-08-03
199713	Lisa Cleary	2019	V50	W	parkrun	25:10	Barry Island	Barry Island parkrun # 224	2019-09-07
199713	Lisa Cleary	2019	V50	W	parkrun	25:12	Ross-on-Wye	Ross-on-Wye parkrun # 2	2019-08-10
199713	Lisa Cleary	2019	V50	W	parkrun	25:39	Barry Island	Barry Island parkrun # 223	2019-08-31
199713	Lisa Cleary	2019	V50	W	10K	49:54	Cardiff	Cardiff 10K	2019-09-01
199713	Lisa Cleary	2019	V50	W	10K	53:10	Barry Island 10K	Barry Island 10K	2019-08-04
119080	Martyn Cole	2019	V55	M	600	1:46.4	Brierley Hill	Dudley & Stourbridge End	2019-09-08

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								of Season Open Graded Meeting inc. The Brian Shepherd Mile	
119080	Martyn Cole	2019	V55	M	800	2:26.38	Birmingham	British Masters Championships	2019-08-11
119080	Martyn Cole	2019	V55	M	800	2:26.6	Brierley Hill	Dudley & Stourbridge End of Season Open Graded Meeting inc. The Brian Shepherd Mile	2019-09-08
119080	Martyn Cole	2019	V55	M	1500	5:05.22	Birmingham	British Masters Championships	2019-08-10
119080	Martyn Cole	2019	V55	M	1500	5:17.96	Nottingham	Midland Veterans' League Cup Final	2019-08-31
119080	Martyn Cole	2019	V55	M	Mile	5:34.32	Gloucester	Gloucester September Open	2019-09-03
119080	Martyn Cole	2019	V55	M	3000	11:07.93	Nottingham	Midland Veterans' League Cup Final	2019-08-31
119080	Martyn Cole	2019	V55	M	3000	DNF	Leamington	Warwickshire Open Graded Series	2019-09-04
15877	Peter Coles	2019	V55	M	4M	23:47	Redwick	Rose Inn 4 Series	2019-08-13
15877	Peter Coles	2019	V55	M	5M	31:34	Bargoed	Parc Cwm Darran 5	2019-08-18
15877	Peter Coles	2019	V55	M	10K	37:29	Cardiff	Cardiff 10K	2019-09-01
15877	Peter Coles	2019	V55	M	10K	37:29	Swansea	Admiral Swansea Bay 10K	2019-09-22
15877	Peter Coles	2019	V55	M	10K	38:50	Barry Island 10K	Barry Island 10K	2019-08-04
293585	Maggie Collingborn	2019	V50	W	400	81.57	Birmingham	British Masters Championships	2019-08-10
293585	Maggie Collingborn	2019	V50	W	5000	21:27.70	Birmingham	British Masters Championships	2019-08-11
293585	Maggie Collingborn	2019	V50	W	parkrun	22:15	Aberystwyth	Aberystwyth parkrun # 368	2019-08-17
293585	Maggie Collingborn	2019	V50	W	parkrun	22:17	Aberystwyth	Aberystwyth parkrun # 372	2019-09-14
293585	Maggie Collingborn	2019	V50	W	parkrun	22:53	Aberystwyth	Aberystwyth parkrun # 369	2019-08-24
293585	Maggie Collingborn	2019	V50	W	parkrun	23:14	Sheffield Hallam	Sheffield Hallam parkrun # 450	2019-08-31
293585	Maggie Collingborn	2019	V50	W	parkrun	24:33	Nobles	Nobles parkrun # 92	2019-09-07
293585	Maggie Collingborn	2019	V50	W	parkrun	24:41	Victoria	Victoria parkrun # 294	2019-09-21
293585	Maggie Collingborn	2019	V50	W	14MMT	2:18:31	Tallyln	Tywyn Race The Train Rotary 14	2019-08-17

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81143	Emma Collins	2019	V55	W	4KL	16:54	Llandudno	North Wales Regional Relay Championships	2019-09-15
81143	Emma Collins	2019	V55	W	5K	20:39	Kingsley	Mid Cheshire 5K	2019-08-29
81143	Emma Collins	2019	V55	W	5K	20:47	Capenhurst	Ellesmere Port RC 5K	2019-08-21
81143	Emma Collins	2019	V55	W	parkrun	23:52	Wepre	Wepre parkrun # 172	2019-08-31
81143	Emma Collins	2019	V55	W	HM	97:02	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
81143	Emma Collins	2019	V55	W	HMMT	1:47:16	Conwy	North Wales Half Marathon	2019-08-04
43859	Amanda Cook	2019	V40	W	100	14.05	Birmingham	British Masters Championships	2019-08-10
43859	Amanda Cook	2019	V40	W	80HW40	13.58	Birmingham	British Masters Championships	2019-08-10
43859	Amanda Cook	2019	V40	W	LJ	4.70	Birmingham	British Masters Championships	2019-08-10
43859	Amanda Cook	2019	V40	W	TJ	9.48	Birmingham	British Masters Championships	2019-08-11
36008	Peter Crane	2019	V55	M	parkrun	19:03	Penallta	Penallta parkrun # 213	2019-08-31
554009	Claudia Cabbage	2019	V45	W	100HW	29.85	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	HJ	1.30	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	PV	2.18	Carshalton	Jim Day Memorial Pole Vault Open	2019-09-23
554009	Claudia Cabbage	2019	V45	W	PV	2.00	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	SP4K	9.38	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	DT1K	18.14	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	HT4K	15.78	Swindon	Southern Athletics League Division 3SW	2019-08-17
554009	Claudia Cabbage	2019	V45	W	JT600	20.63	Swindon	Southern Athletics League Division 3SW	2019-08-17
210166	Neil Davies	2019	V50	M	HJ	1.27	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	PV	2.10	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	LJ	3.64	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	SP6K	8.90	Wrexham	Wrexham Games	2019-

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								(Field Only)	08-17
210166	Neil Davies	2019	V50	M	DT1.5K	24.73	Wrexham	Wrexham Games (Field Only)	2019-08-17
210166	Neil Davies	2019	V50	M	JT700	31.08	Wrexham	Wrexham Games (Field Only)	2019-08-17
35171	Roderick Davies	2019	V60	M	100	15.01	Birmingham	British Masters Championships	2019-08-10
35171	Roderick Davies	2019	V60	M	200	31.10	Birmingham	British Masters Championships	2019-08-11
35171	Roderick Davies	2019	V60	M	LJ	4.12	Birmingham	British Masters Championships	2019-08-10
5677	Stephen Davies	2019	V60	M	1500	6:38.85	Loughborough	Charnwood AC Open Series	2019-08-24
5677	Stephen Davies	2019	V60	M	Mile	7:14.51	Loughborough	Charnwood AC Open Series	2019-08-24
5677	Stephen Davies	2019	V60	M	3000	13:29.00	Loughborough	Charnwood AC Open Series	2019-08-24
5677	Stephen Davies	2019	V60	M	5K	23:05	Derby	Derby Summer 5K Series	2019-08-20
5677	Stephen Davies	2019	V60	M	parkrun	22:44	Victoria	Victoria parkrun # 292	2019-09-07
5677	Stephen Davies	2019	V60	M	parkrun	23:39	Sherwood Pines	Sherwood Pines parkrun # 192	2019-08-17
5677	Stephen Davies	2019	V60	M	5M	37:40	Bassingham	Bassingham Bash 5	2019-08-31
5677	Stephen Davies	2019	V60	M	10K	47:22	Barry Island 10K	Barry Island 10K	2019-08-04
14897	Brett Davis	2019	V55	M	400	60.94	Birmingham	British Masters Championships	2019-08-10
14897	Brett Davis	2019	V55	M	800	2:18.78	Birmingham	British Masters Championships	2019-08-11
14897	Brett Davis	2019	V55	M	800	2:19.58	Newport	MDAL Middle Distance Open	2019-08-14
14897	Brett Davis	2019	V55	M	800	2:20.83	Gloucester	Gloucester September Open	2019-09-03
14897	Brett Davis	2019	V55	M	1M	5:50	Butetown	Butetown Mile	2019-08-25
14897	Brett Davis	2019	V55	M	parkrun	21:23	Newport	Newport parkrun # 440	2019-09-07
14897	Brett Davis	2019	V55	M	parkrun	21:27	Cwmbran	Cwmbran parkrun # 165	2019-09-21
14897	Brett Davis	2019	V55	M	parkrun	21:46	Newport	Newport parkrun # 436	2019-08-03
14897	Brett Davis	2019	V55	M	parkrun	21:50	Newport	Newport parkrun # 441	2019-09-14
14897	Brett Davis	2019	V55	M	parkrun	21:52	Newport	Newport parkrun # 439	2019-08-31
14897	Brett Davis	2019	V55	M	parkrun	26:14	Woolacombe Dunes	Woolacombe Dunes parkrun # 36	2019-08-17
748895	Susan Davis	2019	V55	W	parkrun	29:21	Cwmbran	Cwmbran parkrun # 165	2019-09-21
748895	Susan	2019	V55	W	parkrun	35:06	Woolacombe	Woolacombe	2019-

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	Davis						Dunes	Dunes parkrun # 36	08-17
198671	Paul Edwards	2019	V40	M	5KMT	23:33	Cardigan	Poppitt Sands 5K Series	2019-08-20
198671	Paul Edwards	2019	V40	M	parkrun	22:39	Llanerchaeron	Llanerchaeron parkrun # 77	2019-08-24
198671	Paul Edwards	2019	V40	M	parkrun	22:52	Grangemoor	Grangemoor parkrun # 196	2019-08-17
198671	Paul Edwards	2019	V40	M	10K	57:02	Cardiff	Cardiff 10K	2019-09-01
386856	Jason Elworthy	2019	V45	M	parkrun	48:33	Barry Island	Barry Island parkrun # 223	2019-08-31
386856	Jason Elworthy	2019	V45	M	parkrun	49:27	Barry Island	Barry Island parkrun # 221	2019-08-17
386856	Jason Elworthy	2019	V45	M	parkrun	50:14	Barry Island	Barry Island parkrun # 226	2019-09-21
386856	Jason Elworthy	2019	V45	M	parkrun	53:37	Barry Island	Barry Island parkrun # 225	2019-09-14
386856	Jason Elworthy	2019	V45	M	10K	1:51:58	Barry Island 10K	Barry Island 10K	2019-08-04
386856	Jason Elworthy	2019	V45	M	10KMT	2:05:33	Llantwit Major	Llantwit Major 10K / 5K	2019-08-24
2079	Huw Evans	2019	V45	M	10000	35:11.84	Cardiff	Cardiff Night of Endurance	2019-09-14
2079	Huw Evans	2019	V45	M	parkrun	17:24	Aberbeeg	Aberbeeg parkrun # 40	2019-08-17
2079	Huw Evans	2019	V45	M	parkrun	17:29	Severn Bridge	Severn Bridge parkrun # 47	2019-08-24
2079	Huw Evans	2019	V45	M	parkrun	17:44	Forest of Dean	Forest of Dean parkrun # 500	2019-08-31
2079	Huw Evans	2019	V45	M	parkrun	18:19	Forest of Dean	Forest of Dean parkrun # 496	2019-08-03
23748	John Evans	2019	V80	M	200	41.0	Loughborough	Midland Veterans' League Division East	2019-08-07
656064	Matthew Evans	2019	V35	M	3000SC	10:38.90	Birmingham	British Masters Championships	2019-08-11
656064	Matthew Evans	2019	V35	M	3000SC	10:48.75	Jesolo, ITA	European Masters Stadia Championships	2019-09-12
387047	Sarah Everitt	2019	V50	W	1500	5:16.76	Birmingham	British Masters Championships	2019-08-10
387047	Sarah Everitt	2019	V50	W	1500	5:21.3	Yate	Midland League Division 1	2019-08-04
387047	Sarah Everitt	2019	V50	W	5000	19:38.95	Birmingham	British Masters Championships	2019-08-11
387047	Sarah Everitt	2019	V50	W	4.33KL	17:11	Sutton Coldfield	Midland Counties Women's 4-Stage Relays	2019-09-21
387047	Sarah Everitt	2019	V50	W	5K	19:47	Bristol	Pomphrey 5K	2019-09-24
387047	Sarah Everitt	2019	V50	W	5KL	20:15	Bristol	Cleeve 5K Relays	2019-08-25

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
387047	Sarah Everitt	2019	V50	W	parkrun	20:17	Eastville	Eastville parkrun # 92	2019-09-14
387047	Sarah Everitt	2019	V50	W	parkrun	20:23	Eastville	Eastville parkrun # 91	2019-09-07
387047	Sarah Everitt	2019	V50	W	parkrun	20:26	Eastville	Eastville parkrun # 88	2019-08-17
387047	Sarah Everitt	2019	V50	W	parkrun	21:15	Eastville	Eastville parkrun # 90	2019-08-31
745669	Paul Flynn	2019	V50	M	5000	18:08.74	Birmingham	British Masters Championships	2019-08-11
745669	Paul Flynn	2019	V50	M	parkrun	17:57	Llanelli Coast	Llanelli Coast parkrun # 138	2019-09-07
745669	Paul Flynn	2019	V50	M	10K	37:01	Cardiff	Cardiff 10K	2019-09-01
745669	Paul Flynn	2019	V50	M	10K	37:17	Swansea	Admiral Swansea Bay 10K	2019-09-22
745669	Paul Flynn	2019	V50	M	10K	38:41	St Clears	St Clears 10K	2019-08-18
26443	Dorothy Fraser	2019	V80	W	100	22.14	Caorle, ITA	European Masters Stadia Championships	2019-09-06
26443	Dorothy Fraser	2019	V80	W	100	23.75	Birmingham	British Masters Championships	2019-08-10
26443	Dorothy Fraser	2019	V80	W	200	49.95	Caorle, ITA	European Masters Stadia Championships	2019-09-12
26443	Dorothy Fraser	2019	V80	W	200	53.17	Birmingham	British Masters Championships	2019-08-11
26443	Dorothy Fraser	2019	V80	W	SP2K	4.21	Birmingham	British Masters Championships	2019-08-10
25969	Joanne Frost	2019	V40	W	100	12.8	Nuneaton	Nuneaton Harriers AC Open Series	2019-08-14
25969	Joanne Frost	2019	V40	W	100	12.90	Caorle, ITA	European Masters Stadia Championships	2019-09-06
25969	Joanne Frost	2019	V40	W	100	12.92	Loughborough	Charnwood AC Open Series	2019-08-24
25969	Joanne Frost	2019	V40	W	100	13.00	Loughborough	Charnwood AC Open Series	2019-08-24
25969	Joanne Frost	2019	V40	W	100	13.0	Tipton	Midland League Division 4	2019-08-04
25969	Joanne Frost	2019	V40	W	100	13.10	Caorle, ITA	European Masters Stadia Championships	2019-09-05
25969	Joanne Frost	2019	V40	W	100	13.53	Nottingham	Midland Veterans' League Cup Final	2019-08-31
25969	Joanne Frost	2019	V40	W	LJ	5.42	Caorle, ITA	European Masters Stadia Championships	2019-09-09
25969	Joanne Frost	2019	V40	W	LJ	5.40	Caorle, ITA	European Masters Stadia	2019-09-09

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Championships	
25969	Joanne Frost	2019	V40	W	LJ	5.21	Nuneaton	Nuneaton Harriers AC Open Series	2019-08-14
25969	Joanne Frost	2019	V40	W	LJ	5.13	Tipton	Midland League Division 4	2019-08-04
25969	Joanne Frost	2019	V40	W	LJ	5.10	Nottingham	Midland Veterans' League Cup Final	2019-08-31
25969	Joanne Frost	2019	V40	W	LJ	5.08	Worcester	Worcester AC Open	2019-08-08
73041	Chris Fulcher	2019	V50	M	parkrun	19:40	Shepton Mallet	Shepton Mallet parkrun # 120	2019-09-07
73041	Chris Fulcher	2019	V50	M	parkrun	21:33	Gnoll	Gnoll parkrun # 190	2019-08-17
73041	Chris Fulcher	2019	V50	M	10K	41:27	Swansea	Admiral Swansea Bay 10K	2019-09-22
2109	Pat Gallagher	2019	V70	W	800	3:51.80	Birmingham	British Masters Championships	2019-08-11
2109	Pat Gallagher	2019	V70	W	1500	7:55.94	Birmingham	British Masters Championships	2019-08-10
433542	John Gardener	2019	V75	M	5KMT	28:01	Cardigan	Poppitt Sands 5K Series	2019-08-20
433542	John Gardener	2019	V75	M	parkrun	28:46	Haverfordwest	Haverfordwest parkrun # 105	2019-09-14
433542	John Gardener	2019	V75	M	parkrun	29:37	Haverfordwest	Haverfordwest parkrun # 106	2019-09-21
433542	John Gardener	2019	V75	M	10K	57:52	Dale	Pembrokeshire 10K / Half Marathon	2019-09-29
550	Lee Garland	2019	V40	M	1500	4:29.05	Birmingham	British Masters Championships	2019-08-10
550	Lee Garland	2019	V40	M	3000SC	10:56.90	Birmingham	British Masters Championships	2019-08-11
108974	Melanie Garland	2019	V55	W	100	14.49	Caorle, ITA	European Masters Stadia Championships	2019-09-06
108974	Melanie Garland	2019	V55	W	100	14.69	Birmingham	British Masters Championships	2019-08-10
108974	Melanie Garland	2019	V55	W	100	14.74	Caorle, ITA	European Masters Stadia Championships	2019-09-05
108974	Melanie Garland	2019	V55	W	100	14.86	Nottingham	Midland Veterans' League Cup Final	2019-08-31
108974	Melanie Garland	2019	V55	W	200	30.65	Birmingham	British Masters Championships	2019-08-11
108974	Melanie Garland	2019	V55	W	HJ	1.35	Nottingham	Midland Veterans' League Cup Final	2019-08-31
108974	Melanie Garland	2019	V55	W	HJ	1.32	Caorle, ITA	European Masters Stadia Championships	2019-09-15

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
108974	Melanie Garland	2019	V55	W	HJ	1.30	Sutton Coldfield	Midland League Division 3	2019-08-03
108974	Melanie Garland	2019	V55	W	HJ	1.30	Birmingham	British Masters Championships	2019-08-10
108974	Melanie Garland	2019	V55	W	LJ	4.53	Caorle, ITA	European Masters Stadia Championships	2019-09-11
108974	Melanie Garland	2019	V55	W	LJ	4.48	Birmingham	British Masters Championships	2019-08-10
108974	Melanie Garland	2019	V55	W	LJ	4.41	Sutton Coldfield	Midland League Division 3	2019-08-03
108974	Melanie Garland	2019	V55	W	LJ	4.20	Nottingham	Midland Veterans' League Cup Final	2019-08-31
108974	Melanie Garland	2019	V55	W	TJ	9.48	Caorle, ITA	European Masters Stadia Championships	2019-09-07
108974	Melanie Garland	2019	V55	W	TJ	9.43	Birmingham	British Masters Championships	2019-08-11
108974	Melanie Garland	2019	V55	W	TJ	9.39	Sutton Coldfield	Midland League Division 3	2019-08-03
108974	Melanie Garland	2019	V55	W	TJ	9.24	Jesolo, ITA	European Masters Stadia Championships	2019-09-07
108974	Melanie Garland	2019	V55	W	TJ	8.96	Nottingham	Midland Veterans' League Cup Final	2019-08-31
95471	Sian Gifford	2019	V45	W	parkrun	35:23	Colchester Castle	Colchester Castle parkrun # 336	2019-09-07
44187	David Glendower	2019	V50	M	SP6K	7.70	Tooting Bec	Herne Hill Harriers Open	2019-08-24
44187	David Glendower	2019	V50	M	SP6K	7.55	Turin, ITA	European Masters Games	2019-08-01
44187	David Glendower	2019	V50	M	DT1K	20.21	Tooting Bec	Herne Hill Harriers Open	2019-08-24
44187	David Glendower	2019	V50	M	HT6K	22.44	Tooting Bec	Herne Hill Harriers Open	2019-08-24
4323	Jon Grainger	2019	V50	M	1500	4:43.05	Birmingham	British Masters Championships	2019-08-10
240762	Michael Graz	2019	V45	M	800	2:28.26	Newport	MDAL Middle Distance Open	2019-08-14
240762	Michael Graz	2019	V45	M	800	2:32.78	Telford	Telford Games Open	2019-09-07
181389	Martin Green	2019	V40	M	4KL	13:09	Llandudno	North Wales Regional Relay Championships	2019-09-15
181389	Martin Green	2019	V40	M	5K	16:25	Kingsley	Mid Cheshire 5K	2019-08-29
181389	Martin Green	2019	V40	M	parkrun	18:17	Conwy	Conwy parkrun # 239	2019-08-24
181389	Martin Green	2019	V40	M	parkrun	21:39	Conwy	Conwy parkrun # 240	2019-08-31
181389	Martin	2019	V40	M	10K	34:29	Warrington	Birchwood 10K	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Green								08-18
181389	Martin Green	2019	V40	M	HM	73:19	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
181389	Martin Green	2019	V40	M	20M	1:56:08	Lancaster	Golden Ball 10 / 20	2019-09-01
812062	Donald Hale	2019	V65	M	4KL	17:51	Llandudno	North Wales Regional Relay Championships	2019-09-15
812062	Donald Hale	2019	V65	M	parkrun	22:42	Conwy	Conwy parkrun # 242	2019-09-14
812062	Donald Hale	2019	V65	M	parkrun	22:45	Conwy	Conwy parkrun # 241	2019-09-07
812062	Donald Hale	2019	V65	M	parkrun	22:52	Conwy	Conwy parkrun # 240	2019-08-31
812062	Donald Hale	2019	V65	M	parkrun	23:02	Conwy	Conwy parkrun # 239	2019-08-24
812062	Donald Hale	2019	V65	M	parkrun	23:04	Conwy	Conwy parkrun # 236	2019-08-03
812062	Donald Hale	2019	V65	M	parkrun	23:05	Conwy	Conwy parkrun # 243	2019-09-21
812062	Donald Hale	2019	V65	M	parkrun	23:11	Conwy	Conwy parkrun # 238	2019-08-17
812062	Donald Hale	2019	V65	M	parkrun	23:24	Conwy	Conwy parkrun # 237	2019-08-10
812062	Donald Hale	2019	V65	M	10K	49:16	Caernarfon	Caernarfon 10K	2019-08-07
812062	Donald Hale	2019	V65	M	HM	1:54:31	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
369398	Annette Hames	2019	V60	W	10000	46:27.55	Jarrow	North East Counties AA Pentathlon Championship & Open	2019-09-21
369398	Annette Hames	2019	V60	W	parkrun	21:54	Newcastle	Newcastle parkrun # 479	2019-09-14
369398	Annette Hames	2019	V60	W	parkrun	22:42	Edinburgh	Edinburgh parkrun # 509	2019-08-17
369398	Annette Hames	2019	V60	W	parkrun	22:45	Newcastle	Newcastle parkrun # 476	2019-08-24
369398	Annette Hames	2019	V60	W	parkrun	22:46	Newcastle	Newcastle parkrun # 474	2019-08-10
369398	Annette Hames	2019	V60	W	parkrun	22:48	Newcastle	Newcastle parkrun # 477	2019-08-31
66755	Haydn Hartnell	2019	V55	M	parkrun	20:47	Tamar Lakes	Tamar Lakes parkrun # 255	2019-08-24
66755	Haydn Hartnell	2019	V55	M	4M	25:26	Redwick	Rose Inn 4 Series	2019-08-13
66755	Haydn Hartnell	2019	V55	M	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
66755	Haydn Hartnell	2019	V55	M	10K	40:08	Cardiff	Cardiff 10K	2019-09-01
66755	Haydn Hartnell	2019	V55	M	10K	40:58	Swansea	Admiral Swansea Bay	2019-09-22

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								10K	
86646	Warwick Helps	2019	V40	M	5KMT	18:46	Le Villocq	5K in the Park	2019-08-08
86646	Warwick Helps	2019	V40	M	4.75MMT	29:29	L'Ancrese	Keith Falla Memorial Full Course 4.75	2019-08-22
19778	Graham Holder	2019	V45	M	SP7.26K	10.65	Woodford Green	Southern Athletics League Division 2E	2019-08-17
19778	Graham Holder	2019	V45	M	SP7.26K	10.64	Erith	Kent County Combined Events Championships (inc Masters Championships)	2019-09-15
19778	Graham Holder	2019	V45	M	WT15.88K	13.77	Birmingham	British Masters Championships	2019-08-11
19778	Graham Holder	2019	V45	M	DT2K	34.60	Woodford Green	Southern Athletics League Division 2E	2019-08-17
19778	Graham Holder	2019	V45	M	DT2K	32.90	Erith	Kent County Combined Events Championships (inc Masters Championships)	2019-09-15
19778	Graham Holder	2019	V45	M	HT7.26K	51.57	Birmingham	British Masters Championships	2019-08-11
19778	Graham Holder	2019	V45	M	HT7.26K	50.63	Woodford Green	Southern Athletics League Division 2E	2019-08-17
19778	Graham Holder	2019	V45	M	HT7.26K	49.69	Scotstoun	British Athletics League Division 2	2019-08-03
19778	Graham Holder	2019	V45	M	HT7.26K	49.39	Erith	Kent County Combined Events Championships (inc Masters Championships)	2019-09-15
24536	Iris Holder	2019	V75	W	100	18.59	Birmingham	British Masters Championships	2019-08-10
24536	Iris Holder	2019	V75	W	100	18.83	Nottingham	Midland Veterans' League Cup Final	2019-08-31
24536	Iris Holder	2019	V75	W	100	18.93	Caorle, ITA	European Masters Stadia Championships	2019-09-06
24536	Iris Holder	2019	V75	W	LJ	3.00	Caorle, ITA	European Masters Stadia Championships	2019-09-09
24536	Iris Holder	2019	V75	W	LJ	2.74	Nottingham	Midland Veterans' League Cup Final	2019-08-31
24536	Iris Holder	2019	V75	W	LJ	2.67	Birmingham	British Masters Championships	2019-08-10

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
24536	Iris Holder	2019	V75	W	TJ	6.42	Caorle, ITA	European Masters Stadia Championships	2019-09-05
24536	Iris Holder	2019	V75	W	TJ	6.38	Nottingham	Midland Veterans' League Cup Final	2019-08-31
24536	Iris Holder	2019	V75	W	TJ	6.28	Birmingham	British Masters Championships	2019-08-11
24536	Iris Holder	2019	V75	W	SP3K	5.47	Nottingham	Midland Veterans' League Cup Final	2019-08-31
861141	John Horsman	2019	V65	M	parkrun	26:24	Milford Waterfront	Milford Waterfront parkrun # 3	2019-09-21
861141	John Horsman	2019	V65	M	parkrun	27:14	Llanerchaeron	Llanerchaeron parkrun # 76	2019-08-17
861141	John Horsman	2019	V65	M	parkrun	27:18	Llanerchaeron	Llanerchaeron parkrun # 74	2019-08-03
861141	John Horsman	2019	V65	M	parkrun	27:38	Llyn Llech Owain	Llyn Llech Owain parkrun # 334	2019-08-31
446783	Mark Horsman	2019	V40	M	5K	17:16	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
446783	Mark Horsman	2019	V40	M	5.4KL	18:03	Llanelli	Welsh Relay Championships	2019-09-15
446783	Mark Horsman	2019	V40	M	10K	34:14	Cardiff	Cardiff 10K	2019-09-01
446783	Mark Horsman	2019	V40	M	10K	34:15	Swansea	Admiral Swansea Bay 10K	2019-09-22
50041	Geran Hughes	2019	V50	M	parkrun	20:23	Haverfordwest	Haverfordwest parkrun # 100	2019-08-10
69166	Ian Humphreys	2019	V55	M	parkrun	24:26	Burnham and Highbridge	Burnham and Highbridge parkrun # 220	2019-09-14
69166	Ian Humphreys	2019	V55	M	parkrun	24:30	Southwick Country Park	Southwick Country Park parkrun # 420	2019-08-31
69166	Ian Humphreys	2019	V55	M	parkrun	24:33	Burnham and Highbridge	Burnham and Highbridge parkrun # 216	2019-08-17
69166	Ian Humphreys	2019	V55	M	parkrun	24:46	Burnham and Highbridge	Burnham and Highbridge parkrun # 215	2019-08-10
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	15:33	Cardiff	Cardiff parkrun # 615	2019-09-21
554362	Richard Jackson-Hookins	2019	V35	M	parkrun	15:56	Grangemoor	Grangemoor parkrun # 200	2019-09-14
554362	Richard Jackson-Hookins	2019	V35	M	10K	33:37	Barry Island 10K	Barry Island 10K	2019-08-04
554362	Richard Jackson-Hookins	2019	V35	M	HM	72:47	Maidenhead	Maidenhead Half Marathon	2019-09-01

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
554362	Richard Jackson-Hookins	2019	V35	M	HM	74:27	Chepstow	Severn Bridge Half Marathon	2019-08-25
554362	Richard Jackson-Hookins	2019	V35	M	HM	79:43	Chippenham	Chippenham Half Marathon	2019-09-08
554362	Richard Jackson-Hookins	2019	V35	M	Mar	2:26:58	Berlin, GER	BMW Berlin Marathon	2019-09-29
42341	Mel James	2019	V70	M	100	16.08	Birmingham	British Masters Championships	2019-08-10
42341	Mel James	2019	V70	M	100	16.42	Jesolo, ITA	European Masters Stadia Championships	2019-09-05
42341	Mel James	2019	V70	M	200	33.79	Birmingham	British Masters Championships	2019-08-11
42341	Mel James	2019	V70	M	200	33.98	Jesolo, ITA	European Masters Stadia Championships	2019-09-11
42341	Mel James	2019	V70	M	400	86.17	Jesolo, ITA	European Masters Stadia Championships	2019-09-08
42341	Mel James	2019	V70	M	400	87.98	Birmingham	British Masters Championships	2019-08-10
313721	Jeanette Jenkins	2019	V55	W	1.91ML	13:59	Redwick	Rose Inn Relays (3 x 1.91)	2019-09-03
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:01	Pontypool	Pontypool parkrun # 291	2019-08-31
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:18	Pontypool	Pontypool parkrun # 292	2019-09-07
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:20	Pontypool	Pontypool parkrun # 290	2019-08-24
313721	Jeanette Jenkins	2019	V55	W	parkrun	25:32	Pontypool	Pontypool parkrun # 293	2019-09-14
313721	Jeanette Jenkins	2019	V55	W	parkrun	27:06	Medina I.O.W.	Medina I.O.W. parkrun # 422	2019-08-17
313721	Jeanette Jenkins	2019	V55	W	4M	29:44	Redwick	Rose Inn 4 Series	2019-08-13
313721	Jeanette Jenkins	2019	V55	W	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
313721	Jeanette Jenkins	2019	V55	W	10K	48:37	Swansea	Admiral Swansea Bay 10K	2019-09-22
313721	Jeanette Jenkins	2019	V55	W	10KMT	59:58	Wentwood	Wentwood 10K	2019-09-08
313721	Jeanette Jenkins	2019	V55	W	HM	1:56:14	Ryde	Isle of Wight Half Marathon	2019-08-18
313721	Jeanette Jenkins	2019	V55	W	HMMT	2:49:04	Hexworthy	Something Wild Festival	2019-08-04
237338	Gary John	2019	V60	M	parkrun	27:04	Cardiff	Cardiff parkrun # 611	2019-08-24
56658	Keri Jones	2019	V45	W	parkrun	22:02	Aberbeeg	Aberbeeg parkrun # 43	2019-09-07

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
56658	Keri Jones	2019	V45	W	parkrun	22:41	Wycombe Rye	Wycombe Rye parkrun # 363	2019-08-24
56658	Keri Jones	2019	V45	W	5M	38:42	Bargoed	Parc Cwm Darran 5	2019-08-18
56658	Keri Jones	2019	V45	W	10K	47:56	Barry Island 10K	Barry Island 10K	2019-08-04
522737	Llinos Jones	2019	V35	W	Mile	5:32.66	Cardiff	Cardiff Night of Endurance	2019-09-14
522737	Llinos Jones	2019	V35	W	5KMT	20:53	Cardigan	Poppitt Sands 5K Series	2019-08-20
522737	Llinos Jones	2019	V35	W	parkrun	19:58	Brynaman	Brynaman parkrun # 1	2019-09-21
522737	Llinos Jones	2019	V35	W	parkrun	20:31	Porthcawl	Porthcawl parkrun # 328	2019-08-17
522737	Llinos Jones	2019	V35	W	5.4KL	22:33	Llanelli	Welsh Relay Championships	2019-09-15
522737	Llinos Jones	2019	V35	W	10K	40:01	Cardiff	Cardiff 10K	2019-09-01
522737	Llinos Jones	2019	V35	W	10K	40:09	Swansea	Admiral Swansea Bay 10K	2019-09-22
522737	Llinos Jones	2019	V35	W	10K	41:51	Barry Island 10K	Barry Island 10K	2019-08-04
522737	Llinos Jones	2019	V35	W	10K	43:42	Chepstow	Severn Bridge 10K	2019-08-25
522737	Llinos Jones	2019	V35	W	HM	87:03	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
522737	Llinos Jones	2019	V35	W	HMMT	90:49	Glyncorrwg	Port Talbot Half Marathon	2019-08-11
658483	Richard Jones	2019	V45	M	5.5MNAD	NT	Cwmbran	Gwent Leisure Centre League Cwmbran	2019-08-06
658483	Richard Jones	2019	V45	M	10K	34:24	Barry Island 10K	Barry Island 10K	2019-08-04
95639	Tegid Jones	2019	V40	M	parkrun	16:39	Harcourt Hill	Harcourt Hill parkrun # 250	2019-09-14
95639	Tegid Jones	2019	V40	M	parkrun	16:52	Harcourt Hill	Harcourt Hill parkrun # 248	2019-08-31
95639	Tegid Jones	2019	V40	M	parkrun	17:06	Witney	Witney parkrun # 77	2019-09-21
95639	Tegid Jones	2019	V40	M	parkrun	23:28	Witney	Witney parkrun # 70	2019-08-03
95639	Tegid Jones	2019	V40	M	4MMT	20:57	Kidlington	Kidlington AC Mota-vation Series (4)	2019-08-29
95639	Tegid Jones	2019	V40	M	6M	33:45	Hook Norton	Hooky 6	2019-08-04
95639	Tegid Jones	2019	V40	M	10M	56:40	Witney	Cotswold Classic 10	2019-09-07
842767	Louise Kirby	2019	V50	W	parkrun	27:36	Bryn Bach	Bryn Bach parkrun # 349	2019-08-10
842767	Louise Kirby	2019	V50	W	parkrun	27:45	Aberbeeg	Aberbeeg parkrun # 39	2019-08-03

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
453541	Edward Land	2019	V35	M	400	62.06	Birmingham	British Masters Championships	2019-08-10
453541	Edward Land	2019	V35	M	1500	4:44.84	Birmingham	British Masters Championships	2019-08-10
453541	Edward Land	2019	V35	M	parkrun	17:07	Aberystwyth	Aberystwyth parkrun # 372	2019-09-14
453541	Edward Land	2019	V35	M	parkrun	18:22	Telford	Telford parkrun # 314	2019-09-21
453541	Edward Land	2019	V35	M	parkrun	18:26	Swansea Bay	Swansea Bay parkrun # 191	2019-08-24
453541	Edward Land	2019	V35	M	parkrun	19:04	Aberystwyth	Aberystwyth parkrun # 371	2019-09-07
453541	Edward Land	2019	V35	M	parkrun	19:18	Aberystwyth	Aberystwyth parkrun # 366	2019-08-03
453541	Edward Land	2019	V35	M	parkrun	20:06	Aberystwyth	Aberystwyth parkrun # 370	2019-08-31
453541	Edward Land	2019	V35	M	parkrun	20:28	Aberystwyth	Aberystwyth parkrun # 368	2019-08-17
453541	Edward Land	2019	V35	M	10K	35:00	Cardiff	Cardiff 10K	2019-09-01
453541	Edward Land	2019	V35	M	10K	35:28	Swansea	Admiral Swansea Bay 10K	2019-09-22
453541	Edward Land	2019	V35	M	10K	36:18	Barry Island 10K	Barry Island 10K	2019-08-04
453541	Edward Land	2019	V35	M	HM	75:33	Llanwddyn	Lake Vyrnwy Half Marathon	2019-09-08
10787	Sharon Leech	2019	V45	W	parkrun	20:29	Brynaman	Brynaman parkrun # 1	2019-09-21
66357	Elio Lepore	2019	V60	M	1500	5:19.81	Jesolo, ITA	European Masters Stadia Championships	2019-09-05
66357	Elio Lepore	2019	V60	M	1500	5:20.20	Jesolo, ITA	European Masters Stadia Championships	2019-09-07
66357	Elio Lepore	2019	V60	M	parkrun	19:17	Cardiff	Cardiff parkrun # 610	2019-08-17
66357	Elio Lepore	2019	V60	M	parkrun	19:29	Cardiff	Cardiff parkrun # 612	2019-08-31
66357	Elio Lepore	2019	V60	M	10K	41:17	Barry Island 10K	Barry Island 10K	2019-08-04
599005	Adrian Lewis	2019	V45	M	parkrun	18:12	Aberdare	Aberdare parkrun # 58	2019-08-24
599005	Adrian Lewis	2019	V45	M	parkrun	18:16	Aberdare	Aberdare parkrun # 60	2019-09-07
599005	Adrian Lewis	2019	V45	M	parkrun	18:26	Groe	Groe parkrun # 24	2019-08-31
599005	Adrian Lewis	2019	V45	M	parkrun	18:35	Cardiff	Cardiff parkrun # 610	2019-08-17
599005	Adrian Lewis	2019	V45	M	parkrun	19:17	Penallta	Penallta parkrun # 210	2019-08-03
599005	Adrian Lewis	2019	V45	M	parkrun	21:16	Grangemoor	Grangemoor parkrun # 200	2019-09-14

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
599005	Adrian Lewis	2019	V45	M	parkrun	22:22	Aberdare	Aberdare parkrun # 62	2019-09-21
599005	Adrian Lewis	2019	V45	M	5.4KL	21:15	Llanelli	Welsh Relay Championships	2019-09-15
690191	Sion Lewis	2019	V35	M	1500	4:28.48	Birmingham	British Masters Championships	2019-08-10
690191	Sion Lewis	2019	V35	M	5000	16:00.31	Parliament Hill	City of London / Highgate Harriers Open Meeting	2019-09-11
690191	Sion Lewis	2019	V35	M	5000	16:11.73	Birmingham	British Masters Championships	2019-08-11
690191	Sion Lewis	2019	V35	M	10K	34:28	Cardiff	Cardiff 10K	2019-09-01
44169	Karen Llewellyn	2019	V55	W	SP3K	7.66	Birmingham	British Masters Championships	2019-08-10
44169	Karen Llewellyn	2019	V55	W	WT7.26K	7.43	Birmingham	British Masters Championships	2019-08-10
44169	Karen Llewellyn	2019	V55	W	DT1K	21.83	Birmingham	British Masters Championships	2019-08-11
44169	Karen Llewellyn	2019	V55	W	HT3K	27.58	Birmingham	British Masters Championships	2019-08-10
360439	Helen Lutley	2019	V65	W	parkrun	29:04	Llanerchaeron	Llanerchaeron parkrun # 76	2019-08-17
360439	Helen Lutley	2019	V65	W	parkrun	32:55	Llanerchaeron	Llanerchaeron parkrun # 74	2019-08-03
360439	Helen Lutley	2019	V65	W	parkrun	34:39	Llanerchaeron	Llanerchaeron parkrun # 81	2019-09-21
360439	Helen Lutley	2019	V65	W	parkrun	41:03	Llanerchaeron	Llanerchaeron parkrun # 80	2019-09-14
978126	David Marginson	2019	V60	M	400	64.25	Birmingham	British Masters Championships	2019-08-10
24028	Caroline Marler	2019	V65	W	200	33.45	Caorle, ITA	European Masters Stadia Championships	2019-09-12
24028	Caroline Marler	2019	V65	W	200	33.46	Caorle, ITA	European Masters Stadia Championships	2019-09-11
24028	Caroline Marler	2019	V65	W	200	34.10	Birmingham	British Masters Championships	2019-08-11
24028	Caroline Marler	2019	V65	W	200	34.20	Sheffield	Sheffield Run Jump Throw Open Series	2019-08-15
24028	Caroline Marler	2019	V65	W	400	75.05	Birmingham	British Masters Championships	2019-08-10
24028	Caroline Marler	2019	V65	W	400	75.83	Caorle, ITA	European Masters Stadia Championships	2019-09-09
24028	Caroline Marler	2019	V65	W	400	77.71	Caorle, ITA	European Masters Stadia Championships	2019-09-08
24541	Daphne Marler	2019	V70	W	100	25.96	Birmingham	British Masters Championships	2019-08-10
24541	Daphne	2019	V70	W	LJ	1.81	Birmingham	British Masters	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Marler							Championships	08-10
24541	Daphne Marler	2019	V70	W	TJ	4.36	Birmingham	British Masters Championships	2019-08-11
18470	Sean McCormack	2019	V55	M	4KL	15:52	Llandudno	North Wales Regional Relay Championships	2019-09-15
789642	Kieran McDonnell	2019	V60	M	400	63.46	Birmingham	British Masters Championships	2019-08-10
789642	Kieran McDonnell	2019	V60	M	Mile	5:34.24	Cardiff	Cardiff Night of Endurance	2019-09-14
861408	Alison McLellan	2019	V35	W	100	13.96	Birmingham	British Masters Championships	2019-08-10
861408	Alison McLellan	2019	V35	W	100	14.34	Nottingham	Midland Veterans' League Cup Final	2019-08-31
861408	Alison McLellan	2019	V35	W	200	28.23	Birmingham	British Masters Championships	2019-08-11
861408	Alison McLellan	2019	V35	W	TJ	9.43	Birmingham	British Masters Championships	2019-08-11
1033192	Alison McLennan	2019	V35	W	LJ	4.06	Nottingham	Midland Veterans' League Cup Final	2019-08-31
1033192	Alison McLennan	2019	V35	W	JT600	17.87	Nottingham	Midland Veterans' League Cup Final	2019-08-31
28503	Chris Millard	2019	V50	M	100	12.3	Yate	Avon League	2019-08-11
28503	Chris Millard	2019	V50	M	LJ	4.14	Yate	Avon League	2019-08-11
28503	Chris Millard	2019	V50	M	SP7.26K	7.79	Yate	Avon League	2019-08-11
378562	James Morgan	2019	V45	M	100	13.07	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	2019-08-07
378562	James Morgan	2019	V45	M	100	13.27	Birmingham	British Masters Championships	2019-08-10
378562	James Morgan	2019	V45	M	200	26.69	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	2019-08-07
378562	James Morgan	2019	V45	M	200	27.18	Birmingham	British Masters Championships	2019-08-11
9472	Jeremy Mower	2019	V50	M	parkrun	19:25	Gloucester North	Gloucester North parkrun # 198	2019-08-31
9472	Jeremy Mower	2019	V50	M	5.88KL	21:55	Sutton Coldfield	Midland Counties Men's 6-Stage Relays	2019-09-21
9472	Jeremy Mower	2019	V50	M	HM	81:30	Maidenhead	Maidenhead Half Marathon	2019-09-01
249610	Gillian Murphy	2019	V65	W	5K	27:02	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
249610	Gillian Murphy	2019	V65	W	parkrun	28:31	Cardiff	Cardiff parkrun # 613	2019-09-07

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
249610	Gillian Murphy	2019	V65	W	parkrun	28:39	Cardiff	Cardiff parkrun # 611	2019-08-24
249610	Gillian Murphy	2019	V65	W	parkrun	30:02	Cardiff	Cardiff parkrun # 609	2019-08-10
249610	Gillian Murphy	2019	V65	W	parkrun	30:05	Cardiff	Cardiff parkrun # 612	2019-08-31
249610	Gillian Murphy	2019	V65	W	parkrun	30:17	Cardiff	Cardiff parkrun # 614	2019-09-14
249610	Gillian Murphy	2019	V65	W	5.4KL	31:33	Llanelli	Welsh Relay Championships	2019-09-15
249610	Gillian Murphy	2019	V65	W	5M	47:37	Bargoed	Parc Cwm Darran 5	2019-08-18
249610	Gillian Murphy	2019	V65	W	10K	56:33	Cardiff	Cardiff 10K	2019-09-01
249610	Gillian Murphy	2019	V65	W	10K	56:43	Swansea	Admiral Swansea Bay 10K	2019-09-22
23532	Mike Murphy	2019	V65	M	Mile	6:18.42	Cardiff	Cardiff Night of Endurance	2019-09-14
23532	Mike Murphy	2019	V65	M	1M	6:19	Cardiff	Cardiff Pentath Mile	2019-08-25
23532	Mike Murphy	2019	V65	M	5K	20:39	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
23532	Mike Murphy	2019	V65	M	parkrun	20:29	Cardiff	Cardiff parkrun # 614	2019-09-14
23532	Mike Murphy	2019	V65	M	parkrun	20:31	Cardiff	Cardiff parkrun # 613	2019-09-07
23532	Mike Murphy	2019	V65	M	parkrun	20:56	Cardiff	Cardiff parkrun # 611	2019-08-24
23532	Mike Murphy	2019	V65	M	5.4KL	24:51	Llanelli	Welsh Relay Championships	2019-09-15
23532	Mike Murphy	2019	V65	M	4M	26:36	Redwick	Rose Inn 4 Series	2019-08-13
23532	Mike Murphy	2019	V65	M	5M	47:37	Bargoed	Parc Cwm Darran 5	2019-08-18
23532	Mike Murphy	2019	V65	M	10K	42:51	Swansea	Admiral Swansea Bay 10K	2019-09-22
23532	Mike Murphy	2019	V65	M	10K	43:05	Cardiff	Cardiff 10K	2019-09-01
566434	Alison Murray	2019	V50	W	PV	2.48	Carshalton	Jim Day Memorial Pole Vault Open	2019-09-23
194722	David Murrie	2019	V60	M	TJ	8.84	Birmingham	British Masters Championships	2019-08-11
462645	Doug Nicholls	2019	V35	M	Mile	4:44.86	Cardiff	Cardiff Night of Endurance	2019-09-14
462645	Doug Nicholls	2019	V35	M	1M	4:48	Butetown	Butetown Mile	2019-08-25
462645	Doug Nicholls	2019	V35	M	parkrun	17:17	Cardiff	Cardiff parkrun # 609	2019-08-10
462645	Doug Nicholls	2019	V35	M	parkrun	17:26	Cardiff	Cardiff parkrun # 615	2019-09-21

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
224418	Charlie Northey	2019	V50	M	parkrun	21:01	Groe	Groe parkrun # 23	2019-08-24
224418	Charlie Northey	2019	V50	M	parkrun	21:19	Eastbourne	Eastbourne parkrun # 403	2019-08-03
327361	Catherine Olivant	2019	V45	W	5.4KL	26:40	Llanelli	Welsh Relay Championships	2019-09-15
327361	Catherine Olivant	2019	V45	W	10K	48:22	Swansea	Admiral Swansea Bay 10K	2019-09-22
327361	Catherine Olivant	2019	V45	W	10K	48:30	Cardiff	Cardiff 10K	2019-09-01
25923	Derek Osborne	2019	V55	M	5.4KL	25:27	Llanelli	Welsh Relay Championships	2019-09-15
42374	Clive Osmond	2019	V55	M	1M	7:20	Cardiff	Cardiff Pentath Mile	2019-08-25
42374	Clive Osmond	2019	V55	M	5K	22:43	Cardiff	Cardiff Summer Sizzler 5K	2019-08-07
42374	Clive Osmond	2019	V55	M	parkrun	23:48	Cardiff	Cardiff parkrun # 611	2019-08-24
42374	Clive Osmond	2019	V55	M	10K	48:09	Cardiff	Cardiff 10K	2019-09-01
42374	Clive Osmond	2019	V55	M	10K	49:36	Cardiff	Cardiff Pentath 10K	2019-08-24
42374	Clive Osmond	2019	V55	M	10M	80:32	Brecon	Brecon Lions 10	2019-08-04
42374	Clive Osmond	2019	V55	M	HM	1:54:09	Cardiff	Cardiff Pentath Half Marathon	2019-08-25
2433	Georgie Parnell	2019	V35	W	HM	93:09	Chepstow	Severn Bridge Half Marathon	2019-08-25
89210	Stuart Pearce	2019	V40	M	100	12.53	Cardiff	Welsh Athletics RunWithTheWind Sprints Open Meeting	2019-08-07
89210	Stuart Pearce	2019	V40	M	100	12.58	Birmingham	British Masters Championships	2019-08-10
374890	Andy Peet	2019	V50	M	parkrun	18:18	Leicester Victoria	Leicester Victoria parkrun # 195	2019-08-31