



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Track Records

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

Sean Power, Darryn McAtee 16th April 2021

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

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

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

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

Event	Performance	Name	WMA	Category	Club	Venue	Date
60	7.25	Chris Millard	WMA	M35	Bristol & West	Cardiff	2005-02-19
60	7.66	Stuart Pearce	WMA	M40	Newport	Cardiff	2018-02-04
60	7.42	Chris Millard	WMA	M45	North Somerset	Lee Valley	2012-03-17
60	7.62	Chris Millard	WMA	M50	North Somerset	Cardiff	2018-02-04
60	7.90	Glyn Sutton	WMA	M55	Newport	Cardiff	2005-02-19
60	7.90	Glyn Sutton	WMA	M60	Newport	Carshalton	2006-02-05
60	7.95BR	Glyn Sutton	WMA	M65	Newport	San Sebastian, ESP	2013-03-21
60	8.09BR	Glyn Sutton	WMA	M70	Newport	Ancona, ITA	2016-03-30
60	10.07	Mel James	WMA	M75	Les Croupiers	Cardiff	2020-01-19
60	10.23	John Evans	WMA	M80	Rugby & Northampton	Torun, POL	2015-03-24
60	11.51	John Evans	WMA	M85	Rugby & Northampton	Lee Valley	2020-02-23

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
60HM35	11.70	Steven Thomas-Spires	WMA	M35	Wrexham	Lea Valley	2007-02-18
60HM35	10.47	Neil Davies	WMA	M40	Wrexham	Lee Valley	2011-02-13
60HM35	11.01	Derek Osborne	WMA	M45	Brecon	Jyvaskyla, FIN	2012-04-04
60HM50	10.52	Derek Osborne	WMA	M50	Brecon	Lee Valley	2016-02-14
60HM50	10.97	Derek Osborne	WMA	M55	Brecon	Lee Valley	2019-02-17
60HM60	9.63	John Howe	WMA	M60	Rhondda	Glasgow	2002-03-16
60HM60	12.49	Mark Wyndham-Jones	WMA	M65	Norwich	Lee Valley	2018-02-25

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
80HM70	14.73	Les Williams	OTH	M70	Vets AC	Kristiansand	1992-09-26
80HM75	17.10	Les Williams	OTH	M75	Vets AC	Exeter	1998-06-21



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Track Records

Event	Performance	Name	Age Group		Club	Venue	Date
100HM50	15.80	John Howe	WMA	M50	Rhondda	Newport	1996-06-01
100HM55	16.18	John Howe	WMA	M55	Rhondda	Blackpool	1997-06-29
100HM60	15.78	John Howe	WMA	M60	Rhondda	Potsdam, GER	2002-08-23
100HM65	17.90	Les Williams	OTH	M65	Vets AC	Sheffield	1987-09-13
100HM65	20.80	Mark Wyndham-Jones	WMA	M65	Norwich	Norfolk Champs	2018-05-12
Hurdle Heights .914m							

Event	Performance	Name	Category		Club	Venue	Date
100	10.50	Ron Jones		M35	Enfield	Welsh Rankings	1970-05-02
100	10.99	Chris Millard	WMA	M35	North Somerset	San Sebastian	2005-08-26
100	11.10	Chris Millard	WMA	M40	North Somerset	Yeovil	2007-08-19
100	11.50	Chris Millard	WMA	M45	North Somerset	Gloucester	2015-07-12
100	11.50	Glyn Sutton	WMA	M45	Newport	Cwmbran	1991-05-08
100	11.50	Glyn Sutton	WMA	M50	Newport	Newport	1995-09-17
100	12.20	Glyn Sutton	WMA	M55	Newport	Tidworth	2002-09-21
100	11.90	Glyn Sutton	WMA	M60	Newport	Cwmbran	2007-05-13
100	12.44BR	Glyn Sutton	WMA	M65	Newport	Solihill	2013-07-21
100	12.79	Glyn Sutton	WMA	M70	Newport	Exeter	2015-06-21
100	12.99BR	Glyn Sutton	WMA	M70	Newport	Lyon	2015-08-07
100	15.40	Len Tew	OTH	M75	Port Talbot	Cardiff	2010-05-05
100	15.80	Mel James	WMA	M75	Les Croupiers	Nuneaton	2019-07-09
100	16.70	John Evans	WMA	M80	Rugby & Northampton	Brecon	2015-06-14
100	25.64	Hubert Daniels	WMA	M85	Welsh Masters	Cardiff	2017-08-29

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
110H	13.11BR	Colin Jackson*	OTH	M35	Brecon	Munich	2002-08-10
110H	16.25	Phil Harries*	OTH	M40	Derby	Kingston	2006-06-03
110H	18.46	Derek Osborne	WMA	M40	Brecon	Horspath	2006-08-13
110H	16.52	Mike Guest	OTH	M40 99.1	Bridgend	Sheffield	2000-09-10
110H	18.31	Phil Harries*	OTH	M45	Derby	Leigh	2011-07-02
110H	18.69	Derek Osborne	WMA	M45 99.1	Brecon	Lahti	2009-07-28

*Hurdle Heights unknown

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Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Track Records

Event	Performance	Name	Category	Club	Venue	Date
200	22.15	Chris Millard	WMA M35	Bristol & West	San Sebastian, ESP	2005-08-29
200	20.59i	Doug Turner	OTH M35	Cardiff	Birmingham	2017-02-02
200	23.23i	Chris Millard	WMA M35	Bristol & West	Cardiff	2005-02-20
200	22.50	Darrell Maynard	WMA M40	Abertillery	Tidworth	2002-09-21
200	22.50	Chris Millard	WMA M40	North Somerset	Ljubljana, SLO	2008-08-02
200	23.56i	Darrell Maynard	WMA M40	Abertillery	Glasgow	2005-02-12
200	23.38	Glyn Sutton	WMA M45	Newport	Birmingham	1991-07-06
200	23.63i	Darrell Maynard	WMA M45	Birchfield	Lee Valley	2008-02-23
200	23.90	Glyn Sutton	WMA M50	Newport	Brecon	1995-06-04
200	24.93i	Ian Broadhurst	WMA M50	Wrexham	Glasgow	2006-02-19
200	24.90	Glyn Sutton	WMA M55	Newport	Luton	2004-09-18
200	25.51	Ian Broadhurst	WMA M55	Wrexham	San Sebastian, ESP	2013-03-23
200	24.65	Glyn Sutton	WMA M60	Newport	San Sebastian, ESP	2005-08-29
200	26.52i	Ian Broadhurst	WMA M60	Wrexham	Cardiff	2016-01-10
200	24.93	Les Williams	WMA M65	Vets AC	Verona	1988-08-29
200	27.75i	Ian Broadhurst	WMA M65	Wrexham	Cardiff	2020-01-19
200	26.47BR	Glyn Sutton	WMA M70	Newport	Lyon	2015-08-10
200	27.08iBR	Glyn Sutton	WMA M70	Newport	Ancona	2016-04-01
200	32.50	Len Tew	WMA M75	Port Talbot	Cardiff	2010-07-28
200	34.82i	Mel James	WMA M75	Les Croupiers	Cardiff	2020-01-19
200	36.60	John Evans	WMA M80	Rugby & Northampton	Leicester	2015-05-20
200	36.19i	John Evans	WMA M80	Rugby & Northampton	Lee Valley	2015-03-08
200	42.74i	John Evans	WMA M85	Rugby & Northampton	Lee Valley	2020-02-23

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
300	45.57i	Paul Evans	WMA	M35	Brecon	Cardiff	2015-12-13
300	46.6	Paul Evans	WMA	M40	Brecon	Cheltenham	2016-07-20
300	48.71i	Duncan Steward	WMA	M50	Yeovil	Yeovil	2009-02-19
300	40.70i	Ian Broadhurst	WMA	M55	Wrexham	Sport City	2011-12-04
300	65.78	Jon Clarke	WMA	M60	West Cheshire	Exeter	2018-03-27
300	47.06i	Rod Howe	WMA	M60	Cardiff	Cardiff	2010-12-11

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
300HM60	46.35	Ian Broadhurst	WMA	M55	Wrexham	Birmingham	2014-08-09
300HM60	45.40	Ian Broadhurst	WMA	M60	Wrexham	Lyon, FRA	2015-08-11
300HM60	47.48BR	Ian Broadhurst	WMA	M65	Wrexham	Jesolo,ITA	2019-09-07
300HM70	55.77	Les Williams	OTH	M70	Vets AC	Kristiansand	1992-07-02
300HM70	68.67	Trefor Pugh	WMA	M70	Maldwyn	Birmingham	2007-07-28
300HM75	69.86	Les Williams	OTH	M75	Vets AC	Cesenatico	1998-09-12



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Track Records

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
400	48.01	Iwan Thomas	OTH	M35	N & E Beagles	Copthall Barnet	2009-08-08
400	54.00	David John Williams	WMA	M35	Les Croupiers	Cyn Coed	2019-05-22
400	55.48i	Peter Watkeys	WMA	M35	Basingstoke	Cardiff	2017-02-05
400	48.74	Darrell Maynard	WMA	M40	Abertillery	Potsdam	2002-08-21
400	49.99i	Darrell Maynard	WMA	M40	Abertillery	Glasgow	2002-03-16
400	53.40	Roy Austin	OTH	M45	Swansea	Wolverhampton	##.08.87
400	53.90	Sean Price	WMA	M45	Les Croupiers	Cardiff	2009-08-02
400	51.11i	Darrell Maynard	WMA	M45	Abertillery	Lee Valley	2008-02-23
400	53.90	Roy Austin	OTH	M50	Swansea	Norway	1992-07-11
400	56.20	Dave Harries	WMA	M50	Swindon	Hemel Hempstead	2008-08-10
400	55.80i	Ian Broadhurst	OTH	M50	Wrexham	Lee Valley	2007-03-03
400	57.99i	Paul Bevan	WMA	M50	Cardiff	Cardiff	2014-02-02
400	55.30	Ian Broadhurst	OTH	M55	Wrexham	Wrexham	2011-08-14
400	57.20	Ian Broadhurst	WMA	M55	Wrexham	Stoke	2013-08-25
400	57.63i	Ian Broadhurst	WMA	M55	Wrexham	Cardiff	2012-02-19
400	59.06	Ian Broadhurst	WMA	M60	Wrexham	Lyon, FRA	2015-08-15
400	59.50i	Ian Broadhurst	WMA	M60	Wrexham	Lee Valley	2015-03-07
400	64.00	Glyn Sutton	WMA	M65	Newport	Cardiff	2013-05-01
400	63.56i	Ian Broadhurst	WMA	M65	Wrexham	Sheffield	2020-02-08
400	69.60	Len Tew	WMA	M70	Port Talbot	Cardiff	2005-08-10
400	74.91	Mel James	WMA	M70	Les Croupiers	Lee Valley	2015-03-07
400	73.50	Len Tew	WMA	M75	Port Talbot	Solihull	2010-08-08
400	78.88i	William Davies	WMA	M75	Winchester	Cyncoed	2006-03-05
400	87.44i	Len Tew	WMA	M80	Port Talbot	Lee Valley	2016-02-28

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
400H	54.17	Paul Gray*	OTH	M35	Cardiff	Stoke	2005-07-30
400H	65.60	Derek Osbourne	WMA	M40	Brecon	Cardiff	2006-06-25
400H	56.60	Phil Harries*	OTH	M40	Derby	Rugby	2006-05-06
400H	66.49	Neil Davies	WMA	M45	Wrexham	Lyon, FRA	2015-08-10
400H	62.30	Ian Broadhurst*	OTH	M45	Wrexham	Eton	2001-06-24
400H	60.77	Ian Broadhurst	OTH	M50 84cm	Wrexham	Ljubljana	2008-07-26
400H	70.60	Darryn McAtee	WMA	M50 84cm	Newport	Burton	2011-07-03
400H	70.60	Derek Osbourne	WMA	M50 84cm	Brecon	Brecon	2014-07-20
400H	64.72	Ian Broadhurst	OTH	M55 84cm	Wrexham	Birmingham	2011-06-25
400H	83.22	Darryn McAtee	OTH	M55 84cm	Newport	Brecon	2017-08-26



Welsh Masters Athletics Limited

Track and Field All Time Records.

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Event	Performance	Name	WMA	Age Group	Club	Venue	Date
800	1:50.8	Darrell Maynard	WMA	M35	Abertillery	Swindon	1997-08-07
800	1:53.56i	James Thie	OTH	M35	Cardiff	Budapest	2014-03-28
800	1:56.35i	Sean Price	WMA	M35	Swansea	Birmingham	2003-02-23
800	1:52.70	Darrell Maynard	WMA	M40	Abertillery	Potsdam	2002-08-24
800	1:55.75i	Darrell Maynard	WMA	M40	Abertillery	Cardiff	2003-01-12
800	2:03.0	Sean Price	WMA	M45	Rhondda	Aarhus	2004-07-31
800	2:5.77i	Sean Price	WMA	M45	Rhondda	Ancona	2009-03-28
800	2:06.2	Bilal Namani	WMA	M50	Rhondda	Aberdare	2006-08-06
800	2:10.38i	Sean Price	WMA	M50	Rhondda	Lee Valley	2013-03-10
800	2:08.2	Bilal Namani	WMA	M55	Rhondda	Brecon	2007-08-11
800	2:09.93i	Steve Toogood	WMA	M55	Buckley	Sheffield	2018-01-28
800	2:25.4	Richard Marks	OTH	M60	Sarn Helen	Cardiff	2011-05-11
800	2:30.2	Kieran McDonnell	WMA	M60	Les Croupiers	Aberdare	2019-07-10
800	2:21.4i	Len Tew	WMA	M60	Port Talbot	Birmingham	1997-03-02
800	2:34.10	Richard Marks	WMA	M65	Sarn Helen	Solihull	2015-07-19
800	2:34.61	Richard Marks	WMA	M65	Sarn Helen	Lee Valley	2016-02-28
800	2:42.2	Len Tew	WMA	M70	Port Talbot	Cardiff	2005-07-13
800	2:40.00i	Len Tew	WMA	M70	Port Talbot	Linz, AUT	2006-03-17
800	2:52.0	Len Tew	WMA	M75	Port Talbot	Cardiff	2010-07-28
800	3:08.57i	William Davies	WMA	M75	Winchester	Lee Valley	2007-03-04
800	3:26.3	William Davies	WMA	M80	Winchester	Cardiff	2010-08-15
800	3:35.39i	Len Tew	WMA	M80	Port Talbot	Cardiff	2016-01-10

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
1000	2:26.52	Darrell Maynard	WMA	M35	Abertillery	Loughborough	1997-05-18
1000	2:52.3	Brett Davis	WMA	M40	Newport	Cheltenham	2006-07-26
1000	2:59.1	Andy Peet	OTH	M45	Wigston	Corby	2016-04-19
1000	03:11.9	Derek Osborne	WMA	M45	Brecon	Jyvaskyla, FIN	2012-04-04
1000	3:16.64	Derek Osborne	WMA	M50	Brecon	Ancona, ITA	2016-03-30
1000	3:26.98	Derek Osborne	WMA	M55	Brecon	Lee Valley	2019-02-17
1000	3:47.69	Barrie Roberts	WMA	M65	Bournville Harriers	Cheltenham	2013-05-06



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Track Records

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
1500	3:46.36	Glen Grant	OTH	M35	Cambridge	Koblenz	1989-08-23
1500	4:01.43	Huw Evans	WMA	M35	Tonbridge	Eltham	2009-08-19
1500	3:54.38i	James Thie	OTH	M35	Cardiff	Budapest	2014-03-30
1500	4:09.86i	David John Williams	WMA	M35	Les Croupiers	Cardiff	2020-01-25
1500	3:51.5	Glen Grant	OTH	M40	Cambridge	Cardiff	1993-09-01
1500	04:19.9	Phil Crane	WMA	M40	Neath	Neath	2002-05-07
1500	4:07.33i	James Thie	OTH	M40	Cardiff	Torun	2019-03-30
1500	4:20.41i	Sean Price	WMA	M40	Swanea	Sindelfingen,GER	2004-03-11
1500	4:00.98	Glen Grant	OTH	M45	Cambridge	Valkaeskoski	1999-05-30
1500	4:20.8	Phil Crane	WMA	M45	Neath	Cardiff	2006-06-25
1500	4:17.16i	Bernie Jones	OTH	M45	Wrexham	Cyncoed	2005-02-19
1500	4:28.26i	Matthew Gurmin	WMA	M45	Swansea	Cardiff	2018-02-04
1500	4:17.3	Hugh Morten	OTH	M50	Blackheath	Enfiled	1998-07-04
1500	4:23.2	Phil Crane	WMA	M50	Neath	Solihull	2012-09-09
1500	4:28.63i	Phil Crane	WMA	M50	Neath	Lee Valley	2012-03-17
1500	4:30.97	Evan Williams	OTH	M55	Shrewsbury	Birmingham	1991-07-06
1500	4:39.76	Jon Grainger	WMA	M55	Southampton	Southampton	2020-05-09
1500	4:43.47i	Jon Grainger	WMA	M55	Southampton	Lee Valley	2020-03-01
1500	4:51.84	Richard Marks	WMA	M60	Sarn Helen	Derby	2012-07-21
1500	5:03.8	Martyn Cole	WMA	M60	Worcester	Sheffield	2020-02-08
1500	5:04.7	Richard Marks	WMA	M65	Sarn Helen	Brecon	2015-06-14
1500	5:41.0i	Bob Brierley	OTH	M65	Carmarthen	Cosford	1987-03-28
1500	5:12.3	Richard Marks	WMA	M65	Sarn Helen	Lee Valley	2016-02-28
1500	5:34.8	Gordon Orme	WMA	M70	Carmarthen	Swansea	2013-05-29
1500	5:32.46i	Len Tew	WMA	M70	Port Talbot	Lee Valley	2007-03-03
1500	6:18.6	John Gardener	WMA	M75	Pembroke	Solihull	2017-07-02
1500	6:19.6	John Gardener	WMA	M75	Pembroke	Cardiff	2017-02-05
1500	6:52.0	William Davies	WMA	M80	Winchester	Cardiff	2010-08-15
1500	6:54.67i	William Davies	WMA	M80	Winchester	Lee Valley	2011-02-26

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
2000	6:16.8	Robert Prady	OTH	M35	Neath	Corby	2015-03-17
2000	6:23.3	Andy Peet	OTH	M40	Wigston	Corby	2013-04-16
2000	6:38.3	Andy Peet	OTH	M45	Wigston	Corby	2016-04-19
2000	7:10.28	Huw Roberts	WMA	M50	Bridgend	Cardiff	2010-02-14



Welsh Masters Athletics Limited

Track and Field All Time Records.

Men's Track Records

Event	Performance		WMA	Age Group	Club	Venue	Date
3000	8:13.18	Glen Grant	OTH	M35	Cambridge	Crystal Palace	1992-05-06
3000	8:47.47	Huw Evans	WMA	M35	Tonbridge	Watford	2011-06-01
3000	8:20.84i	James Thie	OTH	M35	Cardiff	Budapest	2014-03-27
3000	9:00.29i	Huw Evans	WMA	M35	Tonbridge	Lee Valley	2010-03-28
3000	8:29.4	Alun Roper	OTH	M40	Swansea	Cwmbran	1989-04-19
3000	9:16.4	Phil Crane	OTH	M40	Neath	Neath	2002-06-01
3000	9:40.22i	Doug Nicholls	WMA	M40	Les Croupiers	Lee Valley	2020-03-01
3000	8:47.22	Martin Rees	OTH	M45	Swansea	Cardiff	2002-08-26
3000	09:33.9	Lee Aherne	WMA	M45	Parc Bryn	Solihull	2015-07-19
3000	9:13.55i	Bernie Jones	OTH	M45	Wrexham	Cyncoed	2005-02-20
3000	9:33.1i	Huw Evans	WMA	M45	Les Croupiers	Cardiff	2018-12-16
3000	8:53.25	Martin Rees	OTH	M50	Swansea	Aberdare	2003-04-09
3000	9:37.41	Lee Aherne	WMA	M50	Parc Bryn	Coventry	2019-07-06
3000	9:27.77i	Ron Elliott	OTH	M50	North Wales RR	Birmingham	1997-03-02
3000	9:45.65	Lee Aherne	WMA	M50	Parc Bryn	Lee Valley	2017-02-26
3000	11:12.9	Brian Griffiths	OTH	M55	Swansea	Barry	1997-06-29
3000	10:45.3	Ken Buckle	WMA	M55	Cheltenham	Derby	2001-09-23
3000	10:16.34i	Bernie Jones	OTH	M55	Wrexham	Lee Valley	2016-02-28
3000	10:32.49i	Jon Grainger	WMA	M55	Southampton	Lee Valley	2020-03-01
3000	10:09.3	Ifan Lloyd	WMA	M60	Swansea	Swansea	2020-09-20
3000	10:59.62i	Lynn Hughes	OTH	M60	Bridgend	Cyncoed	2001-02-17
3000	12:09.91i	Austin Davies	WMA	M60	West Suffolk	Lee Valley	2020-03-01
3000	10:51.7	Richard Marks	WMA	M65	Sarn Helen	Brecon	2015-08-19
3000	11:04.77i	Richard Marks	WMA	M65	Sarn Helen	Lee Valley	2017-02-26
3000	11:47.0	Gordon Orme	WMA	M70	Birchfield H	Cardiff	2013-05-01
3000	12:59.07i	Eric Hughes	WMA	M70	Bridgend	Lee Valley	2011-02-27
3000	13:21.98	John Gardener	WMA	M75	Pembrokeshire	Brecon	2017-06-04
3000	13:40.13i	William Davies	WMA	M75	Winchester	Lee Valley	2007-03-04
3000	15:45.74	William Davies	WMA	M80	Winchester	Exeter	2012-06-17
3000	19:42.68i	Ron Franklin	OTH	M80	Barnet	Clermont-Ferrand	2008-03-19



Welsh Masters Athletics Limited

Track and Field All Time Records.

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
5000	14:18.62	Steve Jones	OTH	M35	Newport	Newport	1993-07-10
5000	15:22.1	Huw Evans	WMA	M35	Tonbridge	Tonbridge	2009-08-01
5000	14:20.7	Martin Rees	OTH	M40	Swansea	Watford	1996-07-06
5000	16:01.00	Huw Evans	WMA	M40	Les Croupiers	Birmingham	2013-09-15
5000	14:51.6	Martin Rees	OTH	M45	Swansea	Cardiff	2001-06-02
5000	16:08.9	Lee Jones	WMA	M45	Deeside	Connah's Quay	2019-05-19
5000	14:47.8	Alun Roper	OTH	M50	Swansea	Street	1996-05-06
5000	16:29.65	Lee Aherne	WMA	M50	Parc Bryn	Birmingham	2019-08-11
5000	16:38.9	Evan Williams	OTH	M55	Shrewsbury	Solihull	1991-09-07
5000	18:49.3	Ken Buckle	WMA	M55	Cheltenham	Cardiff	2001-08-12
5000	17:53.1	Richard Marks	WMA	M60	Sarn Helen	Cardiff	2012-04-11
5000	18:43.97	Richard Marks	WMA	M65	Sarn Helen	Birmingham	2015-07-26
5000	20:12.08	Bob Brierley	OTH	M70	Carmarthen	Eugene	1989-08-01
5000	20:17.27	Gordon Orme	WMA	M70	Birchfield	Birmingham	2013-09-15
5000	24:35.34	William Davies	WMA	M75	Winchester	Birmingham	2008-07-06
5000	25:58.71	Len Jones	OTH	M80	Ilford	Exeter	1996-08-10

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
10000	29:55.73	Steve Brace	OTH	M35	Bridgend	Cwmbran	1997-06-21
10000	32:25.19	Huw Evans	WMA	M35	Tonbridge	Horspath	2009-09-13
10000	31:02.6	Ron Franklin	OTH	M40	Thames Valley	Welsh Rankings	1969-08-09
10000	33:25.69	Lee Aherne	WMA	M40	Parc Bryn	Birmingham	2007-07-29
10000	31:55.1	Jim O'Brien	OTH	M45	Port Talbot	Port Talbot	1983-05-15
10000	34:55.85	Mike Weedall	WMA	M45	Wrexham	Birmingham	2006-07-09
10000	32:16.5	Cyril Leigh	OTH	M50	Wigan Phoenix	Blackburn	1988-10-30
10000	35:19.03	Rob Sheen	WMA	M50	Leicester	Horspath	2012-08-05
10000	35:22.5	David Voyle	OTH	M55	Lancaster & More-	Bolton	1997-10-05
10000	37:49.3	Tony Davies	WMA	M55	Aldershot	Neath	2007-08-22
10000	35:22.7	Ron Franklin	OTH	M60	Thames Valley	Copthall Barnet	1989-06-11
10000	39:53.7	Ken Buckle	WMA	M60	Cheltenham	Cheltenham	2003-07-09
10000	40:04.0	George Phipps	OTH	M65	Leamington	Stretford	1991-09-11
10000	41:15.12	Ken Buckle	WMA	M65	Cheltenham	Horspath	2008-05-25
10000	41:37.10	Gordon Orme	WMA	M70	Birchfield H	Birmingham	2014-09-21
10000	47:13.88	Len Jones	OTH	M75	Ilford	Turku	1991-07-01
10000	49:43.9	William Davies	WMA	M75	Winchester	Exeter	2006-06-18
10000	52:28.90	William Davies	WMA	M80	Winchester	Exeter	2011-06-19



Welsh Masters Athletics Limited

Track and Field All Time Records.

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
1500SC	4:53.43	Matthew Evans	WMA	M35	Aberdare Valley	Cardiff	2019-07-24
1500SC	4:53.87	Lee Garland	WMA	M45	Guernsey	St Peter Port	2020-08-06
1500SC	5:36.97	Ifan Lloyd	WMA	M55	Swansea	Swansea	2016-07-31

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
2000SC	6:28.5	Richard Phillips	OTH	M35	Serpentine	Battersea	2014-07-02
2000SC	6:43.7	Matthew Evans	WMA	M35	Aberdare	Swansea	2019-05-11
2000SC	6:24.00	Lee Garland	OTH	M40	Guernsey	St. Peter Port	2015-08-07
2000SC	6:43.6	Bernie Jones	OTH	M45	Wrexham	Newport	2004-07-31
2000SC	7:24.9	Jeremy Mower	WMA	M45	Gloucester	Stoke Gifford	2015-07-04
2000SC	7:14.1	Jeremy Mower	OTH	M50	Gloucester	Tipton	2017-07-16
2000SC	7:24.9	Jeremy Mower	WMA	M50	Gloucester	Gloucester	2019-05-19
2000SCW	7:55.70	Trefor Pugh	WMA	M55	Maldwyn	Gateshead	1999-08-08
2000SCW	8:32.73	David Rosser	OTH	M60	Amman Valley	Gateshead	1999-08-08
2000SCW	12:05.09	Eric Hughes	WMA	M65	Bridgend	Birmingham	2014-08-10

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
3000SC	8:28.35	Justin Chaston	OTH	M35	Belgrave	Athens	2004-08-21
3000SC	10:38.90	Matthew Evans	WMA	M35	Aberdare	Birmingham	2019-08-11
3000SC	9:03.5	Tecwyn Davies	OTH	M40	Aldershot	Hanover	1979-08-01
3000SC	10:53.68	Geran Hughes	WMA	M40	GOG Tri	Birmingham	2007-07-29
3000SC	9:35.5	Tecwyn Davies	OTH	M45	Aldershot	Crawley	1984-08-22
3000SC	10:49.0	Lee Garland	WMA	M45	Guernsey	St. Peter Port	2020-09-13
3000SC	10:10.6	Brian Griffiths	OTH	M50	Swansea	Barry	1991-07-21
3000SC	11:17.44	Jeremy Mower	WMA	M50	Gloucester	Coventry	2018-08-05
3000SC	11:12.9	Brian Griffiths	OTH	M55	Swansea	Barry	1997-06-29
3000SC	11:59.5	Brian Griffiths	OTH	M60	Swansea	Carmarthen	2000-07-09



Welsh Masters Athletics Limited

Track and Field All Time Records.

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
1000W	10:48.9	Jason Elworthy	WMA	M40	Barry & Vale	Cardiff	2016-12-11
1000W	5:20.4	Colin Bradley	OTH	M45	Newport Harriers	Newport	2005-05-15
1000W	6:29.10	Howard Brown	WMA	M60	Les Croupiers	Deeside	2011-08-28
1000W	7:48.36	Peter Walton	OTH	M65	Neath	Deeside	2011-08-28
1000W	6:53.43	John Collins	WMA	M70	Swansea	Cardiff	2010-08-29
1000W	6:51.11	John Collins	WMA	M75	Swansea	Neath	2015-05-24

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
2000W	8:13.9	Mark Williams	OTH	M40	Tamworth	Sutton Coldfield	2006-07-11
2000W	9:39.6	Phil Williams	WMA	M40	Enfiled & Harringey	Battersea Park	2006-09-03
2000W	8:57.7	Mark Williams	OTH	M45	Tamworth	Nuneaton	2011-06-01
2000W	10:51.4	Colin Bradley	WMA	M45	Newport	Cardiff	2005-06-26
2000W	9:11.5	Mark Williams	OTH	M50	Tamworth	Solihull	2015-07-29
2000W	12:00.71	Paul Flynn	WMA	M50	Swansea	Solihull	2018-07-08
2000W	13:35.90i	Paul Flynn	WMA	M50	Swansea	Lee Valley	2018-03-04
2000W	13:03.1	John Collins	WMA	M55	Swansea	Solihull	1997-09-28
2000W	12:43.3	Howard Brown	WMA	M60	Les Croupiers	Solihull	2011-08-07
2000W	10:57.4	Kenneth Bobbett	WMA	M65	Hillingdon	Battersea Park	2011-05-09
2000W	11:22.5	Kenneth Bobbett	WMA	M70	Hillingdon	Brecon	2015-06-14
2000W	13:53.81	John Collins	WMA	M75	Swansea	Brecon	2015-05-31
2000W	15:35.1	John Evans	WMA	M80	Rugby & Northampton	Rugby	2015-06-17

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
3000W	12:30.3	Mark Williams	OTH	M40	Tamworth	Leicester	2007-05-13
3000W	30:35.4	Jason Elworthy	WMA	M40	Barry & Vale	Newport	2013-06-15
3000W	13:49.6i	Colin Bradley	WMA	M40	Newport	Birmingham	2000-02-26
3000W	14:05.10	Colin Bradley	WMA	M45	Newport	Eton	2001-06-23
3000W	13:48.1i	Colin Bradley	WMA	M45	Newport	Cyncoed	2001-02-17
3000W	16:58.27	Steve Walker	WMA	M50	Wrexham	Carmarthen	2008-06-28
3000W	16:06.58	Bob Dobson	OTH	M55	Ilford	Newport	1998-07-11
3000W	19:07.7	Howard Brown	WMA	M60	Les Croupiers	Cardiff	2011-06-05
3000W	19:39.07i	Howard Brown	WMA	M60	Les Croupiers	Lee Valley	2010-03-28
3000W	16:56.7	Kenneth Bobbett	WMA	M65	Hillingdon	Lee Valley	2010-01-17
3000W	17:42.8	Kenneth Bobbett	WMA	M70	Hillingdon	Birmingham	2015-07-25
3000W	22:13.52	John Collins	WMA	M75	Swansea	Birmingham	2014-08-09



Welsh Masters Athletics Limited

Track and Field All Time Records.

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
5000W	23:11.43i	Colin Bradley	WMA	M35	Newport	Birmingham	1994-02-26
5000W	21:46.9	Mark Williams	OTH	M40	Tamworth	Solihull	2007-06-10
5000W	24:23.3	Colin Bradley	WMA	M45	Newport	Eton	2001-06-24
5000W	30:34.8	John Collins	WMA	M50	Swansea	Cardiff	1992-08-20
5000W	28:51.44	Kenneth Bobbett	WMA	M65	Hillingdon	Hendon	2013-08-24
5000W	29:24.8	Kenneth Bobbett	WMA	M70	Hillingdon	Hendon	2015-08-01

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
10000W	46:00.0	Mark Williams	OTH	M40	Tamworth	Oxford	2008-05-25
10000W	51:37.47	Mark Williams	OTH	M45	Tamworth	Horspath	2011-06-05
10000W	64:56.0	Colin Bradley	WMA	M50	Newport	Solihull	2006-05-21
10000W	60:54.35	Kenneth Bobbett	WMA	M65	Hillingdon	Horspath	2013-06-23
10000W	1:03:02.00	Kenneth Bobbett	WMA	M70	Hillingdon	Lyon, FRA	2015-08-09

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
PenM35	946	Paul Evans	WMA	M35	Brecon	Brecon	2014-06-15
PenIM50	2985	Derek Osborne	WMA	M50	Brecon	Ancona, ITA	2016-03-30
PenM70	2766	John Evans	WMA	M75	Rugby & Northampton	Horspath	2010-05-23

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
DecM35	5691	Geoff Ward	OTH	M35	Wrexham	Woking	1988-07-09
DecM40	5060	Derek Osborne	WMA	M40	Brecon	Horspath	2006-08-13
DDecM45	7217	Glyn Price	OTH	M45	Swansea	Yeovil	2012-09-23
DecM45	5750	Derek Osborne	WMA	M45	Brecon	Lahti, FIN	2009-07-29
DecM50	5414	Derek Osborne	WMA	M50	Brecon	Birmingham	2015-09-20
DecM55	5894	John Howe	WMA	M55	Rhondda	BVAF	1997-09-13
DecM60	6610	John Howe	WMA	M60	Rhondda	Sheffield	2002-07-20
DecM65	5532	Mark Wyndham-Jones	WMA	M65	City of Norwich	Sheffield	2018-07-15



Welsh Masters Athletics Limited

Track and Field All Time Records.

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
4x100	48.20	Welsh Masters V35 Team	WMA	M35		Solihull	2017-07-02
4x100	52.40	Welsh Masters V50 Team	WMA	M50		Solihull	2017-07-02
4x100	54.62	Welsh Masters V60 Team	WMA	M60		Solihull	2018-07-08
4x100	75.20	Welsh Masters V70 Team	WMA	M70		Solihull	2017-07-02
4x100	48.80	Newport Harriers	OTH	M35+	Newport Harriers	Neath	2001-05-08
4x100	51.30	Newport Harriers	OTH	M50+	Newport Harriers	Cardiff	2011-06-22

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
4x200	1:43.8i	Welsh Masters V35 Team	WMA	M35		Lee Valley	2017-02-26
4x200	1:51.21i	Welsh Masters V50 Team	WMA	M50		Lee Valley	2016-02-28
4x200	1:55.69i	Welsh Masters V60 Team	WMA	M60		Lee Valley	2020-03-01
4x200	2:41.71i	Welsh Masters V70 Team	WMA	M70		Lee Valley	2016-02-28
4x200	1:45.40	Newport Harriers	OTH	M35+	Newport Harriers	Newport	2011-07-13

Event	Performance	Name	WMA	Age Group	Club	Venue	Date
4x400	3:49.1	Swansea	OTH	M35+	Swansea	Cardiff	1989-08-15
4x400	4:39.3	Port Talbot	OTH	M50+	Port Talbot	Cardiff	2000-06-07