

WMAL Men's Rankings Season 2020 as of 1st September

Event	First Name	Last Name	AG	T/D		Venue	Meeting	date
60								
	Stuart	Pearce	V40	7.95	A	Lee Valley	England Masters Inter Area Match	01/03/2020
	Russell	Whiting	V50	7.88	i	Lee Valley	England Masters Inter Area Match	01/03/2020
	Mark	Ellery	V55	8.47	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Keith	Powell	V55	8.59	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	David	Shaw	V60	8.55	i	Lee Valley	British Masters Championships	07/03/2020
	David	Marginson	V60	8.68	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Brian	MacBride	V60	8.93	i	Lee Valley	BMAF - British Masters Championships	07/03/2020
	Roderick	Davies	V60	9.32	i	Swansea	West Wales Championships	12/01/2020
	Chris	Norton	V60	9.97	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Ian	Broadhurst	V65	8.72	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Kieran	Mcdonnell	V65	8.89	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Donald	Hale	V65	11.32	i	Connah's Quay	North Wales Regional Championships	12/01/2020
	Mel	James	V75	10.07	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	John	Evans	V85	11.51	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020

60MH								
	Glyn	Price	V50	11.05	i	Lee Valley	England Masters Inter Area Match	01/03/2020
	Derek	Osborne	V55	11.09	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020
	Keith	Powell	V55	16.65	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020

100								
	Russell	Whiting	V50	12.30	0	Worthing	Worthing Track Night	11/08/2020
	Roderick	Davies	V60	14.46	0	Swansea	Welsh Athletics Track Pilot Competition	16/08/2020
	Mel	James	V75	16.44	0	Swansea	Welsh Athletics Track Pilot Competition	16/08/2020

200							
	Lee	Richards	V35	25.50	i	Cardiff	England, Welsh Masters, Welsh Athletic 19/01/2020
	Brian	Dias	V35	31.73	i	Cardiff	England, Welsh Masters, Welsh Athletic 19/01/2020
	Stuart	Pearce	V40	26.44	i	Lee Valley	British Masters Championships 08/03/2020
	Michael	Graz	V45	31.63	i	Lee Valley	athlon Championships (inc South of Engl 23/02/2020
	Russell	Whiting	V50	25.09	0	Worthing	Worthing Track Night 11/08/2020
	Mark	Ellery	V55	28.65	i	Lee Valley	British Masters Championships 08/03/2020
	Keith	Powell	V55	28.35	i	Lee Valley	British Masters Championships 08/03/2020

	David	Shaw	V60	27.99	i	Cardiff	England, Welsh Masters, Welsh Athletic 19/01/2020
	David	Marginson	V60	28.70	i	Cardiff	England, Welsh Masters, Welsh Athletic 19/01/2020
	Brian	MacBride	V60	30.91	i	Lee Valley	BMAF - British Masters Championships 08/03/2020
	Roderick	Davies	V60	31.97	i	Cardiff	England, Welsh Masters, Welsh Athletic 19/01/2020
	Ian	Broadhurst	V65	27.75	i	Cardiff	England, Welsh Masters, Welsh Athletic 19/01/2020
	Kieran	Mcdonnell	V65	28.90	i	Cardiff	England, Welsh Masters, Welsh Athletic 19/01/2020
	Mel	James	V75	34.82	i	Cardiff	England, Welsh Masters, Welsh Athletic 19/01/2020
	John	Evans	V85	42.74	i	Lee Valley	athlon Championships (inc South of Engl 23/02/2020

300MH							
	Dale	Garland	V35	40.00	0	St. Peter Port	Guernsey Open Meeting 12/07/2020

400								
	Dale	Garland	V35	52.83	0	St Peter Port	Guernsey Midweek Series	06/08/2020
	Owen	Chesher	V35	56.56	i	Lee Valley	England Masters Inter Area Match	01/03/2020
	Brian	Dias	V35	70.61	i	Lee Valley	British Masters Championships	07/03/2020
	Michael	Graz	V45	66.80	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020

	Neil	Davies	V50	63.72	i	Sheffield	Masters Grand Prix	08/02/2020
	Brett	Davis	V55	60.02	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Jon	Grainger	V55	63.11	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Martyn	Cole	V60	67.60	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	David	Shaw	V60	68.23	i	Lee Valley	British Masters Championships	07/03/2020
	Kieran	Mcdonnell	V65	62.17	i	Lee Valley	New Year Open	19/01/2020
	Ian	Broadhurst	V65	63.56	i	Sheffield	Masters Grand Prix	08/02/2020
	Barrie	Roberts	V75	96.66	i	Lee Valley	England Masters Inter Area Match	01/03/2020

800								
	David John	Williams	V35	02:00.71	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Brian	Dias	V35	02:41.99	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Adrian	Lewis	V45	02:19.05	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Michael	Graz	V45	02:35.15	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Jon	Grainger	V55	02:17.45	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Brett	Davis	V55	02:17.69	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Daniel	Thorogood	V55	02:35.21	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020

	Martyn	Cole	V60	02:25.90	i	Lee Valley	British Masters Championships	08/03/2020
	Austin	Davies	V60	02:39.72	i	Lee Valley	British Masters Championships	08/03/2020
	Mark	Williams	V60	02:46.24	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Barrie	Roberts	V75	03:36.42	i	Lee Valley	England Masters Inter Area Match	01/03/2020

1000								
	Derek	Osborne	V55	03:31.64	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020
	Keith	Powell	V55	04:31.41	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020

1500								
	David John	Williams	V35	04:09.86	i	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Brian	Dias	V35	05:34.92	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Doug	Nicholls	V40	04:27.65	i	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Lee	Garland	V45	04:34.56	0	St. Peter Port	Guernsey Open Meeting	30/08/2020
	Huw	Evans	V45	04:41.00	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Jon	Grainger	V55	04:43.47	i	Lee Valley	England Masters Inter Area Match	01/03/2020
	Daniel	Thorogood	V55	05:31.57	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Martyn	Cole	V60	05:03.08	i	Sheffield	Masters Grand Prix	08/02/2020
	Mark	Williams	V60	05:32.12	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	David	Walker	V60	05:43.29	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Elio	Lepore	V65	05:24.12	i	Cardiff	England, Welsh Masters, Welsh Athletic	19/01/2020
	Richard	Marks	V70	05:45.23	i	Lee Valley	England Masters Inter Area Match	01/03/2020

1500s/c								
	Lee	Garland	V45	04:53.87	0	St Peter Port	Guernsey Midweek Series	06/08/2020

3000							
	Matthew	Evans	V35	09:43.74	i	Lee Valley	British Masters Championships 08/03/2020
	Doug	Nicholls	V40	09:40.22	i	Lee Valley	England Masters Inter Area Match 01/03/2020
	Paul	Flynn	V50	10:07.59	0	Aberdare	Welsh Athletics Endurance Open 29/08/2020
	Jon	Grainger	V55	10:32.49	i	Lee Valley	England Masters Inter Area Match 01/03/2020
	Austin	Davies	V60	12:09.91	i	Lee Valley	England Masters Inter Area Match 01/03/2020
5000							
	Lee	Garland	V45	17:50.11	0	St. Peter Port	Guernsey Open Meeting 12/07/2020

HJ								
	Owen	Chesher	V35	1.83	i	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Dale	Garland	V35	1.80	0	St. Peter Port	Guernsey Open Meeting	26/07/2020

	Steve	Ingram	V45	1.55	i	Swansea	West Wales Championships	11/01/2020
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	Glyn	Price	V50	1.45	i	Lee Valley	England Masters Inter Area Match	01/03/2020
	Neil	Davies	V50	1.40	i	Connah's Quay	North Wales Regional Championships	12/01/2020
	Robin	Wood	V50	1.20	i	Swansea	West Wales Championships	11/01/2020

	Derek	Osborne	V55	1.38	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020
	Keith	Powell	V55	1.32	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020
	Phil	Rees	V75	0.90	i	Lee Valley	British Masters Championships	07/03/2020

LJ								
	Brian	Dias	V35	3.65	i	Lee Valley	British Masters Championships	07/03/2020

	Robin	Wood	V50	4.63	i	Swansea	West Wales Championships	11/01/2020
	Neil	Davies	V50	4.47	i	Connah's Quay	North Wales Regional Championships	12/01/2020

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TJ								
	Robin	Wood	V50	9.41	i	Swansea	West Wales Championships	11/01/2020
	Dave	Shields	V55	8.79	i	Lee Valley	British Masters Championships	08/03/2020
	Phil	Rees	V75	5.52	i	Lee Valley	British Masters Championships	08/03/2020
	John	Evans	V85	5.83	i	Lee Valley	athlon Championships (inc South of Eng	23/02/2020
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PV								
	Glyn	Price	V50	3.86	i	Cardiff	Welsh Athletics Senior Championships	25/01/2020
	Dave	Gordon	V50	3.21	i	Lee Valley	England Masters Inter Area Match	01/03/2020
	Keith	Powell	V55	2.50	i	Lee Valley	British Masters Championships	08/03/2020
	Dave	Stokes	V55	2.13	i	Connah's Quay	North Wales Regional Championships	12/01/2020

SP7.26K								
	Dale	Garland	V35	10.57	0	St. Peter Port	Guernsey Midweek Series	30/07/2020
	Ian	Williams	V40	8.56	i	Lee Valley	England Masters Inter Area Match	01/03/2020
	Graham	Holder	V45	10.56	i	Lee Valley	British Masters Championships	08/03/2020
	Steve	Ingram	V45	9.06	i	Swansea	West Wales Championships	12/01/2020
	Jason	Elworthy	V45	5.48	i	Cardiff	Welsh Athletics Senior Championships	25/01/2020

	Martin	Tucker	V50	10.43	i	Connah's Quay	North Wales Regional Championships	12/01/2020
	David	Glendower	V50	7.34	i	Lee Valley	Lee Valley New Year Open	01/01/2020
	Robin	Wood	V50	7.34	i	Swansea	West Wales Championships	12/01/2020

SP6K								
	Neil	Davies	V50	9.67	i	Connah's Quay	North Wales Regional Championships	12/01/2020
	David	Glendower	V50	7.83	i	Lee Valley	British Masters Championships	08/03/2020

	Glyndwr	Pugh	V55	9.64	i	Lee Valley	British Masters Championships	08/03/2020
	Derek	Osborne	V55	8.67	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020
	Dave	Stokes	V55	8.69	i	Lee Valley	British Masters Championships	08/03/2020
	Keith	Powell	V55	7.98	i	Lee Valley	athlon Championships (inc South of Engl	23/02/2020

JT700								
	Martin	Tucker	V50	40.04	0	Lee Valley	tish Masters Championships Winter Thro	07/03/2020
	Dave	Stokes	V55	24.40	0	Lee Valley	tish Masters Championships Winter Thro	07/03/2020

JT800								
	Dale	Garland	V35	48.10	0	St. Peter Port	Guernsey Open Meeting	26/07/2020

DT 1.5K								
	Dave	Stokes	V55	31.73	0	Lee Valley	tish Masters Championships Winter Thro	07/03/2020
	Andrew	Turner	V55	28.98	0	Bournemouth	Bournemouth Throws Invitational Trial Eve	30/08/2020
	Glyndwr	Pugh	V55	28.21	0	Lee Valley	tish Masters Championships Winter Thro	07/03/2020

DT2K								
	Dale	Garland	V35	25.70	0	St. Peter Port	Guernsey Open Meeting	23/08/2020

HT7.26K								
	Graham	Holder	V45	48.68	0	Lee Valley	tish Masters Championships Winter Thrd	08/03/2020

HT6K								
	Glyndwr	Pugh	V55	32.62	0	Lee Valley	tish Masters Championships Winter Thrd	08/03/2020
	Dave	Stokes	V55	28.38	0	Lee Valley	tish Masters Championships Winter Thrd	08/03/2020
	Andrew	Turner	V55	26.54	0	Bournemouth	urnemouth Throws Invitational Trial Eve	30/08/2020

HT4K								
	Phil	Rees	V75	16.59	0	Lee Valley	tish Masters Championships Winter Thrd	07/03/2020
WT11.34K	David	Glendower	V50	9.01	0	Lee Valley	tish Masters Championships Winter Thrd	08/03/2020
	Glyndwr	Pugh	V55	11.51	0	Lee Valley	tish Masters Championships Winter Thrd	08/03/2020
WT15.88K	Graham	Holder	V45	13.89	0	Lee Valley	British Masters Championships Winter Throws	08/03/2020

PenWt								
	Derek	Osborne	V55	3002	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020
	Keith	Powell	V55	1824	i	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	23/02/2020