

WMAL Men's Indoor/Winter Throws Season 2020 FINAL RANKINGS



| Event | | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
|-------|---------------------|-------------------------|------------|----------------------------------|-----|--------------------------|---|--|
| | 60 Stuart | Pearce | V40 | 7.95 | i | 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 | 1 | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Keith | Powell | V55 | 8.59 | | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | David | Marginson | V60 V60 | 8.68 | i | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Roderick Chris | Davies Norton | V60 V60 | 9.32 9.97 | i | Swansea Cardiff | West Wales Championships Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 12/01/2020 19/01/2020 |
| | Ian | Broadhurst Mcdonnell | V65 V65 | 8.72 8.89 | į | Cardiff Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 19/01/2020 |
| | Kieran Donald | Hale | V65 V65 | 11.32 | 1 | Connah's Quay | Non I nomas New Year Open Inc. South West England, Weish Masters, Weish Athletics Senior Joulum Championships & BMC Races North Wales Regional Championships | 12/01/2020 |
| | Glyn | Sutton | V70 | 8.61 | i | Lee Valley | England Masters Inter Area Match | 01/03/2020 |
| | Mel | James | V75 | 10.07 | i | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | John | Evans | V85 | 11.51 | i | Lee Valley | British Masters Pentathlon Championships (Inc South of England Championships) | 23/02/2002 |
| Event | | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | 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 | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| | Keith | Powell | V55 | 16.65 | i | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| Event | First Name 200 | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | Lee Brian | Richards Dias | V35 V35 | 25.50 31.73 | i | Cardiff Cardiff | Non Thomas New Year Open Inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races Non Thomas New Year Open Inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 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 | British Masters Pentathlon Championships (Inc South of England Championships) | 23/02/2020 |
| | Russell | Whiting | V50 | 26.41 | 1 | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Mark | Ellery | V55 | 28.65 | L | Lee Valley | British Masters Championships | 08/03/2020 |
| | Keith | Powell | V55 | 28.35 | i | Lee Valley | British Masters Championships | 08/03/2020 |
| | David David | Shaw Marginson | V60 V60 | 27.99 28.70 | + | Cardiff Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 19/01/2020 |
| | Roderick | Davies | V60 | 31.97 | i | Cardiff | Non Thomas New Year Open Inc. South West England, Weish Masters, Weish Adhetics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | lan Kieran | Broadhurst Mcdonnell | V65 V65 | 27.75 28.90 | 1 | Cardiff Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 19/01/2020 |
| | Glyn | Sutton | V70 | 28.74 | | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Mel | James | V75 | 34.82 | | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | John | Evans | V85 | 42.74 | | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| Event | | | AG | | i/0 | | | date |
| Event | 400 | Last Name Chesher | V35 | Time/Dist | | Venue | Meeting England Masters Inter Area Match | 01/03/2020 |
| | Owen Brian | Dias | V35 | 70.61 | i | Lee Valley Lee Valley | England masters intel weed match British Masters Championships | 07/03/2020 |
| | Michael | Graz | V45 | 66.80 | i | Cardiff | Non Thomas New Year Open Inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Neil | Davies | V50 | 63.72 | i | Sheffield | Masters Grand Prix | 08/02/2020 |
| | Brett Jon | Davis Grainger | V55 | 60.02 | i | Cardiff | Non Thomas New Year Open Inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2002 |
| | | | V55 | 63.11 | | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Martyn David | Cole Shaw | V60 V60 | 67.60 68.23 | i | Cardiff Lee Valley | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races British Masters Championships | 19/01/2020 07/03/2020 |
| | lan | 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 |
| Event | | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | | Williams | V35 | 02:00.71 | ı | Cardiff | Non Thomas New Year Open Inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | | Dias | V35 | 02:41.99 | | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Adrian Michael | Lewis Graz | V45 V45 | 02:19.05 02:35.15 | i | Cardiff Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 19/01/2020 |
| | Jon | Grainger | V55 | 02:17.45 | 1 | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Brett Daniel | Davis Thorogood | V55 V55 | | 1 | Cardiff Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 19/01/2020 |
| | Martyn | Cole | V60 | 02:25.90 | i | Lee Valley | British Masters Championships | 08/03/2020 |
| | Austin Mark | Davies Williams | V60 V60 | 02:39.72 02:46.24 | i | Lee Valley Cardiff | British Masters Championships Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 08/03/2020 19/01/2020 |
| | Barrie | Roberts | V75 | 03:36.42 | i | Lee Valley | England Masters Inter Area Match | 01/03/2020 |
| Event | | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | 1000 Derek | Osborne | V55 | 03:31.64 | ı | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| | Keith | Powell | V55 | 04:31.41 | i | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| Event | 1500 | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | David John Brian | Williams Dias | V35 V35 | 04:09.86 05:34.92 | i | Cardiff Cardiff | Weish Athletics Senior Championships Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 25/01/2020 19/01/2020 |
| | Doug | Nicholls | V40 | 04:27.65 | | Cardiff | Welsh Athletics Senior Championships | 25/01/2020 |
| | Huw | Evans | V45 | 04:41.00 | 1 | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Jon | Grainger | V55 | 04:43.47 | 1 | Lee Valley | England Masters Inter Area Match | 01/03/2020 |
| | Daniel | Thorogood | V55 | | i | Cardiff | Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 19/01/2020 |
| | Martyn Mark | Cole Williams | V60 V60 | 05:03.08 05:32.12 | i | Sheffield Cardiff | Masters Grand Prix. Non Thomas New Year Open inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races | 08/02/2020 19/01/2020 |
| | Elio David | Lepore Walker | V60 V60 | 05:32:12 05:24:12 05:43.29 | i | Cardiff Cardiff | Non Thomas New Year Open inc. South West England, Weish Masters, Weish Athletics Senior 3000m Championships & BMC Races Non Thomas New Year Open inc. South West England, Weish Masters, Weish Athletics Senior 3000m Championships & BMC Races Non Thomas New Year Open inc. South West England, Weish Masters, Weish Athletics Senior 3000m Championships & BMC Races | 19/01/2020 19/01/2020 19/01/2020 |
| | Richard | Marks | V70 | 05:43.29 | | Lee Valley | Non I nomas New Year Open Inc. South West England, Welsh Masters, Welsh Athletics Senior 3000m Championships & BMC Races England Masters Inter Area Match | 01/03/2020 |
| | | | | | :/0 | | | |
| Event | 3000 | Last Name | AG | Time/Dist | | Venue | Meeting State Makes Characteristics | date |
| | Matthew | Evans | V35 | 09:43.74 | | Lee Valley | British Masters Championships | 08/03/2020 |
| | Doug | Nicholls | V40 | 09:40.22 | | Lee Valley | England Masters Inter Area Match | 01/03/2020 |
| | Jon | Grainger | V55 | | | | England Masters Inter Area Match England Masters Inter Area Match | 01/03/2020 |
| | Austin | Davies | V60 | 12:09.91 | | Lee Valley | | |

| Event | First Name | Last Name | AG | Time/Dist | i/O | Venue | Meeting | date |
|------------------|-----------------------|-------------------|------------|-------------------|------|-----------------------------|---|--------------------------|
| | HJ Owen | Chesher | V35 | 1.83 | | Cardiff | Welsh Athletics Senior Championships | 25/01/2020 |
| | | | | | | | | |
| | Steve | Ingram | V45 | 1.55 | - | Swansea | West Wales Championships | 11/01/2020 |
| | Glyn Neil | Price Davies | V50 V50 | 1.45 1.40 | 1 | Lee Valley Connah's Quay | England Masters Inter Area Match North Wales Regional Championships | 01/03/2020 12/01/2020 |
| | Robin | Wood | V50 | 1.20 | i | Swansea | West Wales Championships | 11/01/2020 |
| | Derek Keith | Osborne Powell | V55 V55 | 1.38 | i | Lee Valley Lee Valley | British Masters Pentathion Championships (inc South of England Championships) British Masters Pentathion Championships (inc South of England Championships) | 23/02/2020 23/02/2020 |
| | Phil | Rees | V75 | 0.90 | i | Lee Valley | British Masters Championships | 07/03/2020 |
| | | | | | | | | |
| Event | First Name | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | Brian | Dias | V35 | 3.65 | i | Lee Valley | British Masters Championships | 07/03/2020 |
| | Robin Neil | Wood Davies | V50 V50 | 4.63 4.47 | i | Swansea Connah's Quay | West Wales Championships North Wales Regional Championships | 11/01/2020 |
| | Derek | Osborne | V55 | 4.57 | | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| | Keith | Powell | V55 | 4.42 | i | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| | Dave Dave | Shields Stokes | V55 V55 | 3.88 | i | Lee Valley Connah's Quay | British Masters Pentathlon Championships (inc South of England Championships) North Wales Regional Championships | 23/02/2020 12/01/2020 |
| | David | Shaw | V60 | 4.74 | i | Lee Valley | British Masters Championships | 07/03/2020 |
| | Roderick | Davies | V60 | 3.70 | i | Swansea | West Wales Championships | 11/01/2020 |
| | Phil | Rees | V75 | 2.44 | i | Lee Valley | British Masters Championships | 07/03/2020 |
| | John | Evans | V85 | 2.75 | ı | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| | | | | | | | BRITISH RECORD | |
| Event | First Name TJ | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | | | | | F | | | |
| | 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 | 1 | Lee Valley | British Masters Championships | 08/03/2020 |
| | | ces | | 3.32 | | Let Falley | antan maasa Ciampunsiiya | |
| | John | Evans | V85 | 5.83 | Н | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| Event | First Name PV | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | Glyn Dave | Price Gordon | V50 V50 | 3.86 3.21 | 1 | Cardiff Lee Valley | Welsh Athletics Senior Championships England Masters Inter Area Match | 25/01/2020 01/03/2020 |
| | | | | | | | | |
| | Keith Dave | Powell Stokes | V55 V55 | 2.50 | i | Lee Valley Connah's Quay | British Masters Championships North Wales Regional Championships | 08/03/2020 12/01/2020 |
| Event | First Name | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | SP7.26K Ian | Williams | | 8.56 | | | | 04 (02 (2020 |
| | | | V40 | | Ľ | Lee Valley | England Masters Inter Area Match | 01/03/2020 |
| | Graham Steve | Holder Ingram | V45 V45 | 10.56 9.06 | i | Lee Valley Swansea | British Masters Championships West Wales Championships | 08/03/2020 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 Robin | Glendower Wood | V50 V50 | 7.34 7.34 | i | Lee Valley Swansea | Lee Valley New Year Open West Wales Championships | 01/01/2020 12/01/2020 |
| Event | First Name | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | SP6K Neil | Davies | V50 | 9.67 | - | 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 Dave | Osborne Stokes | V55 V55 | 8.67 8.69 | 1 | Lee Valley Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) British Masters Championships | 23/02/2020 08/03/2020 |
| | Keith | Powell | V55 | 7.98 | i | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |
| Event | First Name SP4K | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | Paul | Brooks | V70 | 8.07 | i | Connah's Quay | North Wales Regional Championships | 12/01/2020 |
| Event | First Name | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | JT700 Martin | Tucker | V50 | 40.04 | 0 | Lea Valley | British Masters Chamionships Winter Throws | 07/03/2020 |
| | | | | | | | | |
| | Dave | Stokes | V55 | 24.40 | 0 | Lee Valley | British Masters Championships Winter Throws | 07/03/2020 |
| Event | First Name DT 1.5K | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | Dave Glyndwr | Stokes Pugh | V55 V55 | 31.73 28.21 | 0 | Lee Valley | British Masters Championships Winter Throws British Masters Championships Winter Throws | 07/03/2020 07/03/2020 |
| | | | | | | | | |
| Event | First Name HT7.26K | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | Graham | Holder | V45 | 48.68 | 0.00 | Lee Valley | British Masters Championships Winter Throws | 08/03/2020 |
| Event | First Name HT6K | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | Glyndwr | Pugh | V55 | 32.62 | 0.00 | Lee Valley | British Masters Championships Winter Throws | 08/03/2020 |
| | Dave | Stokes | V55 | 28.38 | 0.00 | Lee Valley | British Masters Championships Winter Throws | 08/03/2020 |
| Event | First Name HT4K | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| | Phil | Rees | V75 | 16.59 | 0 | Lee Valley | British Masters Championships Winter Throws | 07/03/2020 |
| Event | First Name | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| WT1 1.34 K | | | | | | | | |
| K | David | Glendower | V50 | 9.01 | 0.00 | Lee Valley | British Masters Championships Winter Throws | 08/03/2020 |
| | Glyndwr | Pugh | V55 | 11.51 | 0.00 | Lee Valley | British Masters Championships Winter Throws | 08/03/2020 |
| Event | First Name | Last Name | AG | Time/Dist | i/0 | Venue | Meeting | date |
| WT1 5.88 | | | | 13.89 | 0 | Lee Valley | British Masters Championships Winter Throws | 08/03/2020 |
| K | Graham | Holder | V45 | | | | | |
| Eu | Pent First Name | Last Name | 10 | Time /Di- | 110 | Vorum | Monthine | dete |
| Event | First Name Derek | Osborne | AG V55 | Time/Dist 3002 | i | Venue Lee Valley | Meeting British Masters Pentathlon Championships (inc South of England Championships) | date 23/02/2020 |
| | Keith | Powell | V55 | 1824 | li | Lee Valley | British Masters Pentathlon Championships (inc South of England Championships) | 23/02/2020 |