

WMAL Results - 1st to 17th March - XC, M, HM etc

Name	Age	Group	Gender	Event	Performance	Venue	Meeting	Date
Paul Allen	V70	M		6KXC	33:22	Corwen	British Masters Championships	2020-03-14
Ben Butler-Madden	V35	M		10M	55:07	Merthyr Tydfil	San Domenico 10	2020-03-15
Ben Butler-Madden	V35	M		HM	75:28	Newport	City of Newport Half Marathon	2020-03-01
Ben Butler-Madden	V35	M		HM	77:56	Llanelli	Llanelli Half Marathon	2020-03-08
Emma Collins	V55	W		10K	43:49	Chester	Chester 10K	2020-03-08
Stephen Davies	V60	M		HM	1:47:06	Greenwich	Vitality Big Half Marathon	2020-03-01
Sue Davies	V55	W		6KXC	30:53	Corwen	British Masters Championships	2020-03-14
Elizabeth Driver	V60	W		Mar	3:43:13	Sliema, MLT	GIG Malta Marathon	2020-03-01
Paul Edwards	V45	M		HM	1:56:26	Newport	City of Newport Half Marathon	2020-03-01
Huw Evans	V45	M		8KXC	30:37	Corwen	British Masters Championships	2020-03-14
Huw Evans	V45	M		8.1KXC	29:42	Old Down	Gloucestershire League	2020-03-01
Paul Flynn	V50	M		HM	82:51	Llanelli	Llanelli Half Marathon	2020-03-08
Steven Forsyth	V40	M		10K	34:09	Partington	Trafford 10K	2020-03-01
David George	V50	M		42195	3:59:56	Barry	Barry Marathon / 40	2020-03-01
David George	V50	M		HM	1:47:31	Llanelli	Llanelli Half Marathon	2020-03-08
Kelly Gipson	V50	W		20M	2:50:55	Merthyr Tydfil	San Domenico 20	2020-03-15
Jon Grainger	V55	M		8KXC	34:50	Corwen	British Masters Championships	2020-03-14
Martin Green	V45	M		HM	81:08	Anglesey	Anglesey Island Half Marathon	2020-03-01
Martin Green	V45	M		20M	1:53:14	Wrexham	Wrexham Freedom 20	2020-03-08
Donald Hale	V65	M		HM	2:16:21	Anglesey	Anglesey Island Half Marathon	2020-03-01
Haydn Hartnell	V55	M		2XC	NT	Rogerstone	Gwent Leisure Centre League	2020-03-08
Warwick Helps	V40	M		5KMT	18:19	Castel	Chertsey House Series 5K	2020-03-15
Warwick Helps	V40	M		10M	62:21	St Peter Port	Chertsey House Series 10	2020-03-01
John Horsman	V65	M		HM	1:54:07	Llanelli	Llanelli Half Marathon	2020-03-08
Mark Horsman	V40	M		11.2KXC	47:32	Loughborough	CAU Inter County Championships (Inc British Athletics)	2020-03-07
Mark Horsman	V40	M		HM	77:17	Llanelli	Llanelli Half Marathon	2020-03-08
Geran Hughes	V50	M		8KXC	33:15	Corwen	British Masters Championships	2020-03-14
Tim Iveson	V35	M		11.2KXC	45:19	Loughborough	CAU Inter County Championships (Inc British Athletics)	2020-03-07
Tim Iveson	V35	M		HM	76:53	Llanelli	Llanelli Half Marathon	2020-03-08
Llinos Jones	V35	W		HM	85:35	Llanelli	Llanelli Half Marathon	2020-03-08
Tegid Jones	V40	M		9.12KXC	35:56	Henley Showground	Oxfordshire Cross Country League	2020-03-01
Tegid Jones	V40	M		11.2KXC	44:12	Loughborough	CAU Inter County Championships (Inc British Athletics)	2020-03-07
Sean Kelly	V40	M		8KXC	33:42	Corwen	British Masters Championships	2020-03-14
Sean Kelly	V40	M		10M	63:21	Merthyr Tydfil	San Domenico 10	2020-03-15
Edward Land	V40	M		HM	78:45	Newport	City of Newport Half Marathon	2020-03-01
Sion Lewis	V35	M		HM	82:54	Greenwich	Vitality Big Half Marathon	2020-03-01
Margaret Ludden	V55	W		6KXC	31:25	Corwen	British Masters Championships	2020-03-14
Helen Lutley	V70	W		HM	2:12:05	Llanelli	Llanelli Half Marathon	2020-03-08
Jeremy Mower	V50	M		40Miles	4:54:29	Barry	Barry Marathon / 40	2020-03-01
Jeremy Mower	V50	M		20M	2:06:34	Gloucester	Gloucester 20	2020-03-15
Georgie Parnell	V35	W		6KXC	23:41	Corwen	British Masters Championships	2020-03-14
Georgie Parnell	V35	W		6.3KXC	25:39	Old Down	Gloucestershire League	2020-03-01
Robert Prady	V40	M		11.2KXC	47:21	Loughborough	CAU Inter County Championships (Inc British Athletics)	2020-03-07
David Proffitt	V65	M		HM	2:15:54	Newport	City of Newport Half Marathon	2020-03-01
Darren Rowlands	V50	M		8KXC	31:52	Corwen	British Masters Championships	2020-03-14
Victoria Watkins	V40	W		6KXC	28:50	Corwen	British Masters Championships	2020-03-14
Victoria Watkins	V40	W		6.3KXC	30:36	Old Down	Gloucestershire League	2020-03-01
David O Williams	V55	M		8KXC	34:19	Corwen	British Masters Championships	2020-03-14