

WELSH MASTERS RANKINGS 2005 (MALE)

Updated by Darryn McAtee 27st November 2005

Any amendments/additions to these lists should be sent to me on
desmac66@hotmail.com

MEN

100 Metres (13.8)

12.05	Glyn	Sutton	Newport	M60	1		26 Aug	San Sebastian
12.1	Darryl	Maynard	Birchfield	M40	1		14 Jul	Worcester
12.7	Steve	Berney	Newport	M40	6		6 Aug	Solihull
12.9	Keith	Powell	Newport	M40	3		3 Jul	Brecon
13.1	Brian	Williamson	Cardiff	M55	1		3 May	Neath
13.1	Steve	Wadley	Newport	M40	1	b	10 Aug	Cardiff
13.1	Derek	Osborne	Brecon	M40		dec	17 Sep	Rotherham
13.2	Steve	Lewis	Cardiff	M40	3		26 Jun	Cardiff
13.2	Bilal	Namani	Rhondda	M50	1		26 Jun	Cardiff
13.3	Brett	Davis	Newport	M40	1	b	3 May	Neath
13.36	Roderick	Davies	Southampton	M45	7	h1	25 Aug	San Sebastian
13.4	David	Shields	Reading	M40	4		20 Jun	Abingdon
13.8	Patrick	Webber	Cardiff	M55	2		26 Jun	Cardiff
13.8	Huw	Morgan	Pembroke	M60	2		26 Jun	Cardiff
13.8	John	Watkins	Newport	M50	1	b	10 Aug	Cardiff

200 Metres (30.1)

23.4	Darryl	Maynard	Birchfield	M40	1		3 Sep	Worcester
24.35	Ian	Broadhurst	Wrexham	M50	1	sf1	28 Aug	San Sebastian
24.65	Glyn	Sutton	Newport	M60	1		29 Aug	San Sebastian
25.8	Malcolm	Medhurst	Newport	M40	5	b	8 Aug	Hereford
26.0	Steve	Berney	Newport	M40	1		13 Jul	Cardiff
26.97	Roderick	Davies	Southampton	M45	7	h1	28 Aug	San Sebastian
27.2	Steve	Wadley	Newport	M40	1		8 Jun	Cardiff
27.3	Brian	Williamson	Cardiff	M55		h3	28 Aug	San Sebastian
27.5	Steve	Lewis	Cardiff	M40	4		26 Jun	Cardiff
27.7	David	Richards	Severn	M40		pen	19 Jun	M Keynes
28.1	Darryn	McAtee	Newport	M40	5		30 Jul	Aberdare
28.2	John	Watkins	Newport	M50	2	b	8 Jun	Cardiff
29.5	Mike	Mullins	Rhondda	M40	4	b	13 Jul	Cardiff
29.6	Stuart	Powell	Cardiff	M50	2		13 Jul	Cardiff
30.0	Huw	Morgan	Pembroke	M60	3		13 Jul	Cardiff
30.1	Arthur	Kingsbury	Rhondda	M40	3		13 Jul	Cardiff

400 Metres (70.7)

51.0	Darryl	Maynard	Birchfield	M40	2		6 Aug	Solihull
54.6	Malcolm	Medhurst	Newport	M40	3		15 May	Newport
54.96	Ian	Broadhurst	Wrexham	M50	2	sf2	1 Sep	San Sebastian
55.5	Brett	Davis	Newport	M40	1		26 Jun	Cardiff
55.8	Sean	Price	Rhondda	M40	5		3 Jul	Brecon
56.1	Bilal	Namani	Rhondda	M50	1		26 Jun	Cardiff
57.9	Derek	Osborne	Brecon	M40		dec	17 Sep	Rotherham
59.0	Darryn	McAtee	Newport	M40	3		30 Jul	Aberdare
61.3	Steve	Wadley	Newport	M40	1	b	3 May	Neath
66.6	John	Watkins	Newport	M50	2		10 Aug	Cardiff
67.1	Ian	Morris	TROTS	M40	3		10 Aug	Cardiff

67.6	Gareth	John	Les Croupiers	M50	4		6 Aug	Solihull
68.0	Alan	Perkins	Port Talbot	M50	3		10 Aug	Cardiff
68.5	Dave	Proffitt	Newport	M50	1	b	10 Aug	Cardiff
69.2	Steve	Lewis	Cardiff	M40	4		10 Aug	Cardiff
69.6	Len	Tew	Port Talbot	M70	2		10 Aug	Cardiff
70.1	Stuart	Powell	Cardiff	M50	4		10 Aug	Cardiff
70.6	Arthur	Kingsbury	Rhondda	M40	3		3 May	Neath
70.7	Mel	James	Port Talbot	M60	4		6 Aug	Solihull

800 Metres (2:42.2)

2:00.86	Mark	Benson	Wrexham	M40	4	sf1	28 Aug	San Sebastian
2:06.5	Malcolm	Medhurst	Newport	M40	1		15 May	Newport
2:07.22	Bilal	Namani	Rhondda	M50	4	sf2	28 Aug	San Sebastian
2:08.0	Brett	Davis	Newport	M40	1		8 Jun	Cardiff
2:08.4	Nigel	Webb	Les Croupiers	M45	1		26 Jun	Cardiff
2:10.4	Sean	Price	Rhondda	M40	5		3 Jul	Brecon
2:12.6	Darryn	McAtee	Newport	M40	3		15 May	Newport
2:18.7	Mike	Robbins	Wrexham	M40	3	b	7 May	Cwmbran
2:24.5	Elio	Le Poure	Les Croupiers	M50	1	b	8 Jun	Cardiff
2:24.9	Steve	Wadley	Newport	M40	1	b	13 Jul	Cardiff
2:26.7	Mick	McGeoch	Barry & Vale	M45	3		13 Jul	Cardiff
2:26.9	Martin	Clissold	Les Croupiers	M50	1		8 Jun	Cardiff
2:27.2	Mike	Warlock	Port Talbot	M40	4		8 Jun	Cardiff
2:31.8	John	Watkins	Newport	M50	1		13 Jul	Cardiff
2:33.0	Kevin	Wilkinson	San Domenico	M50	2		8 Jun	Cardiff
2:33.0	Mark	Fry	Rhondda	M40	2	b	13 Jul	Cardiff
2:35.5	Dave	Proffitt	Newport	M50	4		30 Jul	Aberdare
2:37.1	Gareth	John	Les Croupiers	M50	1		26 Jun	Cardiff
2:40.85i	Lynn	Hughes	Welsh Masters	M65	2		19/20 Feb	Cardiff
2:42.2	Len	Tew	Port Talbot	M70	3		13 Jul	Cardiff

1500 Metres (5:20.9)

4:17.16i	Bernie	Jones	Wrexham	M45	1		19/20 Feb	Cardiff
4:18.5				M45	2		6 Aug	Solihull
4:21.3	Mike	Robbins	Wrexham	M40	2		30 Jul	Aberdare
4:28.7	Malcolm	Medhurst	Newport	M40	5		16 Jul	Stoke
4:41.0	Steve	Brace	Bridgend	M40			7 May	Cwmbran
4:41.0	Darryn	McAtee	Newport	M40	2		6 Jul	Cheltenham
4:42.6	Mick	McGeoch	Barry & Vale	M45	1		26 Jun	Cardiff
4:52.2	Rob	Hackett	Neath	M45	2		8 Jun	Cardiff
4:52.8	Martin	Clissold	Les Croupiers	M50	3		6 Aug	Solihull
4:53.7	Huw	Roberts	Bridgend	M45	7		27 Apr	Aberdare
4:55.4	Mike	Warlock	Port Talbot	M40	3		8 Jun	Cardiff
4:55.8	Derek	Osborne	Brecon	M40		dec	18 Sep	Rotherham
5:02.8	Stephen	Davies	Mansfield	M45			4 Jun	Dudley
5:07.4	Clive	Osmond	Les Croupiers	M40	4		8 Jun	Cardiff
5:12.1	Ian	Morris	TROTS	M40	2		10 Aug	Cardiff
5:13.3	Elio	Le Poure	Les Croupiers	M50	1	b	8 Jun	Cardiff
5:13.7	Gareth	John	Les Croupiers	M50	1		26 Jun	Cardiff
5:17.3	Alan	Mason	Les Croupiers	M45	2		26 Jun	Cardiff
5:18.1	Alan	Perkins	Port Talbot	M50	3		10 Aug	Cardiff
5:20.9	John	Watkins	Newport	M50	2		8 Jun	Cardiff

3000 Metres (10:43.1)

9:13.55i	Bernie	Jones	Wrexham	M45	1		19/20 Feb	Cardiff
9:25.4	Rob	Sheen	Leicester	M40	1		20 Jul	Northampton
9:27.68i	Mike	Robbins	Wrexham	M40	2		19/20 Feb	Cardiff

	9:35.9			M40	2	10 Apr	Deeside	
9:42.1	Bilal	Namani	Rhondda	M50	5	7 May	Cwmbran	
10:02.3	Stephen	Davies	Mansfield	M45		6 Aug	Rugby	
10:06.0	Andrew	Kerr	Bridgend	M40	1	3 May	Neath	
10:06.92i	Huw	Roberts	Bridgend	M45	5	19/20 Feb	Cardiff	
	10:08.6			M45	3	b	7 May	Cwmbran
10:21.1	Darryn	McAtee	Newport	M40	2	3 May	Neath	
10:24.0	Sandy	Johnson	Les Croupiers	M45	2	15 May	Newport	
10:27.8	Martin	Clissold	Les Croupiers	M50	2	13 Jul	Cardiff	
10:28.5	Rob	Hackett	Neath	M45	3	3 May	Neath	
10:36.1	Malcolm	Medhurst	Newport	M40	1	b	3 May	Neath
10:43.1	Howard	Carpenter	Neath	M50	2	3 May	Neath	

5000 Metres

16:25.5	Rob	Sheen	Leicester	M40	3	5 Jun	Solihull	
16:25.65	Mike	Robbins	Wrexham	M40	7	16 Jul	Birmingham	
17:30.05	Stephen	Davies	Mansfield	M45	7	16 Jul	Birmingham	
17:39.0	Jeremy	Mower	Gloucester	M40	4	18 Sep	Yate	
18:13.0	Rob	Hackett	Neath	M45	1	26 Jun	Cardiff	
18:17.1	Darryn	McAtee	Newport	M40	4	16 Jul	Stoke	
19:26.3	Alan	Perkins	Port Talbot	M50	2	30 Jul	Aberdare	
20:11.6	Colin	Bradley	Newport	M45	3	2 Jul	Stourport	
20:21.0	Dave	Proffitt	Newport	M50	3	b	2 Jul	Stourport

10000 Metres

33:22.6	Shaun	Tobin	Swansea	M40	3	24 Aug	Neath
37:41.4	Rob	Hackett	Neath	M45	6	24 Aug	Neath
37:55.8	Howard	Carpenter	Neath	M50	7	24 Aug	Neath
39:43.2	Darryn	McAtee	Newport	M40	5	17 Aug	Hereford
40:47.0	Alan	Perkins	Port Talbot	M50	8	24 Aug	Neath
42:25.2	Colin	Bradley	Newport	M45	4	16 Jul	Stoke

100 Metres Hurdles

23.1	Trefor	Pugh	Maldwyn	M65	3	6 Aug	Solihull
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110 Metres Hurdles

18.6	David	Richards	Severn	M40		8 Jul	Bath	
18.9	Derek	Osborne	Brecon	M40		dec	18 Sep	Rotherham
19.2	Mike	Mullins	Rhondda	M40	3	6 Aug	Solihull	

300 Metres Hurdles

61.1	Trefor	Pugh	Maldwyn	M65	1	26 Jun	Cardiff
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400 Metres Hurdles

63.2	Derek	Osborne	Brecon	M40	2	7 May	Cwmbran	
64.0	Ian	Broadhurst	Wrexham	M50	2	b	4 Jun	Deeside
70.9	Malcolm	Medhurst	Newport	M40	1	b	4 Jun	Newport
71.8	Steve	Wadley	Newport	M40	1	26 Jun	Cardiff	

2000 Metres Steeplechase

6:47.7	Bernie	Jones	Wrexham	M45	1	b	4 Jun	Deeside
7:52.8	Steve	Wadley	Newport	M40	2	30 Jul	Aberdare	

3000 Metres Steeplechase

10:25.30	Bernie	Jones	Wrexham	M45	2	17 Jul	Birmingham
12:15.1	Steve	Wadley	Newport	M40	3	8 Aug	Hereford

14:18.9	Colin	Bradley	Newport	M45	3	b	4 Jun	Newport
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1000m Walk

5:20.4	Colin	Bradley	Newport	M45	1		15 May	Newport
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2000m Walk

8:45.8	Mark	Williams	Tamworth	M40	1		6 Aug	Solihull
10:51.4	Colin	Bradley	Newport	M45	1		26 Jun	Cardiff
12:41.5	David	Ainsworth	Ilford	M55	4		6 Aug	Solihull
12:54.4	Jack	Thomas	Penhow	M70	2		6 Aug	Solihull
13:24.6	John	Collins	Swansea	M65	2		6 Aug	Solihull
14:12.6	Stephen	Walker	Wrexham	M45	2		26 Jun	Cardiff
14:26.5	Ronald	Davies	Penhow	M70	1		26 Jun	Cardiff
14:51.1	Robert	Harper	Penhow	M65	2		26 Jun	Cardiff

3000m Walk

13:02.31	Mark	Williams	Tamworth	M40	6		30 May	Bedford
20:14.9i	John	Collins	Swansea	M65	1		23 Jan	Cardiff
21:36.04	Stephen	Walker	Wrexham	M45	4		16 Jul	Birmingham
21:50.3i	Ronald	Davies	Penhow	M75	1		26 Jun	Cardiff

5km Walk

23:52.28	Mark	Williams	Tamworth	M40	1		17 Jul	Birmingham
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10km Walk

47:54	Mark	Williams	Tamworth	M40	2		24 April	Sheffield
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20km Walk

1:37:19	Mark	Williams	Tamworth	M40	3		16 April	Leamington
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High Jump (1.25)

1.60	Jonathan	Powell	Welsh Masters	M40	1		26 Jun	Cardiff
1.60	David	Richards	Severn	M40			8 Jul	Bath
1.56	Derek	Osborne	Brecon	M40		dec	17 Sep	Rotherham
1.55	Sean	Power	Cardiff	M60	1		5 Jun	Solihull
1.45	Keith	Powell	Newport	M40	2		26 Jun	Cardiff
1.35	Allan	Cheers	Basingstoke	M60	2		20 Jun	Woking
1.35	Steve	Wadley	Newport	M40	3		26 Jun	Cardiff
1.35	Mike	Mullins	Rhondda	M40	2		13 Jul	Cardiff
1.30	Geoff	Miller	Newport	M50	1		3 May	Neath
1.30	John	Howe	Rhondda	M60	2		3 May	Neath
1.30	Glyn	Pugh	Rhondda	M40	1	b	13 Jul	Cardiff
1.26i	Dai	Vaughan	Midlands Vets	M60		pen	23 Jan	Cardiff
1.25	Brian	Williamson	Cardiff	M55	1		13 Jul	Cardiff
1.25	Steve	Lewis	Cardiff	M40	3		13 Jul	Cardiff

Pole Vault

3.45	Glyn	Sutton	Newport	M60	2		8 Aug	Hereford
3.00	Keith	Powell	Newport	M40	2		26 Jun	Cardiff
3.00i	John	Howe	Rhondda	M60	8		2 Jan	Cardiff
					3		16 Jul	Birmingham
3.00	Derek	Osborne	Brecon	M40	3		3 Jul	Brecon
2.70	Greg	Morrow	Mansfield	M45			10 Apr	Notts
2.60	Chris	Berry	Basingstoke	M45	2		7 May	Wimbourne
1.60	Dai	Vaughan	Midlands Vets	M60		dec	18 Sep	Rotherham

Long Jump (3.83)

5.99	David	Richards	Severn	M40		14 Aug	Gloucester
5.52	Julien	Gittens	Leeds City	M40	1	18 Jun	Exeter
5.51	Derek	Osborne	Brecon	M40	dec	17 Sep	Rotherham
5.24	David	Shields	Reading	M40	1	27 Apr	Windsor
5.19	Roderick	Davies	Southampton	M45	13	31 Aug	San Sebastian
4.93i	Brian	Williamson	Cardiff	M55	1	19/20 Feb	Cardiff
	4.87			M55	2	16 Jul	Birmingham
4.90	Sean	Power	Cardiff	M60	5	2 Sep	San Sebastian
4.88	Keith	Powell	Newport	M40	3	26 Jun	Cardiff
4.80	Steve	Wadley	Newport	M40	5	26 Jun	Cardiff
4.76	Malcolm	Medhurst	Newport	M40	1	10 Aug	Cardiff
4.59	Mike	Guest	Bridgend	M40	6	7 May	Cwmbran
4.58	Mike	Mullins	Rhondda	M40	2	10 Aug	Cardiff
4.48	Steve	Lewis	Cardiff	M40	3	10 Aug	Cardiff
4.42	Allan	Cheers	Basingstoke	M60	2	20 Jun	Woking
4.33	Steve	Berney	Newport	M40	6	26 Jun	Cardiff
4.23	Geoff	Van Klaveren	Hercules W	M45	1	28 May	Kingston
4.17	John	Watkins	Newport	M50	1	26 Jun	Cardiff
4.15	Glyn	Sutton	Newport	M60	2	10 Aug	Cardiff
4.00	Stuart	Powell	Cardiff	M50	2	26 Jun	Cardiff
3.83	John	Evans	Rugby	M70	6	3 Sep	San Sebastian

Triple Jump (8.36)

12.83	Julien	Gittens	Leeds City	M40	7	18 Jun	Manchester
12.57	David	Richards	Severn	M40		8 Jul	Bath
11.66	Sean	Power	Cardiff	M60	5	25 Jun	Ashford
11.51	Malcolm	Medhurst	Newport	M40	2	7 May	Banbury
11.15	Derek	Osborne	Brecon	M40	1	7 May	Cwmbran
10.86	Mike	Guest	Bridgend	M40	4	7 May	Cwmbran
10.36	David	Shields	Reading	M40	2	6 Aug	Solihull
10.02	Allan	Cheers	Basingstoke	M60	1	6 Aug	Solihull
9.97	Brian	Williamson	Cardiff	M55	2	17 Jul	Birmingham
9.54	Keith	Powell	Newport	M40	1	13 Jul	Cardiff
9.24	Steve	Wadley	Newport	M40	1 b	13 Jul	Cardiff
8.98	Stuart	Powell	Cardiff	M50	1 b	13 Jul	Cardiff
8.91	Steve	Lewis	Cardiff	M40	2	13 Jul	Cardiff
8.82	Arthur	Kingsbury	Rhondda	M40	3	13 Jul	Cardiff
8.71	Mike	Mullins	Rhondda	M40	2 b	13 Jul	Cardiff
8.64	Glyn	Sutton	Newport	M60	2	13 Jul	Cardiff
8.64	John	Evans	Rugby	M70	4	29 Aug	San Sebastian
8.39	Steve	Berney	Newport	M40	10	13 Jul	Cardiff
8.36	Trefor	Pugh	Maldwyn	M65	1	26 June	Cardiff

Shot (8.42)

14.68	Andrew	Turner	Bournemouth	M40	1	20 Aug	Eton
13.28	Ewart	Hulse	Colwyn Bay	M40	2	21 May	Deeside
11.69	Nigel	Winchcombe	Lincoln	M45	4	10 Sep	Cleckheaton
11.08	Glyn	Pugh	Rhondda	M40	1	3 May	Neath
9.80	Terry	Lalley	Bolton	M50	2 b	2 Jul	Leeds
9.69	Arthur	Kingsbury	Rhondda	M40	1 b	3 May	Neath
9.68	Graeme	Knowles	Cwmbran	M45	2	3 May	Neath
9.20	Chris	Berry	Basingstoke	M45	1 b	7 May	Wimbourne
8.80	Andrew	Davies	Neath	M40	4	6 Aug	Solihull
8.71	David	Stokes	Deeside	M40	2 b	4 Jun	Deeside

8.66i	Greg	Poole	Bedford	M45	4		19/20 Feb	Cardiff
8.55	Stephen	Orosz	Rhonnda	M40	1	b	10 Aug	Cardiff
8.54	Steve	Wadley	Newport	M40	3		3 May	Neath
8.42	John	Howe	Rhondda	M60	3	b	3 Jul	Brecon

6k

11.65	Terry	Lalley	Bolton	M50	2		6 Aug	Solihull
8.62	Geoff	Miller	Newport	M50	1	b	3 May	Neath

5k

11.18	John	Howe	Rhondda	M60	1		3 May	Neath
10.56	Mike	Jones	Welsh Masters	M60	2		6 Aug	Solihull
8.80i	Brian	Webb	Cardiff	M65	2		19/20 Feb	Cardiff
	8.17			M65	2		15 May	Newport
8.70	Glyn	Sutton	Newport	M60	2		3 May	Neath
8.53i	Dai	Vaughan	Midlands Vets	M60	5		19/20 Feb	Cardiff

Discus (22.21)

44.89	Andrew	Turner	Bournemouth	M40	7		22 May	Loughborough
39.09	Ewart	Hulse	Colwyn Bay	M40	1		21 May	Deeside
37.97	Nigel	Winchcombe	Lincoln	M45	4		10 Sep	Cleckheaton
33.39	Terry	Lalley	Bolton	M50	5		8 Jan	Nice, France
31.09	Glyn	Pugh	Rhondda	M40	2		7 May	Cwmbran
30.49	David	Stokes	Deeside	M40	2	b	3 Jul	Brecon
28.68	David	Richards	Severn	M40			8 Jul	Bath
28.67	Stephen	Orosz	Llanelli	M40	3		3 Jul	Brecon
24.81	John	Howe	Rhondda	M60	6		30 Jul	Aberdare
24.32	Chris	Berry	Basingstoke	M45	2	b	25 Jun	Basingstoke
23.52	David	Shields	Reading	M40	7		16 Jul	Birmingham
23.10	Keith	Powell	Newport	M40	2		10 Aug	Cardiff
22.83	Michael	Guest	Bridgend	M40	6		7 May	Cwmbran
22.46	Derek	Osborne	Brecon	M40		dec	18 Sep	Rotherham
22.21	Arthur	Kingsbury	Rhondda	M40			8 June	Cardiff

1.5k

37.00	Terry	Lalley	Bolton	M50	2		16 Jul	Birmingham
26.40	Stuart	Powell	Cardiff	M50	2		10 Aug	Cardiff
25.66	Huw	Morgan	Pembrokeshire	M60	3		10 Aug	Cardiff
25.06	John	Davies	Port Talbot	M50	1		26 June	Cardiff
24.08	Bob	Grenter	Rhondda	M50	1	b	10 Aug	Cardiff

1k

37.34	John	Howe	Rhondda	M60	1		8 June	Cardiff
34.20	Huw	Morgan	Pembrokeshire	M60	3		26 Jun	Cardiff
27.05	Sean	Power	Cardiff	M60	2		8 June	Cardiff
25.00	Dai	Vaughan	Midlands Vets	M60		pen	19 Jun	M Keynes
22.56	John	Loney	Rhondda	M65			10 Aug	Cardiff

Hammer (23.18)

53.52	Nigel	Winchcombe	Lincoln	M45	2		26 Aug	San Sebastian
49.49	Andrew	Turner	Bournemouth	M40	3		7 May	Exeter
47.95	Ewart	Hulse	Colwyn Bay	M40	1		21 May	Deeside
39.84	Terry	Lalley	Bolton	M55	4		8 Jan	Nice, France
35.82	Glyn	Pugh	Rhondda	M40	1		26 Jun	Cardiff
32.95	Stephen	Orosz	Llanelli	M40	2		3 May	Neath
29.12	Graeme	Knowles	Cwmbran	M45	3		3 May	Neath
28.20	Derek	Osborne	Brecon	M40	4		30 Jul	Aberdare

26.07	David	Stokes	Deeside	M40	1	b	30 Jul	Aberdare
25.04	Chris	Berry	Basingstoke	M45	1	b	7 May	Wimbourne
24.64	Arthur	Kingsbury	Rhondda	M40			13 Jul	Cardiff
24.16	John	Davies	Port Talbot	M50	2		30 Jul	Aberdare

6k

40.62	Terry	Lalley	Bolton	M55	1		5 Jun	Solihull
26.14	John	Davies	Port Talbot	M50	2		13 Jul	Cardiff

5k

27.90	John	Howe	Rhondda	M60	1		13 Jul	Cardiff
23.18	John	Loney	Rhondda	M65	1	b	13 Jul	Cardiff

4k

24.55	Bill	Kingsbury	Rhondda	M75	2		17 Jul	Birmingham
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Javelin (25.14)

58.93	Jonathan	Powell	Welsh Masters	M40	1		10 Jul	Schweinfurt
36.91	Geoff	Van Klaveren	Hercules W	M45			7 May	Kingston
35.78	John	Davies	Port Talbot	M50	1		7 May	Cwmbran
34.67	Derek	Osborne	Brecon	M40		dec	18 Sep	Rotherham
34.56	Andrew	Davies	Neath	M40	4		6 Aug	Solihull
33.87	David	Richards	Severn	M40			10 Jun	Gloucester
31.09	Arthur	Kingsbury	Rhondda	M40	1		8 Jun	Cardiff
28.90	Glyn	Pugh	Rhondda	M40	1	b	8 June	Cardiff
28.56	Keith	Powell	Newport	M40	6		3 Jul	Brecon
28.39	John	Howe	Rhondda	M60	5		30 Jul	Aberdare
27.77	Stephen	Orosz	Llanelli	M40			8 June	Cardiff
27.56	Steve	Berney	Newport	M40	1	b	13 Jul	Cardiff
27.46	Steve	Wadley	Newport	M40	2		8 June	Cardiff
25.14	Graeme	Knowles	Cwmbran	M45	3		8 June	Cardiff

700g

38.69	John	Davies	Port Talbot	M50	1		13 Jul	Cardiff
29.11	Stuart	Powell	Cardiff	M50	3		13 Jul	Cardiff

600g

31.84	John	Howe	Rhondda	M60	1		15 May	Newport
30.41	Sean	Power	Cardiff	M60	3		8 June	Cardiff

Pentathlon

2469	David	Richards	Severn	M40			19 Jun	M Keynes
1680	Dai	Vaughan	Midlands Vets	M60	2		19 Jun	M Keynes

Decathlon

5045	Derek	Osborne	Brecon	M40	3		18 Sep	Rotherham
3010	Dai	Vaughan	Midlands Vets	M60	4		18 Sep	Rotherham