

WELSH MASTERS RANKINGS 2006 (MALE)

Updated by Darryn McAtee 31st December 2006

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

MEN

100 Metres (13.9)

12.2	Darrell	Maynard	Birchfield	M40			10 May	Birmingham
12.4	Ian	Broadhurst	Wrexham	M50	1		18 Jun	Exeter
12.5	Steve	Berney	Newport	M40	5	b	6 May	Banbury
12.5	Nigel	Greenway	Swansea	M35	1		25 Jun	Cardiff
12.6	Steven	Spires	Wrexham	M35	4	b	3 Jun	Brecon
12.6	Steve	Hendrickson	Cardiff	M40	1		25 Jun	Cardiff
12.6	Jon	Evans	Houghton & Peterlee	M45	2		22 Jul	Monkton
12.7	Glyn	Sutton	Newport	M60	1		11 Jun	Solihull
12.8	Keith	Powell	Newport	M45	3		25 Jun	Cardiff
12.8	Richard	Ledger	Swansea	M35	1		9 Aug	Cardiff
12.9	Brian	Williamson	Cardiff	M55	2		3 May	Cardiff
12.9	Steve	Lewis	Cardiff	M40	2		25 Jun	Cardiff
13.05	Derek	Osborne	Brecon	M40		dec	12 Aug	Oxford
13.1	Patrick	Webber	Cardiff	M55	2		25 Jun	Cardiff
13.1	Gavin	Belcher	Newport	M35	2		9 Aug	Cardiff
13.2	Sean	Price	Rhondda	M40	2		3 May	Cardiff
13.5	Philip	Eddes	Cardiff	M35	2	b	9 Aug	Cardiff
13.6	Steve	Wadley	Newport	M45	4		25 Jun	Cardiff
13.7	Andrew	Davies	Aberdare	M40	3		25 Jun	Cardiff
13.8	Rod	Howe	Cardiff	M55	3		25 Jun	Cardiff
13.8	David	Shields	Reading	M45	3		23 Jul	Basingstoke
13.8	Glyn	Price	Swansea	M40	3	b	9 Aug	Cardiff
13.8	Jeremy	Mower	Gloucester	M40	2	b	9 Jul	Yate
13.9	Huw	Morgan	Pembroke	M60	2		25 Jun	Cardiff
13.9	Geoff	Miller	Newport	M50		n/s	9 Aug	Cardiff
13.9	John	Watkins	Newport	M50	1	b	9 Aug	Cardiff

200 Metres (29.4)

24.6	Ian	Broadhurst	Wrexham	M50	2	b	3 Jun	Brecon
25.5	Nigel	Greenway	Swansea	M35	1		12 Jul	Cardiff
25.9	Glyn	Sutton	Newport	M60	1		25 Jun	Cardiff
26.1	Brett	Davis	Newport	M40	2		12 Jul	Cardiff
26.13i	Brian	Williamson	Cardiff	M55	2	sf2	16 Mar	Linz
	27.1				1		25 Jun	Cardiff
26.2	Steve	Hendrickson	Cardiff	M40	2		25 Jun	Cardiff
26.2	Jon	Evans	Houghton & Peterlee	M45			6 Aug	Hexham
26.5	Keith	Powell	Newport	M45	2		7 Jun	Cardiff
26.5	Steven	Spires	Wrexham	M35	2		25 Jun	Cardiff
26.8	Steve	Berney	Newport	M40	1		14 May	Newport
27.1	Derek	Osborne	Brecon	M40	3		12 Jul	Cardiff
27.3	Richard	Ledger	Swansea	M35	2	b	12 Jul	Cardiff
27.3	Gavin	Belcher	Newport	M35	3	n/s	12 Jul	Cardiff
27.6	Paul	Young	Newport	M35	2	b	7 Jun	Cardiff
27.7	Steve	Lewis	Cardiff	M40	4		12 Jul	Cardiff
27.9	Steve	Wadley	Newport	M45		n/s	7 Jun	Cardiff
28.1	John	Watkins	Newport	M50	2		25 Jun	Cardiff

28.14	Darryn	McAtee	Newport	M45	6	ht2	9 Jul	Birmingham
28.3	Rod	Howe	Cardiff	M55	2		25 Jun	Cardiff
28.3	Jeremy	Mower	Gloucester	M40	5	b	20 Aug	Yate
28.6	Patrick	Webber	Cardiff	M55	1	b	7 Jun	Cardiff
29.4	Huw	Morgan	Pembroke	M60	2		25 Jun	Cardiff
+								
30.3	Len	Tew	Port Talbot	M70	4		12 Jul	Cardiff
30.5	Ralph	Ford	Abertillery	M60	4		25 Jun	Cardiff

400 Metres (67.7)

51.7	Darrell	Maynard	Birchfield	M40			10 May	Birmingham
53.6	Sean	Price	Rhondda	M40	3		6 Aug	Aberdare
54.98i	Brett	Davis	Newport	M40	4		4/5 Mar	Cardiff
					2		25 Jun	Cardiff
55.2	Ian	Broadhurst	Wrexham	M50	5		3 Jun	Brecon
58.1	Malcolm	Medhurst	Newport	M40	1	b	3 May	Cardiff
58.79	Derek	Osborne	Brecon	M40		dec	12 Aug	Oxford
58.9	Darryn	McAtee	Newport	M45	1		25 Jun	Cardiff
59.0	Nigel	Webb	Les Croupiers	M45	3		3 May	Cardiff
59.3	Bilal	Namani	Rhondda	M50	1		9 Aug	Cardiff
59.4	Steve	Berney	Newport	M40		n/s	3 May	Cardiff
60.4	Paul	Young	Newport	M35		n/s	3 May	Cardiff
60.5	Gavin	Belcher	Newport	M35			26 Jul	Jarrow
61.7	Brian	Williamson	Cardiff	M55	1		25 Jun	Cardiff
62.1	Steve	Wadley	Newport	M45	2		25 Jun	Cardiff
62.4	John	Watkins	Newport	M50	1		3 May	Cardiff
62.4	Steven	Spires	Wrexham	M35	7	b	6 Aug	Aberdare
62.5	Jon	Evans	Houghton & Peterlee	M45	1		31 May	Monkton
63.6	Mark	Fry	Rhondda	M40	2	b	3 May	Cardiff
63.9	Rod	Howe	Cardiff	M55	2		25 Jun	Cardiff
63.9	Jeremy	Mower	Gloucester	M40	4		9 Jul	Yate
66.8	John	Diffey	Les Croupiers	M40	2	b	9 Aug	Cardiff
67.6	Geoff	Miller	Newport	M50	2		9 Aug	Cardiff
67.7	Mike	Davies	Les Croupiers	M55	3		25 Jun	Cardiff
+								
71.6	Len	Tew	Port Talbot	M70	3		3 May	Cardiff
72.0	Mel	James	Port Talbot	M60	2		25 Jun	Cardiff
78.88i	William	Davies	Winchester	M75	1		4/5 Mar	Cardiff
	81.1				1		25 Jun	Cardiff

800 Metres (2:57.5)

2:02.63	Sean	Price	Rhondda	M40	3		29 Jul	Cardiff
2:06.2	Bilal	Namani	Rhondda	M50	5		6 Aug	Aberdare
2:06.3	Geoff	Brimble	Newport	M40	1	b	3 Jun	Brecon
2:06.73	David	Harries	Swindon	M50	4		29 Jul	Poznan
2:07.3	Brett	Davis	Newport	M40	2		14 May	Newport
2:08.99i	Nigel	Webb	Les Croupiers	M45	3		4/5 Mar	Cardiff
	2:11.9				7		23 Aug	Neath
2:10.2	Malcolm	Medhurst	Newport	M40	1	b	7 Jun	Cardiff
2:10.21i	Mark	Benson	Wrexham	M40	4		4/5 Mar	Cardiff
2:13.3	Darryn	McAtee	Newport	M45	3	b	3 Jun	Newport
2:16.9	Paul	Young	Newport	M35	1		25 Jun	Cardiff
2:21.3	Steve	Wadley	Newport	M45	6		7 Sep	Newport
2:25.8	Jeremy	Mower	Gloucester	M40	2		2 Sep	Gloucester
2:29.3	Mark	Fry	Rhondda	M40	2	b	7 Jun	Cardiff
2:31.6	Steve	Hendrickson	Cardiff	M40	3		7 Jun	Cardiff
2:39.0	Mike	Davies	Les Croupiers	M55	1		25 Jun	Cardiff

2:39.5	John	Watkins	Newport	M50	2	12 Jul	Cardiff
2:42.2	Dave	Proffitt	Newport	M50	9	7 Sep	Newport
2:43.5	Rod	Howe	Cardiff	M55	3	12 Jul	Cardiff
2:46.3	Mel	James	Port Talbot	M60	1	25 Jun	Cardiff
2:46.6	Len	Tew	Port Talbot	M70	4	12 Jul	Cardiff
2:47.2	Gary	Hyatt	Les Croupiers	M55	2	25 Jun	Cardiff
2:57.5	John	Collins	Swansea	M65	6	7 Jun	Cardiff
+							
3:11.1	William	Davies	Winchester	M75	1	25 Jun	Cardiff

1000 Metres

2:52.4	Brett	Davis	Newport	M40	5	26 Jul	Cheltenham
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1500 Metres (5:11.4)

4:20.8	Phil	Crane	Neath	M45	1	25 Jun	Cardiff
4:22.3	Mike	Robbins	Wrexham	M40	1	25 Jun	Cardiff
4:23.30i	Bernie	Jones	Wrexham	M45	2	19 Feb	Glasgow
4:25.16	Jonathan	Grainger	Southampton	M40	6	8 Jul	Birmingham
4:36.4	Nigel	Webb	Les Croupiers	M45	2	7 Jun	Cardiff
4:38.4	Peter	Crane	Neath	M40	2	25 Jun	Cardiff
4:42.7	Alun	Williams	Rhondda	M40	3	7 Jun	Cardiff
4:44.4	Darryn	McAtee	Newport	M45	4	7 Jun	Cardiff
4:49.6	Jeremy	Mower	Gloucester	M40	3 b	1 Jul	Burton
4:51.9	Malcolm	Medhurst	Newport	M40	4 b	3 Jun	Newport
4:52.8	Clive	Osmond	Les Croupiers	M45	2	25 Jun	Cardiff
4:55.0	Sandy	Johnston	Les Croupiers	M55	1	25 Jun	Cardiff
4:57.0	Stephen	Davies	Mansfield	M45	4 b	12 Jul	Rugby
5:03.1	Bilal	Namani	Rhondda	M50	1	7 Jun	Cardiff
5:05.19	Derek	Osborne	Brecon	M40	dec	13 Aug	Oxford
5:05.8	Huw	Roberts	Bridgend	M45	5	7 Jun	Cardiff
5:09.8	Steve	Wadley	Newport	M45	3 b	7 Jun	Cardiff
5:10.1	Alan	Perkins	Port Talbot	M55	2	7 Jun	Cardiff
5:11.4	Mark	Fry	Rhondda	M40	4	25 Jun	Cardiff
+							
5:29.0	John	Watkins	Newport	M50	3	7 Jun	Cardiff
5:48.0	Len	Tew	Port Talbot	M70	1 b	7 Jun	Cardiff
6:23.59i	William	Davies	Winchester	M75	2	4/5 Mar	Cardiff
6:24.8					1	9 Apr	Bournemouth

3000 Metres (12:30.9)

9:15.60i	Bernie	Jones	Wrexham	M45	4	28 Jan	Cardiff
9:26.0	Mike	Robbins	Wrexham	M40		27 Jun	Trafford
9:34.1	David	Wilson-Evans	Swansea	M45	2	13 May	Carmarthen
9:35.2	Phil	Crane	Neath	M45	1	14 May	Newport
9:58.05i	Nigel	Webb	Les Croupiers	M45	4	9 Dec	Cardiff
10:05.0	Peter	Crane	Neath	M40	1	14 May	Newport
10:06.2	Jeremy	Mower	Gloucester	M40	2	18 Jun	Yate
10:15.0	Stephen	Davies	Mansfield	M45	2 b	7 Jun	Leamington
10:17.1	Huw	Roberts	Bridgend	M45	1	12 Jul	Cardiff
10:17.77i	Bilal	Namani	Rhondda	M50	3	4/5 Mar	Cardiff
10:21.9	Alun	Williams	Rhondda	M40	2	3 May	Cardiff
10:24.4	Sandy	Johnston	Les Croupiers	M55	1	3 May	Cardiff
10:24.6	Darryn	McAtee	Newport	M45	3 b	3 Jun	Newport
11:14.1	Alan	Perkins	Port Talbot	M55	2	3 May	Cardiff
11:27.6	Paul	Young	Newport	M35	1 b	12 Jul	Cardiff
11:42.0	Steve	Wadley	Newport	M45	2 b	3 May	Cardiff
11:47.28i	Eric	Hughes	Bridgend	M65	1	4/5 Mar	Cardiff

11:49.8	Dave	Proffitt	Newport	M50	3		27 Aug	Cardiff
12:07.5	Tony	Holling	Port Talbot	M50	1	b	3 May	Cardiff
12:13.9	John	Collins	Swansea	M65	2		12 Jul	Cardiff
12:16.5	Dennis	Collins	Rhondda	M40	3	b	3 May	Cardiff
12:18.8	Colin	Bradley	Newport	M50	4		27 Aug	Cardiff
12:30.9	Len	Tew	Port Talbot	M70		n/s	3 May	Cardiff

5000 Metres

16:27.7	Rob	Sheen	Leicester Coritanian	M45	1		11 Jun	Solihull
16:31.99	Mike	Weedall	Wrexham	M50	2		8 Jul	Birmingham
16:33.7	Lee	Aherne	Club 69	M35	1		25 Jun	Cardiff
16:36.8	Phil	Kibble	Wiltshire Police	M40	2		19 Jul	Newport
17:04.8	Mike	Robbins	Wrexham	M40	3		6 Aug	Aberdare
17:28.0	Stephen	Davies	Mansfield	M45			1 Jul	Tipton
17:39.7	Kevin	Lewis	Neath	M45	1		25 Jun	Cardiff
17:50.2	Huw	Roberts	Bridgend	M45	2		25 Jun	Cardiff
18:01.5	Jeremy	Mower	Gloucester	M40	3	b	6 May	Banbury
19:00.0	Darryn	McAtee	Newport	M45	4		2 Sep	Worcester
19:03.8	Alan	Perkins	Port Talbot	M55	1		3 Jun	Brecon
19:56.7	Mark	Fry	Rhondda	M40	1		25 Jun	Cardiff
20:30.2	John	Collins	Swansea	M65	1		25 Jun	Cardiff
21:02.3	Dave	Proffitt	Newport	M50		guest	2 Sep	Worcester
21:15.2	Colin	Bradley	Newport	M50		guest	2 Sep	Worcester
21:45.0	Tony	Holling	Port Talbot	M50	1		25 Jun	Cardiff

10000 Metres

33:38.6	Lee	Aherne	Club 69	M40	3		23 Aug	Neath
34:55.85	Mike	Weedall	Wrexham	M50	1		9 Jul	Birmingham
37:55.5	Steve	Williams	Neath	M45	6		23 Aug	Neath
37:58.7	Mark	Reynolds	Neath	M35	7		23 Aug	Neath
38:00.5	Howard	Carpenter	Neath	M50	8		23 Aug	Neath
38:12.2	Jeremy	Mower	Gloucester	M40	11		23 Aug	Gloucester
39:01.5	Darryn	McAtee	Newport	M45	10		23 Aug	Neath
43:40.49	John	Collins	Swansea	M65	5		9 Jul	Birmingham
49:24.7	Colin	Bradley	Newport	M50	3		30 Jul	Stoke
51:01.5	Russell	Pullen	Neath	M60	12		23 Aug	Neath

110 Metres Hurdles

19.4	Mike	Mullins	Rhondda	M40	1		13 May	Aberdare
19.67	Derek	Osborne	Brecon	M40	4		27 Aug	Cardiff
		*18.46 (height 99.1cm)				dec	13 Aug	Oxford
19.79	Glyn	Price	Swansea	M40	5	b	3 Jun	Swansea
21.8	Keith	Powell	Newport	M45	5	b	5 Aug	Nuneaton
23.4	Jeremy	Mower	Gloucester	M40	6		3 Jun	Newport
24.2	Chris	Berry	Basingstoke	M45	1		25 Jun	Cardiff

300 Metres Hurdles

61.4	Trefor	Pugh	Maldwyn	M65	1		25 Jun	Cardiff
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400 Metres Hurdles

63.8	Ian	Broadhurst	Wrexham	M50	4		3 Jun	Brecon
		*62.25 (height 84cm)			2	b	24 Jun	Le Touquet
65.6	Derek	Osborne	Brecon	M40	1		25 Jun	Cardiff
71.4	Jeremy	Mower	Gloucester	M40	2	b	6 May	Banbury
71.7	Steven	Spires	Wrexham	M35	4		6 Aug	Aberdare

2000 Metres Steeplechase

7:24.9	Jeremy	Mower	Gloucester	M40	2	b	6 May	Banbury
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3000 Metres Steeplechase

8:50.80	Justin	Chaston	Belgrave	M35	2		5 Aug	Eton
11:20.3	Jeremy	Mower	Gloucester	M40	1	b	3 Jun	Newport
12:36.1	Steve	Wadley	Newport	M45	2	b	3 Jun	Newport

1 Mile Walk

8:16	Arthur	Thomson	Herts Phoenix	M70	1		7 Jun	Ware
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2000m Walk

8:13.0	Mark	Williams	Tamworth	M40	1		11 Jul	Wolverhampton
10:07	Phil	Williams	Chiltern	M40	1		2 Jul	Barnet
10:10	Arthur	Thomson	Herts Phoenix	M70	2		8 May	Enfield
13:53.9	Chris	Berry	Basingstoke	M45	5		3 Jul	Portsmouth

3000m Walk

12:43.3	Mark	Williams	Tamworth	M40	1		8 Jul	Birmingham
14:34	Phil	Williams	Chiltern	M40			12 Aug	Battersea Park
16:38.9	Steve	Walker	Wrexham	M45	3		10 Sep	Hyndburn
17:15.37i	Colin	Bradley	Newport	M50	2		5 Mar	Cardiff
					3		8 Jul	Birmingham
17:36.16								
18:57.6	John	Collins	Swansea	M65	1		25 Jun	Cardiff
21:20.56	Jack	Thomas	Penhow	M70	7		8 Jul	Birmingham
21:47.02	Ronald	Davies	Penhow	M75	3		8 Jul	Birmingham

5000m Walk

22:06.60	Mark	Williams	Tamworth	M40	1		9 Jul	Birmingham
26:14.39	Phil	Williams	Chiltern	M40	3		9 Jul	Birmingham
30:35.25	Colin	Bradley	Newport	M50	2		9 Jul	Birmingham
32:23.45	Steve	Walker	Wrexham	M45	4		9 Jul	Birmingham

10000m Walk

46:11	Mark	Williams	Tamworth	M40	1		21 May	Tamworth
64:56	Colin	Bradley	Newport	M50	13		21 May	Tamworth

High Jump

1.65	Jonathan	Powell	Welsh Masters	M40	1		25 Jun	Cardiff
1.55	Glyn	Price	Swansea	M40	8		6 May	Liverpool
1.55	Derek	Osborne	Brecon	M40	1		12 Jul	Cardiff
1.45	Sean	Power	Cardiff	M60	1		3 May	Cardiff
1.45	Keith	Powell	Newport	M45	1		3 May	Cardiff
1.45	Chris	Berry	Basingstoke	M45	1		25 Jun	Cardiff
1.44i	Geoff	Miller	Newport	M50		pen	4 Mar	Cardiff
1.40	Steve	Lewis	Cardiff	M40	1	b	3 May	Cardiff
1.40	Mike	Mullins	Rhondda	M40	3		12 Jul	Cardiff
1.35	John	Howe	Rhondda	M60	1		18 Jun	Exeter
1.25	Allan	Cheers	Basingstoke	M60	3		12 Jun	Woking
1.23i	Dai	Vaughan	Midlands Vets	M60		pen	4 Mar	Cardiff
1.20	Steve	Wadley	Newport	M45	4		3 May	Cardiff
1.20	Stuart	Powell	Cardiff	M50	2		12 Jul	Cardiff
1.15	John	Davies	Port Talbot	M55	3		12 Jul	Cardiff

Pole Vault

4.00i	Glyn	Price	Swansea	M40	2	4/5 Mar	Cardiff
	3.90				4	3 Jun	Swansea
3.60	Richard	Stubbs	Carmarthen	M40	2	13 May	Carmarthen
3.20	Greg	Murrow	Mansfield	M45	2	8 Jul	Birmingham
3.00	Derek	Osborne	Brecon	M40	2	3 Jun	Brecon
3.00	Keith	Powell	Newport	M45	2	9 Aug	Cardiff
2.90	John	Howe	Rhondda	M60	1	7 Jun	Cardiff
2.40	Chris	Berry	Basingstoke	M45	2	3 Jul	Portsmouth
2.40	Philip	Eddes	Cardiff	M35	3	9 Aug	Cardiff
2.40i	David	Stokes	Deeside	M40	4	2 Apr	Connah's Quay
2.05	Glyn	Sutton	Newport	M60	2	9 Aug	Cardiff

Long Jump (4.15)

5.82	David	Richards	Severn	M40	1	25 Jun	Cardiff
5.41	Derek	Osborne	Brecon	M40	dec	12 Aug	Oxford
5.34	Jon	Evans	Houghton & Peterlee	M45		12 Jun	Jarrow
5.34i	Geoff	Miller	Newport	M50	pen	4 Mar	Cardiff
	4.83				1	9 Aug	Cardiff
5.20	Richard	Ledger	Swansea	M35	1	9 Aug	Cardiff
5.08	Malcolm	Medhurst	Newport	M40	6 b	3 Jun	Newport
5.00	Glyn	Price	Swansea	M40	1 b	9 Aug	Cardiff
4.96	Keith	Powell	Newport	M45	1	25 Jun	Cardiff
4.94	Steven	Spires	Wrexham	M35	6	6 Aug	Aberdare
4.93i	Steve	Lewis	Cardiff	M40	7	4/5 Mar	Cardiff
	4.50				2	3 May	Cardiff
4.90i	Brian	Williamson	Cardiff	M55	2	4/5 Mar	Cardiff
	4.54				2	9 Aug	Cardiff
4.85i	David	Shields	Reading	M45	1	12 Dec	Thames Valley
	4.82				2	25 Jun	Cardiff
4.69	Mike	Mullins	Rhondda	M40	7	3 Jun	Brecon
4.67	Allan	Cheers	Basingstoke	M60	2	24 Apr	Basingstoke
4.62	Steve	Wadley	Newport	M45	3	25 Jun	Cardiff
4.52	Sean	Power	Cardiff	M60	1	3 May	Cardiff
4.34	Philip	Eddes	Cardiff	M35	2 b	9 Aug	Cardiff
4.30	Steve	Berney	Newport	M40	2 b	3 May	Cardiff
4.18	Glyn	Sutton	Newport	M60	1 b	9 Aug	Cardiff
4.15	Stuart	Powell	Cardiff	M50	2 b	9 Aug	Cardiff
	+						
3.92i	John	Evans	Rugby	M70	7	15 Mar	Linz
3.52	Trefor	Pugh	Maldwyn	M70	3	8 Jul	Birmingham

Triple Jump (8.12)

12.52	David	Richards	Severn	M40	1	25 Jun	Cardiff
12.12	Jon	Evans	Houghton & Peterlee	M45		6 Aug	Hexham
11.67i	Sean	Power	Cardiff	M60	1	4/5 Mar	Cardiff
	11.47				2	6 May	Aberdare
10.82w	Derek	Osborne	Brecon	M40	4	27 Aug	Cardiff
	10.74				1	12 Jul	Cardiff
10.57i	David	Shields	Reading	M45	3	4/5 Mar	Cardiff
	10.38				1	25 Jun	Cardiff
10.50	Geoff	Miller	Newport	M50		16 Jul	Blackpool
10.31	Malcolm	Medhurst	Newport	M40	8	3 Jun	Newport
10.22	Steven	Spires	Wrexham	M35	1	25 Jun	Cardiff
10.22i	Allan	Cheers	Basingstoke	M60	2	4/5 Mar	Cardiff
	9.97				2	22 May	Guildford

9.99	Brian	Williamson	Cardiff	M55	1	12 Jul	Cardiff
9.95	Keith	Powell	Newport	M45	2	12 Jul	Cardiff
9.45	Steve	Lewis	Cardiff	M40	2	7 Jun	Cardiff
9.23	Stuart	Powell	Cardiff	M50	1 b	7 Jun	Cardiff
8.84	Mike	Mullins	Rhondda	M40	4	12 Jul	Cardiff
8.81	Chris	Berry	Basingstoke	M45	2	25 Jun	Cardiff
8.55i	John	Evans	Rugby	M70	2	4/5 Mar	Cardiff
8.33	Gavin	Belcher	Newport	M35	1 b	12 Jul	Cardiff
8.31	Steve	Wadley	Newport	M45	1 b	7 Jun	Cardiff
8.12	Trefor	Pugh	Maldwyn	M65	1	25 Jun	Cardiff

Shot (7.39)

14.61i	Andrew	Turner	Bournemouth	M40	1	21 Jan	Cardiff
14.47					1	3 Jun	Bournemouth
11.75i	Nigel	Winchcombe	Notts	M45	2	4/5 Mar	Cardiff
11.18					4 b	3 Jun	Kingston
11.31	Mike	Rees	Rhondda	M40	1	9 Aug	Cardiff
10.90	Terry	Lalley	Swansea	M55	2	18 May	Nice
10.10	Glyn	Pugh	Rhondda	M45	4	6 May	Aberdare
10.10	Stephen	Orosz	Llanelli	M40	3	3 Jun	Brecon
9.75	Dino	Lantzoz	Newport	M40	5	1 Jul	Burton
8.99	Lawrence	Moore	Newport	M35	guest	6 Aug	Aberdare
8.67	Andrew	Davies	Aberdare	M40	2	25 Jun	Cardiff
8.57	Arthur	Kingsbury	Rhondda	M40	1 b	3 May	Cardiff
8.37	David	Stokes	Deeside	M40	4 b	6 Aug	Aberdare
8.28	Derek	Osborne	Brecon	M40	dec	12 Aug	Oxford
7.63	Philip	Eddes	Cardiff	M35	3	9 Aug	Cardiff
7.46	Chris	Berry	Basingstoke	M45	2	25 Jun	Cardiff
7.39	Steve	Wadley	Newport	M45	2 b	9 Aug	Cardiff

6k (7.53)

11.77	Terry	Lalley	Swansea	M55	1	11 Jun	Solihull
9.14	David	Maggs	Gateshead	M50	pen	18 Jun	Milton Keynes
8.78	Geoff	Miller	Newport	M50	2	9 Aug	Cardiff
8.04	Bob	Greuter	Rhondda	M50	1 b	3 May	Cardiff
8.04	Stuart	Powell	Cardiff	M50	3	9 Aug	Cardiff
7.53	James	Ellis	Welsh Masters	M55	1	25 Jun	Cardiff

5k

10.29i	John	Howe	Rhondda	M60	1	5 Feb	Sutton
9.94					3	11 Jun	Solihull
8.68	Glyn	Sutton	Newport	M60	2	3 May	Cardiff
8.13i	Brian	Webb	Cardiff	M65	2	4/5 Mar	Cardiff
8.03i	Dai	Vaughan	Midlands Vets	M60	pen	4 Mar	Cardiff
7.85	Huw	Morgan	Pembrokeshire	M60	4	9 Aug	Cardiff
7.77	John	Loney	Rhondda	M65	n/s	3 May	Cardiff

4k

6.46	Bill	Kingsbury	Rhondda	M75	1	25 Jun	Cardiff
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Discus

44.65	Andrew	Turner	Bournemouth	M40	2	16 May	Bournemouth
37.45	Terry	Lalley	Swansea	M55	2	25 May	Nice
34.63	Nigel	Winchcombe	Notts	M45	6	3 Jun	Kingston
30.49	Glyn	Pugh	Rhondda	M45	4	6 May	Aberdare
29.92	David	Stokes	Deeside	M40	1 b	3 Jun	Brecon
29.34	Dino	Lantzoz	Newport	M40	6	19 Jul	Newport

28.37	Stephen	Orosz	Llanelli	M40	5	2 Jul	Wrexham
27.94	Andrew	Davies	Aberdare	M40	3	6 Aug	Aberdare
26.48	Lawrence	Moore	Newport	M35	2	9 Aug	Cardiff
25.08	Derek	Osborne	Brecon	M40		dec 13 Aug	Oxford
23.25	David	Shields	Reading	M45	3	8 Jul	Birmingham
22.24	Philip	Eddes	Cardiff	M35	3	9 Aug	Cardiff
21.43	John	Davies	Port Talbot	M55	3	2 Jul	Wrexham
20.93	Steve	Wadley	Newport	M45	3	25 Jun	Cardiff
19.20	Arthur	Kingsbury	Rhondda	M40	2	b 7 Jun	Cardiff

1.5k (19.64)

40.06	Terry	Lalley	Swansea	M55	1	15 Apr	La Seyne sur Mer
34.57	David	Maggs	Gateshead	M50	2	31 May	Monkton
28.37	Stuart	Powell	Cardiff	M50	3	9 Aug	Cardiff
26.15	John	Davies	Port Talbot	M55	1	25 Jun	Cardiff
23.31	Bob	Grenter	Rhondda	M55		n/s 7 Jun	Cardiff
21.88	James	Ellis	Welsh Masters	M55	2	25 Jun	Cardiff
19.64	Geoff	Miller	Newport	M50	5	9 Aug	Cardiff
17.55	John	Watkins	Newport	M50		n/s 9 Aug	Cardiff
17.06	Alan	Perkins	Port Talbot	M55	3	b 9 Aug	Cardiff
15.24	Dave	Proffitt	Newport	M50	3	b 7 Jun	Cardiff

1k

34.12	Huw	Morgan	Pembroke	M60	2	25 Jun	Cardiff
33.60	John	Howe	Rhondda	M60	1	9 Aug	Cardiff
24.78	John	Loney	Rhondda	M65	1	b 9 Aug	Cardiff
21.90	Sean	Power	Cardiff	M60	2	b 7 Jun	Cardiff
18.79	Bill	Kingsbury	Rhondda	M75		n/s 7 Jun	Cardiff
18.27	Glyn	Sutton	Newport	M60	2	b 9 Aug	Cardiff

Hammer

50.79	Nigel	Winchcombe	Notts	M45	2	1 Jul	Ashford
47.35	Andrew	Turner	Bournemouth	M40	1	b 3 Jun	Bournemouth
43.84	Terry	Lalley	Swansea	M55	3	7 Jan	Nice
38.09	David	Maggs	Gateshead	M50	6	30 Jul	Derby
37.83	Dino	Lantzoz	Newport	M40	4	30 Jul	Stoke
34.70	Glyn	Pugh	Rhondda	M45	1	3 Jun	Brecon
31.55	Stephen	Orosz	Llanelli	M40	3	2 Jul	Wrexham
28.73	Derek	Osborne	Brecon	M40	4	2 Jul	Wrexham
25.71	David	Stokes	Deeside	M40	1	b 3 Jun	Brecon
23.87	Lawrence	Moore	Newport	M35	1	b 12 Jul	Cardiff
23.32	John	Davies	Port Talbot	M55	3	12 Jul	Cardiff
16.40	Arthur	Kingsbury	Rhondda	M40	2	b 3 May	Cardiff

6k

44.54	Terry	Lalley	Swansea	M55	1	11 Jun	Solihull
43.38	David	Maggs	Gateshead	M50	1	25 Jun	Cardiff
28.13	Phil	James	Newport	M50	1	12 Jul	Cardiff
25.63	John	Davies	Port Talbot	M55	1	3 May	Cardiff
20.03	Bob	Grenter	Rhondda	M55	1	b 12 Jul	Cardiff
19.36	Stuart	Powell	Cardiff	M50	3	3 May	Cardiff
16.88	Alan	Perkins	Port Talbot	M55	2	b 12 Jul	Cardiff
12.60	Colin	Bradley	Newport	M50	3	b 12 Jul	Cardiff
11.33	John	Watkins	Newport	M50		n/s 12 Jul	Cardiff

5k

26.01	John	Loney	Rhondda	M65	2	12 Jul	Cardiff
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25.38	John	Howe	Rhondda	M60	1	b	12 Jul	Cardiff
13.17	Glyn	Sutton	Newport	M60	2	b	3 May	Cardiff

4k

23.54	Bill	Kingsbury	Rhondda	M75	1		25 Jun	Cardiff
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Javelin (22.03)

55.76	Jonathan	Clarke	Swansea	M35	1	b	6 May	Liverpool
52.64	Jonathan	Powell	Welsh Masters	M40	1		25 Jun	Cardiff
41.48	Lawrence	Moore	Newport	M35	1		3 Jun	Brecon
37.47	Geoff	Van Klaveren	Hercules Wimbledon	M45	6		19 Mar	Kingston
35.92	Andrew	Turner	Bournemouth	M40	2		9 Apr	Bournemouth
34.51	Andrew	Davies	Aberdare	M40	3		25 Jun	Cardiff
33.56	John	Davies	Port Talbot	M55	4		3 Jun	Brecon
33.54	Derek	Osborne	Brecon	M40	1		7 Jun	Cardiff
31.68	John	Howe	Rhondda	M60	3	b	6 Aug	Aberdare
30.93	Richard	Ledger	Swansea	M35	2		12 Jul	Cardiff
30.85	Arthur	Kingsbury	Rhondda	M40	2		7 Jun	Cardiff
28.88	Keith	Powell	Newport	M45	3		7 Jun	Cardiff
28.62	Steve	Wadley	Newport	M45	2		25 Jun	Cardiff
25.85	Glyn	Pugh	Rhondda	M45	2	b	7 Jun	Cardiff
22.82	Dino	Lantzoz	Newport	M40		n/s	7 Jun	Cardiff
22.03	Colin	Bradley	Newport	M50	3		2 Jul	Wrexham

700g

35.13	John	Davies	Port Talbot	M55	1		12 Jul	Cardiff
29.86	David	Maggs	Gateshead	M50		pen	24 Sep	Milton Keynes
28.72	Stuart	Powell	Cardiff	M50	2		12 Jul	Cardiff
30.35	Terry	Lalley	Swansea	M55		pen	24 Sep	Milton Keynes
21.54	John	Watkins	Newport	M50	4		7 Jun	Cardiff
21.33	Bob	Greuter	Rhondda	M55	1	b	12 Jul	Cardiff
21.11	John	Watkins	Newport	M50	2	b	12 Jul	Cardiff
20.87	Alan	Perkins	Port Talbot	M55	5		7 Jun	Cardiff

600g

30.03	John	Howe	Rhondda	M60	2		7 Jun	Cardiff
28.92	Sean	Power	Cardiff	M60	3		7 Jun	Cardiff
20.40	John	Loney	Rhondda	M65		n/s	7 Jun	Cardiff

Weight

14.54	Andrew	Turner	Bournemouth	M40		pen	20 Aug	Bournemouth
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11.34kg

15.22	Terry	Lalley	Swansea	M55	1		9 Jul	Birmingham
13.20	David	Maggs	Gateshead	M50	3		9 Jul	Birmingham

7.26kg

9.08	Bill	Kingsbury	Rhondda	M75	3		9 Jul	Birmingham
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Pentathlon

5060	Derek	Osborne	Brecon	M40	3		13 Aug	Oxford
2760i	Geoff	Miller	Newport	M50	3		4 Mar	Cardiff

Decathlon

5060	Derek	Osborne	Brecon	M40	3		13 Aug	Oxford
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WELSH MASTERS RANKINGS 2006 (FEMALE)

Updated by Darryn McAtee 31st December 2006

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

WOMEN

100 Metres

13.3w	Amanda	Wale	Wrexham	W35	3	6 May	Aberdare
	13.54				3	24 Jun	Le Touquet
14.1	Sue	Hooper	Cardiff	W40	2 b	3 Jun	Brecon
14.1	Lolita	Byfield Moore	Newport	W40	guest	6 Aug	Aberdare
15.1	Sharon	Whyte	Cardiff	W40	2	9 Aug	Cardiff
15.7	Natalie	Williams	Rhondda	W35	3	9 Aug	Cardiff
16.0	Sue	Collins	Rhondda	W35	1 b	9 Aug	Cardiff
17.8	Dorothy	Morgan	Pembroke	W60	1	25 Jun	Cardiff
17.8	Anne	Follan	Rhondda/Pontypridd	W35	n/s	9 Aug	Cardiff
18.5	Mary	Webb	Cardiff	W70	1	25 Jun	Cardiff
20.7	Tracey	Newman	Les Croupiers	W35	4	9 Aug	Cardiff

200 Metres

27.5	Amanda	Wale	Wrexham	W35	2	2 Jul	Wrexham
29.1	Sue	Hooper	Cardiff	W40	1	12 Jul	Cardiff
29.2	Lolita	Byfield Moore	Newport	W40	1 b	6 Aug	Aberdare
30.8	Jenny	Phillips	Llanelli	W40	3	12 Jul	Cardiff
31.7	Jackie	Urwin	South Wales Police	W35	guest	7 Jun	Cardiff
35.8	Anne	Follan	Rhondda/Pontypridd	W35	3	7 Jun	Cardiff
38.6	Dorothy	Morgan	Pembroke	W60	1	25 Jun	Cardiff
42.8	Clare	Johnson	Les Croupiers	W50	1	7 Jun	Cardiff

400 Metres

65.6	Sue	Hooper	Cardiff	W40	1	6 Aug	Aberdare
68.2	Jenny	Phillips	Llanelli	W40	1	9 Aug	Cardiff
85.2	Lolita	Byfield Moore	Newport	W40	2	9 Aug	Cardiff
120.0	Tracey	Newman	Les Croupiers	W35	3	9 Aug	Cardiff

800 Metres

2:28.1	Jenny	Phillips	Llanelli	W40	3	2 Jul	Wrexham
2:28.14	Amanda	Wale	Wrexham	W35	hep	11 Jun	Stoke
2:40.28i	Pat	Gallagher	Westbury	W60	1	4 Mar	Cardiff
	2:44.4				1	25 Jun	Cardiff
2:47.51	Wendy	Huggins	Swansea	W45	7	3 Jun	Wigan
2:49.4	Ann	Saxena	Newport	W50	1	7 Jun	Cardiff
3:00.6	Anne	Follan	Rhondda/Pontypridd	W35	5	12 Jun	Brecon
3:24.1	Karen	Hopwood	Deeside	W45	1 d	18 Jun	Macclesfield
3:41.0	Clare	Johnson	Les Croupiers	W50	2	7 Jun	Cardiff

1500 Metres

5:07.05	Jenny	Phillips	Llanelli	W40	1	8 Jul	Birmingham
5:22.50i	Pat	Gallagher	Westbury	W60		8 Feb	Cardiff
	5:32.0				1	25 Jun	Cardiff
5:35.0	Wendy	Huggins	Swansea	W45	2	6 May	Aberdare
5:37.6	Ann	Saxena	Newport	W50	1	7 Jun	Cardiff

5:40.4	Alison	Whitelaw	Wrexham	W45	4	6 May	Aberdare
5:44.3	Anne	Follan	Rhondda/Pontypridd	W35	5	23 Aug	Neath
5:49.63i	Janet Obeney-Williams		Orion	W40	4	5 Mar	Cardiff
6:18.4	Fiona	Davies	Bridgend	W50	1	6 May	Aberdare
6:52.2	Karen	Hopwood	Deeside	W45	1	28 May	Deeside
7:11.0	Tracey	Newman	Les Croupiers	W35	3	9 Aug	Cardiff
7:12.6	Clare	Johnson	Les Croupiers	W50	2	7 Jun	Cardiff
8:39.73i	Betty	Norrish	Vets AC	W75	1	5 Mar	Cardiff
	10:01.68				1	8 Jul	Birmingham

3000 Metres

11:14.3	Jenny	Phillips	Llanelli	W35	1	3 May	Cardiff
11:35.90i	Pat	Gallagher	Westbury	W60	3	21 Jan	Cardiff
11:39.3	Ann	Saxena	Newport	W50	7	7 May	Birmingham
11:49.9	Alison	Whitelaw	Wrexham	W45	2	6 May	Aberdare
11:51.1	Wendy	Huggins	Swansea	W45	1	13 May	Carmarthen
12:15.4	Anne	Follan	Rhondda/Pontypridd	W35	5	6 May	Aberdare
12:27.2	Diane	Wilson-Evans	Swansea	W45	2	13 May	Carmarthen
12:33.9	Linda	Haywood	Brecon	W45	2	12 Jun	Brecon
14:24.9	Carole	Fereday	Newport	W55	1	3 May	Cardiff
15:09.5	Karen	Hopwood	Deeside	W45	13	18 Jun	Macclesfield
20:30.32i	Betty	Norrish	Vets AC	W75	1	4 Mar	Cardiff

5000 Metres

20:38.8	Ann	Saxena	Newport	W50	1	25 Jun	Cardiff
21:38.6	Anne	Follan	Rhondda/Pontypridd	W35	2	25 Jun	Cardiff
33:44.44	Betty	Norrish	Vets AC	W75	1	8 Jul	Birmingham

100 Metres Hurdles

15.8	Amanda	Wale	Wrexham	W35	1	3 Jun	Brecon
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400 Metres Hurdles

1:20.00	Amanda	Wale	Wrexham	W35	5	24 Jun	Le Touquet
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1000m Walk

6:24	Cath	McGrath	West Cheshire/W&B	W50	2	8 Jul	Carmarthen
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2000m Walk

13:32.3	Cath	McGrath	West Cheshire/W&B	W50		9 Aug	Sutton Coldfield
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3000m Walk

19:29.4	Cath	McGrath	West Cheshire/W&B	W50	1	10 Sep	Hyndburn
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High Jump

1.50i	Amanda	Wale	Wrexham	W35		pen	4 Mar	Cardiff
	1.48				1		3 Jun	Brecon
1.10	Jane	Goatcher	Croydon	W45	1		25 Jun	Cardiff

Pole Vault

Long Jump

5.05	Amanda	Wale	Wrexham	W35	1	2 Jul	Wrexham
4.28	Jenny	Phillips	Llanelli	W40	1	2 Jul	Wrexham
3.89	Sharon	Whyte	Cardiff	W40	1	9 Aug	Cardiff

3.39	Sue	Collins	Rhondda	W35	2	9 Aug	Cardiff
3.27	Natalie	Williams	Rhondda	W35	1 b	9 Aug	Cardiff
3.26	Ann	Saxena	Newport	W50	1	9 Aug	Cardiff
3.08	Lolita	Byfield Moore	Newport	W40	3	9 Aug	Cardiff

Triple Jump

Shot

12.50	Jayne	Berry	Brecon	W35	1	6 Aug	Aberdare
10.91i	Alyson	Hourihan	Cardiff	W45	1	4 Mar	Cardiff
		10.41			1	13 May	Aberdare
9.56i	Amanda	Wale	Wrexham	W35	1	8 Jan	Deeside
		9.35			3	3 Jun	Brecon
8.75	Karen	Llewelin	Pembroke	W40	5	27 Aug	Cardiff
7.30	Sharon	Whyte	Cardiff	W40	1	9 Aug	Cardiff
7.15	Alice	Simmons	Newport	W40	7	3 Jun	Bedford
6.98	Jane	Goatcher	Croydon	W45	1	25 Jun	Cardiff
6.28	Lolita	Byfield Moore	Newport	W40	2	9 Aug	Cardiff
5.94	Nance	Halling	Rhondda	W40	2	3 May	Cardiff
5.89	Sue	Collins	Rhondda	W35	3	9 Aug	Cardiff

3kg

7.49	Dorothy	Morgan	Pembroke	W60	1	25 Jun	Cardiff
3.96	Ann	Saxena	Newport	W50	1	9 Aug	Cardiff

Discus

37.52	Alyson	Hourihan	Cardiff	W45	1	13 May	Aberdare
33.14	Jayne	Berry	Brecon	W35	2	12 Jun	Brecon
25.95	Karen	Llewelin	Pembroke	W40	2	6 Aug	Aberdare
22.45	Alice	Simmons	Newport	W40	7	3 Jun	Bedford
19.28	Nance	Halling	Rhondda	W40	2	7 Jun	Cardiff
19.23	Dorothy	Morgan	Pembroke	W60	1	25 Jun	Cardiff
19.14	Jane	Goatcher	Croydon	W45	1	25 Jun	Cardiff
14.86	Sue	Collins	Rhondda	W35	1 b	9 Aug	Cardiff
11.37	Wendy	Huggins	Swansea	W45	8 b	3 Jun	Wigan

Hammer

31.27	Alyson	Hourihan	Cardiff	W45	2	6 May	Aberdare
31.19	Jayne	Berry	Brecon	W35	3	6 Aug	Aberdare
27.24	Alice	Simmons	Newport	W40	3 b	2 Jul	Coventry
26.75	Karen	Llewelin	Pembroke	W40	3	27 Aug	Cardiff
20.57	Nance	Halling	Rhondda	W40	1	3 May	Cardiff
19.47	Jane	Goatcher	Croydon	W45	3	20 May	Croydon
15.75	Sue	Collins	Rhondda	W35	1	12 Jul	Cardiff

3k

22.92	Dorothy	Morgan	Pembroke	W60	1	25 Jun	Cardiff
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Javelin

32.30	Alyson	Hourihan	Cardiff	W45	1	13 May	Aberdare
28.97	Jayne	Berry	Brecon	W35	2	12 Jun	Brecon
28.50	Amanda	Wale	Wrexham	W35	pen	13 Aug	Oxford
19.09	Jane	Goatcher	Croydon	W45	1	25 Jun	Cardiff
18.90	Lolita	Byfield Moore	Newport	W40	1	6 Aug	Aberdare
17.20	Karen	Llewelin	Pembroke	W40	2	6 May	Aberdare
16.72	Sue	Collins	Rhondda	W35	1	12 Jul	Cardiff

12.00	Cath	McGrath	West Cheshire/W&B	W50		6 Jul	Stoke
11.97	Nance	Halling	Rhondda	W40	2	7 Jun	Cardiff

3k

17.36	Dorothy	Morgan	Pembroke	W60	1	25 Jun	Cardiff
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Heptathlon

3949	Amanda	Wale	Wrexham	W35	1	13 Aug	Oxford
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