

# WELSH MASTERS RANKINGS 2007 (MALE)

Updated by Darryn McAtee 20<sup>th</sup> September 2007

Any amendments/additions to these lists should be sent to me on  
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## MEN

### 60 Metres (8.15)

7.6	Darrell	Maynard	Birchfield	M45	guest	15 Aug	Cardiff
7.8	Steve	Hendrickson	Cardiff	M45	1	15 Aug	Cardiff
7.8	Richard	Ledger	Swansea	M35	2	15 Aug	Cardiff
7.8	Vincent	Lewis	Port Talbot	M35	3	15 Aug	Cardiff
7.9	Eric	Oram	Welsh Masters	M45	n/s	15 Aug	Cardiff
8.0i	Glyn	Sutton	Newport	M60	1	18 Feb	Sutton
8.1	Nigel	Greenway	Swansea	M40	1 b	15 Aug	Cardiff
8.15i	Brian	Williamson	Rhondda	M55	2	3 Mar	Lee Valley

### 100 Metres (14.4)

11.1	Chris	Millard	Bristol	M40	1	3 Jun	Yate
11.84w	Geoff	Ingram	Wycombe Phoenix	M35	dec	7 Jul	Oxford
12.0	Glyn	Sutton	Newport	M60	6 b	4 Aug	Telford
12.2	Steve	Hendrickson	Cardiff	M45	3	23 Jun	Carmarthen
12.2	Steven	Spires	Wrexham	M35	1	8 Jul	Cardiff
12.3	Ricky	Fox	Blackheath & Bromley	M40	2	8 Jun	Bromley
12.3	Gareth	Davies	Oxford City	M35	1	18 Jun	Bracknell
12.4	Ian	Broadhurst	Wrexham	M50	2	3 Jun	Ashford
12.4	Steve	Berney	Newport	M40	2	8 Jul	Cardiff
12.4	Nigel	Greenway	Swansea	M40	4	22 Aug	Neath
12.6	Vincent	Lewis	Port Talbot	M35	5	23 Jun	Carmarthen
12.7	Jon	Evans	Houghton & Peterlee	M45	3	21 May	Jarrow
12.7	Eric	Oram	Welsh Masters	M45	2	8 Jul	Cardiff
12.8	Richard	Ledger	Swansea	M35	3	16 May	Cardiff
13.1	Bilal	Namani	Rhondda	M50	1	8 Jul	Cardiff
13.12	Brian	Williamson	Rhondda	M55	4 ht5	6 Sep	Riccione
13.2	Steve	Lewis	Cardiff	M40	4	8 Jul	Cardiff
13.3	Keith	Powell	Newport	M45	5	16 May	Cardiff
13.4	Gavin	Belcher	Newport	M35	3 b	16 May	Cardiff
13.4	Graeme	Knowles	Cwmbran	M50	2	16 May	Cardiff
13.5	Steve	Wadley	Newport	M45	3	8 Jul	Cardiff
13.6	Derek	Osborne	Brecon	M40	6	16 May	Cardiff
13.8	Jeremy	Mower	Gloucester	M40	1 b	9 Sep	Yate
13.9	Geoff	Miller	Newport	M50	n/s b	16 May	Cardiff
13.9	John	Watkins	Newport	M50	1 b	16 May	Cardiff
13.9	Rod	Howe	Cardiff	M55	2	17 Jun	Exeter
14.1	David	James	Wrexham	M40	5 b	23 Jun	Carmarthen
14.4	Huw	Morgan	Pembroke	M65	1	8 Jul	Cardiff
+							
15.9	John	Evans	Rugby	M70	1	8 Jul	Cardiff
16.5	Hubert	Daniels	Swansea	M75	1	8 Jul	Cardiff
18.7	Trefor	Pugh	Maldwyn	M70	2	8 Jul	Cardiff

### 150m (20.4)

18.6	Steve	Hendrickson	Cardiff	M45	1	13 Jun	Cardiff
18.9	Nigel	Greenway	Swansea	M40	2	13 Jun	Cardiff
19.0	Glyn	Sutton	Newport	M60	1	13 Jun	Cardiff
19.3	Vincent	Lewis	Port Talbot	M35	3	13 Jun	Cardiff
20.1	Derek	Osborne	Brecon	M40	4	13 Jun	Cardiff
20.3	Steve	Lewis	Cardiff	M40	1 b	13 Jun	Cardiff
20.4	Steve	Wadley	Newport	M45	2 b	13 Jun	Cardiff
20.4	Glyn	Price	Swansea	M40	3 b	13 Jun	Cardiff

### 200 Metres

22.56	Chris	Millard	Bristol	M40	1	23 Jun	Tournai, Belgium
24.57	Ian	Broadhurst	Wrexham	M50	1	3 Jun	Ashford
24.7	Steve	Hendrickson	Cardiff	M45	1	11 Jul	Cardiff
25.1	Nigel	Greenway	Swansea	M40	2	11 Jul	Cardiff
25.3	Glyn	Sutton	Newport	M60	1	11 Jul	Cardiff
25.3	Gareth	Davies	Oxford City	M35	3	19 Aug	Ashford
25.6	Steven	Spires	Wrexham	M35	1	8 Jul	Cardiff
25.6	Richard	Ledger	Swansea	M35	1 b	11 Jul	Cardiff
25.7	Ricky	Fox	Blackheath & Bromley	M40	4	19 Aug	Ashford
26.1	Steve	Berney	Newport	M40	3	8 Jul	Cardiff
26.2	Jon	Evans	Houghton & Peterlee	M45	2	11 Jun	Jarrow
26.7	Keith	Powell	Newport	M45	3	11 Jul	Cardiff
26.9	Steve	Lewis	Cardiff	M40	2	12 May	Aberdare
26.92	Brian	Williamson	Rhondda	M55	6	29 Jul	Birmingham
28.2	Rod	Howe	Cardiff	M55	3	12 May	Aberdare
28.4	Darryn	McAtee	Newport	M45	2 b	11 Jul	Cardiff
28.6	David	James	Wrexham	M40		8 Sep	Colwyn Bay
28.9	Vincent	Lewis	Port Talbot	M35	2	8 Jul	Cardiff
30.2	Huw	Morgan	Pembroke	M65	1	8 Jul	Cardiff
30.5	Len	Tew	Port Talbot	M70	5	11 Jul	Cardiff
30.5	Mike	Davies	Les Croupiers	M55	6	11 Jul	Cardiff
31.1	Wayne	Bellamy	Swansea	M35	3	8 Jul	Cardiff
31.5	Mel	James	Port Talbot	M60	1 b	11 Jul	Cardiff
33.3	John	Evans	Rugby	M70	6 ht5	9 Sep	Riccione
35.0	Hubert	Daniels	Swansea	M75	1	8 Jul	Cardiff
38.2	Trefor	Pugh	Maldwyn	M70	2	8 Jul	Cardiff

### 300 Metres (42.3)

40.3	Nigel	Greenway	Swansea	M40	1	13 Jun	Cardiff
40.7	Vincent	Lewis	Port Talbot	M35	2	13 Jun	Cardiff
40.6	Steve	Hendrickson	Cardiff	M45	2	15 Aug	Cardiff
41.4	Malcolm	Medhurst	Newport	M40	4	13 Jun	Cardiff
41.7	Bilal	Namani	Rhondda	M50	1	13 Jun	Cardiff
41.8	Glyn	Sutton	Newport	M60	1	13 Jun	Cardiff
41.9	Vincent	Lewis	Port Talbot	M35	3	15 Aug	Cardiff
42.3	Derek	Osborne	Brecon	M40	5	13 Jun	Cardiff

### 400 Metres (72.6)

53.5	Sean	Price	Rhondda	M40	1		8 Jul	Cardiff
54.0	Chris	Millard	Bristol	M40	2		13 May	Yate
55.33	Ian	Broadhurst	Wrexham	M50	4	sf1	13 Sep	Riccione
56.59	Geoff	Ingram	Wycombe Phoenix	M35		dec	7 Jul	Oxford
56.6	Brett	Davis	Newport	M40	3		8 Jul	Cardiff
57.2	Malcolm	Medhurst	Newport	M40	5	b	11 Aug	Brecon
57.3	David	Harries	Swindon	M50	1		8 Jul	Cardiff
57.4	Bilal	Namani	Rhondda	M50	2		8 Jul	Cardiff
58.2	Gavin	Belcher	Newport	M35	1		13 May	Cwmbran
58.3	Nigel	Greenway	Swansea	M40	4		22 Aug	Neath
59.2	Vincent	Lewis	Port Talbot	M35	2		16 May	Cardiff
59.9	Jon	Evans	Houghton & Peterlee	M45	2		21 May	Jarrow
60.0	Ricky	Fox	Blackheath & Bromley	M40	1		21 May	Ashford
60.3	Derek	Osborne	Brecon	M40	4		16 May	Cardiff
60.9	Paul	Young	Newport	M40	1	b	11 Jul	Cardiff
61.51i	Brian	Williamson	Rhondda	M55	5		3 Mar	Lee Valley
64.0					3		11 Jul	Cardiff
61.6	Darryn	McAtee	Newport	M45	1		8 Jul	Cardiff
62.4	Rod	Howe	Cardiff	M55	1		8 Jul	Cardiff
63.5	John	Watkins	Newport	M50	2		11 Jul	Cardiff
65.6	John	Diffey	Les Croupiers	M40		guest	16 May	Cardiff
66.7	Jeremy	Mower	Gloucester	M40	8		5 May	Birmingham
66.8	Geoff	Miller	Newport	M50	2	b	16 May	Cardiff
67.3	Glyn	Price	Swansea	M40	2		11 Jul	Cardiff
70.1	John	Davies	Port Talbot	M55	3	b	16 May	Cardiff
71.5	Mike	Davies	Les Croupiers	M55	4		11 Jul	Cardiff
71.6	Len	Tew	Port Talbot	M70	5		11 Jul	Cardiff
72.6	Wayne	Bellamy	Swansea	M35	5		16 May	Cardiff
72.6	Mel	James	Port Talbot	M60	n/s	b	16 May	Cardiff
+								
81.7	William	Davies	Winchester	M75	1		8 Jul	Cardiff

### 600 Metres (1:47.0)

1:32.1	Brett	Davis	Newport	M40	1		13 Jun	Cardiff
1:33.0	Bilal	Namani	Rhondda	M50	1		13 Jun	Cardiff
1:33.5	Malcolm	Medhurst	Newport	M40	1	b	13 Jun	Cardiff
1:47.0	John	Watkins	Newport	M50	2		13 Jun	Cardiff

### 800 Metres (3:08.57)

2:03.2	Sean	Price	Rhondda	M40	3		23 Jun	Carmarthen
2:08.2	Bilal	Namani	Rhondda	M55	3	b	11 Aug	Brecon
2:08.39	Brett	Davis	Newport	M40	2	b	29 Jul	Birmingham
2:13.3	Malcolm	Medhurst	Newport	M40	6		4 Jul	Cheltenham
2:18.4	Darryn	McAtee	Newport	M45	4		18 Jul	Cheltenham
2:18.9	Ricky	Fox	Blackheath & Bromley	M40	3		2 Jul	Canterbury
2:21.1	Derek	Osborne	Brecon	M40	2		15 Aug	Cardiff
2:22.81i	Paul	Young	Newport	M40	10		4 Mar	Lee Valley
	2:27.8				10		4 Jul	Cheltenham
2:27.0	Clive	Osmond	Les Croupiers	M45	3		16 May	Cardiff
2:38.7	John	Diffey	Les Croupiers	M40	guest		15 Aug	Cardiff
2:40.0	Len	Richards	Port Talbot	M55	2		15 Aug	Cardiff
2:48.0	Mel	James	Port Talbot	M60	1	b	15 Aug	Cardiff
2:48.9	Len	Tew	Port Talbot	M70	n/s		15 Aug	Cardiff
2:49.4	Gary	Hyatt	Les Croupiers	M55	1		8 Jul	Cardiff
2:52.6	Vincent	Lewis	Port Talbot	M35	4		16 May	Cardiff
2:57.7	Julian	Smith	Swansea	M35	4		15 Aug	Cardiff
3:06.9	Carwyn	Hughes	Havant	M70	5		9 Jul	Portsmouth
3:08.57i	William	Davies	Winchester	M75	1		4 Mar	Lee Valley
	3:09.0				1		8 Jul	Cardiff

### 1000 Metres (3:46.8)

2:50.6	Phil	Crane	Neath	M45	1		11 Jul	Cardiff
2:53.3	Brett	Davis	Newport	M40	2		11 Jul	Cardiff
2:54.5	Bilal	Namani	Rhondda	M55	1		11 Jul	Cardiff
3:25.4	Darryn	McAtee	Newport	M45	1	b	11 Jul	Cardiff
3:31.2	Len	Richards	Port Talbot	M55	2		11 Jul	Cardiff
3:33.1	Dave	Proffitt	Newport	M50	3		11 Jul	Cardiff
3:41.0i	Steven	Spires	Wrexham	M35		pen	18 Feb	Lee Valley
3:45.8	Julian	Smith	Swansea	M35	3		11 Jul	Cardiff
3:46.8	Mel	James	Port Talbot	M60	1	b	11 Jul	Cardiff

**1500 Metres (6:33.0)**

4:22.4	Phil	Crane	Neath	M45	1		8 Jul	Cardiff
4:26.83	Mike	Robbins	Wrexham	M40			10 Jul	Trafford
4:32.2	Neil	Hardee	Newport	M40	1		8 Jul	Cardiff
4:34.3	Nigel	Webb	Les Croupiers	M45	1		10 Jun	Solihull
4:35.2	Richard	Bullen	Les Croupiers	M45	2		13 Jun	Cardiff
4:36.75i	Brett	Davis	Newport	M40	6	ht2	20 Jan	Cardiff
4:40.4	Kevin	Blake	Swansea	M40	guest		15 Aug	Cardiff
4:44.4	Lee	Aherne	Club 69	M40	2		8 Jul	Cardiff
4:49.8	Darryn	McAtee	Newport	M45	7		11 Aug	Brecon
4:53.5	Jeremy	Mower	Gloucester	M40	1		1 Aug	Gloucester
4:54.9	Malcolm	Medhurst	Newport	M40	2		15 Aug	Cardiff
4:55.5	Paul	Young	Newport	M40	6	b	5 May	Tamworth
4:57.0	Clive	Osmond	Les Croupiers	M45	3		15 Aug	Cardiff
4:58.0	Dylan	Owen	Les Croupiers	M40	guest		15 Aug	Cardiff
5:00.0	Martin	Pinnell	Rhondda	M50	1		8 Jul	Cardiff
5:10.27	Geoff	Ingram	Wycombe Phoenix	M35		dec	8 Jul	Oxford
5:13.7	Alan	Perkins	Port Talbot	M55	3		23 Jun	Carmarthen
5:22.7	Elio	Lepore	Les Croupiers	M50	2		13 Jun	Cardiff
5:22.8	John	Diffey	Les Croupiers	M40	guest		15 Aug	Cardiff
5:29.2	Len	Richards	Port Talbot	M55	1		8 Jul	Cardiff
5:29.3	Dave	Proffitt	Newport	M50	3		13 Jun	Cardiff
5:32.46i	Len	Tew	Port Talbot	M70	1		3 Mar	Lee Valley
	5:57.5				n/s		15 Aug	Cardiff
5:42.4	Mark	Davies	Port Talbot	M35	1		8 Jul	Cardiff
5:45.1	Mel	James	Port Talbot	M60	1	b	15 Aug	Cardiff
5:49.6	Gary	Hyatt	Les Croupiers	M55	2		8 Jul	Cardiff
5:51.5	Julian	Smith	Swansea	M35	4		15 Aug	Cardiff
5:54.3	Steve	Aylett	Swansea	M60	2		15 Aug	Cardiff
5:56.8	Ken	Buckle	Cheltenham	M65	1		8 Jul	Cardiff
6:06.2	Tony	Holling	Port Talbot	M50	n/s		15 Aug	Cardiff
6:13.7	John	Davies	Port Talbot	M55	3		11 Aug	Brecon
6:21.9	John	Collins	Swansea	M65	2	b	15 Aug	Cardiff
6:33.0	William	Davies	Winchester	M75	1		8 Jul	Cardiff

### 3000 Metres

9:31.28	Mike	Robbins	Wrexham	M40	15	29 May	Trafford
9:39.18	Geran	Hughes	Abergele	M40	16	29 May	Trafford
9:45.7	Lee	Aherne	Club 69	M40	1	13 May	Cwmbran
9:47.0	Richard	Bullen	Les Croupiers	M45	1	16 May	Cardiff
10:00.8	Neil	Hardee	Newport	M40	2	16 May	Cardiff
10:08.3	Phil	Crane	Neath	M45	3	16 May	Cardiff
10:18.35i	Nigel	Webb	Les Croupiers	M45	3	4 Mar	Lee Valley
10:25.7	Peter	Crane	Neath	M45	1 b	16 May	Cardiff
10:26.38i	Huw	Roberts	Bridgend	M50	6	4 Mar	Lee Valley
	10:30.6				1	11 Jul	Cardiff
10:29.8	Keith	Davies	Les Croupiers	M35??	2	13 May	Cwmbran
10:30.4	Mick	Tabor	Les Croupiers	M50	1	16 May	Cardiff
10:30.64i	Paul	Ross-Davies	Invicta	M55	4	4 Mar	Lee Valley
10:53.6	Malcolm	Medhurst	Newport	M40	1	11 Jul	Cardiff
10:58.6	Darryn	McAtee	Newport	M45	1 b	11 Jul	Cardiff
10:59.9	Martin	Pinnell	Rhondda	M50	4	16 May	Cardiff
11:07.0	Alan	Perkins	Port Talbot	M55	5	6 Jun	Neath
11:15.0	Elio	Lepore	Les Croupiers	M50	guest	16 May	Cardiff
11:18.5	Terry	Caveney	Les Croupiers	M45	3 b	16 May	Cardiff
11:24.3	John	Diffey	Les Croupiers	M40	guest	16 May	Cardiff
11:37.0	Dave	Proffitt	Newport	M50	6	16 May	Cardiff
11:54.3	Tony	Holling	Port Talbot	M50	4 b	16 May	Cardiff
12:01.2	Len	Richards	Port Talbot	M55	1 b	11 Jul	Cardiff
12:05.2	Alan	Mann	Les Croupiers	M40	n/s	16 May	Cardiff
12:09.9	Julian	Smith	Swansea	M35	4	11 Jul	Cardiff
13:40.13i	William	Davies	Winchester	M75	1	4 Mar	Lee Valley
14:37.8	Colin	Bradley	Newport	M50	guest	4 Aug	Telford

### 5000 Metres

16:08.3	Rob	Sheen	Leicester Coritanian	M45	2	10 Jun	Solihull
16:14.6	Lee	Aherne	Club 69	M40	1	8 Jul	Cardiff
16:16.8	Phil	Kibble	Wiltshire Police	M40	4	18 Jul	Blackpool
16:47.06	Mike	Robbins	Wrexham	M40	6	28 Jul	Birmingham
16:52.6	Phil	Kendrick	Brecon	M45	1 b	11 Aug	Brecon
17:24.09	Peter	Crane	Neath	M45	6	28 Jul	Birmingham
17:49.0	Huw	Roberts	Bridgend	M50	1	8 Jul	Cardiff
18:04.4	Peter	Kellam	Les Croupiers	M40	3	8 Jul	Cardiff
18:32.2	Jeremy	Mower	Gloucester	M40	4 b	7 Jul	Banbury
18:52.6	Darryn	McAtee	Newport	M45	3	9 Sep	Yate
19:00.3	Philip	Harding	Swansea	M50	2	8 Jul	Cardiff
20:08.1	Dave	Proffitt	Newport	M50	6	11 Aug	Brecon
20:26.7	Len	Richards	Port Talbot	M55	1	8 Jul	Cardiff
21:13.0	Ken	Buckle	Cheltenham	M65	1	8 Jul	Cardiff
21:21.5	Mark	Davies	Port Talbot	M35	1	8 Jul	Cardiff
22:02.6	Gary	Hyatt	Les Croupiers	M55	2	8 Jul	Cardiff

### 10000 Metres

33:25.69	Lee	Aherne	Club 69	M40	1	29 Jul	Birmingham
37:12.7	Mark	Reynolds	Neath	M35	7	22 Aug	Neath
37:21.1	Steve	Williams	Neath	M45	8	22 Aug	Neath
37:49.3	Tony	Davies	Aldershot & Farnham	M55	9	22 Aug	Neath
39:03.0	Jeremy	Mower	Gloucester	M40	6	22 Aug	Gloucester
39:47.3	Howard	Carpenter	Neath	M50	10	22 Aug	Neath
42:53.1	Alan	Perkins	Port Talbot	M55	11	22 Aug	Neath
42:59.6	Len	Richards	Port Talbot	M55	12	22 Aug	Neath
44:50.01	Ken	Buckle	Cheltenham	M65	3	29 Jul	Birmingham
46:08.4	John	Collins	Swansea	M65	13	22 Aug	Neath
51:11.5	Russell	Pullen	Neath	M60	14	22 Aug	Neath

### 80 Metres Hurdles

19.44	Trefor	Pugh	Maldwyn	M70	1	29 Jul	Birmingham
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### 110 Metres Hurdles

17.37	Geoff	Ingram	Wycombe Phoenix	M35	dec	8 Jul	Oxford
18.9	Glyn	Price	Swansea	M40	2	10 Jun	Newport
20.2	Derek	Osborne	Brecon	M40	4	23 Jun	Carmarthen
20.4	Mike	Mullins	Rhondda	M40	1	11 Aug	Brecon
22.1	Steve	Spires	Wrexham	M35	1 b	11 Aug	Brecon
22.2	Keith	Powell	Newport	M45	3 b	4 Aug	Telford
25.6	Jeremy	Mower	Gloucester	M40	4 b	4 Aug	Worcester

### 300 Metres Hurdles

67.1	Trefor	Pugh	Maldwyn	M70	1	8 Jul	Cardiff
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### 400 Metres Hurdles

64.1	Ian	Broadhurst	Wrexham	M50	3	11 Aug	Brecon
		61.69 (height 84.0)			4	9 Sep	Riccione
64.8	Derek	Osborne	Brecon	M40	4	11 Aug	Brecon
72.2	Jeremy	Mower	Gloucester	M40	1 b	9 Sep	Yate
73.7	Malcolm	Medhurst	Newport	M40	6 b	7 Jul	Burton
74.7	Steven	Spires	Wrexham	M35	4 b	11 Aug	Brecon
89.6	Geoff	Miller	Newport	M50	6 b	4 Aug	Telford

### 2000 Metres Steeplechase

7:09.7	Jeremy	Mower	Gloucester	M40	3	5 May	Birmingham
7:40.4	Steve	Wadley	Newport	M45	2 b	5 May	Tamworth
9:18.1	David	James	Wrexham	M40	4	11 Aug	Brecon

### 3000 Metres Steeplechase

8:57.42	Justin	Chaston	Belgrave	M35	6	27 May	Albufeira, Portugal
10:53.68	Geran	Hughes	Abergele	M40	4	28 Jul	Birmingham
11:28.2	Jeremy	Mower	Gloucester	M40	1 b	2 Jun	Leamington

### 1500m Walk

7:31.7	Steve	Walker	Wrexham	M45	1	12 May	Deeside
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### 2000m Walk

8:15.85	Mark	Williams	Tamworth	M40	1	27 Aug	Tamworth
9:49.5	Phil	Williams	Enfield & Haringey	M40	1	2 Jul	Copthall
10:50.8	Arthur	Thomson	Herts Phoenix	M70	2	2 Jul	Copthall
13:11.1	Chris	Berry	Basingstoke	M45	4	30 Apr	Portsmouth

### 3000m Walk

12:30.3	Mark	Williams	Tamworth	M40	1	13 May	Leicester
14:30.49	Phil	Williams	Enfield & Haringey	M40	2	15 Jul	Birmingham
15:37.3	Arthur	Thomson	Herts Phoenix	M70	1	26 May	Lee Valley
17:43.8	Chris	Flint	London Vidarians	M60	1	8 Jul	Cardiff
19:47.5	Steve	Wadley	Newport	M45	1	8 Jul	Cardiff
20:34.82	John	Collins	Swansea	M65	2	28 Jul	Birmingham

### 5000m Walk

21:46.9	Mark	Williams	Tamworth	M40	1	10 Jun	Solihull
25:26.54	Phil	Williams	Enfield & Haringey	M40	5	23 Jun	Tournai, Belgium
27:10.9	Arthur	Thomson	Herts Phoenix	M70	1	5 Sep	Riccione
37:57.98	Steve	Wadley	Newport	M45	2	29 Jul	Birmingham

### 10000m Walk

46:31.0	Mark	Williams	Tamworth	M40	1	3 Jun	Tamworth
53:56.7	Arthur	Thomson	Herts Phoenix	M70	3	25 Apr	Battersea Park

### High Jump

1.60	Glyn	Price	Swansea	M40	2	10 Jun	Newport
1.60	Geoff	Ingram	Wycombe Phoenix	M35	dec	7 Jul	Oxford
1.60	Jonathan	Powell	Welsh Masters	M45	1	8 Jul	Cardiff
1.58	Derek	Osborne	Brecon	M40	2	11 Jul	Cardiff
1.50	Peter	Roberts	Swansea	M35	1	16 May	Cardiff
1.50	Steven	Spires	Wrexham	M35	2	10 Sep	Deeside
1.45	David	James	Wrexham	M40	1	12 May	Deeside
1.45	Chris	Berry	Basingstoke	M45	2	8 Jul	Cardiff
1.40	Geoff	Miller	Newport	M50	1	11 Jul	Cardiff
1.40	Keith	Powell	Newport	M45	3	11 Jul	Cardiff
1.35	Richard	Ledger	Swansea	M35	1 b	16 May	Cardiff
1.30i	John	Howe	Rhondda	M65	1	18 Feb	Carshalton
1.30	Steve	Lewis	Cardiff	M40	4	16 May	Cardiff
1.30	Gavin	Belcher	Newport	M35	2 b	11 Jul	Cardiff
1.30	Allan	Cheers	Basingstoke	M60	1	19 Aug	Ashford
1.20	Stuart	Powell	Cardiff	M55	2	11 Jul	Cardiff
1.10	Julian	Smith	Swansea	M35	n/s	11 Jul	Cardiff
1.10	Barry	Barnfield	Rhondda	M35	4	11 Jul	Cardiff
1.00	David	Jones	Swansea	M55	3	11 Jul	Cardiff
1.00	Wayne	Bellamy	Swansea	M35	n/s	11 Jul	Cardiff

### Pole Vault

4.20	Glyn	Price	Swansea	M40	4	14 Jul	Cwmbran
3.60	Richard	Stubbs	Carmarthen	M40	2	23 Jun	Carmarthen
3.60	Brychen	Jones	Leeds City	M50	1	8 Jul	Cardiff
3.50	Geoff	Ingram	Wycombe Phoenix	M35	dec	8 Jul	Oxford
3.40	Glyn	Sutton	Newport	M60	2	26 May	Aberdare
3.40	Greg	Murrow	Mansfield	M50	2	7 Jul	Tipton
3.00	Derek	Osborne	Brecon	M40	2	13 Jun	Cardiff
2.80i	John	Howe	Rhondda	M65	8	13 Jan	Cardiff
2.80	Keith	Powell	Newport	M45	4	11 Aug	Brecon
2.50	Chris	Berry	Basingstoke	M45	2	8 Jul	Cardiff
2.00	Peter	Roberts	Swansea	M35	2 b	13 Jun	Cardiff

### Long Jump (3.47)

6.35	Gareth	Davies	Oxford City	M35	1		14 Jul	Portsmouth
5.73	Geoff	Ingram	Wycombe Phoenix	M35		dec	7 Jul	Oxford
5.57	Chris	Millard	Bristol	M40	2		17 Jun	Exeter
5.26	Steven	Spires	Wrexham	M35	2		10 Sep	Deeside
5.20	Richard	Ledger	Swansea	M35	1		15 Aug	Cardiff
5.15	Jon	Evans	Houghton & Peterlee	M45	1		21 May	Jarrow
5.07	Malcolm	Medhurst	Newport	M40	3	b	26 May	Aberdare
5.06	Derek	Osborne	Brecon	M40	2		15 Aug	Cardiff
4.91	Keith	Powell	Newport	M45	1		26 Aug	Deeside
4.84	David	Shields	Reading	M45	1		3 Jun	Ashford
4.76	Geoff	Miller	Newport	M50	1		15 Aug	Cardiff
4.73	Steve	Lewis	Cardiff	M40	1		12 May	Aberdare
4.58	Brian	Williamson	Rhondda	M55	2		16 May	Cardiff
4.49	Mike	Mullins	Rhondda	M40	1	b	11 Aug	Brecon
4.46i	Allan	Cheers	Basingstoke	M60	1		18 Feb	Carshalton
	4.34				3		11 Jun	Woking
4.34	Glyn	Sutton	Newport	M60	1	b	16 May	Cardiff
4.04	Gavin	Belcher	Newport	M35	1	b	16 May	Cardiff
4.04	Stuart	Powell	Cardiff	M55	2		15 Aug	Cardiff
3.79	Arthur	Kingsbury	Rhondda	M40	2	b	15 Aug	Cardiff
3.65	John	Evans	Rugby	M70	1		8 Jul	Cardiff
3.64	Julian	Smith	Swansea	M35	3	b	15 Aug	Cardiff
3.54	Elio	Lepore	Les Croupiers	M50		guest	16 May	Cardiff
3.47	Trefor	Pugh	Maldwyn	M70	4		28 Jul	Birmingham

### Triple Jump

13.09	Gareth	Davies	Oxford City	M35	1		2 Jun	Basingstoke
12.29w	Jon	Evans	Houghton & Peterlee	M45	1		29 Jul	Birmingham
	11.76				1		2 Jun	Whitley Bay
10.77	Derek	Osborne	Brecon	M40	1		13 Jun	Cardiff
10.54	Richard	Ledger	Swansea	M35	1		11 Jul	Cardiff
10.51	Geoff	Miller	Newport	M50	7		4 Aug	Telford
10.42	Glyn	Price	Swansea	M40	3		11 Jul	Cardiff
10.33w	David	Shields	Reading	M45	5		29 Jul	Birmingham
	10.26i				2		18 Feb	Carshalton
	10.21				2		3 Jun	Ashford
10.30	Steven	Spires	Wrexham	M35	3		12 May	Deeside
9.98	Malcolm	Medhurst	Newport	M40	5	b	2 Jun	Telford
9.86	Brian	Williamson	Cardiff	M55	9		10 Sep	Riccione
9.78i	Allan	Cheers	Basingstoke	M60	1		7 Jan	Eton
	9.69				1		26 Aug	Kingsmeadow
9.78	Steve	Lewis	Cardiff	M40	3		13 Jun	Cardiff
9.75	Keith	Powell	Newport	M45	4		11 Jul	Cardiff
9.08	Stuart	Powell	Cardiff	M55	3		11 Jul	Cardiff
8.85	Andrew	Davies	Aberdare	M40	2		26 Aug	Deeside
8.70	Mike	Mullins	Rhondda	M40	2		11 Aug	Brecon
8.59	Chris	Berry	Basingstoke	M45	2		8 Jul	Cardiff
8.56	Gavin	Belcher	Newport	M35	1	b	11 Jul	Cardiff
8.29	John	Evans	Rugby	M70	1		8 Jul	Cardiff
8.19	Steve	Wadley	Newport	M45	2	b	13 Jun	Cardiff
8.13	Trefor	Pugh	Maldwyn	M70	2		8 Jul	Cardiff
7.95	Wayne	Bellamy	Swansea	M35	n/s	b	13 Jun	Cardiff
7.45	Julian	Smith	Swansea	M35	n/s	b	13 Jun	Cardiff
7.10	Arthur	Kingsbury	Rhondda	M40	5		13 Jun	Cardiff

**Shot (6.05)**

14.10i	Andrew	Turner	Bournemouth	M40	2	13 Jan	Cardiff
	13.92				1	23 Jun	Walton
12.07	Peter	Roberts	Swansea	M35	6	5 May	Chelmsford
11.81i	Nigel	Winchcombe	Notts	M45	4	4 Mar	Lee Valley
	11.35				3 b	4 Aug	Derby
11.71i	Mike	Rees	Rhondda	M40	5	13 Jan	Cardiff
11.53	Barry	Barnfield	Rhondda	M35	1	8 Jul	Cardiff
10.33	Geoff	Ingram	Wycombe Phoenix	M35		dec 7 Jul	Oxford
10.20	Terry	Lalley	Swansea	M55	5	7 Apr	Toulon
9.77	Dino	Lantzoz	Newport	M40	4	2 Jun	Telford
9.10	Andrew	Davies	Aberdare	M40	1 b	11 Aug	Brecon
8.96	Richard	Ledger	Swansea	M35	1 b	16 May	Cardiff
8.61	Chris	Berry	Basingstoke	M45	5	11 Jun	Woking
8.17	Derek	Osborne	Brecon	M40	4 b	23 Jun	Carmarthen
8.13	Stephen	Orosz	Llanelli	M45	5	28 Jul	Wrexham
8.12	Vincent	Lewis	Port Talbot	M35	3	16 May	Cardiff
8.11	Arthur	Kingsbury	Rhondda	M40	2 b	16 May	Cardiff
7.73i	Steven	Spires	Wrexham	M35		pen 18 Feb	Lee Valley
7.39	Wayne	Bellamy	Swansea	M35	3 b	16 May	Cardiff
7.11	Steve	Wadley	Newport	M45	4	15 Aug	Cardiff
6.71	David	Stokes	Deeside	M40	5 b	26 May	Aberdare
6.52	Brett	Davis	Newport	M40	5	16 May	Cardiff
6.20	David	Jones	Swansea	M55	2 b	11 Aug	Brecon
6.05	John	Davies	Port Talbot	M55	2	28 Jul	Wrexham

**6k**

11.39	Terry	Lalley	Swansea	M55	2	29 Jul	Birmingham
9.57	David	Maggs	Gateshead	M50		pen 1 Jul	Milton Keynes
8.77	Geoff	Miller	Newport	M50	1	15 Aug	Cardiff
8.03	Stuart	Powell	Cardiff	M55	3	15 Aug	Cardiff
7.31	David	Jones	Swansea	M55	5	15 Aug	Cardiff
7.19	Brian	Williamson	Rhondda	M55	n/s	16 May	Cardiff
6.86	John	Davies	Port Talbot	M55	2	8 Jul	Cardiff
5.59	Alan	Perkins	Port Talbot	M55	4 b	16 May	Cardiff

**5k**

9.92i	John	Howe	Rhondda	M65	3	3 Mar	Lee Valley
	8.73				2	15 Aug	Cardiff
8.38	Huw	Morgan	Pembrokeshire	M60	4	16 May	Cardiff
7.40	Glyn	Sutton	Newport	M60	3 b	16 May	Cardiff
6.35	Phil	Rees	Cardiff	M65	n/s	15 Aug	Cardiff
5.63	John	Collins	Swansea	M65	4 b	15 Aug	Cardiff

**4k**

8.74	Brian	Webb	Cardiff	M70	1	17 Jun	Exeter
8.42	John	Loney	Rhondda	M70	2	8 Jul	Cardiff
6.32i	Bill	Kingsbury	Rhondda	M75	3	3 Mar	Lee Valley

**Discus (18.52)**

42.64	Peter	Roberts	Swansea	M35	3	4 Aug	Derby
42.63	Andrew	Turner	Bournemouth	M40	1	12 May	Bournemouth
37.23	Nigel	Winchcombe	Notts	M45	6	4 Aug	Derby
36.74	Graham	Holder	Shaftesbury	M35	1	8 Jul	Cardiff
35.51	Geoff	Ingram	Wycombe Phoenix	M35	2	23 Jun	Colchester
34.00	Terry	Lalley	Swansea	M55	2	28 Apr	Nice
33.04	Barry	Barnfield	Rhondda	M35	1	12 May	Aberdare
31.42	Dino	Lantzoz	Newport	M40	2	13 Jun	Cardiff
29.69	David	Maggs	Gateshead	M50	5	12 May	Gateshead
27.94	David	Stokes	Deeside	M40	3	12 May	Deeside
27.10	Stephen	Orosz	Llanelli	M45	4	23 Jun	Carmarthen
26.88	Andrew	Davies	Aberdare	M40	3	26 May	Aberdare
25.68	Richard	Stubbs	Carmarthen	M40	3 b	23 Jun	Carmarthen
25.22	Derek	Osborne	Brecon	M40	6	11 Aug	Brecon
23.31	David	Shields	Reading	M45	2	26 Aug	Kingsmeadow
23.12	Richard	Ledger	Swansea	M35	1 b	15 Aug	Cardiff
21.96	John	Davies	Port Talbot	M55	2	28 Jul	Wrexham
21.70	Geoff	Van Klaveren	Hercules Wimbledon	M45	2	8 Jul	Cardiff
20.65	Steve	Wadley	Newport	M45	3	8 Jul	Cardiff
19.21	Chris	Berry	Basingstoke	M50	3 b	4 Aug	Basingstoke
18.52	Keith	Powell	Newport	M45	n/s	13 Jun	Cardiff

**1.5k (19.64)**

38.14	David	Maggs	Gateshead	M50	4	28 Jul	Birmingham
37.62	Terry	Lalley	Swansea	M55	1	10 Jun	Solihull
28.18	John	Davies	Port Talbot	M55	1	13 Jun	Cardiff
26.74	Stuart	Powell	Cardiff	M50	3	13 Jun	Cardiff
23.50	Geoff	Miller	Newport	M50	4	13 Jun	Cardiff
18.69	Martin	Pinnell	Rhondda	M50	4	13 Jun	Cardiff
17.70	David	Jones	Swansea	M55	6	15 Aug	Cardiff
15.87	Brian	Williamson	Rhondda	M55	n/s	13 Jun	Cardiff
15.81	Alan	Perkins	Port Talbot	M55	4 b	13 Jun	Cardiff
14.00	Dave	Proffitt	Newport	M50	5	15 Aug	Cardiff
11.50	John	Watkins	Newport	M50	n/s b	13 Jun	Cardiff

**1k**

33.57	Huw	Morgan	Pembroke	M65	2	8 Jul	Cardiff
28.23	John	Howe	Rhondda	M65	2	15 Aug	Cardiff
24.34	John	Loney	Rhondda	M70	1	8 Jul	Cardiff
23.86	Brian	Webb	Cardiff	M70	1	17 Jun	Exeter
22.84	Brian	Lewis	Rhondda	M70	2	8 Jul	Cardiff
16.49	Glyn	Sutton	Newport	M60	3 b	13 Jun	Cardiff
15.94	John	Collins	Swansea	M65	5	13 Jun	Cardiff
15.71	Bill	Kingsbury	Rhondda	M75	1	8 Jul	Cardiff

## Hammer

60.03	Graham	Holder	Shaftesbury	M35	3	17 Jun	Crystal Palace
50.16	Nigel	Winchcombe	Notts	M45	5	6 Sep	Riccione
46.65	Andrew	Turner	Bournemouth	M40	1	22 Apr	Bournemouth
40.77	Barry	Barnfield	Rhondda	M35	2	26 May	Aberdare
39.50	David	Maggs	Gateshead	M50	7	2 Jun	Swansea
39.42	Terry	Lalley	Swansea	M55	3 b	2 Jun	Swansea
38.12	Dino	Lantzoz	Newport	M40	1	26 May	Aberdare
31.12	Peter	Roberts	Swansea	M35	2	16 May	Cardiff
29.81	Stephen	Orosz	Llanelli	M45	3	23 Jun	Carmarthen
28.47	Derek	Osborne	Brecon	M40	3	28 Jul	Wrexham
24.29	David	Stokes	Deeside	M40	2 b	26 May	Aberdare
23.83	Chris	Berry	Basingstoke	M45	5 b	5 May	Stoke
22.17	Arthur	Kingsbury	Rhondda	M40	1 b	16 May	Cardiff
21.44	John	Davies	Port Talbot	M55	3	11 Aug	Brecon
17.16	Alan	Perkins	Port Talbot	M55	3 b	26 May	Aberdare
16.15	Steve	Wadley	Newport	M45	3 b	5 May	Tamworth
15.98	Steven	Spires	Wrexham	M35	1 b	23 Jun	Carmarthen
15.72	John	Howe	Rhondda	M65	1 b	11 Jul	Cardiff
15.09	Wayne	Bellamy	Swansea	M35	2 b	16 May	Cardiff
12.49	Andrew	Davies	Aberdare	M40	3 b	11 Aug	Brecon
12.35	David	Jones	Swansea	M55	2 b	11 Aug	Brecon

## 6k

45.82	Terry	Lalley	Swansea	M55	1	18 Jul	Nice
44.50	David	Maggs	Gateshead	M50	pen	1 Jul	Milton Keynes
26.10	John	Davies	Port Talbot	M55	1	8 Jul	Cardiff
20.41	Stuart	Powell	Cardiff	M55	3	16 May	Cardiff
17.62	Alan	Perkins	Port Talbot	M55	3 b	11 Jul	Cardiff
14.90	Brian	Williamson	Rhondda	M55	n/s	16 May	Cardiff
13.12	Geoff	Miller	Newport	M50	4 b	11 Jul	Cardiff
12.56	David	Jones	Swansea	M55	5	11 Jul	Cardiff

## 5k

21.37	John	Howe	Rhondda	M65	n/s	16 May	Cardiff
14.98	Glyn	Sutton	Newport	M60	4	11 Jul	Cardiff
12.35	John	Collins	Swansea	M65	3 b	11 Jul	Cardiff

## 4k

27.86	John	Loney	Rhondda	M70	1	16 May	Cardiff
26.52	Brian	Lewis	Rhondda	M70	1	8 Jul	Cardiff
26.14	Bill	Kingsbury	Rhondda	M75	1	8 Jul	Cardiff
18.11	Brian	Webb	Cardiff	M70	2 b	11 Jul	Cardiff

## Javelin (18.44)

57.10	Jonathan	Clarke	Swansea	M35	1	b	7 Jul	Edinburgh
56.06	Jonathan	Powell	Welsh Masters	M45	2		24 Feb	Dusseldorf
41.49	Peter	Roberts	Swansea	M35	1		11 Jul	Cardiff
41.00	Richard	Ledger	Swansea	M35	1	b	11 Jul	Cardiff
40.65	Geoff	Ingram	Wycombe Phoenix	M35		dec	8 Jul	Oxford
35.11	Geoff	Van Klaveren	Hercules Wimbledon	M45	1		26 May	Kingston
34.82	Derek	Osborne	Brecon	M40	1	b	28 Jul	Wrexham
34.71	Andrew	Davies	Aberdare	M40	4	b	11 Aug	Brecon
33.60	John	Davies	Port Talbot	M55	3		11 Aug	Brecon
29.72	Steve	Wadley	Newport	M45	2		8 Jul	Cardiff
28.97	Barry	Barnfield	Rhondda	M35	1	b	28 Jul	Wrexham
28.77	Glyn	Price	Swansea	M40	n/s		11 Jul	Cardiff
28.56	Geoff	Miller	Newport	M50	7		11 Aug	Brecon
26.95	Keith	Powell	Newport	M45	3		8 Jul	Cardiff
26.94	Arthur	Kingsbury	Rhondda	M40	4		13 Jun	Cardiff
25.85	Stephen	Orosz	Llanelli	M45	5		28 Jul	Wrexham
23.44	Martin	Pinnell	Rhondda	M50	3	b	13 Jun	Cardiff
22.69	Mike	Mullins	Rhondda	M40	1	b	11 Aug	Brecon
21.28	John	Howe	Rhondda	M65	2	b	11 Jul	Cardiff
19.38	Dino	Lantzoz	Newport	M40	n/s		13 Jun	Cardiff
19.24	Alan	Perkins	Port Talbot	M55	2	b	28 Jul	Wrexham
18.44	Steve	Lewis	Cardiff	M40	5		13 Jun	Cardiff

## 700g

36.87	David	Maggs	Gateshead	M50	6		28 Jul	Birmingham
36.12	John	Davies	Port Talbot	M55	1		11 Jul	Cardiff
31.38	Terry	Lalley	Swansea	M55		pen	1 Jul	Milton Keynes
30.77	Geoff	Miller	Newport	M50	2		13 Jun	Cardiff
25.30	Stuart	Powell	Cardiff	M50	3		13 Jun	Cardiff
22.03	Alan	Perkins	Port Talbot	M55	2	b	11 Jul	Cardiff
21.51	David	Jones	Swansea	M55	5		13 Jun	Cardiff
21.03	Brian	Williamson	Rhondda	M55	2	b	13 Jun	Cardiff

## 600g

22.71	John	Howe	Rhondda	M65	4		13 Jun	Cardiff
16.62	John	Loney	Rhondda	M65	3	b	11 Jul	Cardiff
8.19	John	Collins	Swansea	M65	4	b	11 Jul	Cardiff

## 500g

26.39	Brian	Webb	Cardiff	M70	1		17 Jun	Exeter
23.87	Trefor	Pugh	Maldwyn	M70	1		8 Jul	Cardiff
21.61	Brian	Lewis	Rhondda	M70	3		8 Jul	Cardiff

## Weight

15.00	Graham	Holder	Shaftesbury	M35	1		29 Jul	Birmingham
13.12	Andrew	Turner	Bournemouth	M40	2		4 Mar	Lee Valley

## 11.34kg

16.19	Terry	Lalley	Swansea	M55		pen	1 Jul	Milton Keynes
15.89	David	Maggs	Gateshead	M50		pen	1 Jul	Milton Keynes

## 7.26kg

9.32i	Bill	Kingsbury	Rhondda	M75	4		3 Mar	Lee Valley
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**Pentathlon**

2433	John	Evans	Rugby	M70	1	17 Jun	Exeter
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**Decathlon**

5536	Geoff	Ingram	Wycombe Phoenix	M35	1	8 Jul	Oxford
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**Weights Pentathlon**

3659	Terry	Lalley	Swansea	M55	2	1 Jul	Milton Keynes
3196	David	Maggs	Gateshead	M50	1	1 Jul	Milton Keynes

**4 x 100m Relay**

50.6	Newport Harriers (Powell, Davis, Belcher, Sutton)			1	11 Jul	Cardiff
51.0	Newport Harriers (Sutton, Powell, Belcher, Medhurst)			6	26 May	Aberdare
52.5	Swansea Harriers (Ledger, Greenway, Price, Bellamy)			2	11 Jul	Cardiff
60.8	Port Talbot			3	11 Jul	Cardiff

**4 x 400m Relay**

3:57.8	Newport Harriers (Davis, Young, McAtee, Medhurst)			1	13 Jun	Cardiff
4:02.3	Newport Harriers (Medhurst, Belcher, Young, McAtee)			5	26 May	Aberdare
4:31.8	Swansea Harriers			2	13 Jun	Cardiff
4:33.0	Port Talbot			3	13 Jun	Cardiff

# WELSH MASTERS RANKINGS 2007 (FEMALE)

Updated by Darryn McAtee 20<sup>th</sup> September 2007

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

## WOMEN

### 60 Metres

9.4	Natalie	Williams	Rhondda	W35	1		15 Aug	Cardiff
10.4	Sharon	Simms	Rhondda	W35	1	b	15 Aug	Cardiff
10.7	Veronica	Singleton	Les Croupiers	W45	2	b	15 Aug	Cardiff
10.9	Anne	Follan	Rhondda	W35	n/s		15 Aug	Cardiff
11.0	Libby	O'Duffy	Les Croupiers	W35	guest		15 Aug	Cardiff
11.1	Dorothy	Morgan	Pembroke	W65	1		15 Aug	Cardiff

### 100 Metres

13.34	Lolita	Byfield Moore	Newport	W40	1		28 Jul	Birmingham
13.5	Amanda	Wale	Wrexham	W35	1		12 May	Deeside
14.2	Sue	Hooper	Cardiff	W45	2		23 Jun	Carmarthen
14.7	Natalie	Williams	Rhondda	W35	3		23 Jun	Carmarthen
17.3	Sharon	Simms	Rhondda	W35	1	b	16 May	Cardiff
18.1	Dorothy	Morgan	Pembroke	W65	1		8 Jul	Cardiff

### 150 Metres

21.1	Lolita	Byfield Moore	Newport	W40	1		13 Jun	Cardiff
21.3	Sue	Hooper	Cardiff	W45	2		13 Jun	Cardiff
22.9	Helen	Eve	Swansea	W35??	3		13 Jun	Cardiff
23.4	Natalie	Williams	Rhondda	W35	4		13 Jun	Cardiff

### 200 Metres

27.25w	Amanda	Wale	Wrexham	W35	2		29 Jul	Birmingham
	27.86					hep	7 Jul	Oxford
27.54w	Lolita	Byfield Moore	Newport	W40	1		29 Jul	Birmingham
	28.3				4	b	15 Jul	Sutton Coldfield
29.0	Sue	Hooper	Cardiff	W45	1		12 May	Aberdare
36.5	Anne	Follan	Rhondda	W35	1		11 Jul	Cardiff
36.5	Yvonne	Bullen	Les Croupiers	W40	2		11 Jul	Cardiff

### 300 Metres

49.4	Jenny	Phillips	Llanelli	W40	1		13 Jun	Cardiff
51.0	Helen	Eve	Swansea	W35??	2		13 Jun	Cardiff
55.6	Libby	O'Duffy	Les Croupiers	W35	guest		15 Aug	Cardiff
57.2	Yvonne	Bullen	Les Croupiers	W40	3		13 Jun	Cardiff
64.1	Veronica	Singleton	Les Croupiers	W45	1		15 Aug	Cardiff

### 400 Metres

65.7	Sue	Hooper	Cardiff	W45	1		16 May	Cardiff
69.3	Christine	James	Cwmbran	W40	2	b	11 Aug	Brecon
80.3	Anne	Follan	Rhondda	W35	4		26 May	Aberdare

### 600 Metres

1:48.3	Jenny	Phillips	Llanelli	W40	1		13 Jun	Cardiff
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### 800 Metres

2:25.88	Amanda	Wale	Wrexham	W35	pen	8 Jul	Oxford
2:27.0	Jenny	Phillips	Llanelli	W40	1	8 Jul	Cardiff
2:41.4	Christine	James	Cwmbran	W40	1 b	11 Aug	Brecon
2:48.03	Pat	Gallagher	Westbury	W60	2	9 Sep	Riccione
2:49.9	Libby	O'Duffy	Les Croupiers	W35	guest	16 May	Cardiff
2:55.4	Anne	Follan	Rhondda	W35	3	23 Jun	Carmarthen
3:10.2	Veronica	Singleton	Les Croupiers	W45	3	15 Aug	Cardiff

### 1000 Metres

3:46.5	Anne	Follan	Rhondda	W35	1	11 Jul	Cardiff
3:50.7	Yvonne	Bullen	Les Croupiers	W40	2	11 Jul	Cardiff

### 1500 Metres

5:00.12	Jenny	Phillips	Llanelli	W40	4	23 Jun	Tournai, Belgium
5:35.0	Libby	O'Duffy	Les Croupiers	W35	guest	15 Aug	Cardiff
5:35.6	Pat	Gallagher	Westbury	W60	1	10 Jun	Solihull
5:41.4	Yvonne	Bullen	Les Croupiers	W40	1	13 Jun	Cardiff
5:46.5	Anne	Follan	Rhondda	W35	2	23 Jun	Carmarthen
5:59.6	Christine	James	Cwmbran	W40	2	13 Jun	Cardiff
5:59.9	Veronica	Singleton	Les Croupiers	W45	3	15 Aug	Cardiff
10:38.80	Betty	Norrish	Welsh Masters	W75	1	3 Jun	Ashford

### 1 Mile

6:20.4	Christine	James	Cwmbran	W35	13	7 May	Cheltenham
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### 3000 Metres

11:05.6	Jenny	Phillips	Llanelli	W35	1	16 May	Cardiff
11:39.1	Angela	Jones	Brecon	W40	1	11 Aug	Brecon
11:45.0	Libby	O'Duffy	Les Croupiers	W35	guest	16 May	Cardiff
12:07.7i	Pat	Gallagher	Westbury	W60	2	22 Mar	Helsinki
12:14.9	Anne	Follan	Rhondda	W35	1	26 May	Aberdare
12:24.3	Yvonne	Bullen	Les Croupiers	W40	1	11 Jul	Cardiff
12:55.2	Linda	Haywood	Brecon	W45	1 b	28 Jul	Wrexham

### 5000 Metres

37:26.00	Betty	Norrish	Vets AC	W75	1	3 Jun	Ashford
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### 100 Metres Hurdles

15.89	Amanda	Wale	Wrexham	W35	hep	7 Jul	Oxford
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### 1500 Metres Steeplechase

5:56.6	Angela	Jones	Brecon	W40	1 b	11 Aug	Brecon
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### 2000m Walk

13:19.0	Cath	McGrath	West Cheshire/W&B	W50	1	13 Jun	Stoke
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### High Jump

1.45	Amanda	Wale	Wrexham	W35	pen	4 Sep	Riccione
1.10	Sharon	Simms	Rhondda	W35	1	11 Jul	Cardiff

### Pole Vault

## Long Jump

4.99	Amanda	Wale	Wrexham	W35	1	12 May	Deeside
4.19	Jenny	Phillips	Llanelli	W40	8	23 Jun	Tournai, Belgium
4.10	Natalie	Williams	Rhondda	W35	1	23 Jun	Carmarthen
3.42	Christine	James	Cwmbran	W40	3 b	11 Aug	Brecon
3.34	Sharon	Simms	Rhondda	W35	1 b	15 Aug	Cardiff
2.84	Dorothy	Morgan	Pembroke	W65	1	15 Aug	Cardiff

## Triple Jump

### Shot

10.77	Alyson	Hourihan	Cardiff	W45	4	14 Jul	Cwmbran
10.45	Beverly	Jones	Menai/Deeside	W35	8 b	1 Jul	Birmingham
10.06i	Amanda	Wale	Wrexham	W35	2	6 Jan	Connah's Quay
9.52					hep	7 Jul	Oxford
9.20	Karen	Llewelin	Pembroke	W40	5	14 Jul	Cwmbran
7.00	Jane	Goatcher	Croydon	W50		28 Apr	Hemel Hempstead
6.98	Angela	Jones	Brecon	W40	2 b	11 Aug	Brecon
6.09	Sharon	Simms	Rhondda	W35	1 b	28 Jul	Wrexham
5.65	Nance	Halling	Rhondda	W45	1 b	16 May	Cardiff
5.45	Sue	Collins	Rhondda	W35	n/s	16 May	Cardiff

### 3kg

8.15	Jane	Goatcher	Croydon	W50	pen	1 Jul	Milton Keynes
7.13	Dorothy	Morgan	Pembroke	W65	1	8 Jul	Cardiff

## Discus

38.79	Alyson	Hourihan	Cardiff	W45	5	6 Sep	Riccione
27.97	Karen	Llewelin	Pembroke	W40	2	26 May	Aberdare
20.93	Beverly	Jones	Menai/Deeside	W35	1 b	11 Aug	Brecon
20.54	Nance	Halling	Rhondda	W45	2	13 Jun	Cardiff
19.26	Jane	Goatcher	Croydon	W50	1	8 Jul	Cardiff
19.03	Dorothy	Morgan	Pembroke	W65	1	8 Jul	Cardiff
16.60	Sharon	Simms	Rhondda	W35	1 b	15 Aug	Cardiff

## Hammer

32.38	Alyson	Hourihan	Cardiff	W45	8	10 Sep	Riccione
28.75	Karen	Llewelin	Pembroke	W40	2	23 Jun	Carmarthen
20.41	Nance	Halling	Rhondda	W45	3	8 Jul	Cardiff
20.28	Jane	Goatcher	Croydon	W50		28 Apr	Hemel Hempstead
15.87	Sue	Collins	Rhondda	W35	1 b	16 May	Cardiff
15.86	Natalie	Williams	Rhondda	W35	4	26 May	Aberdare
15.84	Sharon	Simms	Rhondda	W35	1 b	28 Jul	Wrexham

### 3k

26.93	Jane	Goatcher	Croydon	W50	5	28/29 Jul	Birmingham
21.07	Dorothy	Morgan	Pembroke	W60	1	11 Jul	Cardiff

## Javelin

30.47	Alyson	Hourihan	Cardiff	W45	pen	15 Sep	Riccione
28.32	Amanda	Wale	Wrexham	W35	1	3 Jun	Ashford
21.14	Natalie	Williams	Rhondda	W35	2	11 Aug	Brecon
17.27	Karen	Llewelin	Pembroke	W40	5	26 Aug	Deeside
13.66	Cath	McGrath	West Cheshire/W&B	W50	3	13 Jun	Stoke
11.65	Nance	Halling	Rhondda	W45	2	11 Jul	Cardiff
11.35	Sharon	Simms	Rhondda	W35	1 b	11 Jul	Cardiff

## 5k

23.63	Jane	Goatcher	Croydon	W50	pen	15 Sep	Riccione
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## 4k

17.12	Dorothy	Morgan	Pembroke	W65	1	8 Jul	Cardiff
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## Weight

10.10	Alyson	Hourihan	Cardiff	W45	9	9 Sep	Riccione
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## 7.26kg

10.10	Jane	Goatcher	Croydon	W50	3	29 Jul	Birmingham
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## Pentathlon

3145	Amanda	Wale	Wrexham	W35	1	17 Jun	Exeter
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## Heptathlon

4290	Amanda	Wale	Wrexham	W35	2	7/8 Jul	Oxford
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## Weights Pentathlon

3771	Alyson	Hourihan	Cardiff	W45	4	15 Sep	Riccione
2528	Jane	Goatcher	Croydon	W50	14	15 Sep	Riccione