

# WELSH MASTERS RANKINGS 2008 (MALE)

Updated by Darryn McAtee 1<sup>st</sup> December 2008

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

## MEN

### 60 Metres

7.50i	Darrell	Maynard	Birchfield	M45	2		23 Feb	Lee Valley
7.93i	Steve	Hendrickson	Cardiff	M45	2	ht3	23 Feb	Lee Valley
8.2i	Ian	Broadhurst	Wrexham	M50	3	ht4	10 Feb	Lee Valley
8.21i	Brian	Williamson	Rhondda	M55	4	ht2	17 Mar	Clermont-Ferrand
8.8i	David	James	Wrexham	M40	2		5 Jan	Deeside
10.18i	Hubert	Daniels	Swansea	M75	2		23 Feb	Lee Valley

### 100 Metres

11.25	Chris	Millard	Bristol	M40	2	sf2	26 Jul	Ljubljana
11.31	Doug	Turner	Cardiff	M40	4	ht1	15 Jun	Swansea
12.3	Steven	Spires	Wrexham	M35	3		10 May	Deeside
12.3	Vincent	Lewis	Port Talbot	M40	2		20 Jul	Newport
12.44	Geoff	Ingram	Royal Air Force	M40		dec	13 Sep	Oxford
12.5	Ian	Broadhurst	Wrexham	M50	1		15 Jun	Exeter
12.6	Jon	Evans	Houghton & Peterlee	M45	1		4 Aug	Jarrow
12.69	Keith	Powell	Newport	M45	6		31 Aug	Brecon
12.7	Richard	Ledger	Swansea	M40	3		20 Jul	Newport
12.7	Steve	Berney	Newport	M40	3		20 Jul	Newport
13.2	Steve	Lewis	Cardiff	M40	1		10 May	Aberdare
13.2	Glyn	Sutton	Newport	M60	1		18 Jun	Newport
13.2	David	James	Wrexham	M40	4		20 Jul	Newport
13.21	Derek	Osborne	Brecon	M45		dec	13 Sep	Oxford
13.5	Brian	Williamson	Rhondda	M55	4		10 Aug	Hemel Hempstead
13.7	Rob	Eales	Newport	M40	1	b	18 Jun	Newport
14.0	Jeremy	Mower	Gloucester	M40	2		13 Jul	Yate
14.2	Rod	Howe	Cardiff	M55	1		20 Jul	Newport
14.3	Huw	Morgan	Pembroke	M65	1		20 Jul	Newport
15.7	John	Evans	Rugby	M70	3		8 Jun	Solihull
16.1	Alan	Perkins	Port Talbot	M55	3		18 Jun	Newport
16.4	Barrie	Roberts	Bourneville	M65	4	d	16 Apr	Birmingham
16.4	Hubert	Daniels	Swansea	M75	1		20 Jul	Newport
16.7	John	Diffey	Les Croupiers	M40	4		18 Jun	Newport
17.1	Mike	Davies	Les Croupiers	M55	4		18 Jun	Newport
17.4	Len	Tew	Port Talbot	M70	1	b	18 Jun	Newport
17.4	Phil	Rees	Cardiff	M65	3		20 Jul	Newport
18.2	Trefor	Pugh	Maldwyn	M70	1		20 Jul	Newport

### 150 Metres (19.7)

19.0	Sean	Price	Rhondda	M45	1		23 Jul	Aberdare
19.1	Steven	Spires	Wrexham	M35	1		11 Apr	Wrexham
19.3	Keith	Powell	Newport	M45	2		23 Jul	Aberdare
19.4	Richard	Ledger	Swansea	M40	3		23 Jul	Aberdare
19.7	Peter	Crane	Neath	M45	4		23 Jul	Aberdare

### 200 Metres

22.50	Chris	Millard	Bristol	M40	3		2 Aug	Ljubljana
-------	-------	---------	---------	-----	---	--	-------	-----------

23.63i	Darrell	Maynard	Birchfield	M45	1	23 Feb	Lee Valley	
24.89	Ian	Broadhurst	Wrexham	M50	6	2 Aug	Ljubljana	
25.1	Gareth	Davies	Oxford City	M35	3	19 May	Oxford	
25.28	Steven	Spires	Wrexham	M35	pen	25 May	Oxford	
25.6	Vincent	Lewis	Port Talbot	M40	2	20 Jul	Newport	
26.0	Jon	Evans	Houghton & Peterlee	M45	2	16 Jun	Jarrow	
26.5	David	Harries	Swindon	M50	3	15 Jun	Exeter	
26.5	Malcolm	Medhurst	Newport	M40	4	13 Aug	Neath	
26.6	Steve	Lewis	Cardiff	M40	1	10 May	Aberdare	
26.9	Keith	Powell	Newport	M45	1	6 Aug	Newport	
27.24i	Brian	Williamson	Rhondda	M55	4	ht5	18 Mar	Clermont-Ferrand
28.0					1	6 Aug	Newport	
27.4	Gavin	Belcher	Newport	M35	2	6 Jul	Brecon	
27.6	David	James	Wrexham	M40	7	6 Jul	Brecon	
28.06	Geoff	Miller	Newport	M50	pen	25 May	Oxford	
28.2	Darryn	McAtee	Newport	M45	1	b	6 Jul	Brecon
28.5	Geoff	Miller	Newport	M50	2	6 Aug	Newport	
28.70	Jeremy	Mower	Gloucester	M40	4	10 Aug	Yate	
29.0	Rod	Howe	Cardiff	M55	2	10 May	Aberdare	
30.9	Huw	Morgan	Pembroke	M65	1	20 Jul	Newport	
31.27	Glyn	Price	Swansea	M40	8	5 Jul	Kingston	
31.5	Chris	Fulcher	Port Talbot	M40	4	20 Jul	Newport	
31.7	Len	Tew	Port Talbot	M70	4	10 Aug	Hemel Hempstead	
32.2	Mel	James	Port Talbot	M60	4	6 Aug	Newport	
32.4	Wayne	Bellamy	Swansea	M35	5	6 Aug	Newport	
33.46i	John	Evans	Rugby	M70	5	ht3	18 Mar	Clermont-Ferrand
33.5					pen	15 Jun	Exeter	
34.0	Barrie	Roberts	Bourneville	M65	6	b	16 Jul	Birmingham
35.0	Dave	Proffitt	Newport	M55	2	b	6 Aug	Newport
35.7	Hubert	Daniels	Swansea	M75	1	20 Jul	Newport	
39.4	Alan	Mann	Les Croupiers	M50	3	20 Jul	Newport	
39.9	Phil	Rees	Cardiff	M65	3	b	6 Aug	Newport
41.2	Trefor	Pugh	Maldwyn	M70	2	20 Jul	Newport	

### 300 Metres (43.9)

39.8	Sean	Price	Rhondda	M45	1	23 Jul	Aberdare	
40.4	Vinve	Lewis	Port Talbot	M40	2	23 Jul	Aberdare	
40.9	Malcolm	Medhurst	Newport	M40	3	23 Jul	Aberdare	
43.3	Derek	Osborne	Brecon	M45	4	23 Jul	Aberdare	
43.6	Bilal	Namani	Rhondda	M55	1	b	23 Jul	Aberdare
43.9	Brian	Williamson	Rhondda	M55	1	23 Jul	Aberdare	

### 400 Metres

51.11i	Darrell	Maynard	Birchfield	M45	1	23 Feb	Lee Valley
53.7	Sean	Price	Rhondda	M45	1	20 Jul	Newport
55.6	Vincent	Lewis	Port Talbot	M40	1	20 Jul	Newport
55.73	Ian	Broadhurst	Wrexham	M50	4	30 Jul	Ljubljana
56.0	Brett	Davis	Newport	M40	2	20 Jul	Newport
56.2	David	Harries	Swindon	M50	1	10 Aug	Hemel Hempstead
56.8	Malcolm	Medhurst	Newport	M40	3	8 Jun	Aberdare
57.87	Neil	Davies	Wrexham	M35	2	20 May	Stretford
58.2	Phil	Crane	Neath	M45	2	18 Jun	Newport
58.4	Jon	Evans	Houghton & Peterlee	M45	2	16 Jun	Jarrow
58.50	Geoff	Ingram	Royal Air Force	M40	dec	13 Sep	Oxford
58.51	Derek	Osborne	Brecon	M45	dec	13 Sep	Oxford
59.4	Gavin	Belcher	Newport	M35	2	6 Aug	Newport
59.5	Bilal	Namani	Rhondda	M50	1	6 Aug	Newport

60.0	Darryn	McAtee	Newport	M45	3	b	8 Jun	Aberdare
61.5	Steven	Spires	Wrexham	M35	3		20 Jul	Newport
62.9	Sean	McCormack	Abergele	M45	1		10 May	Deeside
62.9	David	James	Wrexham	M40	2		10 May	Deeside
63.2	Steven	Taylor	Rhondda	M##	4		18 Jun	Newport
64.61	Keith	Powell	Newport	M45	dec		13 Sep	Oxford
64.9	John	Watkins	Newport	M55	1		18 Jun	Newport
66.8	Chris	Fulcher	Port Talbot	M40	5		18 Jun	Newport
67.6	Brian	Williamson	Rhondda	M55	1	b	6 Aug	Newport
70.0	Mel	James	Port Talbot	M60	4		10 Aug	Hemel Hempstead
70.3	Geoff	Miller	Newport	M50	2		6 Aug	Newport
71.3	Alan	Perkins	Port Talbot	M55	3		18 Jun	Newport
71.8	John	Diffey	Les Croupiers	M40	6		18 Jun	Newport
72.6	Elio	Lepore	Les Croupiers	M50	4		18 Jun	Newport
73.0	Mike	Davies	Les Croupiers	M55	1		20 Jul	Newport
74.0	Dave	Proffitt	Newport	M55	3	b	6 Aug	Newport
76.3	Len	Tew	Port Talbot	M70	3	b	6 Aug	Newport
83.01i	William	Davies	Winchester	M75	1		23 Feb	Lee Valley
84.1					1		15 Jun	Exeter
84.1	Alan	Mann	Les Croupiers	M50	3		20 Jul	Newport
92.4	Hubert	Daniels	Swansea	M75	4		6 Aug	Newport

### 600 Metres (1:34.7)

1:28.2	Sean	Price	Rhondda	M45	1		23 Jul	Aberdare
1:30.6	Brett	Davis	Newport	M40	1		5 May	Cheltenham
1:32.5	Phil	Crane	Neath	M45	3		23 Jul	Aberdare
1:34.0	Malcolm	Medhurst	Newport	M40	1	b	23 Jul	Aberdare
1:34.7	Bilal	Namani	Rhondda	M55	2	b	23 Jul	Aberdare

### 800 Metres

2:03.0	Sean	Price	Rhondda	M45	2		10 Aug	Hemel Hempstead
2:07.5	Brett	Davis	Newport	M40	2		11 May	Brecon
2:08.8	Malcolm	Medhurst	Newport	M40	4		3 Aug	Birmingham Uni.
2:09.1	Bilal	Namani	Rhondda	M50	5	b	8 Jun	Aberdare
2:11.3	Tim	Hindle	Brecon	M35	5	b	6 Jul	Brecon
2:15.7	Phil	Crane	Neath	M45	2		18 Jun	Newport
2:17.7	Darryn	McAtee	Newport	M45	1	b	6 Jul	Brecon
2:21.7	Mike	Robbins	Wrexham	M45	4		25 Apr	Wrexham
2:21.8	Peter	Crane	Neath	M45	4		20 Jul	Newport
2:22.5	Martin	Shaw	Brecon	M35	6		6 Jul	Brecon
2:24.6	Sean	McCormack	Abergele	M45	1		10 May	Deeside
2:32.8	Chris	Fulcher	Port Talbot	M40	2		20 Jul	Newport
2:35.3	Mick	Tabor	Les Croupiers	M55	2		18 Jun	Newport
2:35.7	Steven	Spires	Wrexham	M35	5		25 Apr	Wrexham
2:36.5	Peter	Sowerby	Brecon	M45	4		18 Jun	Newport
2:38.3	Clive	Osmond	Les Croupiers	M45	5		18 Jun	Newport
2:40.2	Dic	Evans	Cardiff	M60	2		10 Aug	Hemel Hempstead
2:41.3	John	Watkins	Newport	M55	3		18 Jun	Newport
2:43.6	Elio	Lepore	Les Croupiers	M50	1	b	18 Jun	Newport
2:46.0	Mike	Davies	Les Croupiers	M55	1		20 Jul	Newport
2:46.9	Alan	Perkins	Port Talbot	M55	4		18 Jun	Newport
2:47.6	John	Diffey	Les Croupiers	M40	2	b	18 Jun	Newport
2:50.8	Mel	James	Port Talbot	M60	3		20 Jul	Newport
2:58.6	Barrie	Roberts	Bourneville	M65	3		4 Jun	Birmingham
3:00.3	Gary	Hyatt	Les Croupiers	M60	4		20 Jul	Newport
3:05.3	Dave	Proffitt	Newport	M50	2	b	18 Jun	Newport
3:11.6	Alan	Mann	Les Croupiers	M50	2		20 Jul	Newport

3:14.3	Len	Tew	Port Talbot	M70	3	b	18 Jun	Newport
3:14.7	John	Collins	Swansea	M65	5		18 Jun	Newport
3:16.74i	William	Davies	Winchester	M75	1		23 Feb	Lee Valley
3:17.8					1		15 Jun	Exeter

### 1000 Metres

2:45.5	Phil	Crane	Neath	M45	1		6 Aug	Newport
2:53.8	Brett	Davis	Newport	M40	2		6 Aug	Newport
3:00.5	Malcolm	Medhurst	Newport	M40	1	b	6 Aug	Newport
3:19.6	Paul	Coker	Les Croupiers	M50	1		6 Aug	Newport
3:32.5	Chris	Fulcher	Port Talbot	M40	3		6 Aug	Newport
3:35.0	Dave	Proffitt	Newport	M55	2		6 Aug	Newport
3:39.0	Alan	Perkins	Port Talbot	M55	3		6 Aug	Newport
4:02.3	John	Davies	Port Talbot	M55	1	b	6 Aug	Newport
4:11.0	John	Collins	Swansea	M70	4		6 Aug	Newport
4:18.6	Colin	Bradley	Newport	M50	2	b	6 Aug	Newport

### 1500 Metres (7:30.5)

4:21.5	Phil	Crane	Neath	M45	1		11 May	Brecon
4:32.93	Mike	Robbins	Wrexham	M45	8		5 Jul	Birmingham
4:40.3	Phil	Kendrick	Brecon	M45	3		6 Jul	Brecon
4:40.3	Darryn	McAtee	Newport	M45	9	ht1	16 Jul	Cheltenham
4:41.2	Geran	Hughes	Abergele	M40	1		20 Jul	Newport
4:43.1	Martin	Shaw	Brecon	M35	3	b	6 Jul	Brecon
4:46.4	Peter	Crane	Neath	M45	1	b	23 Jul	Aberdare
4:46.8	Lee	Saunders	Neath	M##	n/s		23 Jul	Aberdare
4:54.3	Malcolm	Medhurst	Newport	M40	5		3 May	Banbury
5:03.5	Brett	Davis	Newport	M40	2	b	23 Jul	Aberdare
5:06.0	Chris	Fulcher	Port Talbot	M40	2	b	8 Jun	Aberdare
5:06.5	Clive	Osmond	Les Croupiers	M45	4		23 Jul	Aberdare
5:10.17	Derek	Osborne	Brecon	M45	dec		14 Sep	Oxford
5:11.6	Steve	Davies	Mansfield	M50	1		20 Jul	Newport
5:17.5	Bilal	Namani	Rhondda	M55	1		23 Jul	Aberdare
5:20.4	Jeremy	Mower	Gloucester	M40	4		13 Jul	Yate
5:22.3	Geoff	Ingram	Royal Air Force	M40	dec		23 May	Portsmouth
5:23.7	Dic	Evans	Cardiff	M60	3		10 Aug	Hemel Hempstead
5:25.7	Sean	Price	Rhondda	M45	5		23 Jul	Aberdare
5:28.6	Alan	Perkins	Port Talbot	M55	2		23 Jul	Aberdare
5:30.0	Mel	James	Port Talbot	M60	1	b	23 Jul	Aberdare
5:34.4	Dave	Proffitt	Newport	M55	2		16 Aug	Aberdare
5:44.4	Ken	Buckle	Cheltenham	M65	1		20 Jul	Newport
5:51.79	Steven	Spires	Wrexham	M35	pen		25 May	Oxford
6:03.2	Gary	Hyatt	Les Croupiers	M60	4		20 Jul	Newport
6:03.63	Barrie	Roberts	Bourneville	M65	9		5 May	Birmingham
6:26.3	Alan	Mann	Les Croupiers	M50	2		20 Jul	Newport
6:26.4	John	Davies	Port Talbot	M55	1	b	2 Aug	Deeside
6:31.91i	William	Davies	Winchester	M75	1		23 Feb	Lee Valley
6:48.04					1		5 Jul	Birmingham
6:37.6	Ian	Swanson	Port Talbot	M55	n/s		23 Jul	Aberdare
6:40.9	Colin	Bradley	Newport	M50	2	b	23 Jul	Aberdare
6:49.50	Geoff	Miller	Newport	M50	pen		25 May	Oxford
6:52.76	Keith	Powell	Newport	M45	dec		14 Sep	Oxford
7:30.5	John	Evans	Rugby	M70	pen		15 Jun	Exeter

### 1 Mile

6:44.3	Barrie	Roberts	Bourneville	M65	10	b	12 Apr	Mansfield
--------	--------	---------	-------------	-----	----	---	--------	-----------

### 3000 Metres

9:12.9	Martin	Rees	Neath	M55	9	9 Apr	Swansea
9:28.7	Paul	Richards	Neath	M40	10	9 Apr	Swansea
9:28.7	Neil	Hardee	Newport	M40	1	6 Aug	Newport
9:29.93	Geran	Hughes	Abergele	M40	5	20 May	Stretford
9:35.67	Mike	Robbins	Wrexham	M45	8	20 May	Stretford
9:40.93	Sean	McCormack	Abergele	M45	12	3 June	Stretford
10:22.5	Peter	Crane	Neath	M45	1	18 Jun	Newport
10:24.2	Huw	Roberts	Bridgend	M50	2	10 Aug	Hemel Hempstead
10:34.6	Jeremy	Mower	Gloucester	M40	2 b	15 Jun	Yate
10:36.5	Darryn	McAtee	Newport	M45	13	9 Apr	Swansea
10:46.0	Paul	Coker	Les Croupiers	M50	1	6 Aug	Newport
10:51.2	Mick	Tabor	Les Croupiers	M55	1	18 Jun	Newport
10:54.2	Steve	Davies	Mansfield	M50	6 b	7 Jun	Cheltenham
10:59.6	Chris	Fulcher	Port Talbot	M40	4	8 Jun	Aberdare
11:25.2	Elio	Lepore	Les Croupiers	M50	1 b	18 Jun	Newport
11:25.57i	Dic	Evans	Cardiff	M60	6	20 Mar	Clermont-Ferrand
11:33.6	Alan	Perkins	Port Talbot	M55	3 b	8 Jun	Aberdare
11:34.5	Peter	Sowerby	Brecon	M45	4	18 Jun	Newport
11:37.0	John	Diffey	Les Croupiers	M40	5	18 Jun	Newport
12:09.6	Dave	Proffitt	Newport	M50	4 b	8 Jun	Aberdare
12:11.0	Colin	Bradley	Newport	M50	2	2 Aug	Deeside
12:19.9	Ken	Buckle	Cheltenham	M65	3	10 Aug	Hemel Hempstead
12:30.1	Malcolm	Medhurst	Newport	M40	1 b	18 Jun	Newport
12:37.5	John	Collins	Swansea	M70	4	18 Jun	Newport
12:45.6	Jeff	Aston	Les Croupiers	M60	1 b	6 Aug	Newport
12:48.6	Howard	Brown	Les Croupiers	M55	n/s	18 Jun	Newport
13:09.5	Barrie	Roberts	Bourneville	M65	5	18 Jun	Newport
13:46.7i	William	Davies	Winchester	M75	1	23 Feb	Lee Valley
13:58.8	Ian	Swanson	Port Talbot	M55	2 b	18 Jun	Newport

### 5000 Metres

16:06.0	Rob	Sheen	Leicester Coritanian	M45	2	8 Jun	Solihull
16:43.5	Sean	McCormack	Abergele	M45	1	20 Jul	Newport
17:06.72	Peter	Crane	Neath	M45	4	5 Jul	Birmingham
17:09.6	Phil	Kendrick	Brecon	M45	3	6 Jul	Brecon
17:16.4	Martin	Shaw	Brecon	M35	1 b	6 Jul	Brecon
17:56.8	Huw	Roberts	Bridgend	M50	1	20 Jul	Newport
18:07.6	Steve	Davies	Mansfield	M50	2	20 Jul	Newport
18:18.0	Darryn	McAtee	Newport	M45	4	31 Aug	Yate
18:34.0	Jeremy	Mower	Gloucester	M40	5	31 Aug	Yate
18:35.4	Chris	Fulcher	Port Talbot	M40	1	20 Jul	Newport
19:05.1	Dic	Evans	Cardiff	M60	1	20 Jul	Newport
19:12.6	Elio	Lepore	Les Croupiers	M50	3	20 Jul	Newport
19:44.6	Dave	Griffiths	Newport	M40	1	16 Aug	Aberdare
20:22.5	Ken	Buckle	Cheltenham	M65	1	20 Jul	Newport
20:23.4	Alan	Perkins	Port Talbot	M55	1	20 Jul	Newport
20:24.0	Alan	Mann	Les Croupiers	M50	2	20 Jul	Newport
20:56.8	Dave	Proffitt	Newport	M50	5	20 Jul	Newport
21:06.2	John	Collins	Swansea	M70	1	20 Jul	Newport
22:22.4	Gary	Hyatt	Les Croupiers	M60	4	20 Jul	Newport
23:35.8	Ian	Swanson	Port Talbot	M55	2	20 Jul	Newport
23:40.9	Colin	Bradley	Newport	M50	1 b	16 Aug	Aberdare
23:51.8	John	Davies	Port Talbot	M55	2 b	16 Aug	Aberdare
24:35.34	William	Davies	Winchester	M75	1	5 Jul	Birmingham

## 10000 Metres

34:23.7	Sean	McCormack	Abergele	M45	2	13 Aug	Neath
37:48.7	Mark	Reynolds	Neath	M35	5	13 Aug	Neath
39:13.4	Darryn	McAtee	Newport	M45	7	13 Aug	Neath
39:32.6	Bob	Bamsey	Neath	M50	8	13 Aug	Neath
40:36.9	Alan	Perkins	Port Talbot	M55	9	13 Aug	Neath
41:15.12	Ken	Buckle	Cheltenham	M65	3	25 May	Oxford
44:45.8	Dave	Proffitt	Newport	M55	10	13 Aug	Neath

## 100 Metres Hurdles

20.9	Brian	Williamson	Rhondda	M55	3	10 Aug	Hemel Hempstead
35.4	Trefor	Pugh	Maldwyn	M70	2	10 Aug	Hemel Hempstead

## 110 Metres Hurdles

18.9	Derek	Osborne	Brecon	M45	2	6 Jul	Brecon
19.50	Glyn	Price	Swansea	M40	3	31 Aug	Brecon
19.7	Geoff	Ingram	Royal Air Force	M40	dec	23 May	Portsmouth
		17.91 (height 99.1)			dec	14 Sep	Oxford
20.6	Mike	Mullins	Rhondda	M40	4	8 Jun	Aberdare
		19.8 (height 99.1)			3	10 Aug	Hemel Hempstead
22.2	Keith	Powell	Newport	M45	4	3 May	Banbury
		21.37 (height 99.1)			dec	14 Sep	Oxford
26.5	Jeremy	Mower	Gloucester	M40	3	10 Aug	Yate

## 400 Metres Hurdles

65.8	Neil	Davies	Wrexham	M35	4	2 Aug	Deeside
66.7	Derek	Osborne	Brecon	M45	1	20 Jul	Newport
67.25	Geoff	Ingram	Royal Air Force	M40	4	25 Jun	Cosford
67.7	Ian	Broadhurst	Wrexham	M50	5	8 Jun	Aberdare
		60.77 (height 84.0)			3	26 Jul	Ljubljana
74.5	Jeremy	Mower	Gloucester	M40	1 b	31 Aug	Yate
75.4	Malcolm	Medhurst	Newport	M40	4 b	3 May	Banbury
76.2	David	James	Wrexham	M40	4 b	2 Aug	Deeside
130.6	Geoff	Miller	Newport	M50	5 b	5 Jul	Leamington

## 2000 Metres Steeplechase

7:08.9	Austin	Davies	Brecon	M40	2	6 Jul	Brecon
8:59.5	Malcolm	Medhurst	Newport	M40	3 b	5 Jul	Leamington

## 3000 Metres Steeplechase

10:56.67	Geran	Hughes	Abergele	M40	3	6 Jul	Birmingham
11:16.2	Jeremy	Mower	Gloucester	M40	1 b	3 Aug	Tipton
12:34.7	Darryn	McAtee	Newport	M45	6	2 Aug	Birmingham Uni.

## 2000m Walk

8:34.0	Mark	Williams	Tamworth	M40	1	10 Aug	Hemel Hempstead
9:50.7	Phil	Williams	Enfield & Haringey	M40	2	10 Aug	Hemel Hempstead
11:55.2	Steve	Walker	Wrexham	M50	4	10 Aug	Hemel Hempstead
12:42.9	John	Collins	Swansea	M70	3	10 Aug	Hemel Hempstead
13:10.3	Colin	Bradley	Newport	M50	guest	10 Aug	Hemel Hempstead

## 3000m Walk

12:49.35	Mark	Williams	Tamworth	M40	2	26 May	Bedford
14:36.02	Phil	Williams	Enfield & Haringey	M40	2	28 Jun	Carmarthen
15:52.3i	Arthur	Thomson	Herts Phoenix	M70	4	9 Feb	Lee Valley
		16:23.22			1	5 Jul	Birmingham

16:58.27	Steve	Walker	Wrexham	M50	3	28 Jun	Carmarthen
19:26.09	John	Collins	Swansea	M70	4	28 Jun	Carmarthen
21:06.5	Colin	Bradley	Newport	M50	1	20 Jul	Newport

### 5000m Walk

22:21.40	Mark	Williams	Tamworth	M40	2	13 Jul	Birmingham
25:06.64	Phil	Williams	Enfield & Haringey	M40	1	14 Jun	Crystal Palace
27:26.81	Arthur	Thomson	Herts Phoenix	M70	1	5 Jul	Birmingham

### 10000m Walk

46:00.0	Mark	Williams	Tamworth	M40	1	25 May	Oxford
58:03.4	Arthur	Thomson	Herts Phoenix	M70	4	30 Apr	Battersea Park

### High Jump

1.63	Geoff	Ingram	Royal Air Force	M40	dec	13 Sep	Oxford
1.60	Jonathan	Powell	SC Myhl	M45	1	19 Sep	Erkelenz
1.54	Derek	Osborne	Brecon	M45	dec	13 Sep	Oxford
1.50	Steven	Spires	Wrexham	M35	2 b	8 Jun	Aberdare
1.45	Peter	Roberts	Swansea	M35	1=	18 Jun	Newport
1.40	Keith	Powell	Newport	M45	3 b	7 Jun	Leamington
1.40	Geoff	Miller	Newport	M50	4	10 Aug	Hemel Hempstead
1.35	Mike	Mullins	Rhondda	M40	3	18 Jun	Newport
1.35	Richard	Ledger	Swansea	M40	1 b	18 Jun	Newport
1.29	David	James	Wrexham	M40		17 Sep	Manchester
1.25	Allan	Cheers	Basingstoke	M60	1	10 Aug	Hemel Hempstead
1.20	Ian	Swanson	Port Talbot	M55	2	8 Jun	Aberdare
1.20	Brian	Williamson	Rhondda	M55	2	18 Jun	Newport
1.15	Barry	Barnfield	Rhondda	M35	2 b	18 Jun	Newport
1.00	Glyn	Sutton	Newport	M60	1 b	18 Jun	Newport

### Pole Vault

4.00	Glyn	Price	Swansea	M40	1	10 May	Aberdare
3.70	Geoff	Ingram	Royal Air Force	M40	dec	22 May	Portsmouth
3.45	Greg	Murrow	Mansfield	M50	4	15 Jun	Manchester
3.00	Derek	Osborne	Brecon	M45	dec	14 Sep	Oxford
2.94	Keith	Powell	Newport	M45	3	31 Aug	Brecon

### Long Jump

5.75	Geoff	Ingram	Royal Air Force	M40	dec	13 Sep	Oxford
5.41	Derek	Osborne	Brecon	M45	dec	13 Sep	Oxford
5.38	Richard	Ledger	Swansea	M40	1	20 Jul	Newport
5.36	Chris	Millard	Bristol	M40		11 May	Yate
5.35	David	Richards	Severn	M45	1	20 Jul	Newport
5.18	Keith	Powell	Newport	M45	2	20 Jul	Newport
5.10	Steven	Spires	Wrexham	M35	1	25 Apr	Wrexham
5.05	Jon	Evans	Houghton & Peterlee	M45	1	19 May	Jarrow
5.05	Geoff	Miller	Newport	M50	pen	25 May	Oxford
4.92	David	Shields	Reading	M45	3	20 Jul	Newport
4.90	Malcolm	Medhurst	Newport	M40	3 b	7 Jun	Leamington
4.57	Mike	Mullins	Rhondda	M40	4 b	8 Jun	Aberdare
4.48	Brian	Williamson	Rhondda	M55	2	18 Jun	Newport
	4.73w				3	5 Jul	Birmingham
4.29	Allan	Cheers	Basingstoke	M60	1	20 Jul	Newport
3.93	Jeremy	Mower	Gloucester	M40	1 b	10 Aug	Yate
3.90	David	James	Wrexham	M40	1	25 Apr	Wrexham
3.78	John	Evans	Rugby	M70	pen	15 Jun	Exeter

3.69	John	Watkins	Newport	M55	1	b	18 Jun	Newport
3.38	Elio	Lepore	Les Croupiers	M50	3		18 Jun	Newport
3.38	Trefor	Pugh	Maldwyn	M70	1		20 Jul	Newport
3.35	John	Diffey	Les Croupiers	M40	5		18 Jun	Newport
3.28	Ian	Swanson	Port Talbot	M55	3		8 Jun	Aberdare
3.17	John	Rees	Cardiff	M65	2		15 Jun	Exeter
2.66	Ian	Sims	Rhondda	M##	2	b	18 Jun	Newport
2.32	Bob	Greuter	Rhondda	M55	2	b	18 Jun	Newport

### Triple Jump (6.97)

13.32	Gareth	Davies	Oxford City	M35	2		28 Jun	Hillingdon
12.13i	Jon	Evans	Houghton & Peterlee	M45	1		23 Feb	Lee Valley
					2		28 Jun	Jarrow
11.61	David	Richards	Severn	M45	1		6 Aug	Newport
10.89	Derek	Osborne	Brecon	M45	2		20 Jul	Newport
10.59i	David	Shields	Reading	M45	1		6 Jan	Eton
					3		20 Jul	Newport
10.47	Malcolm	Medhurst	Newport	M40	3	b	3 Aug	Birmingham Uni.
10.37	Geoff	Miller	Newport	M50	3		10 Aug	Hemel Hempstead
10.37	Richard	Ledger	Swansea	M40	2		6 Aug	Newport
10.34	Steven	Spires	Wrexham	M35	1		10 May	Deeside
10.13	Jonathan	Powell	SC Myhl	M45	4		20 Jul	Newport
9.74	Allan	Cheers	Basingstoke	M60	1		20 Jul	Newport
					2		5 Jul	Birmingham
9.66	Keith	Powell	Newport	M45	1	b	23 Jul	Aberdare
9.64i	Brian	Williamson	Rhondda	M55	3		23 Feb	Lee Valley
					2		6 Aug	Newport
9.61	Arthur	Kingsbury	Rhondda	M45	4		23 Jul	Aberdare
9.11	Steve	Lewis	Cardiff	M40	n/s		6 Aug	Newport
8.70	Neil	Davies	Wrexham	M35	1		20 Jul	Newport
8.64	David	James	Wrexham	M40	5	b	8 Jun	Aberdare
8.39	John	Evans	Rugby	M70	1		15 Jun	Exeter
8.10	Mike	Mullins	Rhondda	M40	4		6 Aug	Newport
7.53	Trefor	Pugh	Maldwyn	M70	1		20 Jul	Newport
7.37	Wayne	Bellamy	Swansea	M35	2	b	23 Jul	Aberdare
7.06	John	Watkins	Newport	M55	2		23 Jul	Aberdare
6.97	Elio	Lepore	Les Croupiers	M50	3		23 Jul	Aberdare
6.18	Phil	Rees	Cardiff	M65	3		6 Aug	Newport
6.10	Ian	Swanson	Port Talbot	M55	4		23 Jul	Aberdare

### Shot

14.10	Andrew	Turner	Bournemouth	M40	1		10 May	Bournemouth
11.13	Peter	Taylor	Swansea	M##	1		18 Jun	Newport
11.02	Barry	Barnfield	Rhondda	M35	1		2 Aug	Deeside
10.89	Nigel	Winchcombe	Notts	M45	6		7 Jun	Abingdon
10.72	Geoff	Ingram	Royal Air Force	M40	dec		13 Sep	Oxford
10.60	Rob	Eales	Newport	M40	4		3 Aug	Birmingham Uni.
9.07	Richard	Ledger	Swansea	M40	1	b	18 Jun	Newport
8.63	Derek	Osborne	Brecon	M45	dec		13 Sep	Oxford
8.43	Neil	Davies	Wrexham	M35	2	b	16 Aug	Aberdare
8.06i	Dave	Edwards	Wrexham	M40	1		5 Jan	Deeside
7.80	David	Stokes	Deeside	M40	4	b	2 Aug	Deeside
7.71	Keith	Powell	Newport	M45	1		2 Aug	Deeside
7.63	Stephen	Orosz	Llanelli	M45	5	b	2 Aug	Deeside
7.58	Geoff	Van Klaveren	Kingston & Polytechnic	M45	2		20 Jul	Newport
6.55	Ian	Sims	Rhondda	M##	3	b	18 Jun	Newport
6.33	John	Davies	Port Talbot	M55	3		8 Jun	Aberdare

6.26i	David	James	Wrexham	M40	2		5 Jan	Deeside
6.02	David	Jones	Swansea	M55	6		31 Aug	Brecon
5.58	Chris	Fulcher	Port Talbot	M40	2	b	8 Jun	Aberdare
5.30	Colin	Bradley	Newport	M50	1	b	2 Aug	Deeside

#### 6k

11.22	Terry	Lalley	Swansea	M55	2		5 Jul	Birmingham
9.01	David	Maggs	Gateshead	M50	2		16 Jun	Jarrow
8.88	Geoff	Miller	Newport	M50	1		18 Jun	Newport
7.79	Brian	Williamson	Rhondda	M55	2		18 Jun	Newport
7.51	Bob	Grenter	Rhondda	M55	2	b	18 Jun	Newport
6.78	David	Jones	Swansea	M55	1		20 Jul	Newport
6.70	John	Davies	Port Talbot	M55	2		20 Jul	Newport
6.44	Mike	Davies	Les Croupiers	M55	5		18 Jun	Newport
6.29	Alan	Perkins	Port Talbot	M55	3	b	18 Jun	Newport

#### 5k

9.64i	John	Howe	Rhondda	M65	5		23 Feb	Lee Valley
8.23	Glyn	Sutton	Newport	M60	1	b	18 Jun	Newport
7.72	Phil	Rees	Cardiff	M65	2		20 Jul	Newport
7.33	John	Rees	Cardiff	M65	4		15 Jun	Exeter

#### 4k

5.91	John	Collins	Swansea	M70	4	b	18 Jun	Newport
------	------	---------	---------	-----	---	---	--------	---------

#### 3k

7.91	Derek	Harper	Swansea	M80	1		5 Jul	Birmingham
5.71	Bill	Kingsbury	Rhondda	M80	pen		15 Jun	Milton Keynes

#### Discus

41.85	Andrew	Turner	Bournemouth	M40	2		10 May	Bournemouth
41.19	Peter	Roberts	Swansea	M35	2	b	7 Jun	Abingdon
36.64	Nigel	Winchcombe	Notts	M45	5		7 Jun	Abingdon
35.84	Graham	Holder	Shaftesbury	M35	1		19 May	Bromley
33.16	Geoff	Ingram	Royal Air Force	M40	dec		14 Sep	Oxford
32.20	Terry	Lalley	Swansea	M55	3		22 May	Nice
30.67	Barry	Barnfield	Rhondda	M35	4		6 Jul	Brecon
30.39	Jonathan	Powell	SC Myhl	M45	4		10 Aug	Hemel Hempstead
29.51	David	Stokes	Deeside	M40	3		2 Aug	Deeside
29.12	Rob	Eales	Newport	M40	1		11 May	Brecon
27.70	Derek	Osborne	Brecon	M45	1	b	6 Jul	Brecon
26.20	Stephen	Orosz	Llanelli	M45	2	b	8 Jun	Aberdare
24.06	Richard	Ledger	Swansea	M40	1	b	23 Jul	Aberdare
23.80	Keith	Powell	Newport	M45	1		2 Aug	Deeside
23.50	David	Shields	Reading	M45	6		23 Feb	Lee Valley
22.83	Neil	Davies	Wrexham	M35	3	b	2 Aug	Deeside
22.15	Geoff	Van Klaveren	Kingston & Polytechnic	M45	2		20 Jul	Newport
21.87	John	Davies	Port Talbot	M55	2		8 Jun	Aberdare
18.20	Steven	Spires	Wrexham	M35	pen		25 May	Oxford
16.76	Mike	Mullins	Rhondda	M40	4		23 Jul	Aberdare
16.48	Nigel	Greenway	Swansea	M40	n/s		23 Jul	Aberdare
16.46	Arthur	Kingsbury	Rhondda	M45	3	b	23 Jul	Aberdare
15.01	Colin	Bradley	Newport	M50	1	b	2 Aug	Deeside
14.65	David	Jones	Swansea	M55	6		31 Aug	Brecon
13.15	David	James	Wrexham	M40	2		6 Sep	Colwyn Bay

#### 1.5k (17.24)

36.91	Terry	Lalley	Swansea	M55	2	5 Jul	Birmingham
32.24	David	Maggs	Gateshead	M50	pen	17 May	Sutton Coldfield
28.83	Geoff	Miller	Newport	M50	pen	25 May	Oxford
25.54	John	Davies	Port Talbot	M55	1	20 Jul	Newport
23.17	Bob	Grenter	Rhondda	M55	3	23 Jul	Aberdare
17.89	David	Jones	Swansea	M55	2	20 Jul	Newport
17.46	Brian	Williamson	Rhondda	M55	n/s	23 Jul	Aberdare
17.33	Colin	Bradley	Newport	M50	4	23 Jul	Aberdare
17.24	Alan	Perkins	Port Talbot	M55	2 b	23 Jul	Aberdare

### 1k

31.70	Huw	Morgan	Pembrokeshire	M60	2	20 Jul	Newport
21.24	John	Evans	Rugby	M70	5	10 Aug	Hemel Hempstead
20.17	Brian	Webb	Cardiff	M70	1 b	23 Jul	Aberdare
16.84	Derek	Harper	Swansea	M80	1	20 Jul	Newport
14.03	Bill	Kingsbury	Rhondda	M80	pen	15 Jun	Milton Keynes

### Hammer

57.22	Graham	Holder	Shaftesbury	M35	2	15 Jun	Swansea
50.13	Nigel	Winchcombe	Notts	M45	2	29 Jun	Birmingham
41.46	Andrew	Turner	Bournemouth	M40	3	10 Aug	Hemel Hempstead
41.16	Terry	Lalley	Swansea	M55	1	22 May	Nice
40.49	Barry	Barnfield	Rhondda	M35	1	2 Aug	Deeside
37.84	David	Maggs	Gateshead	M50	2	3 Aug	Middlesbrough
29.73	Stephen	Orosz	Llanelli	M45	4	6 Jul	Brecon
28.36	Peter	Roberts	Swansea	M35	2	18 Jun	Newport
28.17	Derek	Osborne	Brecon	M45	3	2 Aug	Deeside
26.00	Rob	Eales	Newport	M40	3 b	3 Aug	Birmingham Uni.
24.76	David	Stokes	Deeside	M40	4	2 Aug	Deeside
21.02	John	Davies	Port Talbot	M55	1	2 Aug	Deeside
15.47	Keith	Powell	Newport	M45	1 b	18 Jun	Newport
14.37	Alan	Perkins	Port Talbot	M55	1 b	6 Jul	Brecon
13.53	Wayne	Bellamy	Swansea	M35	3	6 Aug	Newport
10.32	David	Jones	Swansea	M55	3	31 Aug	Brecon

### 6k

44.46	Terry	Lalley	Swansea	M55	pen	15 Jun	Milton Keynes
42.94	David	Maggs	Gateshead	M50	1	4 Aug	Jarrow
25.82	John	Davies	Port Talbot	M55	1	18 Jun	Newport
18.12	Bob	Grenter	Rhondda	M55	2	6 Aug	Newport
17.10	Alan	Perkins	Port Talbot	M55	1 b	6 Aug	Newport
17.09	Geoff	Miller	Newport	M50	3	6 Aug	Newport
16.52	Brian	Williamson	Rhondda	M55	2 b	6 Aug	Newport
16.12	David	Jones	Swansea	M55	2	20 Jul	Newport
10.96	Colin	Bradley	Newport	M50	3 b	6 Aug	Newport

### 5k

14.19	Glyn	Sutton	Newport	M60	4	18 Jun	Newport
-------	------	--------	---------	-----	---	--------	---------

### 4k

14.22	John	Collins	Swansea	M70	4	6 Aug	Newport
-------	------	---------	---------	-----	---	-------	---------

### 3k

25.39	Bill	Kingsbury	Rhondda	M80	1	10 May	Aberdare
23.35	Derek	Harper	Swansea	M80	2	5 Jul	Birmingham

## Javelin

58.60	Jonathan	Clarke	Swansea	M40	2	7 Jun	Abingdon
44.68	Richard	Ledger	Swansea	M35	1	20 Jul	Newport
42.96	Geoff	Ingram	Royal Air Force	M40	2	25 Jun	Cosford
39.14	Jonathan	Powell	SC Myhl	M45	1	20 Jul	Newport
37.97	Geoff	Van Klaveren	Kingston & Polytechnic	M45	2	5 Jul	Birmingham
37.55	Peter	Roberts	Swansea	M40	1 b	23 Jul	Aberdare
34.53	Derek	Osborne	Brecon	M45	dec	14 Sep	Oxford
33.78	Andrew	Turner	Bournemouth	M45	pen	5 Sep	Malmo
32.31	Neil	Davies	Wrexham	M35	2 b	2 Aug	Deeside
30.47	David	Maggs	Gateshead	M50	3 b	3 Aug	Middlesbrough
28.78	Arthur	Kingsbury	Rhondda	M45	3	23 Jul	Aberdare
28.37	Keith	Powell	Newport	M45	4	23 Jul	Aberdare
27.76	Paul	Hillman	Maldwyn	M##	1	10 May	Deeside
27.11	Geoff	Miller	Newport	M50	6	5 Jul	Leamington
27.11	Rob	Eales	Newport	M40	2 b	23 Jul	Aberdare
26.89	Stephen	Orosz	Llanelli	M45	6	2 Aug	Deeside
25.71	John	Davies	Port Talbot	M55	2	2 Aug	Deeside
25.68	Barry	Barnfield	Rhondda	M35	5	6 Jul	Brecon
25.23	Steven	Spires	Wrexham	M35	pen	25 May	Oxford
23.13	Mike	Mullins	Rhondda	M40	3 b	23 Jul	Aberdare
21.36	Alan	Perkins	Port Talbot	M55	1 b	6 Jul	Brecon
21.12	David	Jones	Swansea	M55	4 b	8 Jun	Aberdare
20.70	Wayne	Bellamy	Swansea	M35	3 b	6 Aug	Newport
20.37	Nigel	Greenway	Swansea	M40	n/s	23 Jul	Aberdare
15.16	Colin	Bradley	Newport	M50	6 b	3 Aug	Birmingham Uni.

## 700g (19.39)

33.02	David	Maggs	Gateshead	M50	1	8 Jun	Solihull
32.05	Geoff	Miller	Newport	M50	1	6 Aug	Newport
30.34	John	Davies	Port Talbot	M55	1	23 Jul	Aberdare
27.34	Terry	Lalley	Swansea	M55	3	8 Jun	Solihull
25.39	Alan	Perkins	Port Talbot	M55	2	23 Jul	Aberdare
21.15	Brian	Williamson	Rhondda	M55	2 b	23 Jul	Aberdare
20.72	Bob	Grenter	Rhondda	M55	n/s	23 Jul	Aberdare
20.23	David	Jones	Swansea	M55	4	6 Aug	Newport
19.88	John	Watkins	Newport	M55	3	23 Jul	Aberdare
19.39	Colin	Bradley	Newport	M50	3 b	23 Jul	Aberdare

## 500g

23.50	Brian	Webb	Cardiff	M70	2	6 Aug	Newport
22.50	Trefor	Pugh	Maldwyn	M70	1	20 Jul	Newport
19.35	John	Evans	Rugby	M70	pen	15 Jun	Exeter
10.22	John	Collins	Swansea	M70	3 b	6 Aug	Newport

## 400g

16.07	Derek	Harper	Swansea	M80	1	20 Jul	Newport
-------	-------	--------	---------	-----	---	--------	---------

## Weight

13.25	Andrew	Turner	Bournemouth	M40	2	23 Feb	Lee Valley
-------	--------	--------	-------------	-----	---	--------	------------

## 11.34kg

16.03	Terry	Lalley	Swansea	M55	6	25 Jul	Ljubljana
13.85	David	Maggs	Gateshead	M50	5	6 Jul	Birmingham

## 9.08kg

9.64i	John	Howe	Rhondda	M65	5	23 Feb	Lee Valley
-------	------	------	---------	-----	---	--------	------------

**5.45kg**

10.44	Bill	Kingsbury	Rhondda	M80	pen	15 Jun	Milton Keynes
8.78	Derek	Harper	Swansea	M80	2	6 Jul	Birmingham

**Pentathlon**

2453	Geoff	Miller	Newport	M50	6	25 May	Oxford
1897	Steven	Spires	Wrexham	M35	3	25 May	Oxford
1795	John	Evans	Rugby	M70	1	15 Jun	Exeter

**Decathlon**

5955	Geoff	Ingram	Royal Air Force	M40	1	14 Sep	Oxford
			4702 (senior height hurdles)		5	23 May	Portsmouth
5637	Derek	Osborne	Brecon	M45	2	14 Sep	Oxford
4227	Keith	Powell	Newport	M45	6	14 Sep	Oxford

**Weights Pentathlon**

3375	Terry	Lalley	Swansea	M55	1	15 Jun	Milton Keynes
3214	Andrew	Turner	Bournemouth	M45	3	5 Sep	Malmo
2779	David	Maggs	Gateshead	M50	1	17 May	Sutton Coldfield
2467	Bill	Kingsbury	Rhondda	M80	1	15 Jun	Milton Keynes

**4 x 100m Relay**

52.0	Newport (Powell, Davis, Belcher, Watkins)				1	23 Jul	Aberdare
53.4	Rhondda				2	23 Jul	Aberdare
60.3	Port Talbot				3	23 Jul	Aberdare
63.8	Newport B (Medhurst, Eales, McAtee, Bradley)				4	23 Jul	Aberdare

**4 x 200m Relay**

1:47.5	Newport (Powell, Medhurst, Watkins, Sutton)				1	18 Jun	Newport
1:49.8	Rhondda				2	18 Jun	Newport
2:09.6	Port Talbot				3	18 Jun	Newport
2:13.0	Les Croupiers				4	18 Jun	Newport

**4 x 400m Relay**

3:54.4	Newport (Medhurst, McAtee, Davis, Belcher)				1	6 Aug	Newport
4:14.9	Rhondda/guest (Hooper, Namani, Williamson, Price)				2	6 Aug	Newport
4:58.2	Port Talbot				3	6 Aug	Newport

# WELSH MASTERS RANKINGS 2008 (FEMALE)

Updated by Darryn McAtee 1<sup>st</sup> December 2008

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

## WOMEN

### 60 Metres

8.44i	Lolita	Byfield Moore	Cardiff	W40	1	23 Feb	Lee Valley
8.79i	Amanda	Wale	Wrexham	W35	3	23 Feb	Lee Valley

### 100 Metres

13.1	Lolita	Byfield Moore	Cardiff	W40	1	10 May	Aberdare
	13.37				5	23 Jul	Newport
13.7	Sian	Davies	Swansea	W35	2	9 Apr	Swansea
14.1	Sue	Hooper	Cardiff	W45	4	8 Jun	Aberdare
14.1	Helen	Eve	Swansea	W40	2	20 Jul	Newport
15.7	Natalie	Williams	Rhondda	W35	1	20 Jul	Newport
18.3	Dorothy	Morgan	Pembroke	W65	2	20 Jul	Newport

### 150 Metres

20.9	Sian	Davies	Swansea	W35	1	23 Jul	Aberdare
29.5	Dorothy	Morgan	Pembroke	W65	1	23 Jul	Aberdare

### 200 Metres

27.5	Lolita	Byfield Moore	Cardiff	W40	2	10 Aug	Hemel Hempstead
	27.74				4	23 Jul	Newport
27.99	Amanda	Wale	Wrexham	W35	hep	24 Jul	Ljubljana
28.2	Sian	Davies	Swansea	W35	1	10 Aug	Hemel Hempstead
28.7	Sue	Hooper	Cardiff	W45	1	15 Jun	Exeter
29.9	Helen	Eve	Swansea	W40	2	20 Jul	Newport
36.8	Anne	Follan	Rhondda	W35	3	6 Aug	Newport

### 300 Metres

45.8	Sue	Hooper	Cardiff	W45	1	23 Jul	Aberdare
47.4	Sian	Davies	Swansea	W35	2	23 Jul	Aberdare

### 400 Metres

65.49	Sue	Hooper	Cardiff	W45	1	5 Jul	Birmingham
68.0	Sian	Davies	Swansea	W35	1	6 Aug	Newport
79.5	Anne	Follan	Rhondda	W35	2	6 Aug	Newport

### 800 Metres

2:31.63	Amanda	Wale	Wrexham	W35	hep	25 Jul	Ljubljana
2:34.2	Jenny	Phillips	Llanelli	W40	3	8 Jun	Aberdare
2:40.9	Satu	Haikala	Brecon	W35	4	8 Jun	Aberdare
2:46.8	Pat	Gallagher	Westbury	W60	1	8 Jun	Solihull
2:48.7	Maureen	Emmett	IIF Group	W50	3	10 Aug	Hemel Hempstead
3:08.8	Anne	Follan	Rhondda	W35	4	6 Jul	Brecon

### 1000 Metres

3:39.1	Anne	Follan	Rhondda	W35	1	6 Aug	Newport
--------	------	--------	---------	-----	---	-------	---------

## 1500 Metres

5:11.48	Jenny	Phillips	Llanelli	W40	1	11 May	Carmarthen
5:29.3	Satu	Haikala	Brecon	W35	1 b	8 Jun	Aberdare
5:32.3	Pat	Gallagher	Westbury	W60	1	15 Jun	Exeter
5:38.8	Maureen	Emmett	IIF Group	W50	1	20 Jul	Newport
5:53.5	Anne	Follan	Rhondda	W35	4	10 Aug	Hemel Hempstead
6:28.6	Sharon	Fletcher	Newport	W35	6	3 May	Banbury

## 3000 Metres

11:12.58	Satu	Haikala	Brecon	W35	4	21 Jun	Ashford
11:17.0	Jenny	Phillips	Llanelli	W40	15	9 Apr	Swansea
11:37.6	Jane	Coker	Les Croupiers	W45	1	6 Aug	Newport
12:10.8	Pat	Gallagher	Westbury	W60	1	23 Feb	Lee Valley
12:33.5	Anne	Follan	Rhondda	W35	1	18 Jun	Newport

## 5000 Metres

20:59.3	Anne	Follan	Rhondda	W35	1	20 Jul	Newport
---------	------	--------	---------	-----	---	--------	---------

## 100 Metres Hurdles

16.00	Amanda	Wale	Wrexham	W35	pen	25 May	Oxford
-------	--------	------	---------	-----	-----	--------	--------

## 400 Metres Hurdles

85.1	Sharon	Fletcher	Newport	W35	4 b	3 May	Banbury
------	--------	----------	---------	-----	-----	-------	---------

## 2000m Walk

13:49.0	Cath	McGrath	West Cheshire/W&B	W55	2	19 Jun	Stafford
---------	------	---------	-------------------	-----	---	--------	----------

## High Jump

1.38	Amanda	Wale	Wrexham	W35	hep	24 Jul	Ljubljana
1.29	Jo	Davis	Swansea	W35	3	16 Aug	Aberdare
1.20	Sharon	Fletcher	Newport	W35	3 b	3 May	Banbury
1.20	Jayne	Berry	Brecon	W35	3	8 Jun	Aberdare
1.20	Sian	Davies	Swansea	W35	1	18 Jun	Newport
1.00	Jane	Tomley	Croydon	W50	1	20 Jul	Newport

## Long Jump

4.97	Amanda	Wale	Wrexham	W35	hep	25 Jul	Ljubljana
3.63	Jo	Davis	Swansea	W35	5	16 Aug	Aberdare
3.15	Sharon	Simms	Rhondda	W35	1	10 May	Aberdare
3.10	Sian	Davies	Swansea	W35	1	18 Jun	Newport
2.86	Natalie	Williams	Rhondda	W35	1	20 Jul	Newport

## Triple Jump

8.18	Sian	Davies	Swansea	W35	2	10 Aug	Hemel Hempstead
7.46	Jo	Davis	Swansea	W35	1 b	6 Aug	Newport
7.32	Natalie	Williams	Rhondda	W35	2	6 Aug	Newport
6.37	Sharon	Simms	Rhondda	W35	2 b	6 Aug	Newport
4.11	Helen	Cole	Rhondda	W65	1 a	6 Aug	Newport

## Shot

12.88	Jayne	Berry	Brecon	W35	1	8 Jun	Aberdare
10.87	Alyson	Hourihan	Cardiff	W45	3	15 Jun	Swansea
10.46	Amanda	Wale	Wrexham	W35	hep	24 Jul	Ljubljana
9.29	Sharon	Fletcher	Newport	W35	1	11 May	Brecon
9.02i	Beverley	Jones	Bath/Deeside	W35	4	5 Jan	Deeside

9.00	Catherine	Alford	Rhondda	W35	2	b	8 Jun	Aberdare
8.97	Karen	Llewellyn	Pembroke	W40	1		11 May	Carmarthen
7.82	Jo	Davis	Swansea	W35	2		20 Jul	Newport
6.81	Julie	Driscoll	Brecon	W35	4		2 Aug	Deeside
6.50	Sian	Davies	Swansea	W35	2		9 Apr	Swansea
6.28	Sharon	Simms	Rhondda	W35	1	b	18 Jun	Newport
5.44	Nance	Halling	Rhondda	W50	n/s		18 Jun	Newport

### 3kg

7.82	Jane	Tomley	Croydon	W50	1		20 Jul	Newport
7.71	Dorothy	Morgan	Pembroke	W65	1		20 Jul	Newport
6.71	Nance	Halling	Rhondda	W50	2		20 Jul	Newport
6.30	Helen	Cole	Rhondda	W65	2		20 Jul	Newport

### Discus

39.28	Alyson	Hourihan	Cardiff	W45	1		6 Jul	Brecon
32.98	Jayne	Berry	Brecon	W35	1		6 Jul	Brecon
28.66	Julie	Driscoll	Brecon	W35	1	b	6 Jul	Brecon
25.86	Catherine	Alford	Rhondda	W35	1		20 Jul	Newport
25.62	Karen	Llewellyn	Pembroke	W40	3		23 Feb	Lee Valley
25.30	Beverley	Jones	Bath/Deeside	W35	1	b	2 Aug	Deeside
23.66	Jo	Davies	Swansea	W35	1		6 Sep	Colwyn Bay
21.66	Nance	Halling	Rhondda	W50	1		23 Jul	Aberdare
18.78	Sian	Davis	Swansea	W35	1	b	23 Jul	Aberdare
18.03	Dorothy	Morgan	Pembroke	W65	2		23 Jul	Aberdare
17.49	Jane	Tomley	Croydon	W50	pen		15 Jun	Milton Keynes
16.49	Sharon	Simms	Rhondda	W35	2	b	23 Jul	Aberdare
13.27	Helen	Cole	Rhondda	W65	1	b	23 Jul	Aberdare

### Hammer

32.86	Alyson	Hourihan	Cardiff	W45	4	b	3 Aug	Sutton
32.83	Jayne	Berry	Brecon	W35	2		8 Jun	Aberdare
28.19	Catherine	Alford	Rhondda	W35	3		6 Jul	Birmingham
27.64	Karen	Llewellyn	Pembroke	W40	4		6 Jul	Birmingham
25.88	Julie	Driscoll	Brecon	W35	3		31 Aug	Brecon
21.38	Jo	Davis	Swansea	W35	3		20 Jul	Newport
18.00	Sharon	Simms	Rhondda	W35	1	b	6 Aug	Newport
17.36	Nance	Halling	Rhondda	W45	n/s		18 Jun	Newport
14.09	Sian	Davies	Swansea	W35	2	b	6 Aug	Newport

### 3k

24.00	Nance	Halling	Rhondda	W50	1		20 Jul	Newport
23.95	Jane	Tomley	Croydon	W50	pen		15 Jun	Milton Keynes
20.53	Dorothy	Morgan	Pembroke	W65	1		20 Jul	Newport
16.47	Helen	Cole	Rhondda	W65	1	b	6 Aug	Newport

### Javelin

31.24	Jo	Davis	Swansea	W35	1		10 Aug	Hemel Hempstead
31.09	Alyson	Hourihan	Cardiff	W45	1		6 Jul	Brecon
29.69	Jayne	Berry	Brecon	W35	1	b	6 Jul	Brecon
26.49	Amanda	Wale	Wrexham	W35	hep		25 Jul	Ljubljana
19.87	Karen	Llewellyn	Pembroke	W40	1		5 Jul	Birmingham
19.09	Sian	Davies	Swansea	W35	1	b	6 Aug	Newport
16.93	Julie	Driscoll	Brecon	W35	2		23 Jul	Aberdare
16.56	Natalie	Williams	Rhondda	W35	3		23 Jul	Aberdare
15.25	Catherine	Alford	Rhondda	W35	pen		15 Jun	Milton Keynes
13.01	Sharon	Simms	Rhondda	W35	n/s		6 Aug	Newport

12.71	Cath	McGrath	West Cheshire/W&B	W55	3	19 Jun	Stafford
-------	------	---------	-------------------	-----	---	--------	----------

**5k**

18.33	Jane	Tomley	Croydon	W50	pen	15 Jun	Milton Keynes
13.45	Nance	Halling	Rhondda	W50	1	6 Aug	Newport

**4k**

15.46	Dorothy	Morgan	Pembroke	W65	1	23 Jul	Aberdare
14.71	Helen	Cole	Rhondda	W65	2	20 Jul	Newport

**Weight**

8.86	Catherine	Alford	Rhondda	W35	pen	15 Jun	Milton Keynes
8.74	Karen	Llewellyn	Pembroke	W40	3	6 Jul	Birmingham

**7.26kg**

8.27	Jane	Tomley	Croydon	W50	pen	15 Jun	Milton Keynes
------	------	--------	---------	-----	-----	--------	---------------

**Pentathlon**

3024i	Amanda	Wale	Wrexham	W35	3	17 Mar	Clermont-Ferrand
	2778				1	25 May	Oxford

**Heptathlon**

4022	Amanda	Wale	Wrexham	W35	2	25 Jul	Ljubljana
------	--------	------	---------	-----	---	--------	-----------

**Weights Pentathlon**

2370	Karen	Llewellyn	Pembroke	W40	3	15 Jun	Milton Keynes
2296	Jane	Tomley	Croydon	W50	4	15 Jun	Milton Keynes
2111	Catherine	Alford	Rhondda	W35	4	15 Jun	Milton Keynes