

WELSH MASTERS RANKINGS 2009 (MALE)

Updated by Darryn McAtee 28th December 2009

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

MEN

60 Metres

7.50i	Darrell	Maynard	Birchfield	M45	1		7 Mar	Lee Valley
7.85i	Steve	Hendrickson	Cardiff	M45	5	ht4	7 Mar	Lee Valley
8.00i	Glyn	Sutton	Newport	M60	1		8 Feb	Lee Valley
8.00i	Keith	Powell	Newport	M45	4	ht1	7 Mar	Lee Valley
8.14i	Steven	Spires	Wrexham	M35	1		10 Jan	Connah's Quay
8.33i	Brian	Williamson	Rhondda	M55	2		7 Mar	Lee Valley
8.61i	Patrick	Webber	Cardiff	M60	1		7 Mar	Lee Valley
8.73i	David	James	Wrexham	M40	2		10 Jan	Connah's Quay
9.10i	Rod	Howe	Cardiff	M55	4	ht6	15 Feb	Cardiff
10.37i	Hubert	Daniels	Swansea	M75	2		7 Mar	Lee Valley

100 Metres (14.5)

11.4	Chris	Millard	North Somerset	M40	1		12 Jul	Yate
	11.49e				3		4 Jul	Birmingham
11.98	Peter	Maitland	Swansea	M35	8	b	6 Jun	Cardiff
12.0	Andrew	Thomas	Llanelli	M35	1	ht1	20 May	Cardiff
12.66	Craig	Russell	Newport	M35	3	b	28 Jun	Swansea
12.7	Steven	Spires	Wrexham	M40	2		2 Aug	Cardiff
12.8	Richard	Ledger	Swansea	M40	1		29 Apr	Cardiff
12.8	David	James	Wrexham	M40	6	b	2 May	Bebington
12.89	Keith	Powell	Newport	M45	dec		12 Sep	Oxford
13.2	Nick	Taylor	Newport	M35	1	ht1	20 May	Cardiff
13.2	Glyn	Sutton	Newport	M60	1		20 May	Cardiff
13.2	Jon	Evans	Houghton & Peterlee	M50	2		1 Jun	Jarrow
13.40	Derek	Osborne	Brecon	M45	dec		28 Jul	Lahti
13.4	Gavin	Belcher	Newport	M35	4	ht1	20 May	Cardiff
13.4	Darren	Andrews	Forest of Dean	M35	1		2 Aug	Cardiff
13.47	Steve	Lewis	Cardiff	M45	1		9 May	Cardiff
13.7	Bilal	Namani	Rhondda	M45	1	b	29 Apr	Cardiff
14.0	Brian	Williamson	Rhondda	M55	2		29 Apr	Cardiff
14.0	Geoff	Miller	Newport	M50	1	b	20 May	Cardiff
14.0	Jeremy	Mower	Gloucester	M40	4		12 Jul	Yate
14.01	Jeffrey	Roberts	Bridgend	M45	2		9 May	Cardiff
14.3	Rod	Howe	Cardiff	M55	1		2 Aug	Cardiff
14.5	Tony	Backhouse	Newport	M40	guest		29 Apr	Cardiff

100 Metres (M60 and above)

13.2	Glyn	Sutton	Newport	M60	1		20 May	Cardiff
15.1	Huw	Morgan	Pembroke	M65	2		2 Aug	Cardiff
15.6	Len	Tew	Port Talbot	M70	1		2 Aug	Cardiff
15.6	Barrie	Roberts	Bourneville	M65	5		16 Aug	Solihull
16.47	John	Evans	Rugby & Northampton	M70	6		4 Jul	Birmingham
17.1	Hubert	Daniels	Swansea	M75	6		20 May	Cardiff
17.7	Trefor	Pugh	Maldwyn	M70	2		2 Aug	Cardiff

200 Metres (38.0)

22.9	Chris	Millard	North Somerset	M40	3		12 Jul	Yate
	23.18e				3		27 Jun	Compiègne
23.76i	Darrell	Maynard	Birchfield	M45	2		7 Mar	Lee Valley
25.10	Ian	Broadhurst	Wrexham	M50	2		14 Jun	Solihull
25.5	Sean	Price	Rhondda	M45	1	ht1	20 May	Cardiff
25.6	Craig	Russell	Newport	M35	1		10 Jun	Newport
26.0	Glyn	Sutton	Newport	M60	1		10 Jun	Newport
26.2	Nick	Taylor	Newport	M35	1	b	10 Jun	Newport
26.2	Steven	Spires	Wrexham	M40	2		5 Sep	Colwyn Bay
26.6	Jon	Evans	Houghton & Peterlee	M50	1		20 Jun	Jarrow
26.6	Keith	Powell	Newport	M45	2	ht4	19 Aug	Cardiff
26.7	David	James	Wrexham	M40			1 Jul	Newtown
26.84	Bilal	Namani	Rhondda	M50	2		3 Jun	Newport
26.9	Steve	Berney	Newport	M40	1	ht5	19 Aug	Cardiff
26.95	Gavin	Belcher	Newport	M35	6		28 Jun	Swansea
27.2	Derek	Osborne	Brecon	M45	2	ht5	19 Aug	Cardiff
27.3	Darren	Andrews	Forest of Dean	M35	3	ht5	19 Aug	Cardiff
27.83	Steve	Lewis	Cardiff	M45	1		9 May	Cardiff
27.9	Alan	Tinsley	Caerleon Runners	M50	2		2 Aug	Cardiff
27.9	Jeffrey	Roberts	Bridgend	M45	4	ht5	19 Aug	Cardiff
28.3	Geoff	Miller	Newport	M50	4	ht2	20 May	Cardiff
28.3	Robert	Sage	Les Croupiers	M35	3	ht1	19 Aug	Cardiff
28.9	Rod	Howe	Cardiff	M55	2		10 Jun	Newport
28.9	Richard	Bristow	San Domenico	M40	5	ht5	19 Aug	Cardiff
29.7	Jeremy	Mower	Gloucester	M40	14		26 Apr	Yate
29.8	Phil	George	Les Croupiers	M35	guest		10 Jun	Newport
30.1	Brian	Williamson	Rhondda	M55	5	ht2	20 May	Cardiff
30.6	Graham	Archer	Newport	M55	3	ht7	19 Aug	Cardiff
31.0	Mel	James	Port Talbot	M65	3		10 Jun	Newport
31.6	Len	Tew	Port Talbot	M70	1		2 Aug	Cardiff
32.1	Glyn	Sansom	San Domenico	M45	6	ht2	20 May	Cardiff
32.4	Dominic	Shields	San Domenico	M45	3	ht1	20 May	Cardiff
32.4	Alan	Perkins	Port Talbot	M55	7	ht2	20 May	Cardiff
32.4	Mike	Davies	Les Croupiers	M55	4		10 Jun	Newport
33.0	Andy	Davies	Pontypridd	M45	1	ht6	19 Aug	Cardiff
33.6	Elio	Lepore	Les Croupiers	M55	3	b	10 Jun	Newport
33.7	Robert	Ford	Pontypridd	M50	5	ht1	19 Aug	Cardiff
35.6	Barrie	Roberts	Bourneville	M65	2		2 Aug	Cardiff
36.57	Hubert	Daniels	Swansea	M75	2		5 Jul	Birmingham

400 Metres (84.0)

48.01	Iwan	Thomas	Newham/Essex Beagles	M35	4		8 Aug	Cophthall Barnet
52.07i	Darrell	Maynard	Birchfield	M45	1		7 Mar	Lee Valley
53.3	Chris	Millard	North Somerset	M40	1		2 Aug	Cardiff
53.9	Sean	Price	Rhondda	M45	1		2 Aug	Cardiff
55.86i	Ian	Broadhurst	Wrexham	M50	2		7 Mar	Lee Valley
	56.19				1	b	18 Apr	Brecon
56.19	Craig	Russell	Newport	M35	1	b	28 Jun	Swansea
56.7	Malcolm	Medhurst	Newport	M40	1		29 Apr	Cardiff
58.17	Derek	Osborne	Brecon	M45	dec		28 Jul	Lahti
58.42	Bilal	Namani	Rhondda	M50	2	b	18 Apr	Brecon
59.3	Gavin	Belcher	Newport	M35	1		2 Aug	Cardiff
60.1	Steve	Wadley	Newport	M45	2		2 Aug	Cardiff
60.91	Darryn	McAtee	Newport	M45	1		9 May	Cardiff
61.1	Robert	Sage	Les Croupiers	M35	2	ht3	19 Aug	Cardiff
61.8	David	James	Wrexham	M40	2		5 Sep	Colwyn Bay
63.21	Keith	Powell	Newport	M45	dec		12 Sep	Oxford
64.8	Jeffrey	Roberts	Bridgend	M45	3	ht4	19 Aug	Cardiff
65.2	Rod	Howe	Cardiff	M55	7		16 Aug	Solihull
66.2	Jon	Evans	Houghton & Peterlee	M50	2		18 May	Jarrow
66.9	Richard	Bristow	San Domenico	M40	4	ht4	19 Aug	Cardiff
67.4	Phil	George	Les Croupiers	M35	guest		10 Jun	Newport
67.86	Mark	Garstang	Deeside	M45	4	b	12 Jul	Newport
67.9	Graham	Archer	Newport	M55	1	b	29 Apr	Cardiff
68.4	Alan	Perkins	Port Talbot	M55	3	ht6	19 Aug	Cardiff
68.6	John	Watkins	Newport	M55	2		29 Apr	Cardiff
69.4	Steve	Alexander	Les Croupiers	M40	3		29 Apr	Cardiff
69.99	Mel	James	Port Talbot	M65	6		4 Jul	Birmingham
70.4	Brian	Williamson	Rhondda	M55	2	b	29 Apr	Cardiff
70.7	Dominic	Shields	San Domenico	M45	4		29 Apr	Cardiff
71.8	Andy	Davies	Pontypridd	M45	5	ht3	19 Aug	Cardiff
72.7	Len	Tew	Port Talbot	M70	1		2 Aug	Cardiff
72.8	Elio	Lepore	Les Croupiers	M55	5		10 Jun	Newport
73.0	Geoff	Miller	Newport	M50	2	b	10 Jun	Newport
73.1	Mike	Davies	Les Croupiers	M55	2		2 Aug	Cardiff
74.5	Barrie	Roberts	Bourneville	M65	1		2 Aug	Cardiff
79.6	John	Davies	Port Talbot	M60	5		29 Apr	Cardiff
83.1	Robert	Ford	Pontypridd	M50	3	ht5	19 Aug	Cardiff
83.8	William	Davies	Winchester	M75	1		2 Aug	Cardiff

800 Metres (3:14.0)

2:04.87	Sean	Price	Rhondda	M45	5		13 May	Cardiff
2:08.43i	Brett	Davis	Newport	M45	3	ht2	15 Feb	Cardiff
					4		5 Jul	Birmingham
2:11.2	Malcolm	Medhurst	Newport	M40	3	b	2 May	Solihull
2:11.9	Bilal	Namani	Rhondda	M50	1		10 Jun	Newport
2:12.1	Phil	Crane	Neath	M45	1		19 Aug	Cardiff
2:14.2	Jonathan	Grainger	Southampton	M45	1	b	13 Jul	Portsmouth
2:15.6	Darryn	McAtee	Newport	M45	5		25 May	Cheltenham
2:19.1	Derek	Osborne	Brecon	M45	3		10 Jun	Newport
2:20.48	Mike	Robbins	Wrexham	M45	1		15 Aug	Wrexham
2:21.1	Chris	Millard	North Somerset	M40	5		26 Apr	Yate
2:21.8	Steve	Wadley	Newport	M45	1	b	19 Aug	Cardiff
2:23.1	Phil	George	Les Croupiers	M35	guest		10 Jun	Newport
2:24.2	Jeremy	Mower	Gloucester	M40	7		26 Apr	Yate
2:26.90	Martin	Shaw	Brecon	M35	4		18 Apr	Brecon
2:31.0	Paul	Coker	Les Croupiers	M50	2		10 Jun	Newport
2:31.7	Clive	Osmond	Les Croupiers	M45	2		29 Apr	Cardiff
2:32.04	Lee	Sandham	Neath	M35	7		28 Jun	Swansea
2:32.1	Elio	Lepore	Les Croupiers	M55	1	b	10 Jun	Newport
2:32.3	Glyn	Sansom	San Domenico	M45	3		19 Aug	Cardiff
2:32.8	Michael	Halsall	Llanelli	M35	3		29 Apr	Cardiff
2:35.8	Evatt	Cummings	Bridgend	M40	guest		19 Aug	Cardiff
2:37.6	John	Watkins	Newport	M55	1		20 May	Cardiff
2:40.0	Mick	Tabor	Les Croupiers	M55	2		29 Apr	Cardiff
2:40.06	Mark	Garstang	Deeside	M45	8		12 Jul	Newport
2:40.4	John	Diffey	Les Croupiers	M45	2	b	29 Apr	Cardiff
2:42.4	Dave	Proffitt	Newport	M55	9		1 Jul	Cheltenham
2:43.6	David	James	Wrexham	M40	8		28 Jun	Swansea
2:43.7	Mike	Davies	Les Croupiers	M55	1		2 Aug	Cardiff
2:44.9	Steve	Alexander	Les Croupiers	M40	n/s		29 Apr	Cardiff
2:44.9	Dominic	Shields	San Domenico	M45	5		20 May	Cardiff
2:46.0	Alan	Perkins	Port Talbot	M55	1		19 Aug	Cardiff
2:46.1	Andy	Davies	Pontypridd	M45	2		19 Aug	Cardiff
2:48.65	Mel	James	Port Talbot	M65	6		5 Jul	Birmingham
2:51.3	Len	Tew	Port Talbot	M70	1		16 Aug	Solihull
2:51.8	Graham	Archer	Newport	M55	2	b	29 Apr	Cardiff
2:52.1	John	Davies	Port Talbot	M60	2		14 Jun	Solihull
2:57.1	Barrie	Roberts	Bourneville	M65	6		16 Aug	Solihull
3:12.9	Robert	Ford	Pontypridd	M50	5		19 Aug	Cardiff
3:13.8	Alan	Mann	Les Croupiers	M50	2		2 Aug	Cardiff
3:14.0	Howard	Brown	Les Croupiers	M60	n/s		10 Jun	Newport
+								
3:26.2	William	Davies	Winchester	M75	1		2 Aug	Cardiff

1500 Metres

4:01.43	Huw	Evans	Tonbridge	M35	9		19 Aug	Eltham
4:24.88	Jonathan	Grainger	Southampton	M45	3		4 Jul	Birmingham
4:27.0	Phil	Crane	Neath	M45	1		2 Aug	Cardiff
4:35.9	Mike	Robbins	Wrexham	M45	5		2 Aug	Hyndburn
4:46.9	Darryn	McAtee	Newport	M45	4	b	2 May	Solihull
4:47.89	Martin	Shaw	Brecon	M35	2		18 Apr	Brecon
4:48.56	Sean	McCormack	Newport	M45	2		12 Jul	Newport
4:48.8	Rob	Sheen	Leicester Coritanian	M45	2		2 Aug	Cardiff
4:49.2	David	Crane	Neath	M50	5		16 Aug	Solihull
4:49.7	Alun	Rees	Neath	M35	5		28 Jun	Swansea
4:52.2	Phil	George	Les Croupiers	M35	guest		20 May	Cardiff
4:59.79	Derek	Osborne	Brecon	M45	dec		28 Jul	Lahti
5:02.9	Lee	Sandham	Neath	M35	2	b	28 Jun	Swansea
5:08.7	Robert	Sage	Les Croupiers	M35	2		19 Aug	Cardiff
5:09.2	Chris	Millard	North Somerset	M40	10		9 Aug	Yate
5:10.5	Malcolm	Medhurst	Newport	M40	2		20 May	Cardiff
5:11.0	Glyn	Sansom	San Domenico	M45	3		20 May	Cardiff
5:14.6	Elio	Lepore	Les Croupiers	M55	1		20 May	Cardiff
5:14.7	Sandy	Johnston	Les Croupiers	M55	1	b	20 May	Cardiff
5:15.29	Kevin	Corcoran	Swansea	M45	3	b	28 Jun	Swansea
5:15.72	Mark	Garstang	Deeside	M45	4		8 Aug	Wrexham
5:16.79	Peter	Sowerby	Brecon	M45	4		12 Jul	Newport
5:17.56	Michael	Halsall	Llanelli	M35	1	b	8 Aug	Wrexham
5:17.8	Clive	Osmond	Les Croupiers	M45	3		2 Aug	Cardiff
5:18.9	Dic	Evans	Cardiff	M60	3		16 Aug	Solihull
5:25.9	Evatt	Cummings	Bridgend	M40	4		19 Aug	Cardiff
5:28.09	Dave	Proffitt	Newport	M55	15		3 Jun	Newport
5:28.3	Richard	Bristow	San Domenico	M40	5		19 Aug	Cardiff
5:30.6	Andy	Davies	Pontypridd	M45	6		19 Aug	Cardiff
5:31.8	Mike	Davies	Les Croupiers	M55	1		2 Aug	Cardiff
5:34.3	Alan	Perkins	Port Talbot	M55	2		20 May	Cardiff
5:43.5	Dominic	Shields	San Domenico	M45	1	b	20 May	Cardiff
5:49.6	Eric	Hughes	Bridgend	M70	1		2 Aug	Cardiff
5:51.1	Ken	Buckle	Cheltenham	M65	1		2 Aug	Cardiff
5:59.8	Alan	Mann	Les Croupiers	M50	1		2 Aug	Cardiff
6:01.5	Tony	Holling	Port Talbot	M50	2	b	20 May	Cardiff
6:01.7	John	Davies	Port Talbot	M60	1		2 Aug	Cardiff
6:04.1	Barrie	Roberts	Bourneville	M65	2		2 Aug	Cardiff
6:29.5	Len	Tew	Port Talbot	M70	12		19 Aug	Cardiff
6:39.48i	William	Davies	Winchester	M75	2		7 Mar	Lee Valley
	6:49.7				1		2 Aug	Cardiff
7:17.6	Keith	Powell	Newport	M45	dec		13 Sep	Oxford

Mile

5:32.4	Darryn	McAtee	Newport	M45	5	ht2	22 Jul	Cheltenham
6:05.5	Dave	Proffitt	Newport	M55	8	ht2	22 Jul	Cheltenham

3000 Metres

8:58.9	Huw	Evans	Tonbridge	M35	2		31 Aug	Tonbridge
9:24.80	Chris	Williams	Neath	M35	1		30 Aug	Swansea
9:40.78	Mike	Robbins	Wrexham	M45	7	ht2	23 Jun	Stretford
9:43.25	Martin	Shaw	Brecon	M35	3		18 Apr	Brecon
9:49.45	Sean	McCormack	Newport	M45	6		21 Jul	Stretford
10:01.4	Phil	Crane	Neath	M45	1		29 Apr	Cardiff
10:03.7	Phil	George	Les Croupiers	M35	guest		10 Jun	Newport
10:16.7	Peter	Crane	Neath	M45	1	b	29 Apr	Cardiff
10:29.3	Jeremy	Mower	Gloucester	M40	2		12 Jul	Yate
10:31.9	Dave	Griffiths	Newport	M40	2		29 Apr	Cardiff
10:33.0	Elio	Lepore	Les Croupiers	M55	1		10 Jun	Newport
10:34.2	David	Crane	Neath	M50	5		16 Aug	Solihull
10:34.5	Paul	Coker	Les Croupiers	M50	1	b	10 Jun	Newport
10:44.2	Darryn	McAtee	Newport	M45	1		10 Jun	Newport
10:47.9	Mick	Tabor	Les Croupiers	M55	1		29 Apr	Cardiff
10:50.0	Michael	Halsall	Llanelli	M35	3		29 Apr	Cardiff
10:53.4	Huw	Roberts	Bridgend	M50	2		29 Apr	Cardiff
11:05.8	Sandy	Johnston	Les Croupiers	M55	n/s		29 Apr	Cardiff
11:07.31	Peter	Sowerby	Brecon	M45	5		12 Jul	Newport
11:08.5	Jim	Woodcock	Menai	M60	3		10 May	Connah's Quay
11:15.8	John	Diffey	Les Croupiers	M45	4		29 Apr	Cardiff
11:29.91	Dave	Proffitt	Newport	M55	1		9 May	Cardiff
12:03.0	Dominic	Shields	San Domenico	M45	5		29 Apr	Cardiff
12:06.8	Malcolm	Medhurst	Newport	M40	1	b	10 Jun	Newport
12:09.8	Alan	Mason	Les Croupiers	M45	2	b	29 Apr	Cardiff
12:12.3	Ken	Buckle	Cheltenham	M65	4		16 Aug	Solihull
12:25.1	Alan	Perkins	Port Talbot	M55	3		10 Jun	Newport
13:00.9	Tony	Holling	Port Talbot	M50	2	b	10 Jun	Newport
13:17.6	Howard	Brown	Les Croupiers	M60	n/s		29 Apr	Cardiff
13:53.9	Barrie	Roberts	Bourneville	M65	4		10 Jun	Newport
14:07.5	Len	Tew	Port Talbot	M70	2	b	29 Apr	Cardiff

5000 Metres

15:22.1	Huw	Evans	Tonbridge	M35	1		1 Aug	Tonbridge
16:08.1	Paul	Richards	Neath	M40	1		28 Ap	Neath
16:38.54	Rob	Sheen	Leicester Coritanian	M45	5		5 Jul	Birmingham
16:41.1	Mike	Robbins	Wrexham	M45	3		2 May	Bebington
16:43.77	Chris	Williams	Neath	M35	1	b	28 Jun	Swansea
16:56.4	Sean	McCormack	Newport	M45	5		2 May	Solihull
18:13.1	David	Crane	Neath	M50	1		2 Aug	Cardiff
18:18.9	Huw	Roberts	Bridgend	M50	2		2 Aug	Cardiff
18:28.90	Dave	Griffiths	Newport	M40	2	b	28 Jun	Swansea
18:37.6	Jeremy	Mower	Gloucester	M40	4		9 Aug	Yate
18:50.35	Kevin	Corcoran	Swansea	M45	3	b	28 Jun	Swansea
19:15.33	Dic	Evans	Cardiff	M60	4		5 Jul	Birmingham
19:24.9	Michael	Halsall	Llanelli	M35	4		8 Aug	Wrexham
19:26.9	David	Davies	Neath	M60	1		2 Aug	Cardiff
19:29.5	Darryn	McAtee	Newport	M45	6		4 Jul	Burton
20:06.9	Dave	Proffitt	Newport	M55			17 Sep	Loughborough
20:50.4	Alan	Mann	Les Croupiers	M50	3		2 Aug	Cardiff
20:53.4	Ken	Buckle	Cheltenham	M65	1		2 Aug	Cardiff
20:54.24	Alan	Perkins	Port Talbot	M55	5		28 Jun	Swansea
22:26.05	Tony	Holling	Port Talbot	M50	4	b	28 Jun	Swansea
22:28.2	Bob	Frost	Wrexham	M60	2	b	8 Aug	Wrexham
23:44.2	Howard	Brown	Les Croupiers	M60	2		2 Aug	Cardiff

10000 Metres

32:25.19	Huw	Evans	Tonbridge	M35	1	13 Sep	Oxford
35:24.11	Sean	McCormack	Newport	M45	5	13 Sep	Oxford

100 Metres Hurdles

29.1	Brian	Williamson	Rhondda	M55	5	16 Aug	Solihull
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110 Metres Hurdles

19.91	Derek	Osborne	Brecon	M45	3	30 Aug	Swansea
19.92	Glyn	Price	Swansea	M40	4 b	4 Jul	Bromley
22.4	Keith	Powell	Newport	M45	4 b	2 Aug	Leamington
27.9	Jeremy	Mower	Gloucester	M40	4	26 Apr	Yate

height 99.1

18.69	Derek	Osborne	Brecon	M45	dec	28 Jul	Lahti
20.8	Mike	Mullins	Rhondda	M40	4	16 Aug	Solihull
21.79	Keith	Powell	Newport	M45	dec	13 Sep	Oxford

400 Metres Hurdles

64.3	Ian	Broadhurst	Wrexham	M50	2	2 May	Bebington
70.9	Craig	Russell	Newport	M35	4 b	7 Jun	Leamington
72.4	Malcolm	Medhurst	Newport	M40	3 b	4 Jul	Burton
73.3	David	James	Wrexham	M40	3	24 May	Warrington
73.95	Darryn	McAtee	Newport	M45	1	6 Sep	Yate
74.14	Steven	Spires	Wrexham	M35	1	28 Jun	Swansea
76.2	Jeremy	Mower	Gloucester	M40	4	28 Jun	Yate

height 84.0 cm

63.88	Ian	Broadhurst	Wrexham	M50	1	4 Jul	Birmingham
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2000 Metres Steeplechase

8:05.22	Darryn	McAtee	Newport	M45	3	30 Aug	Swansea
8:06.70	Peter	Sowerby	Brecon	M45	3	28 Jun	Swansea

height 76.2 cm/ 28 hurdles

8:54.22	Dic	Evans	Cardiff	M60	2	4 Jul	Birmingham
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3000 Metres Steeplechase

11:12.8	Jeremy	Mower	Gloucester	M40	1 b	2 Aug	Kettering
12:30.4	Darryn	McAtee	Newport	M45	6	2 Aug	Leamington

1500m Walk

7:26.8	Steve	Walker	Wrexham	M50	1	10 May	Connah's Quay
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2000m Walk

8:55.7	Mark	Williams	Tamworth	M40	1	8 Jul	Rugby
14:00.9	Howard	Brown	Les Croupiers	M60	4	16 Aug	Solihull
15:02.8	Alan	Mann	Les Croupiers	M50	2	16 Aug	Solihull

3000m Walk

13:38.88	Mark	Williams	Tamworth	M40	1	5 Jul	Birmingham
16:16.43	Arthur	Thomson	Herts Phoenix	M70	1	5 Jul	Birmingham
20:35.0	Alan	Mann	Les Croupiers	M50	1	2 Aug	Cardiff

5000m Walk

23:51.97	Mark	Williams	Tamworth	M40	1	4 Jul	Birmingham
27:30.77	Arthur	Thomson	Herts Phoenix	M70	1	4 Jul	Birmingham

10000m Walk

53:36.63	Mark	Williams	Tamworth	M40	1	17 May	Tamworth
56:07.09	Arthur	Thomson	Herts Phoenix	M70	3	17 May	Tamworth

High Jump

1.55	Jonathan	Powell	SC Myhl	M45	5	16 Aug	Solihull
1.54	Derek	Osborne	Brecon	M45	dec	28 Jul	Lahti
1.50	Glyn	Price	Swansea	M40	8 b	4 Jul	Bromley
1.45	Steven	Spires	Wrexham	M35	1	9 May	Connah's Quay
1.45	Geoff	Ward	Wrexham	M55	5	2 Aug	Hyndburn
1.40	Keith	Powell	Newport	M45	5=	2 May	Solihull
1.40	Allan	Perry	Cwmbran	M50	1	3 Jun	Newport
1.40	Mark	Garstang	Deeside	M45	4	12 Jul	Newport
1.35	David	James	Wrexham	M40	2	10 Jun	Newport
1.30	Geoff	Miller	Newport	M50	1	29 Apr	Cardiff
1.30	Allan	Cheers	Basingstoke	M65		30 Aug	Kingston
1.25i	John	Howe	Rhondda	M65	1	8 Feb	Lee Valley
	1.21				3	4 Jul	Birmingham
1.25	Glyn	Pugh	Rhondda	M45	3	29 Apr	Cardiff
1.25	Ian	Morgan	Newport	M40	1 b	29 Apr	Cardiff
1.25	Martin	Davies	Bristol/Newport	M50	1 b	29 Apr	Cardiff
1.20	Tony	Backhouse	Newport	M40	guest	29 Apr	Cardiff
1.10	Brian	Williamson	Rhondda	M55	2	29 Apr	Cardiff
1.05	Trefor	Pugh	Maldwyn	M70	1	2 Aug	Cardiff
1.00	Alan	Perkins	Port Talbot	M55	3	29 Apr	Cardiff

Pole Vault

4.80i	Egryn	Jones	WSE Hounslow	M35	2	1 Feb	Lee Valley
	4.71				3	10 Jun	Cardiff
4.20i	Glyn	Price	Swansea	M40	1	30 Aug	Swansea
	4.00				1	6 Jun	Cardiff
3.35	Martin	Davies	Bristol/Newport	M50	5	28 Jun	Yate
3.05	Derek	Osborne	Brecon	M45	2	28 Jun	Swansea
2.90i	Keith	Powell	Newport	M45	3	30 Aug	Swansea
	2.80				2	12 Jul	Newport
2.80	Geoff	Ward	Wrexham	M55	3	2 May	Bebington
2.53i	John	Howe	Rhondda	M65	6	12 Dec	Cardiff
	2.50				2	4 Jul	Birmingham
2.20	Glyn	Sutton	Newport	M60	1 b	20 May	Cardiff

Long Jump

6.50	Andrew	Thomas	Llanelli	M35	1	10 May	Neath	
	6.59w				1	5 Jul	Birmingham	
5.59	Richard	Ledger	Swansea	M40	3	16 Aug	Solihull	
5.52	Derek	Osborne	Brecon	M45	dec	28 Jul	Lahti	
5.46	Chris	Millard	North Somerset	M40	3	12 Jul	Yate	
5.08	Malcolm	Medhurst	Newport	M40	2	b	2 May	Solihull
5.06i	Steven	Spires	Wrexham	M35	1	10 Jan	Connah's Quay	
	4.95			M40	1	15 Aug	Wrexham	
4.93	Keith	Powell	Newport	M45	5	2 Aug	Leamington	
4.61	Jon	Evans	Houghton & Peterlee	M50	1	18 May	Jarrow	
4.55	David	Shields	Reading	M45	1	2 Aug	Cardiff	
4.53i	Brian	Williamson	Rhondda	M55	2	7 Mar	Lee Valley	
4.46	Steve	Wadley	Newport	M45	2	2 Aug	Cardiff	
4.27	Geoff	Miller	Newport	M50	2	19 Aug	Cardiff	
4.25	Allan	Cheers	Basingstoke	M65	3	16 Aug	Solihull	
4.23	Mark	Garstang	Deeside	M45	7	28 Jun	Swansea	
4.23	Mike	Mullins	Rhondda	M40	3	19 Aug	Cardiff	
4.22	Ian	Morgan	Newport	M40	n/s	19 Aug	Cardiff	
4.05	Glyn	Sansom	San Domenico	M45	4	19 Aug	Cardiff	
4.04	David	James	Wrexham	M40	2	5 Sep	Colwyn Bay	
3.89	Jeffrey	Roberts	Bridgend	M45	6	19 Aug	Cardiff	
3.68	John	Evans	Rugby & Northampton	M70	4	5 Jul	Birmingham	
3.45	Trefor	Pugh	Maldwyn	M70	1	2 Aug	Cardiff	
3.19	Martin	Davies	Bristol/Newport	M50	1	b	29 Apr	Cardiff
2.61	Bob	Greuter	Rhondda	M55	8	12 Jul	Newport	

Triple Jump

11.71	David	Richards	Severn	M45	1	28 Jun	Yate	
11.20	Jon	Evans	Houghton & Peterlee	M50	1	1 Jun	Jarrow	
10.70i	Sean	Power	Cardiff	M65	1	7 Mar	Lee Valley	
10.65	Malcolm	Medhurst	Newport	M40	5	4 Jul	Burton	
10.64	Derek	Osborne	Brecon	M45	2	30 Aug	Swansea	
10.53	Richard	Ledger	Swansea	M40	1	10 Jun	Newport	
10.39i	Steven	Spires	Wrexham	M35	1	10 Jan	Connah's Quay	
	10.26				1	9 May	Connah's Quay	
10.22	David	Shields	Reading	M45	1	24 May	Reading	
10.00	Keith	Powell	Newport	M45	6	2 May	Solihull	
9.73	Geoff	Miller	Newport	M50	1	20 May	Cardiff	
9.73	Allan	Cheers	Basingstoke	M65		6 Sep	Ashford	
9.51	Jonathan	Powell	SC Myhl	M45	3	2 Aug	Cardiff	
8.91	David	James	Wrexham	M40	1	27 Sep	Accrington	
8.07	John	Evans	Rugby & Northampton	M70	3	4 Jul	Birmingham	
7.84	Trefor	Pugh	Maldwyn	M70	1	2 Aug	Cardiff	
7.63	Elio	Lepore	Les Croupiers	M55	3	10 Jun	Newport	
7.30	Martin	Davies	Bristol/Newport	M50	1	b	20 May	Cardiff
6.59	Phil	Rees	Cardiff	M65	2	2 Aug	Cardiff	
5.99	Len	Tew	Port Talbot	M70	3	20 May	Cardiff	

Shot

14.80	Peter	Maitland	Swansea	M35	1	9 May	Neath
13.32i	Andrew	Turner	Bournemouth	M45	4	24 Jan	Cardiff
	13.10				2	4 Jul	Birmingham
12.19i	Phil	Davies	Deeside	M45	1	10 Jan	Connah's Quay
	12.13				1	9 May	Connah's Quay
11.90	Rob	Eales	Newport	M40	1	2 May	Solihull
11.26i	Nigel	Winchcombe	Notts	M45	4	7 Mar	Lee Valley
	11.08				5	2 May	Yate
11.12	Graham	Holder	Shaftesbury	M35	2	26 Jun	Ashford
10.54	Peter	Roberts	Swansea	M35	7 b	1 Aug	Leeds
10.44	Terry	Lalley	Coventry Godiva/Nice	M55	2	21 May	Nice
10.33	Glyn	Pugh	Rhondda	M45	2	8 Aug	Wrexham
9.95	Richard	Ledger	Swansea	M40	1 b	29 Apr	Cardiff
9.70	Darren	Andrews	Forest of Dean	M35	1 b	8 Aug	Wrexham
8.79	Derek	Osborne	Brecon	M45	6	28 Jun	Swansea
8.73	Geoff	Ward	Wrexham	M55	3 b	6 Jun	Macclesfield
8.26	Keith	Powell	Newport	M45	3 b	28 Jun	Swansea
7.94	Andrew	Davies	Aberdare	M45	7	12 Jul	Newport
7.09	Steven	Spires	Wrexham	M40	2 b	8 Aug	Wrexham
6.94	Chris	Millard	North Somerset	M40	5	12 Jul	Yate
6.86	John	Davies	Port Talbot	M60	8	28 Jun	Swansea
5.32	Chris	Fulcher	Port Talbot	M40	5 b	18 Apr	Brecon

6k (M50-59)

11.64	Terry	Lalley	Coventry Godiva/Nice	M55	1	18 Jun	Nice
9.11	David	Maggs	Gateshead	M50	2	1 Jun	Jarrow
8.80	Geoff	Miller	Newport	M50	2	19 Aug	Cardiff
8.73	Martin	Davies	Bristol/Newport	M50	1 b	29 Apr	Cardiff
7.55	Bob	Greuter	Rhondda	M55	2 b	29 Apr	Cardiff
6.98	Brian	Williamson	Rhondda	M55	n/s	29 Apr	Cardiff
6.06	Alan	Perkins	Port Talbot	M55	3 b	29 Apr	Cardiff

5k (M60-69)

9.11i	John	Howe	Rhondda	M65	2	8 Feb	Lee Valley
	8.18				2	2 Aug	Cardiff
8.17	Glyn	Sutton	Newport	M60	1 b	19 Aug	Cardiff
7.64	Phil	Rees	Cardiff	M65	4	29 Apr	Cardiff
7.54	John	Davies	Port Talbot	M60	5	29 Apr	Cardiff
7.11	David	Jones	Swansea	M60	6	29 Apr	Cardiff
4.14	Terry	Fowler	Newport	M65	n/s	19 Aug	Cardiff

4k (M70-79)

8.15	Brian	Webb	Rhondda	M70	3	29 Apr	Cardiff
8.09	Trefor	Pugh	Maldwyn	M70	2	2 Aug	Cardiff

3k (M80+)

7.12	Derek	Harper	Swansea	M80	1	2 Aug	Cardiff
4.72	Bill	Kingsbury	Rhondda	M80	pen	21 Jun	Milton Keynes

Discus

40.23	Andrew	Turner	Bournemouth	M45	1	9 May	Bournemouth
37.15	Graham	Holder	Shaftesbury	M35	1	2 Aug	Cardiff
37.11	Peter	Roberts	Swansea	M35	4	6 Jun	Cardiff
36.36	Peter	Maitland	Swansea	M35	3	18 Apr	Brecon
34.98	Nigel	Winchcombe	Notts	M45	8	6 Jun	Abingdon
33.16	Terry	Lalley	Coventry Godiva/Nice	M55	3	23 May	La Garde
32.13	Jonathan	Powell	SC Myhl	M45	2	2 Aug	Cardiff
31.85	Glyn	Pugh	Rhondda	M45	1	8 Aug	Wrexham
30.87	Phil	Davies	Deeside	M45	3	30 Aug	Swansea
29.76	Rob	Eales	Newport	M40	3	2 May	Solihull
29.60	Geoff	Ward	Wrexham	M55	2	6 Jun	Macclesfield
28.69	Darren	Andrews	Forest of Dean	M35	2	2 Aug	Cardiff
26.43	Jonathan	Clarke	Swansea	M40	6 b	1 Aug	Leeds
25.53	Keith	Powell	Newport	M45	7	8 Aug	Cophthall Barnet
24.39	Derek	Osborne	Brecon	M45	2 b	18 Apr	Brecon
23.32	Andrew	Davies	Aberdare	M45	6	12 Jul	Newport
22.52	David	Shields	Reading	M45	4	2 Aug	Cardiff
20.46	Steve	Wadley	Newport	M45	5	2 Aug	Cardiff
20.23	Mike	Mullins	Rhondda	M40	n/s	19 Aug	Cardiff
19.06	John	Davies	Port Talbot	M60	8	18 Apr	Brecon
17.27	Chris	Millard	North Somerset	M40	8	12 Jul	Yate
16.87	Paul	Brooks	Wrexham	M60	2 b	8 Aug	Wrexham
14.10	David	Jones	Swansea	M60	4 b	12 Jul	Newport

1.5k (M50-59)

37.63	Terry	Lalley	Coventry Godiva/Nice	M55	1	18 Jun	Nice
34.28	David	Maggs	Gateshead	M50	8	4 Jul	Birmingham
27.52	Geoff	Miller	Newport	M50	1	19 Aug	Cardiff
23.63	Bob	Greuter	Rhondda	M55	3	20 May	Cardiff
18.78	Martin	Davies	Bristol/Newport	M50	2 b	20 May	Cardiff
17.90	Brian	Williamson	Rhondda	M55	n/s	20 May	Cardiff
17.83	Graham	Archer	Newport	M55	n/s	20 May	Cardiff
15.31	Alan	Perkins	Port Talbot	M55	5	19 Aug	Cardiff

1k (M60+)

33.10	Huw	Morgan	Pembroke	M65	2	2 Aug	Cardiff
30.17	John	Davies	Port Talbot	M60	1	20 May	Cardiff
29.16	Paul	Brooks	Wrexham	M60	2	15 Aug	Wrexham
26.87	John	Howe	Rhondda	M65	3	2 Aug	Cardiff
23.76	Phil	Rees	Cardiff	M65	4	2 Aug	Cardiff
22.98	David	Jones	Swansea	M60	1	3 Jun	Neath
22.77	Glyn	Sutton	Newport	M60	1 b	19 Aug	Cardiff
21.45	Brian	Webb	Rhondda	M70	1 b	20 May	Cardiff
13.88	Derek	Harper	Swansea	M80	1	2 Aug	Cardiff
13.29	Terry	Fowler	Newport	M65	n/s	19 Aug	Cardiff
12.57	Bill	Kingsbury	Rhondda	M80	pen	21 Jun	Milton Keynes

Hammer

57.36	Graham	Holder	Shaftesbury	M35	3	21 Jun	Watford
50.16	Nigel	Winchcombe	Notts	M45	1 b	2 May	Yate
44.15	Andrew	Turner	Bournemouth	M45	pen	21 Jun	Milton Keynes
39.85	David	Maggs	Gateshead	M50	2	4 Apr	Middlesbrough
39.46	Terry	Lalley	Coventry Godiva/Nice	M55	1	21 May	Nice
37.36	Glyn	Pugh	Rhondda	M45	2	28 Jun	Swansea
35.37	Darren	Andrews	Forest of Dean	M35	1	10 Jun	Newport
32.06	Rob	Eales	Newport	M40	1	9 May	Cardiff
30.36	Peter	Roberts	Swansea	M35	5	1 Aug	Leeds
29.48	Derek	Osborne	Brecon	M45	1 b	18 Apr	Brecon
27.13	Geoff	Ward	Wrexham	M55	2	6 Jun	Macclesfield
24.57	Phil	Davies	Deeside	M45	2	8 Aug	Wrexham
18.82	John	Davies	Port Talbot	M60	5	28 Jun	Swansea
14.88	Steven	Spires	Wrexham	M40	2 b	8 Aug	Wrexham
14.23	Chris	Millard	North Somerset	M40	10	9 Aug	Yate
13.73	Alan	Perkins	Port Talbot	M55	3 b	28 Jun	Swansea
13.68	David	Jones	Swansea	M60	5 b	1 Aug	Leeds
11.91	Keith	Powell	Newport	M45	3	10 Jun	Newport

6k (M50-59)

45.44	Terry	Lalley	Coventry Godiva/Nice	M55	1	18 Jun	Nice
42.16	David	Maggs	Gateshead	M50	4	4 Jul	Birmingham
18.13	Bob	Greuter	Rhondda	M55	3	10 Jun	Newport
17.42	Alan	Perkins	Port Talbot	M55	1 b	10 Jun	Newport
16.02	Geoff	Miller	Newport	M50	5	10 Jun	Newport
14.73	Brian	Williamson	Rhondda	M55	n/s	29 Apr	Cardiff
11.39	John	Watkins	Newport	M55	3 b	29 Apr	Cardiff

5k (M60-69)

26.21	John	Davies	Port Talbot	M60	1	2 Aug	Cardiff
19.71	David	Jones	Swansea	M60	3	29 Apr	Cardiff
19.28	John	Howe	Rhondda	M65	1	2 Aug	Cardiff

4k (M70-79)

18.81	Brian	Webb	Rhondda	M70	4	29 Apr	Cardiff
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3k (M80+)

23.57	Derek	Harper	Swansea	M80	1	2 Aug	Cardiff
22.90	Bill	Kingsbury	Rhondda	M80	1	7 Mar	Lee Valley

Javelin

55.46	Jonathan	Clarke	Swansea	M40	3	6 Jun	Cardiff
46.73	Richard	Ledger	Swansea	M40	1	2 Aug	Cardiff
43.32	Jonathan	Powell	SC Myhl	M45	1	2 Aug	Cardiff
37.41	Geoff	Van Klaveren	Kingston & Polytechnic	M45	1	13 Jul	Croydon
34.54	Peter	Maitland	Swansea	M35	1	20 May	Cardiff
33.97	Derek	Osborne	Brecon	M45	dec	29 Jul	Lahti
33.67	Andrew	Turner	Bournemouth	M45	pen	21 Jun	Milton Keynes
32.16	David	Maggs	Gateshead	M50	2 b	2 May	Middlesbrough
29.24	Keith	Powell	Newport	M45	4	18 Apr	Brecon
27.80	John	Davies	Port Talbot	M60	5	28 Jun	Swansea
26.94	Terry	Lalley	Coventry Godiva/Nice	M55	6	6 Jun	Pitreavie
26.54	Glyn	Pugh	Rhondda	M45	2 b	18 Apr	Brecon
26.29	Andrew	Davies	Aberdare	M45	4	12 Jul	Newport
24.16	Rob	Eales	Newport	M40	1 b	20 May	Cardiff
23.87	Darren	Andrews	Forest of Dean	M35	1 b	10 Jun	Newport
20.24	Bob	Grenter	Rhondda	M55	2 b	8 Aug	Wrexham
18.48	David	Jones	Swansea	M60	3 b	12 Jul	Newport

700g (M50-59)

31.86	David	Maggs	Gateshead	M50	pen	21 Jun	Milton Keynes
31.79	Geoff	Miller	Newport	M50	3	20 May	Cardiff
29.49	Graham	Archer	Newport	M55	1 b	20 May	Cardiff
24.82	Terry	Lalley	Coventry Godiva/Nice	M55	1	2 Aug	Cardiff
21.22	Brian	Williamson	Rhondda	M55	4	20 May	Cardiff
21.15	Mike	Davies	Les Croupiers	M55	5	20 May	Cardiff
20.58	Alan	Perkins	Port Talbot	M55	2 b	20 May	Cardiff
20.31	Martin	Davies	Bristol/Newport	M50	n/s	20 May	Cardiff
20.09	Bob	Grenter	Rhondda	M55	3 b	20 May	Cardiff
15.27	Elio	Lepore	Les Croupiers	M55	4 b	20 May	Cardiff

600g (M60-69)

38.44	John	Davies	Port Talbot	M60	1	2 Aug	Cardiff
25.08	John	Howe	Rhondda	M65	2	2 Aug	Cardiff
21.91	David	Jones	Swansea	M60	4	10 Jun	Newport

500g (M70-79)

24.43	Brian	Webb	Rhondda	M70	1	2 Aug	Cardiff
24.30	Trefor	Pugh	Maldwyn	M70	2	2 Aug	Cardiff

400g (M80+)

14.32	Derek	Harper	Swansea	M80	1	2 Aug	Cardiff
7.54	Bill	Kingsbury	Rhondda	M80	pen	21 Jun	Milton Keynes

Weight

15.08	Graham	Holder	Shaftesbury	M35	1	5 Jul	Birmingham
13.47	Andrew	Turner	Bournemouth	M45	4	5 Jul	Birmingham

11.34kg (M50-59)

14.64	David	Maggs	Gateshead	M50	1	15 Jun	Jarrow
14.61	Terry	Lalley	Coventry Godiva/Nice	M55	3	5 Jul	Birmingham

5.45kg (M80+)

8.98	Bill	Kingsbury	Rhondda	M80	pen	21 Jun	Milton Keynes
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Decathlon

5750	Derek	Osborne	Brecon	M45	7	29 Jul	Lahti
4028	Keith	Powell	Newport	M45	10	13 Sep	Oxford

Weights Pentathlon

3328	Andrew	Turner	Bournemouth	M45	1	21 Jun	Milton Keynes
2828	David	Maggs	Gateshead	M50	5	21 Jun	Milton Keynes
2181	Bill	Kingsbury	Rhondda	M80	1	21 Jun	Milton Keynes

4 x 100m Relay

51.25	Newport (Medhurst, Russell, Powell, McAtee)			5	12 Jul	Newport
51.8	Newport (Taylor, Sutton, Belcher, Powell)			1	10 Jun	Newport
52.21	Newport (Powell, Morgan, Belcher, McAtee)			4	28 Jun	Swansea
62.4	Port Talbot			2	10 Jun	Newport
74.7	Les Croupiers			3	10 Jun	Newport

4 x 200m Relay

1:56.3	Newport (McAtee, Russell, Belcher, Archer)			1	29 Apr	Cardiff
2:13.2	Les Croupiers			2	29 Apr	Cardiff
2:16.1	Port Talbot			3	29 Apr	Cardiff

4 x 400m Relay

4:00.9	Newport (McAtee, Medhurst, Belcher, Russell)			1	20 May	Cardiff
4:36.6	San Domenico			2	20 May	Cardiff
4:48.8	Les Croupiers			3	20 May	Cardiff
5:08.1	Port Talbot			4	20 May	Cardiff

WELSH MASTERS RANKINGS 2009 (FEMALE)

Updated by Darryn McAtee 28th December 2009

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

WOMEN

60 Metres

8.36i	Lolita	Byfield Moore	Cardiff	W45	5	ht1	24 Jan	Cardiff
8.64i	Amanda	Wale	Wrexham	W35	3		7 Mar	Lee Valley
8.74i	Sian	Davies	Swansea	W35	8	ht1	24 Jan	Cardiff

100 Metres

13.27	Lolita	Byfield Moore	Cardiff	W45	1		9 May	Cardiff
13.8	Amanda	Wale	Wrexham	W35	4		6 Jun	Macclesfield
13.9	Sian	Davies	Swansea	W35	2		1 Apr	Swansea
14.51	Helen	Eve	Swansea	W40	2		9 May	Neath
18.9	Eirian	Arwyn	Les Croupiers	W55	1		20 May	Cardiff
19.1	Wendy	Owen	San Domenico	W35	n/s	guest	29 Apr	Cardiff
25.0	Helen	Cole	Rhondda	W65	2		20 May	Cardiff

200 Metres

27.32	Lolita	Byfield Moore	Cardiff	W45	7		13 Jun	Cardiff
27.70	Amanda	Wale	Wrexham	W35	6		27 Jun	Compiègne
27.7	Sian	Davies	Swansea	W35	6		18 Jul	Yate
29.02	Helen	Eve	Swansea	W40	1		28 Jun	Swansea
38.1	Ann	Follan	Rhondda	W35	5	ht2	19 Aug	Cardiff
41.2	Wendy	Owen	San Domenico	W35	6	ht3	20 May	Cardiff
41.3	Eirian	Arwyn	Les Croupiers	W55	1	ht3	19 Aug	Cardiff
50.0	Helen	Williams	Aberdare	W35	3		25 Jul	Bromley
56.1	Helen	Cole	Rhondda	W65	2		10 Jun	Newport
59.5	Myfanwy	Loudon	Newport	W75	3	ht3	19 Aug	Cardiff
60.4	Nance	Halling	Rhondda	W50	4	ht3	19 Aug	Cardiff

400 Metres

64.76	Sian	Gifford	Colchester & Tendring	W40	4		4 Jul	Birmingham
67.4	Sue	Hooper	Cardiff	W45	1		29 Apr	Cardiff
86.8	Ann	Follan	Rhondda	W35	1		10 Jun	Newport
1:52.48	Helen	Williams	Aberdare	W35	3		26 Jul	Crystal Palace
1:54.3	Eirian	Arwyn	Les Croupiers	W55	2	ht1	19 Aug	Cardiff
2:23.9	Helen	Cole	Rhondda	W65	2		10 Jun	Newport
2:25.0	Myfanwy	Loudon	Newport	W75	3	ht1	19 Aug	Cardiff

800 Metres

2:29.14	Jenny	Phillips	Llanelli	W40	3		27 Jun	Compiègne
2:31.06	Sian	Gifford	Colchester & Tendring	W40	3		5 Jul	Birmingham
2:33.20	Amanda	Wale	Wrexham	W35	pen		29 Jul	Lahti
2:51.01	Pat	Gallagher	Westbury	W60	1		2 Aug	Lahti
2:51.08	Satu	Haikala	Brecon	W40	1		18 Apr	Brecon
3:04.9	Ann	Follan	Rhondda	W35	2		20 May	Cardiff
3:08.4	Wendy	Owen	San Domenico	W35	guest		20 May	Cardiff
4:05.7	Eirian	Arwyn	Les Croupiers	W55	guest		29 Apr	Cardiff

1500 Metres

5:00.19	Jenny	Phillips	Llanelli	W40	1	5 Jul	Birmingham
5:13.77	Sharon	Leech	Carmarthen	W35	1 b	28 Jun	Swansea
5:41.38	Satu	Haikala	Brecon	W40	4	18 Apr	Brecon
5:42.67i	Pat	Gallagher	Westbury	W60	1	7 Mar	Lee Valley
					3	5 Jul	Birmingham
6:03.4	Angela	Delaney	Swansea	W35	2	28 Jun	Swansea
6:12.3	Ann	Follan	Rhondda	W35	2	20 May	Cardiff
6:25.7	Wendy	Owen	San Domenico	W35	guest	20 May	Cardiff
6:34.2	Rhian	Loudon	Newport	W40	3	20 May	Cardiff
8:36.2	Eirian	Arwyn	Les Croupiers	W55	1	20 May	Cardiff

3000 Metres

11:03.24	Satu	Haikala	Brecon	W40	2	28 Jun	Swansea
11:08.0	Jenny	Phillips	Llanelli	W40	1	29 Apr	Cardiff
11:49.1	Jane	Coker	Les Croupiers	W45	1	10 Jun	Newport
12:11.16i	Pat	Gallagher	Westbury	W60	7	8 Feb	Lee Valley
13:04.22	Ann	Follan	Rhondda	W35	3	28 Jun	Swansea
13:20.2	Rhian	Loudon	Newport	W40	2	10 Jun	Newport
13:34.4	Wendy	Owen	San Domenico	W35	n/s guest	29 Apr	Cardiff
14:54.3	Gill	Csizmadia	Wrexham	W45	2 b	6 Jun	Macclesfield

5000 Metres

21:30.2	Loretta	Daley	Les Croupiers	W40	1	2 Aug	Cardiff
23:01.0	Ann	Follan	Rhondda	W35	1	2 Aug	Cardiff

100 Metres Hurdles

16.2	Amanda	Wale	Wrexham	W35	1	2 May	Bebington
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2000m Walk

13:25.08	Cath	Edge	West Cheshire/W&B	W55	3	10 Jun	Stafford
13:31.2	Loretta	Daley	Les Croupiers	W40	3	16 Aug	Solihull

3000m Walk

19:11.4	Cath	Edge	West Cheshire/W&B	W55	1	2 Aug	Cardiff
20:32.2	Loretta	Daley	Les Croupiers	W40	1	2 Aug	Cardiff

High Jump

1.45	Ruth	Jensen	Welsh Masters	W35	1	2 Aug	Cardiff
1.39i	Amanda	Wale	Wrexham	W35	pen	22 Feb	Lee Valley
					pen	28 Jul	Lahti
1.20	Jo	Davis	Swansea	W35	1	18 Apr	Brecon

Long Jump

4.78	Amanda	Wale	Wrexham	W35	pen	28 Jul	Lahti
4.72	Ruth	Jensen	Welsh Masters	W35	2	16 Aug	Solihull
3.57	Jo	Davis	Swansea	W35	3	28 Jun	Swansea
2.79	Eirian	Arwyn	Les Croupiers	W55	1	19 Aug	Cardiff
2.44	Ann	Follan	Rhondda	W35	2	19 Aug	Cardiff
1.73	Nance	Halling	Rhondda	W50	2	19 Aug	Cardiff
1.61	Cath	Edge	West Cheshire/W&B	W55	5	16 Aug	Solihull
1.51	Helen	Cole	Rhondda	W65	3	19 Aug	Cardiff

Triple Jump

7.78	Jo	Davis	Swansea	W35	5	16 Aug	Solihull
6.37	Eirian	Arwyn	Les Croupiers	W55	1	10 Jun	Newport
3.85	Helen	Cole	Rhondda	W65	2	20 May	Cardiff

Shot

10.91	Alyson	Hourihan	Cardiff	W45	3	13 Jun	Cardiff
10.67	Ruth	Jensen	Welsh Masters	W35	1	16 Aug	Solihull
9.45	Amanda	Wale	Wrexham	W35	1	18 Apr	Brecon
9.00i	Catherine	Alford	Rhondda	W35	4	7 Mar	Lee Valley
	8.58				2	9 May	Cardiff
8.69	Karen	Llewelin	Pembroke	W45	1	9 May	Neath
7.16	Julie	Driscoll	Brecon	W40	4	28 Jun	Swansea
4.80	Gill	Csizmadia	Wrexham	W45	5 b	6 Jun	Macclesfield

3kg (50+)

7.36	Eirian	Arwyn	Les Croupiers	W55	1	19 Aug	Cardiff
6.16	Nance	Halling	Rhondda	W50	1	29 Apr	Cardiff
5.99	Helen	Cole	Rhondda	W65	2	19 Aug	Cardiff
5.90	Cath	Edge	West Cheshire/W&B	W55	1	2 Aug	Cardiff

Discus

38.04	Alyson	Hourihan	Cardiff	W45	3	3 Aug	Lahti
26.57	Karen	Llewelin	Pembroke	W45	5	30 Aug	Swansea
25.42	Julie	Driscoll	Brecon	W40	1	2 Aug	Cardiff
25.15	Catherine	Alford	Rhondda	W35	4	28 Jun	Swansea
22.88	Jo	Davis	Swansea	W35	1	5 Sep	Colwyn Bay
20.20	Sian	Davies	Swansea	W35	5	18 Jul	Yate
19.60	Nance	Halling	Rhondda	W50	1	20 May	Cardiff
14.78	Eirian	Arwyn	Les Croupiers	W55	2	19 Aug	Cardiff
13.08	Helen	Cole	Rhondda	W65	3	19 Aug	Cardiff

Hammer

33.34	Alyson	Hourihan	Cardiff	W45	5	6 Jun	Cardiff
29.21	Karen	Llewelin	Pembroke	W45	1	9 May	Neath
28.69	Catherine	Alford	Rhondda	W35	4	4 Jul	Birmingham
25.90	Julie	Driscoll	Brecon	W40	3	12 Jul	Newport
22.13	Jo	Davis	Swansea	W35	1	5 Sep	Colwyn Bay

3k (50+)

25.35	Nance	Halling	Rhondda	W50	1	2 Aug	Cardiff
16.43	Helen	Cole	Rhondda	W65	1 b	29 Apr	Cardiff

Javelin

33.17	Ruth	Jensen	Welsh Masters	W35	1	2 Aug	Cardiff
31.69	Alyson	Hourihan	Cardiff	W45	pen	7 Aug	Lahti
30.12	Jo	Davis	Swansea	W35	1	20 May	Cardiff
27.35	Amanda	Wale	Wrexham	W35	3	2 May	Bebington
19.98	Sian	Davies	Swansea	W35	1 b	12 Jul	Newport
19.90	Karen	Llewellyn	Pembroke	W45	2	7 Mar	Lee Valley
15.72	Catherine	Alford	Rhondda	W35	3	8 Aug	Wrexham

5k (50+)

11.83	Nance	Halling	Rhondda	W50	1 b	20 May	Cardiff
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4k (60+)

15.06	Helen	Cole	Rhondda	W65	1	2 Aug	Cardiff
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Weight

10.26	Alyson	Hourihan	Cardiff	W45	5	30 Jul	Lahti
9.53	Karen	Llewellyn	Pembroke	W45	3	4 July	Birmingham
9.37	Catherine	Alford	Rhondda	W35	3	4 Jul	Birmingham

Pentathlon

2250i	Amanda	Wale	Wrexham	W35	2	22 Feb	Lee Valley
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Heptathlon

3921	Amanda	Wale	Wrexham	W35	4	29 Jul	Lahti
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Weights Pentathlon

3965	Alyson	Hourihan	Cardiff	W45	4	7 Aug	Lahti
2930	Karen	Llewellyn	Pembroke	W45	2	21 Jun	Milton Keynes
2120	Catherine	Alford	Rhondda	W35	2	21 Jun	Milton Keynes