

WELSH MASTERS RANKINGS 2010 (MALE)
Updated by Darryn McAtee 12th August 2010
Any amendments/additions send to
desmac66@hotmail.com

MEN

60 Metres

1	7.56i	Andrew	Thomas	Llanelli	M35	UWIC	7 Mar
2	8.06i	Steven	Spires	Wrexham	M40	Deeside	6 Feb 27
3	8.17i	Glyn	Sutton	Newport	M60	Lee Valley	Mar 21
4	8.43i	Gary	Wyn-Jones	Deeside	M35	Manchester	Feb
5	8.61i	David	James	Wrexham	M40	Deeside	6 Feb 14
6	8.94i	Rod	Howe	Cardiff	M60	UWIC	Feb 27
7	10.55i	Hubert	Daniels	Swansea	M75	Lee Valley	Mar

100 Metres

1	11.54	Chris	Millard	North Somerset	M40	Yate	25 Apr
2	12.5	Craig	Russell	Newport	M35	Cardiff	9 Jun
2	12.5	Nick	Taylor	Newport	M35	Cardiff	9 Jun
4	12.6	Richard	Ledger	Swansea	M40	Cardiff	9 Jun
4	12.6	Glyn	Sutton	Newport	M65	Cardiff	9 Jun
6	12.7	Steven	Spires	Wrexham	M40	Solihull	8 Aug
7	12.8	Lawrence	Moore	Newport	M40	Cardiff	9 Jun
7	12.8	Vince	Lewis	Port Talbot	M40	Cardiff	28 Jul
9	12.9	Keith	Powell	Newport	M45	Cheltenham	14 Jul
	12.65w					Cardiff	8 May
10	13.0	Steve	Berney	Newport	M45	Cardiff	5 May
10	13.0	David	James	Wrexham	M40	Much Wenlock	11 Jul
12	13.1	Paul	Bevan	Cardiff	M50	Solihull	8 Aug
13	13.2	Jon	Evans	Houghton	M50	Jarrow	1 Jun
13	13.2	Darren	Andrews	Rhondda	M35	Cardiff	28 Jul
15	13.4	Graeme	Knowles	Cwmbran	M50	Cardiff	5 May
15	13.4	Alan	Jones	Les Croupiers	M35	Cardiff	28 Jul
17	13.6	Brian	Williamson	Rhondda	M60	Solihull	8 Aug
18	13.7	Glyn	Price	Swansea	M40	Cardiff	9 Jun
19	13.8	Derek	Osborne	Brecon	M45	Cardiff	5 May
20	13.9	Steve	Lewis	Cardiff	M45	Cardiff	5 May
20	13.9	Rob	Sage	Les Croupiers	M35	Cardiff	5 May
22	14.0	Ian	Morgan	Newport	M45	Cardiff	5 May
23	14.4	John	Watkins	Newport	M55	Cardiff	5 May
24	14.6	Rod	Howe	Cardiff	M60	Cardiff	5 May
	14.23w					Cardiff	8 May
25	15.0	Matt	Hurford	Les Croupiers	M35	Cardiff	28 Jul
26	15.2	Steve	Hooper	Pontypridd	M40	Cardiff	9 Jun
26	15.2	Karl	Bennett	Rhondda	M45	Cardiff	28 Jul
28	15.4	Len	Tew	Port Talbot	M75	Cardiff	5 May
28	15.4	Stuart	Powell	Cardiff	M55	Cardiff	5 May
30	15.5	Dominic	Shields	San Domenico	M45	Cardiff	5 May
30	15.5	Mike	Davies	Les Croupiers	M60	Cardiff	9 Jun
32	15.7	John	O'Shea	Les Croupiers	M50	Cardiff	28 Jul
33	16.39	John	Evans	Rugby & Northampton	M75	Nyiegyhaza	17 Jul
34	16.8	John	Davies	Port Talbot	M60	Cardiff	5 May
35	17.0	Mike	Murphy	Les Croupiers	M55	Cardiff	28 Jul

36	17.2	Hubert	Daniels	Swansea	M75	Cardiff	9 Jun
37	17.4	Malcolm	Farnham	Les Croupiers	M70	Cardiff	28 Jul
38	19.7	Phil	Rees	Cardiff	M65	Cardiff	9 Jun

200 Metres

1	23.36	Chris	Millard	North Somerset	M40	Yate	25 Apr
2	25.0	Craig	Russell	Newport	M35	Yate	24 Jul
	24.58w					Cardiff	8 May
3	25.4	Nick	Taylor	Newport	M35	Cardiff	9 Jun
4	25.66i	Ian	Broadhurst	Wrexham	M55	Gent	13 Mar
	25.82					Nyiegyhaza	22 Jul
5	26.06	Gary	Wyn-Jones	Deeside	M35	Cardiff	4 Jul
6	26.2	Glyn	Sutton	Newport	M65	Cardiff	9 Jun
6	26.2	Vince	Lewis	Port Talbot	M40	Cardiff	28 Jul
7	26.3	Alan	Jones	Les Croupiers	M35	Cardiff	28 Jul
8	26.35	Richard	Ledger	Swansea	M40	Oxford	23 May
9	26.4	Lawrence	Moore	Newport	M40	Cardiff	9 Jun
9	26.4	Keith	Powell	Newport	M45	Cardiff	28 Jul
11	26.6	Jon	Evans	Houghton	M50	Jarrow	20 Jun
12	26.7	David	James	Wrexham	M40	Wrexham	8 May
12	26.7	Steven	Spires	Wrexham	M40	Wrexham	8 May
14	27.04	Paul	Bevan	Cardiff	M50	Cardiff	4 Jul
15	27.2	Gavin	Belcher	Newport	M35	Cardiff	9 Jun
16	27.9	Brian	Williamson	Rhondda	M60	Solihull	8 Aug
17	28.7	Rod	Howe	Cardiff	M60	Cardiff	28 Jul
18	28.8	John	Watkins	Newport	M55	Cardiff	9 Jun
19	30.1	Karl	Bennett	Rhondda	M45	Cardiff	28 Jul
20	30.9	Steve	Hooper	Pontypridd	M40	Cardiff	9 Jun
21	31.4	Mel	James	Port Talbot	M65	Cardiff	9 Jun
22	31.8	Mike	Davies	Les Croupiers	M60	Cardiff	28 Jul
23	32.5	Len	Tew	Port Talbot	M75	Cardiff	28 Jul
23	32.5	Ian	Morgan	Newport	M45	Cardiff	28 Jul
25	33.1	Karl	Johns	Les Croupiers	M35	Cardiff	28 Jul
26	34.63	John	Evans	Rugby & Northampton	M75	Oxford	23 May
27	36.5	Hubert	Daniels	Swansea	M75	Cardiff	28 Jul
28	36.9	Malcolm	Farnham	Les Croupiers	M70	Cardiff	28 Jul
29	38.49	Geoff	Miller	Newport	M55	Oxford	23 May
30	42.5	Ian	Swanson	Port Talbot	M60	Cardiff	28 Jul

400 Metres

1	53.93	Chris	Millard	North Somerset	M40	Street	6 Jun
2	54.40	Sean	Price	Rhondda	M45	Cardiff	3 Jul
3	56.3	Craig	Russell	Newport	M35	Sutton-in-Ashfield	1 Aug
4	57.17	Gary	Wyn-Jones	Deeside	M35	Cardiff	4 Jul
5	57.27	Ian	Broadhurst	Wrexham	M55	Nyiegyhaza	20 Jul
6	57.30	Eddie	Ball	Rhondda	M45	Newport	17 Jul
7	57.70	Nick	Taylor	Newport	M35	Cwmbran	4 Aug
8	58.59	Neil	Davies	Wrexham	M40	Trafford	27 Jul
9	59.1	Alan	Jones	Les Croupiers	M35	Cardiff	5 May

10	59.58	Gavin	Belcher	Newport	M40	Cwmbbran	4 Aug
11	59.6	Rob	Sage	Les Croupiers	M35	Cardiff	5 May 15
12	62.0	David	James	Wrexham	M40	Deeside	May
13	62.9	Gareth	Lynch	Les Croupiers	M35	Cardiff	5 May
14	63.7	Rod	Howe	Cardiff	M60	Solihull	8 Aug 29
15	63.9	Darryn	McAtee	Newport	M45	Newport	May
16	64.8	John	Watkins	Newport	M55	Cardiff	5 May
17	67.2	Matt	Hurford	Les Croupiers	M35	Cardiff	5 May
18	67.8	Steve	Hooper	Pontypridd	M40	Cardiff	5 May
19	68.3	Richard	Self	Les Croupiers	M40	Cardiff	5 May
20	68.8	John	O'Shea	Les Croupiers	M50	Cardiff	5 May
21	68.9	Geoff	Miller	Newport	M55	Cardiff	5 May
22	69.78	Mel	James	Port Talbot	M65	Cardiff	3 Jul
23	69.09	Brian	Williamson	Rhondda	M60	Nyiegyhaza	19 Jul
24	69.9	Dominic	Shields	San Domenico	M45	Cardiff	5 May
25	70.5	John	Diffey	Les Croupiers	M45	Cardiff	5 May
26	70.6	Elio	Lepore	Les Croupiers	M55	Cardiff	5 May
27	72.2	Karl	Bennett	Rhondda	M45	Cardiff	5 May
28	73.1	Mike	Davies	Les Croupiers	M60	Cardiff	5 May
29	73.5	Len	Tew	Port Talbot	M75	Solihull	8 Aug
30	75.1	Mike	Murphy	Les Croupiers	M55	Cardiff	5 May
31	80.10	John	Davies	Port Talbot	M60	Newport	17 Jul
32	1:44.0	Hubert	Daniels	Swansea	M75	Cardiff	5 May

800 Metres

1	2:00.34	Lee	Jones	Deeside	M40	Cardiff	4 Jul
2	2:05.24	Eddie	Ball	Rhondda	M45	Cardiff	4 Jul
3	2:05.42	Sean	Price	Rhondda	M45	Cardiff	4 Jul
4	2:09.8	Rob	Sage	Les Croupiers	M35	Cardiff	28 Jul
5	2:12.6	Malcolm	Medhurst	Newport	M45	Cardiff	9 Jun
6	2:17.37	Bilal	Namani	Rhondda	M55	Cardiff	14 Jul
7	2:20.2	Paul	Bevan	Cardiff	M50	Cardiff	28 Jul
8	2:22.7	Darryn	McAtee	Newport	M45	Cardiff	28 Jul
9	2:23.8	Mike	Robbins	Wrexham	M45	Wrexham	8 May
10	2:26.0	Gareth	Lynch	Les Croupiers	M35	Cardiff	5 May
11	2:27.2	James	Potts	San Domenico	M40	Cardiff	9 Jun
12	2:27.9	Matt	Hurford	Les Croupiers	M35	Cardiff	28 Jul
13	2:29.0	Steve	Hooper	Pontypridd	M40	Cardiff	9 Jun
14	2:30.3	Elio	Lepore	Les Croupiers	M55	Cardiff	9 Jun
14	2:30.3	John	O'Shea	Les Croupiers	M50	Cardiff	28 Jul 15
16	2:30.9	Mark	Garstang	Deeside	M45	Deeside	May
17	2:31.0	David	James	Wrexham	M40	Much Wenlock	11 Jul
18	2:33.1	John	Watkins	Newport	M55	Cardiff	5 May
19	2:33.5	Paul	Coker	Les Croupiers	M50	Cardiff	5 May
20	2:33.6	Glyn	Sansom	San Domenico	M45	Cardiff	28 Jul
21	2:34.3	Steve	Alexander	Les Croupiers	M40	Cardiff	28 Jul
22	2:35.3	Evatt	Cummings	Bridgend	M40	Cardiff	9 Jun

23	2:39.7	John	Diffey	Les Croupiers	M45	Cardiff	5 May
24	2:42.4	Mick	Tabor	Les Croupiers	M55	Cardiff	28 Jul
25	2:44.2	Mike	Murphy	Les Croupiers	M55	Cardiff	9 Jun 15
26	2:45.0	Steven	Spies	Wrexham	M40	Deeside	May
27	2:45.38	Mike	Davies	Les Croupiers	M60	Cardiff	4 Jul
28	2:48.5	Dave	Proffitt	Newport	M55	Cardiff	5 May
29	2:48.7	Andrew	Hole	Newport	M45	Cardiff	9 Jun 27
30	2:49.02i 2:50.0	Mel	James	Port Talbot	M65	Lee Valley Solihull	Mar 8 Aug
31	2:49.3	Dominic	Shields	San Domenico	M45	Cardiff	5 May
32	2:49.98	Eric	Hughes	Bridgend	M70	Cardiff	4 Jul
33	2:52.0	Len	Tew	Port Talbot	M75	Cardiff	28 Jul
34	2:52.4	John	Hopkins	Port Talbot	M45	Cardiff	9 Jun
35	2:52.8	Rod	Howe	Cardiff	M60	Cardiff	9 Jun
36	2:54.7	Alan	Perkins	Port Talbot	M55	Cardiff	5 May
37	2:59.8	Andrew	Davies	Pontypridd	M45	Cardiff	5 May
38	3:00.3	Karl	Johns	Les Croupiers	M35	Cardiff	28 Jul
39	3:00.5	John	Davies	Port Talbot	M60	Cardiff	28 Jul
40	3:14.66	Howard	Brown	Les Croupiers	M60	Cardiff	4 Jul
41	3:20.9	Brian	Williamson	Rhondda	M60	Cardiff	5 May

1000 Metres

1500 Metres

1	4:15.41	Eddie	Ball	Rhondda	M45	Cardiff	3 Jul 27
2	4:16.53i	Huw	Evans	Tonbridge	M35	Lee Valley	Mar 15
3	4:17.8	Lee	Jones	Deeside	M40	Deeside	May
4	4:20.62	Darren	Hiscox	Bridgend	M35	Street	3 May
5	4:30.1	Nick	Dukes	Les Croupiers	M35	Solihull	8 Aug 15
6	4:45.6	Mike	Robbins	Wrexham	M45	Deeside	May
7	4:55.6	Matt	Hurford	Les Croupiers	M35	Cardiff	9 Jun
8	4:57.8	Steve	Hooper	Pontypridd	M40	Cardiff	9 Jun
9	4:58.9	Elio	Lepore	Les Croupiers	M55	Cardiff	9 Jun
10	4:59.3	Gary	Irving	Swansea	M50	Swansea	18 Apr
11	5:02.13	Darryn	McAtee	Newport	M45	Newport	17 Jul
12	5:07.7	Huw	Roberts	Bridgend	M50	Solihull	8 Aug
13	5:16.9	Konrad	Roberts	Colwyn Bay	M40	Salford	11 Jul
14	5:20.2	Mike	Murphy	Les Croupiers	M55	Cardiff	9 Jun
15	5:21.9	Steve	Alexander	Les Croupiers	M40	Cardiff	9 Jun
16	5:25.7	Mike	Davies	Les Croupiers	M60	Solihull	8 Aug
17	5:30.16	Michael	Halsall	Llanelli	M35	Newport	17 Jul
18	5:35.6	Ron	Morris	San Domenico	M60	Cardiff	9 Jun

19	5:38.0	John	Hopkins	Port Talbot	M45	Cardiff	9 Jun
20	5:38.20	Dave	Proffitt	Newport	M55	Nyiegyhaza	17 Jul
21	5:44.8	Dominic	Shields	San Domenico	M45	Cardiff	9 Jun
22	5:47.3	Alan	Perkins	Port Talbot	M55	Cardiff	9 Jun
23	5:47.9	Eric	Hughes	Bridgend	M70	Cardiff	9 Jun
24	5:51.04	Barrie	Roberts	Bourneville	M65	Cardiff	3 Jul 27
25	6:00.10i 6:07.68	Len	Tew	Port Talbot	M75	Lee Valley Cardiff	Mar 3 Jul 23
26	6:31.45	Richard	Ledger	Swansea	M40	Oxford	May 23
27	7:19.90	Geoff	Miller	Newport	M55	Oxford	May
28	7:26.2	Ian	Swanson	Port Talbot	M60	Cardiff	9 Jun 23
29	8:07.96	John	Evans	Rugby & Northampton	M75	Oxford	May

Mile

1	5:36.7	Lee	Aherne	Les Croupiers	M40	Cwmbran	4 Aug
2	6:02.67	Dave	Proffitt	Newport	M55	Cwmbran	4 Aug
3	6:11.14	Barrie	Roberts	Bourneville	M65	Birmingham Uni	14 Jul

3000 Metres

1	9:00.29i	Huw	Evans	Tonbridge	M35	Lee Valley	27 Mar
2	9:09.6	Darren	Hiscox	Bridgend	M35	Swansea	18 Apr
3	9:11.7	Lee	Jones	Deeside	M40	Connah's Quay	6 Jun
4	9:31.2	Phil	Cook	Les Croupiers	M40	Cardiff	28 Jul
5	9:36.5	Eddie	Ball	Rhondda	M45	Cardiff	28 Jul
6	9:37.7	Nick	Davies	Les Croupiers	M35	Cardiff	28 Jul
7	9:56.43	Mike	Robbins	Wrexham	M45	Stretford	29 Jun
8	10:05.2	Phil	Crane	Neath	M45	Cardiff	28 Jul
9	10:11.8	Peter	Crane	Neath	M45	Cardiff	5 May
10	10:20.7	Mick	McGeoch	Barry & Vale	M50	Cardiff	28 Jul
11	10:22.3	Scott	Howell	Les Croupiers	M50	Solihull	8 Aug
12	10:25.5	Gareth	Lynch	Les Croupiers	M35	Cardiff	5 May
13	10:30.1	Matt	Hurford	Les Croupiers	M35	Cardiff	5 May
14	10:31.5	Steve	Hooper	Pontypridd	M40	Cardiff	5 May
15	10:32.3	David	Crane	Neath	M50	Cardiff	28 Jul
16	10:35.8	Rob	Sage	Les Croupiers	M35	Cardiff	5 May
17	10:36.0	Richard	Self	Les Croupiers	M40	Cardiff	5 May
18	10:37.1	Peter	Sowerby	Brecon	M45	Swansea	18 Apr
19	10:39.0	Paul	Coker	Les Croupiers	M50	Cardiff	5 May
20	10:47.5	Glyn	Sansom	San Domenico	M45	Cardiff	28 Jul
21	10:48.9	Steve	Davies	Mansfield	M50	Mansfield	9 May
22	10:53.7	Sandy	Johnston	Les Croupiers	M60	Solihull	8 Aug
23	10:55.2	Elio	Lepore	Les Croupiers	M55	Cardiff	5 May
24	10:55.8	Dave	Griffiths	Newport	M40	Newport	17 Jul
25	10:58.5	Konrad	Roberts	Colwyn Bay	M40	Salford	11 Jul
26	11:01.4	John	O'Shea	Les Croupiers	M50	Cardiff	28 Jul
27	11:10.4	Mick	Tabor	Les Croupiers	M55	Cardiff	28 Jul
28	11:12.2	Paul	Ross-Davies	Blackheath & Bromley	M60	Ashford	28 Jun
29	11:15.0	Ron	Morris	San Domenico	M60	Cardiff	5 May
30	11:16.3	John	Hopkins	Port Talbot	M45	Cardiff	5 May
31	11:26.0	John	Diffey	Les Croupiers	M45	Cardiff	5 May

32	11:28.8	Steve	Alexander	Les Croupiers	M40	Cardiff	28 Jul
33	11:34.3	Dominic	Shields	San Domenico	M45	Cardiff	5 May
34	11:35.1	Michael	Halsall	Llanelli	M35	Cardiff	28 Jul
35	11:53.6	Mike	Murphy	Les Croupiers	M55	Cardiff	5 May
36	11:55.79	Dave	Proffitt	Newport	M55	Cardiff	8 May
37	12:05.4	Alan	Perkins	Port Talbot	M55	Swansea	18 Apr
37	12:12.4	Darryn	McAtee	Newport	M45	Cardiff	5 May
38	13:00.92	Barrie	Roberts	Bourneville	M65	Birmingham Uni.	2 Jun
39	13:23.4	Eric	Hughes	Bridgend	M70	Solihull	8 Aug

5000 Metres

1	15:41.24	Darren	Hiscox	Bridgend	M35	Cardiff	4 Jul
2	15:42.3	Paul	Halford	Nene Valley	M35	Harrow	26 Jun
3	16:09.55	Huw	Evans	Tonbridge	M35	Ashford	9 May
4	16:32.2	Rob	Sheen	Leicester Coritanian	M45	Leicester	13 Jun
5	17:13.3	Mike	Robbins	Wrexham	M45	Salford	31 Jul
6	17:50.2	Jeremy	Mower	Gloucester	M40	Cheltenham	9 May
7	18:13.8	Steve	Davies	Mansfield	M50	Mansfield	8 May
8	18:24.14	Sandy	Johnston	Les Croupiers	M60	Cardiff	4 Jul
9	19:50.4	Darryn	McAtee	Newport	M45	Newport	3 Jul
10	20:15.2	Dave	Proffitt	Newport	M55	Hereford	1 May
11	21:15.86	Ken	Buckle	Cheltenham	M65	Cardiff	4 Jul
12	23:01.39	Barrie	Roberts	Bourneville	M65	Cardiff	4 Jul

10000 Metres

1	33:43.29	Huw	Evans	Tonbridge	M35	Oxford	23 May
2	43:45.61	Ken	Buckle	Cheltenham	M65	Oxford	23 May
3	47:54.84	Barrie	Roberts	Bourneville	M65	Melbourne	18 May

100 Metres Hurdles

110 Metres Hurdles

1	16.98	Phil	Harries	Derby	M40	Derby	6 Jun
2	19.9	Glyn	Price	Swansea	M40	Yeovil	3 Jul
3	20.6	Neil	Davies	Wrexham	M40	Salford	31 Jul 29
4	20.9	Derek	Osborne	Brecon	M45	Newport	May
5	21.85	Richard	Ledger	Swansea	M40	Winchester	31 Jul
6	23.1	Andrew	Hole	Newport	M45	Yate	24 Jul
7	23.7	Keith	Powell	Newport	M45	Hereford	1 May

400 Metres Hurdles

1	58.15	Phil	Harries	Derby	M40	Derby	6 Jun
2	71.3	David	James	Wrexham	M40	Wigan	1 May
3	74.5	Darryn	McAtee	Newport	M45	Sutton-in-Ashfield	1 Aug

height 84.0 cm

1	65.31	Ian	Broadhurst	Wrexham	M55	Nyegyhaza	18 Jul
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2000 Metres Steeplechase

1	7:53.8	Peter	Sowerby	Brecon	M45	Swansea	18 Apr
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height 76.2 cm/ 28 hurdles

3000 Metres Steeplechase

1	11:09.41	Ifan	Lloyd	Swansea	M50	Cardiff	4 Jul
2	11:17.2	Jeremy	Mower	Gloucester	M40	Tipton	1 Aug

Mile Walk

1	8:12.8	Steve	Walker	Wrexham	M50	Wrexham	8 May
2	9:21.3	Marc	Sheridan	Menai	M45	Wrexham	8 May
3	9:46.4	Crispin	Backshall	Colwyn Bay	M45	Wrexham	8 May

2000m Walk

1	9:10.4	Mark	Williams	Tamworth	M45	Solihull	8 Aug
2	11:30.8	Ken	Bobbett	Hillingdon	M65	Solihull	8 Aug
3	11:52.76	Marc	Sheridan	Menai	M45	Birmingham	17 Apr
4	12:51.3	Steve	Walker	Wrexham	M50	Solihull	8 Aug
5	14:00.3	Howard	Brown	Les Croupiers	M60	Solihull	8 Aug

3000m Walk

1	14:17.79	Mark	Williams	Tamworth	M45	Bedford	31 May
2	16:56.7	Ken	Bobbett	Hillingdon	M65	Lee Valley	17 Jul
3	18:27.38	Steve	Walker	Wrexham	M50	Carmarthen	10 Jul 27
4	19:39.07i	Howard	Brown	Les Croupiers	M60	Lee Valley	Mar
5	22:21.39	John	Collins	Swansea	M70	Cardiff	4 Jul

5000m Walk

1	25:13.14	Mark	Williams	Tamworth	M45	Cardiff	4 Jul
2	29:46.99	Ken	Bobbett	Hillingdon	M65	Cardiff	3 Jul
3	38:43.73	John	Collins	Swansea	M70	Cardiff	3 Jul

High Jump

1	1.58	Glyn	Price	Swansea	M40	Cardiff	5 May
2	1.55	Derek	Osborne	Brecon	M45	Cardiff	5 May 21
3	1.51	Jonathan	Powell	SC Myhl	M45	Erkelenz	May
4	1.50i	Steven	Spires	Wrexham	M40	Deeside	6 Feb
		1.45				Solihull	8 Aug 17
5	1.45i	Chris	Berry	Basingstoke	M50	Sheffield	Feb
6	1.39	David	James	Wrexham	M40	Much Wenlock	11 Jul
7	1.35	Nick	Dukes	Les Croupiers	M35	Cardiff	28 Jul
8	1.30	Glyn	Pugh	Rhondda	M45	Cardiff	28 Jul 14
9	1.25i	Allan	Cheers	Basingstoke	M65	Lee Valley	Feb
9	1.25	Keith	Powell	Newport	M45	Cardiff	5 May
9	1.25	Ian	Morgan	Newport	M45	Cardiff	28 Jul
12	1.21	John	Howe	Rhondda	M65	Cardiff	4 Jul
13	1.20	Ian	Swanson	Port Talbot	M60	Cardiff	28 Jul
14	1.15	Stuart	Powell	Cardiff	M55	Cardiff	5 May
14	1.15	Brian	Williamson	Rhondda	M60	Cardiff	5 May
16	1.10	Trefor	Pugh	Maldwyn	M70	Solihull	8 Aug
17	1.00	Geoff	Miller	Newport	M55	Cardiff	5 May

Pole Vault

1	4.60	Egryn	Jones	WSE Hounslow	M35	Reading	1 May
2	4.20	Glyn	Price	Swansea	M40	Cardiff	8 May 31
3	3.21	Martin	Davies	Bristol/Newport	M50	Cheltenham	May

4	2.90	Derek	Osborne	Brecon	M45	Swansea	18 Apr
4	2.90	Keith	Powell	Newport	M45	Hereford	1 May
6	2.60	John	Howe	Rhondda	M65	Cardiff	3 Jul
7	2.30	Glyn	Sutton	Newport	M65	Cardiff	9 Jun
8	2.10	Phil	Harries	Derby	M40	Derby	5 Jun

Long Jump

1	6.47	Andrew	Thomas	Llanelli	M35	Solihull	8 Aug
2	5.55	Chris	Millard	North Somerset	M40	Yate	25 Apr
3	5.10	Derek	Osborne	Brecon	M45	Cardiff	5 May 23 May
4	5.09	Richard	Ledger	Swansea	M40	Oxford Sutton-in- Ashfield	May
5	5.00	Malcolm	Medhurst	Newport	M45		1 Aug 15 May
6	4.91	Steven	Spires	Wrexham	M40	Deeside	May
6	4.91	Keith	Powell	Newport	M45	Newport	17 Jul
8	4.78	Glyn	Price	Swansea	M40	Cardiff	5 May
9	4.72	Geoff	Miller	Newport	M55	Cardiff	3 Jul
10	4.49	Rob	Sage	Les Croupiers	M35	Cardiff	5 May
11	4.44i	David	Shields	Reading	M45	Lee Valley	24 Jan
12	4.36	Allan	Cheers	Basingstoke	M65	Cardiff	3 Jul
13	4.34	Philip	Jones	Colwyn Bay	M35	Salford	11 Jul
13	4.34	Steve	Wadley	Newport	M45	Newport	17 Jul
15	4.33	Mike	Mullins	Rhondda	M45	Swansea	18 Apr 15 May
16	4.30	Mark	Garstang	Deeside	M45	Deeside	May
16	4.30	Brian	Williamson	Rhondda	M60	Solihull	8 Aug
18	3.86i 3.74	David	James	Wrexham	M40	Deeside Much Wenlock	6 Feb 11 Jul
19	3.85	Ian	Morgan	Newport	M45	Cardiff	5 May
20	3.80	John	Evans	Rugby & Northampton	M75	Nyiegyhaza	18 Jul
21	3.70	Stuart	Powell	Cardiff	M55	Cardiff	5 May
22	3.60	David	Stokes	Deeside	M40	Newport	17 Jul
23	3.56	Trefor	Pugh	Maldwyn	M70	Cardiff	3 Jul
24	3.52	Phil	Harries	Derby	M40	Derby	5 Jun
25	3.45	John	Davies	Port Talbot	M60	Solihull	8 Aug
26	3.39	Elio	Lepore	Les Croupiers	M55	Cardiff	5 May
27	3.34	Mark	Rich	Wrexham	M35	Newport	17 Jul
28	3.13	Len	Tew	Port Talbot	M75	Cardiff	5 May
29	2.75	John	Hopkins	Port Talbot	M45	Cardiff	5 May

Triple Jump

1	11.28	Jon	Evans	Houghton	M50	Jarrow	20 Jun 15 May
2	10.30	Steven	Spires	Wrexham	M40	Deeside	May
3	10.23	Derek	Osborne	Brecon	M45	Newport	17 Jul
4	10.19 10.21w	David	Shields	Reading	M45	Ashford Cardiff	6 Jun 3 Jul
5	10.09	Malcolm	Medhurst	Newport	M45	Cardiff	28 Jul
6	9.95	Nick	Dukes	Les Croupiers	M35	Cardiff	28 Jul

7	9.78	Keith	Powell	Newport	M45	Yate	24 Jul
8	9.39	Allan	Cheers	Basingstoke	M65	Portsmouth	12 Jul
9	9.25	John	Birch Hurst	Barry & Vale	M35	Cardiff	28 Jul
10	8.85	David	James	Wrexham	M40	Cardiff	28 Jul
11	8.63	Phil	Cook	Les Croupiers	M40	Cardiff	28 Jul
12	8.61	Mark	Garstang	Deeside	M45	Deeside	15 May
13	8.55	Ian	Morgan	Newport	M45	Cardiff	28 Jul
14	7.88	Stuart	Powell	Cardiff	M55	Cardiff	28 Jul
15	7.80w	Trefor	Pugh	Maldwyn	M70	Cardiff	3 Jul
16	7.77	Mike	Mullins	Rhondda	M45	Newport	17 Jul
17	7.76	John	Evans	Rugby & Northampton	M75	Nyiegyhaza	22 Jul
	7.80w					Cardiff	4 Jul
18	7.43	Elio	Lepore	Les Croupiers	M55	Cardiff	28 Jul
19	7.00	Darryn	McAtee	Newport	M45	Cardiff	28 Jul
20	6.75	Mike	Davies	Les Croupiers	M60	Cardiff	28 Jul
21	6.55	Phil	Rees	Cardiff	M65	Cardiff	28 Jul
22	5.56	Ian	Swanson	Port Talbot	M60	Cardiff	28 Jul
23	2.05	Terry	Fowler	Newport	M65	Cardiff	28 Jul

Shot

1	12.59i	Andrew	Turner	Bournemouth	M45	Birmingham	13 Feb
	12.56					Cardiff	4 Jul
2	12.12i	Phil	Davies	Deeside	M45	Deeside	6 Feb
	11.85					Newport	29 May
3	11.88	Rob	Eales	Newport	M45	Burton	6 Jun
4	11.70	Graham	Holder	Shaftesbury Barnet	M35	Milton Keynes	20 Jun
5	10.68	Barry	Barnfield	Rhondda	M35	Cardiff	3 Jul
6	10.39	Peter	Roberts	Swansea	M35	Winchester	31 Jul
7	10.37	Nigel	Winchcombe	Notts	M50	Derby	6 Jun
8	10.35	Glyn	Pugh	Rhondda	M45	Swansea	18 Apr
9	10.05	Andrew	Thomas	Llanelli	M35	Newport	17 Jul
							29 May
10	9.22	Darren	Andrews	Rhondda	M35	Newport	May
11	9.11	Richard	Ledger	Swansea	M40	Newport	17 Jul
12	8.37	John	Hopkins	Port Talbot	M45	Cardiff	5 May
13	8.36	Glyn	Price	Swansea	M40	Cardiff	5 May
							29 May
14	8.20	Derek	Osborne	Brecon	M45	Newport	15 May
15	8.05	David	Stokes	Deeside	M40	Deeside	May
16	8.01	Jonathan	Clarke	Swansea	M40	Yeovil	3 Jul
17	7.95	Paul	Brooks	Wrexham	M60	Solihull	8 Aug
18	7.83	Lawrence	Moore	Newport	M40	Cardiff	5 May
19	7.83	Keith	Powell	Newport	M45	Burton	6 Jun
20	7.51	Steven	Spires	Wrexham	M40	Bebington	5 Jun
21	7.49	Mark	Rich	Wrexham	M35	Salford	31 Jul
22	7.32	Steve	Wadley	Newport	M45	Newport	3 Jul
							15 May
23	6.26	David	Jones	Swansea	M60	Deeside	May
24	6.21	John	Diffey	Les Croupiers	M45	Cardiff	5 May
25	6.15	David	James	Wrexham	M40	Much Wenlock	11 Jul
26	5.65	John	Davies	Port Talbot	M60	Newport	17 Jul

27	5.05	Karl	Bennett	Rhondda	M45	Cardiff	5 May
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6k (M50-59)

1	10.29	Phil	Olsen	Cardiff	M55	Cardiff	3 Jul
2	8.54	David	Maggs	Gateshead	M50	Milton Keynes	20 Jun
3	8.39	Geoff	Miller	Newport	M55	Cardiff	5 May
4	7.69	Bob	Grenter	Rhondda	M55	Cardiff	5 May
5	7.38	Stuart	Powell	Cardiff	M55	Cardiff	5 May
6	6.94	Steve	Walker	Wrexham	M50	Wrexham	8 May
7	5.63	Elio	Lepore	Les Croupiers	M55	Cardiff	5 May

5k (M60-69)

1	8.98i	John	Howe	Rhondda	M65	Lee Valley	14 Feb
2	7.92	Paul	Brooks	Wrexham	M60	Connah's Quay	6 Jun
3	7.12	Brian	Williamson	Rhondda	M60	Cardiff	5 May
4	7.09	David	Jones	Swansea	M60	Cardiff	5 May
5	6.46	John	Davies	Port Talbot	M60	Cardiff	5 May
6	5.92	Mike	Davies	Les Croupiers	M60	Cardiff	5 May
7	3.73	Terry	Fowler	Newport	M65	Cardiff	5 May

4k (M70-79)

1	8.02	Brian	Webb	Rhondda	M70	Exeter	20 Jun
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Discus

1	40.05	Andrew	Turner	Bournemouth	M45	Bournemouth	8 May
2	39.38	Peter	Roberts	Swansea	M35	Swansea	9 May
3	38.06	Graham	Holder	Shaftesbury	M35	Lee Valley	17 Jul
4	31.99	Glyn	Pugh	Rhondda	M45	Cardiff	4 Jul 15
5	31.86	Phil	Davies	Deeside	M45	Deeside	May
6	31.34	Nigel	Winchcombe	Notts	M50	Derby	6 Jun
7	31.23	Barry	Barnfield	Rhondda	M35	Cardiff	3 Jul
8	30.91	David	Stokes	Deeside	M40	Connah's Quay	6 Jun
9	30.52	Rob	Eales	Newport	M45	Sutton-in-Ashfield	1 Aug
10	30.15	Geoff	Ward	Wrexham	M55	Wrexham	4 Jul
11	28.75	Darren	Andrews	Rhondda	M35	Cwmbran	4 Aug
12	25.58	Keith	Powell	Newport	M45	Sutton-in-Ashfield	1 Aug
13	24.79	Derek	Osborne	Brecon	M45	Cardiff	9 Jun
14	23.87	Richard	Ledger	Swansea	M40	Cardiff	9 Jun 21
15	23.34	Geoff	Van Klaveren	Kingston & Polytechnic	M45	Ewell	Mar
16	20.96	Glyn	Price	Swansea	M40	Cardiff	9 Jun
17	20.57	David	Shields	Reading	M45	Cardiff	3 Jul
18	20.15	Steve	Wadley	Newport	M45	Newport	17 Jul
19	19.83	Mark	Rich	Wrexham	M35	Wrexham	8 May
20	19.45	Philip	Jones	Colwyn Bay	M35	Salford	11 Jul
21	19.15	Steven	Spires	Wrexham	M40	Bebington	5 Jun
22	18.78	Mike	Mullins	Rhondda	M45	Newport	17 Jul
23	18.22	John	Davies	Port Talbot	M60	Newport	17 Jul
24	15.18	Mark	Garstang	Deeside	M45	Newport	17 Jul

25	14.40	Darryn	McAtee	Newport	M45	Burton	6 Jun 15 May
26	13.83	David	Jones	Swansea	M60	Deeside	

1.5k (M50-59)

1	34.62	David	Maggs	Gateshead	M50	Jarrow	26 Jun
2	32.47	Phil	Olsen	Cardiff	M55	Cardiff	3 Jul
3	28.27	Geoff	Van Klaveren	Kingston & Polytechnic	M50	Cardiff	3 Jul
4	26.15	Geoff	Miller	Newport	M55	Cardiff	9 Jun
5	22.77	Stuart	Powell	Cardiff	M55	Cardiff	9 Jun

1k (M60+)

1	29.17	John	Howe	Rhondda	M65	Exeter	20 Jun
2	28.07	John	Davies	Port Talbot	M60	Exeter	20 Jun
3	25.97	Paul	Brooks	Wrexham	M60	Connah's Quay	6 Jun 23 May
4	19.49	John	Evans	Rugby & Northampton	M75	Oxford	
5	16.57	Phil	Rees	Cardiff	M65	Cardiff	9 Jun
6	14.81	Terry	Fowler	Newport	M65	Cardiff	9 Jun
7	13.17	Alan	Perkins	Port Talbot	M55	Cardiff	9 Jun

Hammer

1	55.52	Graham	Holder	Shaftesbury	M35	Woodford	19 Jun
2	53.17	Gary	Halpin	Brecon	M40	Cardiff	3 Jul
3	47.40	Nigel	Winchcombe	Notts	M50	Derby	6 Jun
4	43.20	Andrew	Turner	Bournemouth	M45	Exeter	20 Jun
5	40.06	Barry	Barnfield	Rhondda	M35	Cardiff	28 Jul
6	38.03	David	Maggs	Gateshead	M50	Gateshead	9 May
7	36.40	Glyn	Pugh	Rhondda	M45	Newport	17 Jul
8	35.71	Darren	Andrews	Rhondda	M35	Cardiff	28 Jul
9	33.10	Rob	Eales	Newport	M45	Burton	6 Jun 15 May
10	30.42	Phil	Davies	Deeside	M45	Deeside	
11	33.10	Rob	Eales	Newport	M45	Burton	6 Jun
12	28.27	Peter	Roberts	Swansea	M35	Cophthall Barnet	5 Jun
13	27.51	Derek	Osborne	Brecon	M45	Cardiff	5 May
14	27.32	Geoff	Ward	Wrexham	M55	Wrexham	4 Jul 15 May
15	25.60	David	Stokes	Deeside	M40	Deeside	
16	23.29	Lawrence	Moore	Newport	M40	Cardiff	5 May
16	23.29	Chris	Berry	Basingstoke	M50	Sheffield	3 Jul
18	19.50	John	Davies	Port Talbot	M60	Newport	17 Jul
19	19.41	Mark	Rich	Wrexham	M35	Salford	31 Jul
20	16.01	Steven	Spires	Wrexham	M40	Bebington	5 Jun
21	15.60	Craig	Russell	Newport	M35	Burton	6 Jun
22	14.83	John	Hopkins	Port Talbot	M45	Cardiff	5 May
23	14.53	Glyn	Price	Swansea	M40	Cardiff	5 May
24	14.32	David	Jones	Swansea	M60	Swansea	18 Apr
25	12.79	Keith	Powell	Newport	M45	Cardiff	5 May
26	7.42	Phil	Harries	Derby	M40	Derby	5 Jun

6k (M50-59)

1	53.36	Nigel	Winchcombe	Notts	M50	Lee Valley	27 Mar
2	44.30	David	Maggs	Gateshead	M50	Milton Keynes	20 Jun

3	34.17	Phil	Olsen	Cardiff	M55	Cardiff	28 Jul
4	19.87	Bob	Grenter	Rhondda	M55	Cardiff	28 Jul
5	17.71	Stuart	Powell	Cardiff	M55	Cardiff	28 Jul
6	17.41	Alan	Perkins	Port Talbot	M55	Cardiff	28 Jul
7	14.27	Geoff	Miller	Newport	M55	Cardiff	5 May

5k (M60-69)

1	27.08	John	Davies	Port Talbot	M60	Cardiff	28 Jul
2	18.93	Brian	Williamson	Rhondda	M60	Cardiff	5 May
3	17.57	David	Jones	Swansea	M60	Cardiff	5 May
4	5.08	Terry	Fowler	Newport	M65	Cardiff	5 May

4k (M70-79)

Javelin

1	57.55	Jonathan	Clarke	Swansea	M40	Cophall Barnet	5 Jun
2	45.44	Richard	Ledger	Swansea	M40	Winchester	31 Jul
3	43.95	Jonathan	Powell	SC Myhl	M45	Solihull	8 Aug
4	39.64	John	Birch Hurst	Barry & Vale	M35	Cardiff	28 Jul
5	38.58	Peter	Roberts	Swansea	M35	Cophall Barnet	5 Jun 21
6	36.76	Geoff	Van Klaveren	Kingston & Polytechnic	M45	Ewell	Mar
7	32.87	Graham	Holder	Shaftesbury	M35	Milton Keynes	20 Jun
8	31.24	John	Davies	Port Talbot	M60	Swansea	18 Apr
9	26.91	Steve	Wadley	Newport	M45	Newport	17 Jul 29
10	29.70	Derek	Osborne	Brecon	M45	Newport	May
11	28.36	Alan	Jones	Les Croupiers	M35	Cardiff	28 Jul
12	27.86	Nick	Davies	Les Croupiers	M35	Cardiff	28 Jul
13	26.64	Keith	Powell	Newport	M45	Burton	6 Jun
14	26.10	Glyn	Price	Swansea	M40	Cardiff	9 Jun 15
15	25.55	Steven	Spires	Wrexham	M40	Deeside	May
16	25.48	Glyn	Pugh	Rhondda	M45	Cardiff	28 Jul
17	25.21	Darren	Andrews	Rhondda	M35	Cardiff	28 Jul
18	23.72	Barry	Barnfield	Rhondda	M35	Cardiff	28 Jul 29
19	22.51	Mark	Rich	Wrexham	M35	Newport	May
20	22.41	Rob	Sage	Les Croupiers	M35	Cardiff	28 Jul
21	21.76	David	Stokes	Deeside	M40	Newport	17 Jul
22	21.55	Rob	Eales	Newport	M45	Cardiff	9 Jun
23	20.22	David	Jones	Swansea	M60	Newport	17 Jul
24	18.34	Michael	Halsall	Llanelli	M35	Cardiff	28 Jul
25	12.68	Karl	Johns	Les Croupiers	M35	Cardiff	28 Jul

700g (M50-59)

1	38.90	Geoff	Van Klaveren	Kingston & Polytechnic	M50	Cardiff	3 Jul
2	35.58	Martyn	Thomas	Cardiff	M50	Cardiff	3 Jul
3	35.15	David	Maggs	Gateshead	M50	Milton Keynes	20 Jun
4	25.36	Geoff	Miller	Newport	M55	Cardiff	9 Jun
5	22.77	Stuart	Powell	Cardiff	M55	Cardiff	28 Jul
6	19.01	Bob	Grenter	Rhondda	M55	Cardiff	28 Jul
7	17.64	Alan	Perkins	Port Talbot	M55	Cardiff	9 Jun
8	16.70	Elio	Lepore	Les Croupiers	M55	Cardiff	28 Jul

600g (M60-69)

1	35.32	John	Davies	Port Talbot	M60	Exeter	20 Jun
2	24.89	John	Howe	Rhondda	M65	Exeter	20 Jun
3	23.36	Mike	Davies	Les Croupiers	M60	Cardiff	28 Jul
4	20.65	David	Jones	Swansea	M60	Cardiff	28 Jul
5	9.68	Terry	Fowler	Newport	M65	Cardiff	9 Jun

500g (M70-79)

1	24.12	Brian	Webb	Rhondda	M70	Cardiff	3 Jul
2	23.08	Malcolm	Farnham	Les Croupiers	M70	Cardiff	28 Jul 23 May
3	19.36	John	Evans	Rugby & Northampton	M75	Oxford	

400g (M80+)**Weight**

1	15.40	Gary	Halpin	Brecon	M40	Cardiff	4 Jul
2	15.01	Graham	Holder	Shaftesbury	M35	Cardiff	4 Jul
3	11.59	Andrew	Turner	Bournemouth	M45	Cardiff	4 Jul
4	11.33	Barry	Barnfield	Rhondda	M35	Cardiff	4 Jul
5	9.88	Glyn	Pugh	Rhondda	M45	Cardiff	4 Jul

11.34kg (M50-59)

1	13.63	David	Maggs	Gateshead	M50	Cardiff	4 Jul
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9.08kg (M60-69)**7.26kg (M70-79)****5.45kg (M80+)****Pentathlon**

1	2766	John	Evans	Rugby & Northampton	M75	Oxford	23 May 23
2	2295	Richard	Ledger	Swansea	M40	Oxford	May 23
3	1699	Geoff	Miller	Newport	M55	Oxford	May

Decathlon**Weights Pentathlon**

1	3088	Graham	Holder	Shaftesbury	M35	Milton Keynes	20 Jun
2	2894	David	Maggs	Gateshead	M50	Milton Keynes	20 Jun

4 x 100m Relay

1	52.5	Newport (Powell, Morgan, McAtee, Russell)				Cardiff	28 Jul
2	57.7	Les Croupiers				Cardiff	28 Jul
3	58.4	Port Talbot				Cardiff	28 Jul

4 x 200m Relay

1	1:45.7	Newport (Russell, Taylor, Berney, Powell)	Cardiff	5 May
2	1:53.2	Newport (Moore, Watkins, Miller, Sutton)	Cardiff	5 May
3	2:04.2	Les Croupiers Port	Cardiff	5 May
4	2:11.5	Talbot	Cardiff	5 May

4 x 400m Relay

1	4:00.9	Newport (Medhurst, McAtee, Belcher, Taylor)	Cardiff	9 Jun
2	4:44.7	Les Croupiers Port	Cardiff	9 Jun
3	5:05.3	Talbot	Cardiff	9 Jun

WELSH MASTERS RANKINGS 2010 (FEMALE)

Updated by Darryn McAtee 12th August 2010

Any amendments/additions send to desmac66@hotmail.com**WOMEN****60 Metres**

1	8.45i	Lolita	Byfield Moore	Cardiff	W45	UWIC	14 Feb
2	9.47i	Lorraine	Graham-Mulvaney	Cardiff	W35	Lee Valley	27 Mar

100 Metres

1	13.1	Lolita	Byfield Moore	Cardiff	W45	Solihull	8 Aug
2	14.46	Helen	Eve	Swansea	W40	Cardiff	3 Jul
	13.9w					Swansea	9 May
3	14.5	Sue	Hooper	Cardiff	W45	Cardiff	9 Jun
4	15.0	Rachel	Matthews	Cardiff	W35	Cardiff	28 Jul
5	15.6	Lorraine	Graham-Mulvaney	Cardiff	W35	Swansea	18 Apr
6	15.8	Jane	Goode	Newport	W50	Cardiff	5 May
7	15.9	Laura	Gilbert	Unattached	W45	Cardiff	9 Jun
8	16.9	Maria	Zubizarreta	Les Croupiers	W40	Cardiff	28 Jul
9	17.8	Ann	Follan	Rhondda	W35	Cardiff	9 Jun
10	18.6	Eirian	Arwyn	Les Croupiers	W55	Cardiff	28 Jul
11	18.8	Claire	House	San Domenico	W35	Cardiff	5 May
12	19.0	Fran	Williams	San Domenico	W45	Cardiff	5 May
13	19.2	Julie	Driscoll	Brecon	W40	Cardiff	9 Jun
14	19.8	Gillian	Murphy	Les Croupiers	W55	Cardiff	9 Jun
15	20.8	Libby	O'Duffy	Les Croupiers	W40	Cardiff	9 Jun
15	20.8	Gwenno	Williams	Les Croupiers	W50	Cardiff	28 Jul
17	21.6	Clare	Johnson	Les Croupiers	W60	Cardiff	5 May
18	23.4	Kerry	Evans	Rhondda	W35	Cardiff	9 Jun
19	23.6	Helen	Cole	Rhondda	W65	Cardiff	9 Jun
20	24.0	Nance	Halling	Rhondda	W50	Cardiff	9 Jun

200 Metres

1	27.58i	Lolita	Byfield Moore	Cardiff	W45	UWIC	14 Feb
	27.95					Cardiff	4 Jul
2	29.39	Sue	Hooper	Cardiff	W45	Cardiff	4 Jul
	29.2w					Cardiff	8 May
3	29.5	Helen	Eve	Swansea	W40	Swansea	9 May
4	32.8	Laura	Gilbert	Unattached	W45	Cardiff	9 Jun
5	33.1	Jane	Goode	Newport	W50	Cardiff	9 Jun
6	34.5	Maria	Zubizarreta	Les Croupiers	W40	Cardiff	28 Jul
7	41.9	Eirian	Arwyn	Les Croupiers	W55	Cardiff	28 Jul
9	42.1	Gillian	Murphy	Les Croupiers	W55	Cardiff	28 Jul
10	45.2	Clare	Johnson	Les Croupiers	W60	Cardiff	9 Jun
11	61.2	Helen	Cole	Rhondda	W65	Cardiff	28 Jul
12	61.3	Nance	Halling	Rhondda	W50	Cardiff	28 Jul

400 Metres

1	61.06	Amanda	Wale	Wrexham Colchester & Tendring	W35	Nyiegyhaza	20 Jul
2	65.46	Sian	Gifford		W40	Cardiff	3 Jul
3	66.79	Helen	Eve	Swansea	W40	Neath	11 Aug
4	67.3	Sue	Hooper	Cardiff	W45	Newport	29 May
5	70.3	Jenny Ceri-	Phillips	Llanelli	W40	Cardiff	5 May
6	73.0	Anne	Davies	Pontypridd	W40	Cardiff	5 May
7	79.4	Jane	Goode	Newport	W50	Cardiff	5 May
8	84.3	Ann	Follan	Rhondda	W35	Cardiff	5 May
9	96.9	Gillian	Murphy	Les Croupiers	W55	Cardiff	5 May
10	99.2	Clare	Johnson	Les Croupiers	W60	Cardiff	5 May
11	1:04.1	Eirian	Arwyn	Les Croupiers	W55	Cardiff	5 May
12	1:20.4	Helen	Cole	Rhondda	W65	Cardiff	5 May
13	1:29.2	Ann	James	Les Croupiers	W60	Solihull	8 Aug
14	1:34.0	Gwenno	Williams	Les Croupiers	W50	Solihull	8 Aug

800 Metres

1	2:31.7	Jenny	Phillips	Llanelli	W40	Llanelli	30 Jun
2	2:31.71	Heather	Graz	Chepstow	W35	Cardiff	4 Jul
3	2:32.83	Rachel	Matthews	Cardiff	W35	Cardiff	4 Jul
4	2:33.1	Sharon	Leech	Carmarthen Colchester & Tendring	W40	Newport	29 May
5	2:34.65	Sian	Gifford		W40	Cardiff	4 Jul
6	2:34.8	Satu Ceri-	Haikala	Brecon	W40	Swansea	18 Apr
7	2:44.0	Anne	Davies	Pontypridd	W40	Cardiff	28 Jul
8	2:45.2	Libby	O'Duffy	Les Croupiers	W40	Cardiff	5 May
9	2:49.6	Pat	Gallagher	Westbury	W60	Solihull	8 Aug
10	2:51.8	Maureen	Emmett	IIF Group	W50	Cardiff	28 Jul
11	2:52.3	Ann	Saxena	Newport	W55	Burton	6 Jun
12	2:59.7	Ann	Follan	Rhondda	W35	Cardiff	9 Jun
13	3:02.6	Rhian	Loudon	Newport	W40	Cardiff	9 Jun
14	3:03.1	Yvonne	Bullen	Les Croupiers	W45	Cardiff	28 Jul
15	3:28.3	Claire	House	San Domenico	W35	Cardiff	5 May
16	3:37.8	Gillian	Murphy	Les Croupiers	W55	Cardiff	28 Jul
17	3:42.7	Clare	Johnson	Les Croupiers	W60	Cardiff	5 May
18	3:59.8	Gwenno	Williams	Les Croupiers	W50	Cardiff	28 Jul

1000 Metres**1500 Metres**

1	5:04.25	Jenny	Phillips	Llanelli	W40	Cardiff	3 Jul
2	5:05.3	Sharon	Leech	Carmarthen	W40	Swansea	18 Apr
3	5:06.20	Heather	Graz	Chepstow Colchester & Tendring	W35	Cardiff	3 Jul
4	5:08.5	Sian	Gifford		W40	Mile End	22 May
5	5:23.0	Rachel	Matthews	Cardiff	W35	Cardiff	9 Jun
6	5:24.1	Maria	Zubizarreta	Les Croupiers	W40	Solihull	8 Aug
7	5:49.19	Pat	Gallagher	Westbury	W60	Nyiegyhaza	19 Jul
8	5:53.91	Maureen	Emmett	IIF Group	W50	Cardiff	3 Jul
9	5:59.6	Ann	Saxena	Newport	W55	Burton	6 Jun
10	6:07.6	Rhian	Loudon	Newport	W40	Cardiff	9 Jun
11	6:22.6	Ann	Follan	Rhondda	W35	Swansea	18 Apr

12	7:08.61	Clare	Johnson	Les Croupiers	W65	Cardiff	3 Jul
13	7:27.2	Gillian	Murphy	Les Croupiers	W55	Cardiff	9 Jun

3000 Metres

1	11:23.3	Satu	Haikala	Brecon	W40	Solihull	8 Aug
2	11:24.9	Jenny	Phillips	Llanelli	W40	Swansea	18 Apr
3	11:40.4	Jane	Coker	Les Croupiers	W50	Cardiff	28 Jul
4	12:20.6	Ann	Saxena	Newport	W55	Cardiff	5 May
5	12:24.9	Ann	Follan	Rhondda	W35	Cardiff	5 May
6	12:51.8	Yvonne	Bullen	Les Croupiers	W45	Cardiff	28 Jul
7	13:18.8	Edwina	Turner	Les Croupiers	W55	Solihull	8 Aug
8	13:21.4	Rhian	Loudon	Newport	W40	Newport	3 Jul
9	13:53.2	Ann	James	Les Croupiers	W60	Solihull	8 Aug
10	14:29.5	Fran	Williams	San Domenico	W45	Cardiff	5 May
11	14:34.6	Claire	House	San Domenico	W35	Cardiff	5 May
12	15:29.2	Claire	Johnson	Les Croupiers	W65	Cardiff	28 Jul

5000 Metres

1	19:46.89	Satu	Haikala	Brecon	W40	Cardiff	4 Jul
2	24:28.59	Ann	James	Les Croupiers	W60	Cardiff	4 Jul
3	25:59.01	Clare	Johnson	Les Croupiers	W65	Cardiff	4 Jul

100 Metres Hurdles

1	17.49	Amanda	Wale	Wrexham	W35	Cardiff	3 Jul
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400 Metres Hurdles

1500 Metres Steeplechase

2000m Walk

1	14:23.8	Gwenno	Williams	Les Croupiers	W50	Solihull	8 Aug
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5000m Walk

1	23:20.11	Edwina	Turner	Les Croupiers	W55	Cardiff	4 Jul
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High Jump

1	1.25	Jo	Davis	Swansea	W35	Cardiff	5 May
2	1.15	Ceri-Anne	Davies	Pontypridd	W40	Cardiff	28 Jul
3	1.05	Maria	Zubizarreta	Les Croupiers	W40	Cardiff	28 Jul
4	1.00	Eirian	Arwyn	Les Croupiers	W55	Cardiff	28 Jul
5	0.92	Helen	Cole	Rhondda	W65	Cardiff	28 Jul

Pole Vault

Long Jump

1	3.58	Jo	Davis	Swansea	W35	Deeside	15 May
2	3.05	Laura	Gilbert	Unattached	W45	Cardiff	5 May
3	3.02	Jane	Goode	Newport	W50	Cardiff	5 May
4	2.35	Eirian	Arwyn	Les Croupiers	W55	Cardiff	5 May
5	1.60	Kerry	Evans	Rhondda	W35	Cardiff	5 May
6	1.59	Helen	Cole	Rhondda	W65	Cardiff	5 May

Triple Jump

1	7.53	Jo	Davis	Swansea	W35	Solihull	8 Aug
2	6.14	Eirian	Arwyn	Les Croupiers	W55	Solihull	8 Aug
3	4.16	Helen	Cole	Rhondda	W65	Cardiff	28 Jul

Shot

1	9.82	Alyson	Hourihan	Cardiff	W45	Cardiff	5 May
3	9.45	Amanda	Wale	Wrexham	W35	Bebington	5 Jun
3	9.26	Beverley	Jones	Gloucester	W35	Coventry Milton	1 May
4	9.24	Catherine	Alford	Rhondda	W35	Keynes	20 Jun
5	8.80	Karen	Llewelin	Pembroke	W45	Newport	17 Jul
6	7.98	Jo	Davis	Swansea	W35	Liverpool	31 Jul
7	7.29	Julie	Driscoll	Brecon	W40	Cardiff	5 May
8	4.73	Kerry	Evans	Rhondda	W35	Cardiff	5 May

**3kg
(50+)**

1	7.56	Eirian	Arwyn	Les Croupiers	W55	Cardiff	5 May
2	6.00	Helen	Cole	Rhondda	W65	Solihull	8 Aug
3	5.78	Nance	Halling	Rhondda	W50	Cardiff	5 May

Discus

1	33.72	Alyson	Hourihan	Cardiff	W45	Cardiff	8 May
2	30.38	Beverley	Jones	Gloucester	W35	Nottingham	3 Jul
3	27.38	Catherine	Alford	Rhondda	W35	Cardiff	9 Jun
4	26.62	Karen	Llewelin	Pembroke	W45	Newport	17 Jul
5	22.46	Julie	Driscoll	Brecon	W40	Newport	29 May
6	20.89	Jo	Davis	Swansea	W35	Liverpool	31 Jul
7	19.26	Eirian	Arwyn	Les Croupiers	W55	Cardiff	3 Jul
8	19.20	Nance	Halling	Rhondda	W50	Cardiff	9 Jun
9	12.27	Jane	Goode	Newport	W50	Cardiff	9 Jun
10	11.85	Helen	Cole	Rhondda	W65	Cardiff	4 Jul
11	11.09	Kerry	Evans	Rhondda	W35	Cardiff	9 Jun

Hammer

1	34.42	Catherine	Alford	Rhondda	W35	Cardiff	28 Jul
2	30.74	Alyson	Hourihan	Cardiff	W45	Cardiff	5 May
3	28.44	Karen	Llewelin	Pembroke	W45	Swansea	18 Apr
4	26.24	Julie	Driscoll	Brecon	W40	Cardiff	5 May
5	23.28	Jo	Davis	Swansea	W35	Cardiff	5 May
6	13.56	Kerry	Evans	Rhondda	W35	Cardiff	5 May
7	13.12	Rachel	Pearce	Rhondda	W35	Cardiff	28 Jul

3k (50+)

1	21.96	Eirian	Arwyn	Les Croupiers	W55	Cardiff	28 Jul
2	21.42	Nance	Halling	Rhondda	W50	Cardiff	5 May
3	18.43	Helen	Cole	Rhondda	W65	Cardiff	3 Jul

Javelin

1	30.18	Jo	Davis	Swansea	W35	Cardiff	4 Jul
2	27.09	Alyson	Hourihan	Cardiff	W45	Cardiff	8 May
3	26.92	Amanda	Wale	Wrexham	W35	Bebington	5 Jun
4	19.29	Karen	Llewelin	Pembroke	W45	Cardiff	4 Jul
5	16.61	Catherine	Alford	Rhondda	W35	Milton Keynes	20 Jun
6	15.06	Sian	Gifford	Colchester & Tendring	W40	Mile End	22 May
7	14.13	Julie	Driscoll	Brecon	W40	Cardiff	9 Jun
8	10.04	Rachel	Pearce	Rhondda	W35	Cardiff	28 Jul
9	8.09	Ann	Follan	Rhondda	W35	Cardiff	28 Jul
10	6.74	Kerry	Evans	Rhondda	W35	Cardiff	9 Jun

5k (50+)

1	16.23	Jane	Goode	Newport	W50	Cardiff	9 Jun
2	12.93	Eirian	Arwyn	Les Croupiers	W55	Cardiff	28 Jul
3	12.07	Nance	Halling	Rhondda	W50	Cardiff	9 Jun

4k (60+)

1	14.74	Helen	Cole	Rhondda	W65	Cardiff	4 Jul
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Weight

1	10.00	Catherine	Alford	Rhondda	W35	Lee Valley	27 Mar
2	9.99	Julie	Driscoll	Brecon	W40	Cardiff	4 Jul
3	8.96	Karen	Llewelin	Pembroke	W45	Cardiff	4 Jul

7.26kg

1	19.26	Eirian	Arwyn	Les Croupiers	W55	Cardiff	4 Jul
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Pentathlon**Heptathlon****Weights Pentathlon**

1	2497	Karen	Llewelin	Pembroke	W45	Milton Keynes	20 Jun
2	2314	Catherine	Alford	Rhondda	W35	Milton Keynes	20 Jun

4 x 100m Relay

1	73.7	Les Croupiers				Cardiff	28 Jul
2	89.7	Rhondda				Cardiff	28 Jul

4 x 200m Relay

1	2:53.8	Les Croupiers				Cardiff	5 May
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4 x 400m Relay

1	6:49.8	Les Croupiers				Cardiff	9 Jun
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