

WELSH MASTERS RANKINGS 2011 (MALE)

Updated by Darryn McAtee 14th December 2011

Any amendments/additions send to desmac66@hotmail.com

MEN

60 Metres

1	7.73i	Gary	Wyn-Jones	Deeside	M35	Cyncoed	5 Mar
2	7.93i	Keith	Powell	Newport	M50	Cyncoed	5 Mar
3	7.96i	Craig	Russell	Newport	M35	Cyncoed	5 Mar
4	8.26i	Darren	Andrews	Rhondda	M35	Cyncoed	5 Mar
	8.26i	Glyn	Sutton	Newport	M65	Gent, Belgium	19 Mar
6	8.29l	Ian	Broadhurst	Wrexham	M55	Cyncoed	5 Mar
7	8.51i	David	James	Wrexham	M40	Cyncoed	5 Mar
8	8.62i	Duncan	Steward	Yeovil	M50	Cyncoed	5 Mar
9	8.90i	Rod	Howe	Cardiff	M60	Cyncoed	5 Mar
10	9.14i	Brian	Williamson	Rhondda	M60	Cyncoed	5 Mar
11	9.31i	Steve	Walker	Wrexham	M50	Cyncoed	5 Mar
12	10.19i	John	Evans	Rugby & Northampton	M75	Lee Valley	26 Feb
13	10.63i	Barrie	Roberts	Bourneville	M65	Cyncoed	5 Mar
14	10.67i	Malcolm	Farnham	Les Croupiers	M70	Cyncoed	5 Mar
15	11.81i	Hubert	Daniels	Swansea	M75	Cyncoed	5 Mar

100 Metres

1	12.4	Nick	Taylor	Newport	M35	Cheltenham	6 Jul
1	12.4	Craig	Russell	Newport	M35	Yate	4 Sep
3	12.5	Lawrence	Moore	Newport	M40	Cardiff	5 Jun
4	12.51	Keith	Powell	Newport	M50	Birmingham	25 Jun
5	12.65	Philip	Jones	Colwyn Bay	M35	Brecon	23 Apr
6	12.66	Glyn	Sutton	Newport	M65	Exeter	19 Jun
7	12.79	Ian	Broadhurst	Wrexham	M55	Aberdare	30 Jul
8	12.8	Steve	Hendrickson	Cardiff	M45	Cardiff	11 May
9	12.8	Darren	Andrews	Rhondda	M35	Cardiff	5 Jun
10	12.9	David	James	Wrexham	M40	Cardiff	5 Jun
11	13.1	Alan	Jones	Les Croupiers	M35	Aberdare	17 Aug
12	13.4	Graeme	Knowles	Cwmbran	M55	Cardiff	11 May
12	13.4	James	Morgan	Newport	M40	Cardiff	22 Jun
14	13.5	Derek	Osborne	Brecon	M45	Cardiff	11 May
14	13.5	Steve	Lewis	Cardiff	M45	Cardiff	11 May
16	13.6	Gavin	Belcher	Newport	M40	Cardiff	11 May
17	13.78	Paul	Evans	Brecon	M35	Brecon	23 Apr
18	13.8	Steve	Wadley	Newport	M50	Aberdare	17 Aug
19	13.88	Brian	Williamson	Rhondda	M60	Exeter	19 Jun
20	13.9	John	Watkins	Newport	M55	Cardiff	22 Jun
21	14.24	Jeff	Cooze	Swansea	M50	Aberdare	30 Jul
22	14.42	Geoff	Miller	Newport	M55	Oxford	10 Sep
23	14.5	Darryn	McAtee	Newport	M50	Aberdare	17 Aug
24	14.6	Evatt	Cummings	Bridgend	M40	Aberdare	17 Aug
24	14.6	Rod	Howe	Cardiff	M60	Aberdare	17 Aug
26	14.7	Ormond	Williams	Sarn Helen	M50	Cardiff	5 Jun
27	14.78	Karl	Bennett	Rhondda	M45	Brecon	23 Apr
28	15.0	Tony	Backhouse	Newport	M50	Cardiff	11 May
29	15.4	Alan	Perkins	Port Talbot	M60	Cardiff	22 Jun
30	15.6	Mike	Davies	Les Croupiers	M60	Cardiff	22 Jun
31	16.1	Mel	James	Port Talbot	M65	Cardiff	22 Jun

32	16.3	Jonathan	Edmunds	Newport	M60	Aberdare	17 Aug
33	16.72	John	Evans	Rugby & Northampton	M75	Exeter	19 Jun
34	17.1	Steve	Owen	Les Croupiers	M50	Cardiff	11 May
35	17.2	Malcolm	Farnham	Les Croupiers	M70	Aberdare	17 Aug
36	18.0	Trefor	Pugh	Maldwyn	M70	Cardiff	5 Jun
37	19.4	Phil	Rees	Cardiff	M70	Cardiff	5 Jun
38	20.2	Alan	Bladen	Les Croupiers	M75	Cardiff	11 May

200 Metres

1	25.00i	Gary	Wyn-Jones	Deeside	M35	Gent, Belgium	16 Mar
2	25.1	Nick	Taylor	Newport	M35	Cheltenham	6 Jul
3	25.23	Craig	Russell	Newport	M35	Yate	4 Sep
4	25.28	Ian	Broadhurst	Wrexham	M55	Spensborough	18 Sep
5	25.6	Alan	Jones	Les Croupiers	M35	Aberdare	17 Aug
6	25.67	Keith	Powell	Newport	M50	Horspath	5 Jun
7	25.9	Lawrence	Moore	Newport	M40	Cardiff	5 Jun
8	26.4	David	James	Wrexham	M40	Cardiff	5 Jun
9	26.6	Glyn	Sutton	Newport	M65	Solihull	7 Aug
10	26.7	Paul	Bevan	Cardiff	M50	Cardiff	5 Jun
10	26.7	Gareth	Davies	Oxford City	M40	Ashford	4 Sep
12	27.7	Gavin	Belcher	Newport	M40	Cardiff	22 Jun
13	27.9	Steve	Wadley	Newport	M50	Aberdare	17 Aug
14	28.1	James	Morgan	Newport	M40	Newport	13 Jul
15	28.2	Steve	Lewis	Cardiff	M45	Cardiff	22 Jun
16	28.2	Derek	Osborne	Brecon	M45	Cardiff	22 Jun
17	28.3	Darryn	McAtee	Newport	M50	Aberdare	17 Aug
18	28.6	John	Watkins	Newport	M55	Newport	13 Jul
19	29.0	Brian	Williamson	Rhondda	M60	Aberdare	17 Aug
20	29.1	Evatt	Cummings	Bridgend	M40	Aberdare	17 Aug
21	29.3	Rod	Howe	Cardiff	M60	Cardiff	5 Jun
22	29.4	Jeff	Cooze	Swansea	M50	Wrexham	21 May
23	29.6	Paul	Evans	Brecon	M35	Cardiff	22 Jun
24	29.9	Konrad	Roberts	Colwyn Bay	M45	Aberdare	6 Aug
25	30.5	Andrew	Russell	Les Croupiers	M35	Cardiff	22 Jun
26	31.0	Richard	Atkin	Newport	M50	Newport	13 Jul
27	31.1	John	O'Shea	Les Croupiers	M55	Aberdare	17 Aug
28	31.4	Marcus	Coles	Les Croupiers	M35	Cardiff	22 Jun
28	31.4	Alan	Perkins	Port Talbot	M60	Cardiff	22 Jun
30	31.9	Ormond	Williams	Sarn Helen	M50	Cardiff	5 Jun
31	32.0	Crispin	Backshall	Colwyn Bay	M45	Crewe	26 Jun
32	32.2	Mel	James	Port Talbot	M65	Newport	13 Jul
32	32.2	Mike	Davies	Les Croupiers	M60	Aberdare	17 Aug
32	33.2	Terry	Caveney	Les Croupiers	M50	Cardiff	22 Jun
35	33.8	John	Hopkins	Port Talbot	M45	Aberdare	6 Aug
36	33.9	Jonathan	Edmunds	Newport	M60	Aberdare	17 Aug
37	34.93i	John	Evans	Rugby & Northampton	M75	Lee Valley	27 Feb
	35.82					Exeter	19 Jun
38	36.5	Malcolm	Farnham	Les Croupiers	M70	Aberdare	17 Aug
39	38.2	Peter	Malpas	Rhonnda	M5#	Cardiff	22 Jun
40	38.70i	Barrie	Roberts	Bournville	M65	Cyncoed	5 Mar
41	41.68i	Hubert	Daniels	Swansea	M75	Cyncoed	5 Mar

400 Metres

1	53.3	Peter	Maitland	Swansea	M35	Newport	13 Jul
2	53.8	Dave	Goodger	Newport	M35	Newport	13 Jul
3	54.39	Sean	Price	Rhondda	M45	Cardiff	14 May
4	55.3	Ian	Broadhurst	Wrexham	M55	Wrexham	14 Aug
5	56.0	Alan	Jones	Les Croupiers	M35	Solihull	7 Aug
6	57.1	Craig	Russell	Newport	M35	Cardiff	11 May
7	57.20i	Gary	Wyn-Jones	Deeside	M35	Lee Valley	26 Feb
8	57.38	Paul	Bevan	Cardiff	M50	Birmingham	25 Jun
9	57.6	Nick	Taylor	Newport	M35	Cardiff	11 May
10	58.16i	Neil	Davies	Wrexham	M40	Sheffield	5 Feb
	59.3					Cardiff	5 Jun
11	58.2	Brett	Davis	Newport	M45	Cwmbran	3 Aug
12	59.0	Tim	Edwards	Team Bath	M35	Cheltenham	6 Jul
12	59.0	Malcolm	Medhurst	Newport	M45	Newport	13 Jul
14	59.58	Derek	Osborne	Brecon	M45	Oxford	10 Sep
15	59.7	Gavin	Belcher	Newport	M40	Newport	13 Jul
16	60.36	David	James	Wrexham	M40	Aberdare	30 Jul
17	60.49	Steve	Wadley	Newport	M50	Oxford	10 Sep
18	61.5	Darryn	McAtee	Newport	M50	Cardiff	5 Jun
19	61.65	Keith	Powell	Newport	M50	Oxford	10 Sep
	62.0					Cardiff	11 May
20	64.90	Evatt	Cummings	Bridgend	M40	Brecon	23 Apr
21	65.61i	Rod	Howe	Cardiff	M60	Cyncoed	9 Jan
	66.2					Solihull	7 Aug
22	66.09	Konrad	Roberts	Colwyn Bay	M40	Brecon	23 Apr
23	66.7	John	Watkins	Newport	M55	Cardiff	11 May
24	67.8	Matt	Hurford	Les Croupiers	M35	Cardiff	11 May
25	68.7	Alan	Perkins	Port Talbot	M60	Newport	13 Jul
26	69.36	Paul	Evans	Brecon	M35	Brecon	23 Apr
27	70.4	Brian	Williamson	Rhondda	M60	Newport	13 Jul
28	70.74	Geoff	Miller	Newport	M55	Oxford	10 Sep
29	72.4	John	Hopkins	Port Talbot	M45	Newport	13 Jul
30	72.41i	Mel	James	Port Talbot	M65	Lee Valley	26 Feb
	73.7					Newport	13 Jul
31	72.6	Mike	Davies	Les Croupiers	M60	Cardiff	11 May
32	73.09i	Duncan	Steward	Yeovil	M50	Cyncoed	9 Jan
33	74.6	Jonathan	Edmunds	Newport	M60	Newport	13 Jul
34	74.9	Ormond	Williams	Sarn Helen	M50	Cardiff	11 May
35	77.3	Steve	Owen	Les Croupiers	M50	Cardiff	11 May
36	78.1	Huw	Morgan	Pembroke	M65	Newport	13 Jul
37	78.39i	Barrie	Roberts	Bournville	M65	Cyncoed	9 Jan
38	78.7	David	Breen	Porthcawl Runnerslife	M55	Newport	13 Jul
39	88.04i	William	Davies	Winchester	M80	Lee Valley	26 Feb
40	88.8	Malcolm	Farnham	Les Croupiers	M70	Solihull	7 Aug
41	98.1	Tony	Holling	Port Talbot	M55	Cardiff	11 May

800 Metres

1	1:58.25	Lee	Jones	Deeside	M40	Stretford	31 May
2	2:02.22	Huw	Evans	Tonbridge	M35	Tonbridge	5 Jul
3	2:07.39i	Sean	Price	Rhondda	M45	Cyncoed	5 Mar
	2:09.4					Newport	13 Jul
4	2:10.1	Tim	Edwards	Team Bath	M35	Newport	13 Jul

5	2:11.7	Anthony	Powell	Neath	M40	Aberdare	17 Aug
5	2:11.7	Brett	Davis	Newport	M45	Deeside	28 Aug
7	2:13.18i	Phil	Crane	Neath	M50	Cyncoed	5 Mar
8	2:13.25	Paul	Halford	Werrington	M35	Hendon	2 Jul
9	2:13.62i	Paul	Bevan	Cardiff	M50	Cyncoed	5 Mar
		2:13.8				Solihull	7 Aug
10	2:14.4	Alan	Jones	Les Croupiers	M35	Newport	13 Jul
11	2:16.3	Reuben	Woodford	Menai	M40	Stretford	9 Aug
12	2:17.0	Daryn	McAtee	Newport	M50	Cheltenham	27 Jul
13	2:17.2	Malcolm	Medhurst	Newport	M45	Aberdare	17 Aug
14	2:17.8	Phil	Kendrick	Brecon	M45	Aberdare	6 Aug
15	2:18.1	Julian	Baker	Les Croupiers	M40	Cardiff	11 May
16	2:18.42i	Steve	Wadley	Newport	M50	Cyncoed	5 Mar
		2:20.8				Newport	13 Jul
17	2:20.2	Nick	Dukes	Les Croupiers	M35	Cardiff	11 May
18	2:21.5	Evatt	Cummings	Bridgend	M40	Wrexham	21 May
19	2:23.3	Mike	Robbins	Wrexham	M45	Salford	4 Jun
20	2:24.0	Konrad	Roberts	Colwyn Bay	M40	Deeside	14 May
21	2:24.0	Derek	Osborne	Brecon	M45	Aberdare	17 Aug
21	2:25.4	Richard	Marks	Sarn Helen	M60	Cardiff	11 May
23	2:25.7	Martin	Williams	Les Croupiers	M45	Cardiff	11 May
24	2:26.1	Andrew	Russell	Les Croupiers	M35	Newport	13 Jul
25	2:27.7	Gary	Irving	Swansea	M50	Loughborough	15 Sep
26	2:29.50i	David	James	Wrexham	M40	Cyncoed	5 Mar
		2:55.4				Wigan	7 May
27	2:29.8	John	O'Shea	Les Croupiers	M55	Aberdare	17 Aug
28	2:31.7	Paul	Coker	Les Croupiers	M50	Aberdare	17 Aug
29	2:34.1	Paul	Evans	Brecon	M35	Cardiff	11 May
30	2:34.7	Aaron	Jones	Port Talbot	M50	Aberdare	17 Aug
31	2:35.8	Elio	Lepore	Les Croupiers	M55	Cardiff	11 May
32	2:37.6	Alan	Perkins	Port Talbot	M60	Solihull	7 Aug
33	2:40.5	Clive	Osmond	Les Croupiers	M50	Aberdare	17 Aug
34	2:42.6	Kevin	Jones	Vegan Runners	M45	Newport	13 Jul
35	2:44.0	Dave	Proffitt	Newport	M55	Cardiff	11 May
36	2:46.3	John	Hopkins	Port Talbot	M45	Cardiff	11 May
37	2:47.09	Barrie	Roberts	Bournville	M65	Birmingham	26 Jun
38	2:47.6	Mike	Davies	Les Croupiers	M60	Aberdare	17 Aug
39	2:48.6	Andrew	Hole	Newport	M45	Cardiff	11 May
40	2:51.0	Gary	Bodman	Les Croupiers	M45	Cardiff	11 May
41	2:52.4	Dennis	Collins	Rhondda	M45	Cardiff	11 May
42	2:52.9	David	Williams	Les Croupiers	M35	Cardiff	11 May
43	2:56.53i	Mel	James	Port Talbot	M65	Cyncoed	5 Mar
44	2:58.2	David	Breen	Porthcawl Runnerslife	M55	Aberdare	17 Aug
45	2:58.5	Eric	Hughes	Bridgend	M70	Cardiff	5 Jun
46	3:00.6	Gary	Hyatt	Les Croupiers	M60	Cardiff	5 Jun
47	3:01.7	Alan	Mason	Les Croupiers	M50	Aberdare	17 Aug
48	3:03.6	Ormond	Williams	Sarn Helen	M50	Newport	13 Jul
49	3:19.3	Brian	Williamson	Rhondda	M60	Cardiff	11 May
50	3:24.6	Tony	Holling	Port Talbot	M55	Cardiff	11 May
51	3:34.6	Ian	Swanson	Port Talbot	M60	Cardiff	11 May

1000 Metres

1	3:27.73i	Neil	Davies	Wrexham	M40	Lee Valley	13 Feb
2	3:49.79i	Keith	Powell	Newport	M50	Lee Valley	13 Feb

1500 Metres

1	4:05.67	Huw	Evans	Tonbridge	M35	Eltham	22 Jun
2	4:30.2	Phil	Crane	Neath	M50	Solihull	7 Aug
3	4:34.8	Anthony	Powell	Neath	M40	Cardiff	5 Jun
4	4:37.78i	Geoff	Brimble	Newport	M45	Cyncoed	9 Jan
5	4:42.27	Gareth	Lynch	Les Croupiers	M35	Birmingham	25 Jun
6	4:42.5	Mike	Robbins	Wrexham	M45	Wigan	7 May
7	4:44.4	Konrad	Roberts	Colwyn Bay	M45	Ellesmere Port	4 Sep
8	4:44.94i	Sean	Price	Rhondda	M45	Cyncoed	9 Jan
		4:49.0			M45	Cardiff	22 Jun
9	4:45.81	Phil	Kendrick	Brecon	M45	Aberdare	30 Jul
10	4:47.9	Alun	Rees	Neath	M35	Newport	13 Jul
11	4:48.18i	Paul	Bevan	Cardiff	M50	Cyncoed	9 Jan
12	4:51.6	Scott	Howell	Les Croupiers	M50	Cardiff	5 Jun
13	4:51.94	Steve	Wadley	Newport	M50	Exeter	19 Jun
14	4:52.2	Darryn	McAtee	Newport	M50	Newport	13 Jul
14	4:52.2	Richard	Marks	Sarn Helen	M60	Solihull	7 Aug
16	4:52.5	Alan	Jones	Les Croupiers	M35	Cardiff	22 Jun
17	4:52.9	Paul	Coker	Les Croupiers	M50	Newport	13 Jul
18	4:53.1	Gary	Irving	Swansea	M50	Loughborough	15 Sep
19	4:54.2	Mick	McGeoch	Barry & Vale	M55	Newport	13 Jul
20	4:56.2	Brett	Davis	Newport	M45	Cardiff	22 Jun
21	4:56.32	Reuben	Woodford	Menai	M40	Stretford	9 Aug
22	4:57.3	Matt	Hurford	Les Croupiers	M35	Cardiff	22 Jun
23	4:58.97	Evatt	Cummings	Bridgend	M40	Aberdare	30 Jul
24	5:07.0	Elio	Lepore	Les Croupiers	M55	Newport	13 Jul
25	5:07.8	James	Potts	San Domenico	M40	Cardiff	22 Jun
26	5:07.9	Sandy	Johnston	Les Croupiers	M60	Newport	13 Jul
27	5:09.4	Mike	Harris	Newport	M35	Newport	12 Apr
28	5:10.74i	Huw	Roberts	Bridgend	M50	Cyncoed	9 Jan
29	5:11.4	John	O'Shea	Les Croupiers	M55	Cardiff	22 Jun
30	5:13.4	John	Hopkins	Port Talbot	M45	Newport	13 Jul
31	5:13.8	Andrew	Russell	Les Croupiers	M35	Cardiff	22 Jun
32	5:16.5	Clive	Osmond	Les Croupiers	M50	Cardiff	5 Jun
33	5:17.97	Derek	Osborne	Brecon	M45	Oxford	11 Sep
34	5:23.7	Kevin	Corcoran	Swansea	M45	Loughborough	15 Sep
35	5:26.3	Dave	Proffitt	Newport	M55	Cardiff	22 Jun
36	5:30.6	Alan	Mason	Les Croupiers	M50	Cardiff	5 Jun
37	5:33.7	Mike	Davies	Les Croupiers	M60	Solihull	7 Aug
38	5:36.7	Kevin	Jones	Vegan Runners	M45	Newport	13 Jul
39	5:37.2	Stephen	Livett	Menai	M45	Deeside	14 May
40	5:42.8	Paul	Evans	Brecon	M35	Newport	13 Jul
41	5:43.1	Gareth	Rees	Les Croupiers	M45	Cardiff	5 Jun
42	5:47.8	Alan	Perkins	Port Talbot	M60	Newport	13 Jul
43	5:52.1	Barrie	Roberts	Bournville	M65	Birmingham (U)	13 Jul
44	5:55.5	David	Breen	Porthcawl Runnerslife	M55	Cardiff	22 Jun
45	5:59.4	Chris	Millard	North Somerset	M45	Yate	11 Sep
46	6:00.8	Andrew	Hole	Newport	M45	Newport	13 Jul
47	6:06.09i	Eric	Hughes	Bridgend	M70	Lee Valley	26 Feb
48	6:06.6	Gary	Hyatt	Les Croupiers	M60	Cardiff	5 Jun
49	6:21.43	Keith	Powell	Newport	M50	Horspath	5 Jun
50	6:51.72	Geoff	Miller	Newport	M55	Oxford	11 Sep
51	6:54.4	Ian	Swanson	Port Talbot	M60	Cardiff	5 Jun

52	6:54.67i	William	Davies	Winchester	M80	Lee Valley	26 Feb
53	8:32.8	Nick	Jackson	Unattached	M45	Newport	13 Jul

3000 Metres

1	8:47.47	Huw	Evans	Tonbridge	M35	Watford	1 Jun
2	8:50.42	Nathaniel	Lane	Cardiff	M35	Exeter	26 Jul
3	8:58.8	Lee	Jones	Deeside	M40	Bebington	20 Apr
4	9:07.87	Paul	Halford	Werrington	M35	Abingdon	13 Aug
5	9:16.6	Chris	Williams	Neath	M40	Deeside	28 Aug
6	9:44.6	Phil	Kendrick	Brecon	M45	Aberdare	6 Aug
7	9:49.5	Matthew	Gurmin	Swansea	M35	Aberdare	6 Aug
8	9:56.1	Phil	Crane	Neath	M50	Aberdare	17 Aug
9	9:57.80	Anthony	Powell	Neath	M40	Neath	10 Aug
10	9:59.47	Mike	Robbins	Wrexham	M45	Stretford	31 May
11	10:04.49	Gareth	Lynch	Les Croupiers	M35	Neath	10 Aug
12	10:06.2	Roy	Whitehouse	Neath	M45	Aberdare	6 Aug
13	10:10.6	Matt	Hurford	Les Croupiers	M35	Aberdare	17 Aug
13	10:10.6	Konrad	Roberts	Colwyn Bay	M40	Ellesmere Port	4 Sep
15	10:23.7	Mick	McGeoch	Barry & Vale	M55	Aberdare	17 Aug
16	10:27.1	Richard	Marks	Sarn Helen	M60	Aberdare	17 Aug
17	10:27.8	Aaron	Jones	Port Talbot	M50	Aberdare	17 Aug
18	10:29.2	Peter	Sowerby	Brecon	M45	Wrexham	21 May
19	10:30.4	Gary	Irving	Swansea	M50	Aberdare	6 Aug
20	10:30.6	Scott	Howell	Les Croupiers	M50	Cardiff	22 Jun
21	10:37.4	Paul	Coker	Les Croupiers	M50	Aberdare	17 Aug
22	10:39.2	Alun	Rees	Neath	M35	Aberdare	6 Aug
23	11:00.4	John	O'Shea	Les Croupiers	M55	Cardiff	22 Jun
24	11:01.8	Elio	Lepore	Les Croupiers	M55	Aberdare	17 Aug
25	11:08.0	Darryn	McAtee	Newport	M50	Cardiff	22 Jun
26	11:12.9	John	Hopkins	Port Talbot	M45	Cardiff	22 Jun
27	11:17.4	Paul	Ross-Davies	Blackheath & Bromley	M60	Bromley	27 Jul
28	11:19.7	Evatt	Cummings	Bridgend	M40	Aberdare	6 Aug
29	11:24.6	Alan	Mason	Les Croupiers	M50	Aberdare	17 Aug
30	11:28.9	Stephen	Livett	Menai	M45	Deeside	14 May
31	11:37.8	Dave	Proffitt	Newport	M55	Wrexham	21 May
32	11:43.3	Kevin	Challinor	Deeside	M50	Deeside	14 May
33	11:50.3	Malcolm	Medhurst	Newport	M45	Cardiff	22 Jun
34	11:51.1	Terry	Caveney	Les Croupiers	M50	Cardiff	22 Jun
35	12:06.6	Michael	Halsall	Llanelli	M35	Aberdare	6 Aug
36	12:13.6	Alan	Perkins	Port Talbot	M60	Cardiff	22 Jun
37	12:18.0	David	Breen	Porthcawl Runnerslife	M55	Cardiff	22 Jun
38	12:41.6	Barrie	Roberts	Bournville	M65	Aberdare	17 Aug
39	12:56.6	Andrew	Hole	Newport	M45	Cardiff	22 Jun
40	12:59.07i	Eric	Hughes	Bridgend	M70	Lee Valley	27 Feb
41	13:57.6	Peter	Malpas	Rhonnda	M5#	Cardiff	22 Jun
42	14:32.1	Ian	Swanson	Port Talbot	M60	Cardiff	22 Jun
43	16:30.7	Tony	Holling	Port Talbot	M55	Cardiff	22 Jun

5000 Metres

1	15:08.38	Nathaniel	Lane	Cardiff	M35	Birmingham	20 Aug
2	15:32.7	Paul	Halford	Werrington	M35	Perivale	20 Aug
3	15:51.00	Huw	Evans	Tonbridge	M35	Birmingham	26 Jun
4	16:03.2	Chris	Williams	Neath	M40	Neath	25 May
5	16:12.8	David	Rees	Swansea	M35	Neath	25 May

6	16:12.9	Julian	Baker	Les Croupiers	M40	Cardiff	11 May
7	16:48.4	Darren	Rowlands	Wrexham	M40	Wrexham	14 Aug
8	16:56.54	Phil	Kendrick	Brecon	M45	Aberdare	30 Jul
9	17:03.7	Nick	Dukes	Les Croupiers	M35	Cardiff	5 Jun
10	17:07.1	Rob	Sheen	Leicester Coritanian	M50	Leicester	12 Jun
11	17:18.72	Matthew	Gurmin	Swansea	M35	Brecon	23 Apr
12	17:22.10	Roy	Whitehouse	Neath	M45	Aberdare	30 Jul
13	17:40.6	Jonathan	Grainger	Southampton	M45	Harrow	7 May
14	17:41.1	Mike	Robbins	Wrexham	M45	Wigan	7 May
15	17:45.8	Anthony	Powell	Neath	M40	Cardiff	5 Jun
16	17:46.4	Martin	Williams	Les Croupiers	M45	Cardiff	11 May
17	17:49.8	Scott	Howell	Les Croupiers	M50	Cardiff	11 May
18	17:53.8	Mick	McGeoch	Barry & Vale	M55	Cardiff	11 May
19	17:58.7	Matt	Hurford	Les Croupiers	M35	Cardiff	11 May
20	18:11.0	Peter	Crane	Neath	M45	Cardiff	5 Jun
21	18:24.2	Gareth	Lynch	Les Croupiers	M35	Cardiff	11 May
22	18:27.66	Lee	Sandham	Neath	M40	Brecon	23 Apr
23	18:37.1	Paul	Ross-Davies	Blackheath & Bromley	M60	Ashford	15 May
24	18:38.0	Gary	Irving	Swansea	M50	Loughborough	15 Sep
25	18:38.9	Steve	Williams	Neath	M50	Neath	25 May
26	18:39.2	Elio	Lepore	Les Croupiers	M55	Cardiff	11 May
27	18:41.6	Richard	Marks	Sarn Helen	M60	Cardiff	11 May
28	18:51.8	John	O'Shea	Les Croupiers	M55	Cardiff	11 May
29	19:07.9	Andrew	Russell	Les Croupiers	M35	Cardiff	5 Jun
30	19:36.3	Tony	Davies	Aldershot, Farham & D	M60	Cardiff	5 Jun
31	19:37.77	Konrad	Roberts	Colwyn Bay	M40	Brecon	23 Apr
32	19:39.6	John	Hopkins	Port Talbot	M45	Cardiff	11 May
33	19:45.5	Alan	Mason	Les Croupiers	M50	Cardiff	11 May
34	19:51.0	Darryn	McAtee	Newport	M50	Cardiff	11 May
35	19:52.7	Dave	Proffitt	Newport	M55	Cardiff	11 May
35	19:55.2	John	Diffey	San Domenico	M45	Solihull	6 Jul
36	20:05.2	Howard	Carpenter	Neath	M55	Neath	25 May
37	21:03.1	Eric	Davey	Llanelli	M60	Cardiff	11 May
38	21:09.9	Dennis	Collins	Rhondda	M45	Cardiff	11 May
39	21:09.9	Gareth	Rees	Les Croupiers	M45	Cardiff	11 May
40	21:18.2	Michael	Halsall	Llanelli	M35	Cardiff	11 May
41	23:09.1	Gary	Hyatt	Les Croupiers	M60	Cardiff	5 Jun
42	23:44.7	Tony	Holling	Port Talbot	M55	Cardiff	11 May
43	23:49.3	Barrie	Roberts	Bournville	M65	Cardiff	11 May
44	24:47.5	Ian	Swanson	Port Talbot	M60	Cardiff	5 Jun
45	49:31.03	Ron	Franklin	Barnet	M80	Sacramento	9 Jul

10000 Metres

1	32:55.67	Nathaniel	Lane	Cardiff	M35	Cardiff	23 Jul
2	33:40.68	Huw	Evans	Tonbridge	M35	Horspath	5 Jun
3	37:36.06	Gareth	Lynch	Les Croupiers	M35	Cardiff	23 Jul
4	37:39.26	Scott	Howell	Les Croupiers	M50	Cardiff	23 Jul
5	44:54.0	Dave	Proffitt	Newport	M55	Coatbridge	16 Oct
6	52:28.90	William	Davies	Winchester	M80	Exeter	19 Jun

100 Metres Hurdles

1	18.86	Keith	Powell	Newport	M50	Exeter	19 Jun
2	19.0	David	Boaler	Unattached	M50	Cardiff	5 Jun
3	20.02	Steve	Wadley	Newport	M50	Oxford	11 Sep

4	20.6	Richard	Atkin	Newport	M50	Cardiff	5 Jun
5	20.8	Darryn	McAtee	Newport	M50	Cardiff	5 Jun
6	22.3	Martin	Davies	Newport	M55	Solihull	7 Aug
7	23.08	Geoff	Miller	Newport	M55	Oxford	11 Sep

110 Metres Hurdles

1	18.31	Phil	Harries	Derby	M45	Leigh	2 Jul
2	19.2	Glyn	Price	Swansea	M45	Yate	23 Jul
3	19.29	Derek	Osborne	Brecon	M45	Aberdare	30 Jul
4	22.2	Keith	Powell	Newport	M50	Burton	3 Jul

ht 99.1

1	19.4	Derek	Osborne	Brecon	M45	Cardiff	5 Jun
---	------	-------	---------	--------	-----	---------	-------

400 Metres Hurdles

1	68.2	Derek	Osborne	Brecon	M45	Cardiff	5 Jun
2	68.9	Neil	Davies	Wrexham	M40	Cardiff	5 Jun
3	70.6	Darryn	McAtee	Newport	M50	Burton	3 Jul
4	71.06	David	James	Wrexham	M40	Deeside	28 Aug

height 84.0 cm

1	64.72	Ian	Broadhurst	Wrexham	M55	Birmingham	25 Jun
1	73.7	David	Boaler	Unattached	M50	Cardiff	5 Jun

1500 Metres Steeplechase

1	6:23.9	Konrad	Roberts	Colwyn Bay	M45	Aberdare	6 Aug
---	--------	--------	---------	------------	-----	----------	-------

3000 Metres Steeplechase

1	13:30.8	Darryn	McAtee	Newport	M50	Tipton	14 Aug
---	---------	--------	--------	---------	-----	--------	--------

1000m Walk

1	6:29.10	Howard	Brown	Les Croupiers	M60	Deeside	28 Aug
2	7:10.01	John	Collins	Swansea	M70	Deeside	28 Aug
3	7:48.36	Peter	Walton	Neath	M65	Deeside	28 Aug

2000m Walk

1	8:57.7	Mark	Williams	Tamworth	M45	Nuneaton	1 Jun
2	10:57.4	Ken	Bobbett	Hillingdon	M60	Battersea	9 May
3	12:20.8	Steve	Walker	Wrexham	M50	Solihull	7 Aug
4	12:43.3	Howard	Brown	Les Croupiers	M60	Solihull	7 Aug

3000m Walk

1	14:05.35i	Mark	Williams	Tamworth	M45	Birmingham	20 Feb
		14:05.39				Birmingham	25 Jun
2	16:49.46i	Arthur	Thomson	Enfield & Haringey	M70	Lee Valley	27 Feb
		17:10.70			M75	Birmingham	25 Jun
3	17:15.8	Ken	Bobbett	Hillingdon	M60	Cardiff	5 Jun
4	18:48.4	Steve	Walker	Wrexham	M50	Cardiff	5 Jun
5	19:07.7	Howard	Brown	Les Croupiers	M60	Cardiff	5 Jun
6	22:07.2	John	Collins	Swansea	M70	Cardiff	5 Jun

5000m Walk

1	24:31.88	Mark	Williams	Tamworth	M45	Birmingham	26 Jun
2	28:07.0i	Arthur	Thomson	Enfield & Haringey	M70	Gent, Belgium	20 Mar
		29:46.22			M75	Birmingham	26 Jun

10000m Walk

1	51:31.47	Mark	Williams	Tamworth	M45	Horspath	5 Jun
---	----------	------	----------	----------	-----	----------	-------

High Jump

1	1.55	Derek	Osborne	Brecon	M45	Brecon	23 Apr
1	1.55	Geoff	Ward	Wrexham	M55	Salford	4 Jun
3	1.54i	Neil	Davies	Wrexham	M40	Lee Valley	13 Feb
						Cardiff	5 Jun
4	1.47i	Keith	Powell	Newport	M50	Lee Valley	13 Feb
						Newport	4 Jun
5	1.45	Jonathan	Powell	SC Myhl	M45	Cardiff	5 Jun
6	1.40	Chris	Berry	Basingstoke	M50	Horspath	28 Aug
7	1.35	Glyn	Pugh	Rhondda	M50	Cardiff	22 Jun
7	1.35	Evatt	Cummings	Les Croupiers	M40	Aberdare	17 Aug
9	1.30i	David	James	Wrexham	M40	Connah's Quay	9 Jan
						Deeside	28 Aug
9	1.30	Phil	Harries	Derby	M45	Exeter	4 Jun
9	1.30	Martin	Davies	Newport	M55	Cardiff	5 Jun
9	1.30	Steve	Wadley	Newport	M50	Cardiff	22 Jun
9	1.30	Andrew	Hole	Newport	M45	Cardiff	22 Jun
9	1.30	Glyn	Price	Swansea	M45	Kingston	13 Aug
9	1.30	Ian	Morgan	Newport	M45	Aberdare	17 Aug
9	1.30	Geoff	Miller	Newport	M55	Oxford	10 Sep
17	1.25	Darryn	McAtee	Newport	M50	Aberdare	17 Aug
18	1.21i	John	Howe	Rhondda	M65	Lee Valley	26 Feb
						Exeter	19 Jun
19	1.20	Gavin	Belcher	Newport	M40	Aberdare	17 Aug
19	1.20	Matt	Hurford	Les Croupiers	M35	Aberdare	17 Aug
19	1.20	Allan	Cheers	Basingstoke	M65	Battersea	28 Aug
22	1.15	David	Shields	Reading	M50	Cardiff	5 Jun
22	1.15	Brian	Williamson	Rhondda	M60	Cardiff	22 Jun
24	1.10	Trefor	Pugh	Maldwyn	M70	Cardiff	5 Jun
24	1.10	Ian	Swanson	Port Talbot	M60	Cardiff	5 Jun
24	1.10	Marcus	Coles	Les Croupiers	M35	Cardiff	22 Jun
24	1.10	Stuart	Powell	Cardiff	M60	Cardiff	22 Jun
28	1.05	Phil	Rees	Cardiff	M65	Cardiff	5 Jun
29	0.95	Jonathan	Edmunds	Newport	M60	Aberdare	17 Aug

Pole Vault

1	4.60i	Egryn	Jones	WSE & Hounslow	M35	Lee Valley	29 Jan
2	4.10i	Glyn	Price	Swansea	M45	Cyncoed	11 Dec
						Cardiff	19 Jun
3	3.25	Martin	Davies	Newport	M55	Yate	23 Jul
4	3.21	Keith	Powell	Newport	M50	Birmingham	26 Jun
5	3.00	Geoff	Ward	Wrexham	M55	Wrexham	21 May
5	3.00	Derek	Osborne	Brecon	M45	Solihull	7 Aug
7	2.61	John	Howe	Rhondda	M65	Birmingham	26 Jun
8	2.60	Glyn	Sutton	Newport	M65	Newport	13 Jul
9	2.40	Phil	Harries	Derby	M45	Cudworth	3 Jul
10	2.10	Steve	Wadley	Newport	M50	Oxford	11 Sep
11	1.50	Geoff	Miller	Newport	M55	Oxford	11 Sep

Long Jump

1	5.82	Gareth	Davies	Oxford City	M40	Ashford	4 Sep
2	5.62	Derek	Osborne	Brecon	M45	Oxford	10 Sep
3	5.29i	Keith	Powell	Newport	M50	Gent, Belgium	16 Mar
		5.24				Birmingham	25 Jun
4	5.12	Geoff	Ward	Wrexham	M55	Burton	2 Jun
5	4.98i	Neil	Davies	Wrexham	M40	Lee Valley	13 Feb
6	4.73	Steve	Wadley	Newport	M50	Stourport	3 Apr
7	4.67	Nick	Dukes	Les Croupiers	M35	Cardiff	11 May
8	4.56	Phil	Harries	Derby	M45	Leigh	2 Jul
9	4.54	David	Shields	Reading	M50	Cardiff	5 Jun
10	4.49	Geoff	Miller	Newport	M55	Oxford	10 Sep
11	4.41	Alan	Jones	Les Croupiers	M35	Cardiff	11 May
12	4.29	Gavin	Belcher	Newport	M40	Aberdare	17 Aug
13	4.21	Allan	Cheers	Basingstoke	M65	Birmingham	25 Jun
14	4.20	Brian	Williamson	Rhondda	M60	Solihull	7 Aug
15	3.86	David	James	Wrexham	M40	Brecon	23 Apr
16	3.72	Crispin	Backshall	Colwyn Bay	M45	Ellesmere Port	4 Sep
17	3.68	Glyn	Sutton	Newport	M65	Cardiff	11 May
18	3.65i	John	Evans	Rugby & Northampton	M75	Lee Valley	26 Feb
		3.59				Cardiff	5 Jun
19	3.63	David	Stokes	Deeside	M45	Ellesmere Port	4 Sep
20	3.59	Elio	Lepore	Les Croupiers	M55	Cardiff	11 May
21	3.57	Ian	Morgan	Newport	M45	Aberdare	17 Aug
22	3.57	Stuart	Powell	Cardiff	M60	Aberdare	17 Aug
23	3.26	Jeff	Cooze	Swansea	M50	Aberdare	30 Jul
24	3.22	Paul	Evans	Brecon	M35	Aberdare	17 Aug
25	3.12	Trefor	Pugh	Maldwyn	M70	Cardiff	5 Jun
26	3.10	Andrew	Hole	Newport	M45	Cardiff	11 May
27	2.96	Phil	Rees	Cardiff	M65	Cardiff	5 Jun
28	2.94	Glyn	Pugh	Rhondda	M50	Cardiff	11 May
29	2.89	Karl	Bennett	Rhondda	M45	Brecon	23 Apr
30	2.87	Darryn	McAtee	Newport	M50	Aberdare	17 Aug
31	2.60	Jonathan	Edmunds	Newport	M60	Cardiff	11 May
32	2.54	Bob	Greuter	Rhondda	M55	Cardiff	11 May
33	2.39	Ian	Swanson	Port Talbot	M60	Cardiff	11 May

Triple Jump

1	12.05	Gareth	Davies	Oxford City	M40	Ashford	4 Sep
2	10.57	Derek	Osborne	Brecon	M45	Cardiff	5 Jun
3	10.11	David	Shields	Reading	M50	Birmingham	26 Jun
4	10.00	Keith	Powell	Newport	M50	Cardiff	22 Jun
5	9.27i	Allan	Cheers	Basingstoke	M65	Gent, Belgium	16 Mar
		9.25				Cardiff	5 Jun
6	8.97	Steve	Wadley	Newport	M50	Cardiff	22 Jun
7	8.68	Brian	Williamson	Rhondda	M60	Newport	13 Jul
7	8.68	David	James	Wrexham	M40	Aberdare	6 Aug
9	8.43	Andrew	Hole	Newport	M45	Cardiff	22 Jun
10	8.35	Ian	Morgan	Newport	M45	Cardiff	22 Jun
11	8.18	Mark	Gulliver	Leeds City	M35	Bradford	18 Sep
12	8.09	Stuart	Powell	Cardiff	M60	Cardiff	22 Jun
13	7.89	John	Evans	Rugby & Northampton	M75	Cardiff	5 Jun
14	7.60	Ewart	Hulse	Colwyn Bay	M45	Aberdare	6 Aug

15	7.51	Elio	Lepore	Les Croupiers	M55	Newport	13 Jul
16	7.40	Trefor	Pugh	Maldwyn	M70	Cardiff	5 Jun
17	5.75	John	Watkins	Newport	M55	Newport	13 Jul
18	5.67	Phil	Rees	Cardiff	M70	Exeter	19 Jun

Shot

1	13.78	Peter	Maitland	Swansea	M35	Yeovil	2 Jul
2	11.95	Ewart	Hulse	Colwyn Bay	M45	Aberdare	30 Jul
3	11.92	Graham	Holder	Bexley	M35	Bedford	30 Jul
4	11.71	Mark	Gulliver	Leeds City	M35	Bradford	18 Sep
5	11.50	Rob	Eales	Newport	M45	Newport	4 Jun
6	10.63i	Barry	Barnfield	Rhondda	M35	Lee Valley	27 Feb
					M40	Aberdare	17 Aug
7	10.59i	Glyn	Pugh	Rhondda	M45	Lee Valley	27 Feb
					M50	Brecon	23 Apr
8	9.81	Dino	Lantzoz	Newport	M50	Solihull	6 Jul
9	9.64	Geoff	Ward	Wrexham	M55	Wrexham	14 Aug
10	9.60	Richard	Ledger	Swansea	M40	Deeside	28 Aug
11	9.18i	Darren	Andrews	Rhondda	M35	Cyncoed	5 Mar
						Cardiff	5 Jun
12	9.08i	Neil	Davies	Wrexham	M40	Lee Valley	13 Feb
13	8.75	Derek	Osborne	Brecon	M45	Oxford	10 Sep
14	8.73	Ian	Cope	Newport	M40	Cheltenham	31 May
15	8.64	Lawrence	Moore	Newport	M40	Cardiff	22 Jun
16	8.15	David	Stokes	Deeside	M45	Deeside	28 Aug
17	8.14i	David	Glendower	Pembroke	M40	Cyncoed	23 Jan
						Gillingham	16 Apr
18	8.11	Alan	Jones	Les Croupiers	M35	Aberdare	17 Aug
19	7.87	Chris	Berry	Basingstoke	M50	Yeovil	30 Jul
20	7.75	Keith	Powell	Newport	M50	Deeside	28 Aug
21	7.52	Chris	Millard	North Somerset	M40	Exeter	29 May
22	7.13	Philip	Jones	Colwyn Bay	M35	Brecon	23 Apr
23	7.09	Mark	Rich	Wrexham	M40	Brecon	23 Apr
24	6.81	Crispin	Backshall	Colwyn Bay	M45	Aberdare	30 Jul
25	6.35	John	Hopkins	Port Talbot	M45	Cardiff	22 Jun
26	6.16	David	James	Wrexham	M40	Wrexham	14 Aug
27	6.11	Paul	Evans	Brecon	M35	Cardiff	22 Jun
28	5.36	Darryn	McAtee	Newport	M50	Brecon	23 Apr
29	4.48	Peter	Walton	Neath	M65	Deeside	28 Aug

6k (M50-59)

1	14.05i	Phil	Davies	Deeside	M50	Connah's Quay	9 Jan
						Birmingham	26 Jun
2	11.72	Glyn	Pugh	Rhondda	M50	Solihull	7 Aug
3	10.99	Nigel	Winchcombe	Notts	M50	Derby	15 May
4	10.68i	Geoff	Ward	Wrexham	M55	Connah's Quay	9 Jan
5	10.58	Dino	Lantzoz	Newport	M50	Cardiff	22 Jun
6	9.95i	Phil	Olsen	Cardiff	M55	Cyncoed	5 Mar
						Cardiff	5 Jun
7	9.24	Geoff	Miller	Newport	M55	Oxford	10 Sep
8	8.73	David	Maggs	Gateshead	M55	Jarrow	9 May
9	8.53i	Keith	Powell	Newport	M50	Gent, Belgium	16 Mar
						Oxford	10 Sep
10	7.99	Steve	Wadley	Newport	M50	Oxford	10 Sep

11	7.64	Bob	Grenter	Rhondda	M55	Cardiff	22 Jun
12	7.12i	Steve	Walker	Wrexham	M50	Cyncoed	5 Mar

5k (M60-69)

1	9.03	John	Howe	Rhondda	M65	Cardiff	5 Jun
2	8.25	Stuart	Powell	Cardiff	M60	Cardiff	22 Jun
3	7.62	Paul	Brooks	Wrexham	M60	Deeside	4 Jun
4	7.61	Glyn	Sutton	Newport	M65	Cardiff	22 Jun
5	7.60	Brian	Williamson	Rhondda	M60	Cardiff	22 Jun
6	7.26	John	Davies	Port Talbot	M60	Aberdare	17 Aug
7	6.98	Phil	Rees	Cardiff	M65	Cardiff	5 Jun
8	6.62	Mike	Davies	Les Croupiers	M60	Aberdare	17 Aug
9	6.54	Alan	Perkins	Port Talbot	M60	Aberdare	17 Aug
10	4.34	Jonathan	Edmunds	Newport	M60	Aberdare	17 Aug

4k (M70-79)

1	8.13	Malcolm	Farnham	Les Croupiers	M70	Aberdare	17 Aug
2	7.99i	Brian	Webb	Rhondda	M70	Cyncoed	5 Mar
		7.38				Aberdare	17 Aug
3	7.33	Phil	Rees	Cardiff	M70	Solihull	7 Aug

Discus

1	39.59	Graham	Holder	Bexley	M35	Birmingham	25 Jun
2	39.43	Peter	Roberts	Swansea	M35	Swansea	27 Aug
3	37.74	Mark	Gulliver	Leeds City	M35	Ashton-under-Lyne	14 Aug
4	36.67	Ewart	Hulse	Colwyn Bay	M45	Wrexham	21 May
5	33.53	Peter	Maitland	Swansea	M35	Yeovil	2 Jul
6	31.67	David	Stokes	Deeside	M45	Stockport	26 Jun
7	31.47	Rob	Eales	Newport	M45	Newport	4 Jun
8	30.11	Nigel	Winchcombe	Notts	M50	Derby	15 May
9	29.93	Glyn	Pugh	Rhondda	M45	Lee Valley	26 Feb
10	29.70	Geoff	Ward	Wrexham	M55	Salford	4 Jun
11	29.58	Dino	Lantzoz	Newport	M50	Burton	3 Jul
12	29.56	Barry	Barnfield	Rhondda	M35	Lee Valley	26 Feb
13	29.53	Richard	Ledger	Swansea	M40	Deeside	28 Aug
14	28.57	Lawrence	Moore	Newport	M40	Cardiff	5 Jun
15	28.45	Darren	Andrews	Rhondda	M35	Cheltenham	13 Jul
16	26.14	Derek	Osborne	Brecon	M45	Oxford	11 Sep
17	25.82	Keith	Powell	Newport	M50	Wrexham	21 May
18	25.30	Alan	Jones	Les Croupiers	M35	Newport	13 Jul
19	22.21	David	Glendower	Pembroke	M40	Cardiff	19 Jun
20	22.20	Ian	Cope	Newport	M40	Cheltenham	31 May
21	20.81	Mark	Rich	Wrexham	M40	Deeside	14 May
22	18.75	Chris	Millard	North Somerset	M40	Exeter	17 Apr
23	16.33	John	Hopkins	Port Talbot	M45	Cardiff	22 Jun
24	16.20	Crispin	Backshall	Colwyn Bay	M45	Wrexham	21 May
25	15.72	John	Hopkins	Port Talbot	M45	Newport	13 Jul
26	15.62	Andrew	Russell	Les Croupiers	M35	Newport	13 Jul
27	15.05	Neil	Davies	Wrexham	M40	Cardiff	5 Jun
28	13.82	David	Jones	Swansea	M60	Wrexham	21 May
29	12.70	Gary	Irving	Swansea	M50	Deeside	28 Aug

1.5k (M50-59)

1	35.54	Phil	Davies	Deeside	M50	Leigh	15 May
2	34.60	Geoff	Ward	Wrexham	M55	Lee Valley	26 Feb
3	34.21	Glyn	Pugh	Rhondda	M50	Cardiff	5 Jun
4	32.78	Nigel	Winchcombe	Notts	M50	Loughborough	17 Apr
5	32.31	Dino	Lantzos	Newport	M50	Newport	13 Jul
6	31.47	David	Maggs	Gateshead	M55	Jarrow	9 May
7	28.87	Phil	Olsen	Cardiff	M55	Cardiff	5 Jun
8	28.59	Keith	Powell	Newport	M50	Oxford	11 Sep
10	27.02	Steve	Wadley	Newport	M50	Cardiff	22 Jun
11	25.19	Geoff	Miller	Newport	M55	Oxford	11 Sep
12	24.08	David	Shields	Reading	M50	Birmingham	25 Jun
13	22.48	Bob	Grenter	Rhondda	M55	Cardiff	22 Jun
14	22.22	Chris	Berry	Basingstoke	M50	Horspath	28 Aug

1k (M60+)

1	31.62	John	Davies	Port Talbot	M60	Newport	13 Jul
2	31.18	Huw	Morgan	Pembroke	M65	Newport	13 Jul
3	27.87	John	Howe	Rhondda	M65	Exeter	19 Jun
4	27.59	Paul	Brooks	Wrexham	M60	Stretford	11 Sep
5	25.62	Stuart	Powell	Cardiff	M60	Cardiff	22 Jun
6	22.22	Phil	Rees	Cardiff	M70	Cardiff	22 Jun
7	20.70	Brian	Williamson	Rhondda	M60	Cardiff	22 Jun
8	19.47	Brian	Webb	Rhondda	M70	Newport	13 Jul
9	18.96	Alan	Perkins	Port Talbot	M60	Cardiff	22 Jun
10	17.98	Jonathan	Edmunds	Newport	M60	Newport	13 Jul
11	17.67	Glyn	Sutton	Newport	M65	Cardiff	22 Jun

Hammer

1	56.09	Graham	Holder	Bexley	M35	Newham	4 Jun
2	53.91	Gary	Halpin	Brecon	M45	Ewell Court	28 May
3	46.18	Mark	Gulliver	Leeds City	M35	Bradford	18 Sep
4	41.59	Ewart	Hulse	Colwyn Bay	M45	Wrexham	21 May
5	37.97	Barry	Barnfield	Rhondda	M40	Aberdare	17 Aug
6	35.92	Glyn	Pugh	Rhondda	M45	Lee Valley	27 Feb
7	35.56	Dino	Lantzos	Newport	M50	Burton	3 Jul
8	33.66	David	Maggs	Gateshead	M55	Jarrow	25 May
9	33.37	Darren	Andrews	Rhondda	M35	Cardiff	5 Jun
10	30.95	Rob	Eales	Newport	M45	Cardiff	14 May
11	28.13	Derek	Osborne	Brecon	M45	Cardiff	11 May
12	26.79	David	Glendower	Pembroke	M40	Gent, Belgium	20 Mar
13	25.28	Geoff	Ward	Wrexham	M55	Wrexham	14 Aug
14	23.91	David	Stokes	Deeside	M45	Wrexham	21 May
15	22.30	Lawrence	Moore	Newport	M40	Cardiff	11 May
16	21.41	Chris	Berry	Basingstoke	M50	Yeovil	30 Jul
17	19.79	Richard	Kingsbury	Rhondda	M40	Cardiff	11 May
18	17.69	Phil	Harries	Derby	M45	Leigh	2 Jul
19	17.49	Mark	Rich	Wrexham	M40	Wrexham	21 May
20	17.55	Chris	Millard	North Somerset	M45	Yate	11 Sep
21	14.26	John	Hopkins	Port Talbot	M45	Cardiff	11 May
22	13.30	David	Jones	Swansea	M60	Wrexham	21 May

6k (M50-59)

1	50.96	Nigel	Winchcombe	Notts	M50	Hull	10 Apr
2	41.56	David	Maggs	Gateshead	M55	Jarrow	20 Jun
3	39.36	Glyn	Pugh	Rhondda	M50	Cardiff	11 May
4	38.33	Dino	Lantzos	Newport	M50	Aberdare	17 Aug
5	30.85	Phil	Davies	Deeside	M50	Leigh	15 May
6	31.77	Phil	Olsen	Cardiff	M55	Cardiff	5 Jun
7	22.35	Chris	Berry	Basingstoke	M50	Horspath	28 Aug
8	19.55	Bob	Greuter	Rhondda	M55	Aberdare	17 Aug
9	16.41	Steve	Wadley	Newport	M50	Cardiff	11 May
10	16.20	John	Watkins	Newport	M55	Cardiff	11 May

5k (M60-69)

1	26.07	John	Davies	Port Talbot	M60	Cardiff	5 Jun
2	20.11	David	Jones	Swansea	M60	Neath	25 May
3	19.49	Stuart	Powell	Cardiff	M60	Aberdare	17 Aug
4	19.41	Alan	Perkins	Port Talbot	M60	Cardiff	11 May
5	15.16	Brian	Williamson	Rhondda	M60	Aberdare	17 Aug

4k (M70-79)

1	19.53	Brian	Webb	Rhondda	M70	Aberdare	17 Aug
---	-------	-------	------	---------	-----	----------	--------

Javelin

1	55.92	Jonathan	Clarke	Swansea	M40	Derby	10 Sep
2	47.35	Tim	Newenham	Norwich	M50	Cambridge	2 Apr
3	46.62	Richard	Ledger	Swansea	M40	Cardiff	5 Jun
4	43.04	Jonathan	Powell	SC Myhl	M45	Gent, Belgium	16 Mar
5	39.07	Lawrence	Moore	Newport	M40	Newport	13 Jul
6	38.04	Mark	Gulliver	Leeds City	M35	Bradford	18 Sep
7	35.87	Peter	Roberts	Swansea	M35	Kingston	13 Aug
8	35.73	Derek	Osborne	Brecon	M45	Oxford	11 Sep
9	34.82	Graham	Holder	Bexley	M35	Dartford	18 Apr
10	32.62	Ewart	Hulse	Colwyn Bay	M45	Aberdare	30 Jul
11	32.43	Ian	Cope	Newport	M40	Newport	4 Jun
12	31.15	Chris	Millard	North Somerset	M45	Exeter	29 May
13	29.19	Rob	Eales	Newport	M45	Corby	7 May
14	27.70	Glyn	Pugh	Rhondda	M50	Brecon	23 Apr
15	27.20	Darren	Andrews	Rhondda	M35	Cardiff	11 May
16	27.00	Nick	Dukes	Les Croupiers	M35	Cardiff	11 May
17	26.65	Julian	Baker	Les Croupiers	M40	Cardiff	11 May
18	25.00	Arthur	Kingsbury	Rhondda	M45	Cardiff	5 Jun
19	24.66	Chris	Berry	Basingstoke	M50	Yeovil	30 Jul
20	24.64	Philip	Jones	Colwyn Bay	M35	Brecon	23 Apr
21	23.59	Mark	Rich	Wrexham	M40	Wigan	7 May
22	23.41	Keith	Powell	Newport	M50	Brecon	23 Apr
23	21.81	Malcolm	Medhurst	Newport	M45	Cardiff	11 May
24	21.51	Alan	Jones	Les Croupiers	M35	Cardiff	11 May
25	20.78	Richard	Kingsbury	Rhondda	M40	Cardiff	11 May
26	18.73	John	Hopkins	Port Talbot	M45	Cardiff	11 May
27	18.70	Crispin	Backshall	Colwyn Bay	M45	Brecon	23 Apr
28	16.40	Andrew	Hole	Newport	M45	Newport	13 Jul
29	15.16	David	Glendower	Pembroke	M40	Wimbledon	7 May

30	10.79	Andrew	Russell	Les Croupiers	M35	Newport	13 Jul
31	10.27	Peter	Walton	Neath	M65	Aberdare	30 Jul

700g (M50-59)

1	49.64	Tim	Newenham	Norwich	M50	Bedford	9 Apr
2	32.18	David	Maggs	Gateshead	M55	Jarrow	9 Jul
3	28.10	Steve	Wadley	Newport	M50	Oxford	11 Sep
4	27.98	Glyn	Pugh	Rhondda	M50	Newport	13 Jul
5	25.21	Keith	Powell	Newport	M50	Oxford	11 Sep
6	23.85	Richard	Atkin	Newport	M50	Newport	13 Jul
7	20.49	Geoff	Miller	Newport	M55	Oxford	11 Sep
8	18.22	Bob	Greuter	Rhondda	M55	Cardiff	11 May
9	14.57	Elio	Lepore	Les Croupiers	M55	Newport	13 Jul
10	9.39	Darryn	McAtee	Newport	M50	Cardiff	11 May

600g (M60-69)

1	33.66	John	Davies	Port Talbot	M60	Newport	13 Jul
2	22.59	Mike	Davies	Les Croupiers	M60	Newport	13 Jul
3	20.54	Brian	Williamson	Rhondda	M60	Newport	13 Jul
4	19.87	Stuart	Powell	Cardiff	M60	Newport	13 Jul
5	19.20	Alan	Perkins	Port Talbot	M60	Newport	13 Jul
6	14.62	Jonathan	Edmunds	Newport	M60	Newport	13 Jul

500g (M70-79)

1	25.29	Brian	Webb	Rhondda	M70	Birmingham	25 Jun
2	23.79	Malcolm	Farnham	Les Croupiers	M70	Cardiff	5 Jun
3	20.38	Phil	Rees	Cardiff	M70	Newport	13 Jul

Weight

1	15.96	Graham	Holder	Bexley	M35	Lee Valley	27 Feb
2	10.98	Barry	Barnfield	Rhondda	M35	Lee Valley	27 Feb
3	9.87	Glyn	Pugh	Rhondda	M45	Lee Valley	27 Feb
4	8.13	David	Glendower	Pembroke	M40	Birmingham	17 Mar

11.34kg (M50-59)

1	14.16	David	Maggs	Gateshead	M55	Birmingham	26 Jun
2	13.68	Glyn	Pugh	Rhondda	M50	Birmingham	26 Jun

Outdoor Pentathlon

1	2587	Steve	Wadley	Newport	M50	Exeter	19 Jun
2	2507	Keith	Powell	Newport	M50	Horspath	5 Jun

Indoor Pentathlon

1	2877i	Keith	Powell	Newport	M50	Lee Valley	13 Feb
2	2526i	Neil	Davies	Wrexham	M40	Lee Valley	13 Feb

Decathlon

1	5288	Derek	Osborne	Brecon	M45	Oxford	11 Sep
---	------	-------	---------	--------	-----	--------	--------

M50

1	5078	Keith	Powell	Newport	M50	Oxford	11 Sep
2	4710	Steve	Wadley	Newport	M50	Oxford	11 Sep
3	4014	Geoff	Miller	Newport	M55	Oxford	11 Sep

4 x 100m Relay

1	49.8	Newport (Russell, Moore, Belcher, Taylor)	Cardiff	22 Jun
2	51.3	Newport (Sutton, Watkins, Wadley, Powell)	Cardiff	22 Jun
3	56.6	Les Croupiers	Cardiff	22 Jun
4	58.4	Port Talbot	Cardiff	22 Jun

4 x 200m Relay

1	1:45.4	Newport (Russell, Moore, Davis, Taylor)	Newport	13 Jul
2	1:55.9	Les Croupiers	Newport	13 Jul
3	2:23.9	Port Talbot	Newport	13 Jul

4 x 400m Relay

1	3:54.0	Newport (Russell, Medhurst, Belcher, Davis)	Aberdare	17 Aug
2	4:17.8	Les Croupiers	Aberdare	17 Aug
3	4:45.3	Newport (McAtee, Wadley, Edmunds, Proffitt)	Aberdare	17 Aug
4	5:36.9	Port Talbot	Aberdare	17 Aug

WELSH MASTERS RANKINGS 2011 (FEMALE)

Updated by Darryn McAtee 12th December 2011

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

1	8.49i	Lolita	Byfield Moore	Cardiff	W45	Lee Valley	26 Feb
2	8.77i	Amanda	Wale	Wrexham	W40	Sheffield	5 Feb
3	9.96i	Lorraine	Graham-Mulvaney	Cardiff	W35	Cyncoed	9 Jan
4	11.62i	Eirian	Arwyn	Les Croupiers	W55	Cyncoed	5 Mar
5	13.63i	Sarah	James	Rhondda	W35	Cyncoed	5 Mar

100 Metres

1	12.9	Kirsten	Waring	Newport	W35	Cardiff	5 Jun
2	13.2	Lolita	Byfield Moore	Cardiff	W45	Cardiff	5 Jun
3	13.75	Amanda	Wale	Wrexham	W40	Spenborough	18 Sep
4	14.50	Sue	Hooper	Cardiff	W45	Exeter	19 Jun
5	14.9	Rachel	Matthews	Cardiff	W35	Aberdare	17 Aug
5	15.4	Sharon	Fletcher	Newport	W40	Cardiff	22 Jun
7	15.4	Kate	Lerwill	Newport	W35	Aberdare	17 Aug
8	15.6	Laura	Gilbert	Unattached	W45	Aberdare	17 Aug
9	16.8	Natalie	Williams	Rhondda	W35	Cardiff	11 May
10	17.0	Sue	Collins	Rhondda	W40	Cardiff	11 May
11	17.4	Denise	Cuer	Newport	W40	Cardiff	5 Jun
12	18.7	Eirian	Arwyn	Les Croupiers	W55	Cardiff	11 May
13	19.1	Angela	Williams	Rhondda	W50	Cardiff	11 May
14	19.8	Gwenno	Williams	Les Croupiers	W50	Cardiff	11 May
15	21.3	Ann	Follan	Rhondda	W35	Cardiff	11 May
16	22.5	Tracey	Newman	Les Croupiers	W40	Cardiff	11 May
17	23.8	Sarah	James	Rhondda	W35	Cardiff	11 May
18	26.0	Helen	Cole	Rhondda	W65	Cardiff	11 May
19	27.83	Helen	Williams	Aberdare	W35	Aberdare	30 Jul

200 Metres

1	26.3	Amanda	Wale	Wrexham	W40	Wrexham	21 May
2	26.5	Kirsten	Waring	Newport	W35	Cardiff	5 Jun
3	27.8	Lolita	Byfield Moore	Cardiff	W45	Cardiff	5 Jun
4	28.9	Sue	Hooper	Cardiff	W45	Wrexham	21 May
5	29.2	Rebecca	Jones-Morris	Menai	W40	Ellesmere Port	4 Sep
6	29.4	Sharon	Fletcher	Newport	W40	Wrexham	21 May
7	30.0	Sue	Hooper	Cardiff	W45	Aberdare	17 Aug
8	30.2	Sian	Gifford	Colchester & Tendring	W40	Walthamstow	21 May
9	31.1	Helen	Jessop	Les Croupiers	W35	Aberdare	17 Aug
10	31.6	Laura	Gilbert	Unattached	W45	Aberdare	17 Aug
11	33.1	Satu	Haikala	Brecon	W40	Aberdare	17 Aug
12	33.7	Kate	Lerwill	Newport	W35	Newport	13 Jul
13	37.5	Libby	O'Duffy	Les Croupiers	W40	Cardiff	22 Jun
14	37.7	Sue	Collins	Rhondda	W40	Cardiff	22 Jun
15	37.9	Laurie	Griffith	Colwyn Bay	W40	Aberdare	6 Aug
16	41.2	Eirian	Arwyn	Les Croupiers	W55	Aberdare	17 Aug
17	43.0	Ann	Follan	Rhondda	W35	Cardiff	22 Jun
18	57.3	Helen	Cole	Rhondda	W65	Aberdare	17 Aug
19	57.9	Helen	Williams	Aberdare	W35	Aberdare	6 Aug

400 Metres

1	58.60	Kirsten	Waring	Newport	W35	Cardiff	18 Jun
2	60.8	Amanda	Wale	Wrexham	W40	Solihull	7 Aug
3	65.94	Sian	Gifford	Colchester & Tendring	W40	Chelmsford	14 May
4	67.08	Rachel	Matthews	Cardiff	W35	Aberdare	30 Jul
5	67.26	Sue	Hooper	Cardiff	W45	Cardiff	14 May
6	68.8	Helen	Jessop	Les Croupiers	W35	Newport	13 Jul
7	72.8	Joanne	Tucker	Les Croupiers	W35	Newport	13 Jul
8	73.2	Sharon	Fletcher	Newport	W40	Cheltenham	31 May
9	77.5	Kate	Lerwill	Newport	W35	Newport	13 Jul
10	79.86	Laurie	Griffith	Colwyn Bay	W40	Aberdare	30 Jul
11	80.7	Rhian	Loudon	Newport	W45	Newport	13 Jul
12	88.5	Gwenno	Williams	Les Croupiers	W50	Cardiff	5 Jun
13	94.5	Denise	Cuer	Newport	W40	Cardiff	5 Jun
14	95.0	Amanda	Thompson	Les Croupiers	W50	Cardiff	5 Jun
15	95.8	Ann	Follan	Rhondda	W35	Cardiff	11 May
16	99.2	Angela	Williams	Rhondda	W50	Cardiff	11 May
17	105.7	Suzanna	Jones	Rhondda	W35	Cardiff	11 May
18	108.0	Clare	Johnson	Les Croupiers	W65	Cardiff	11 May
19	110.2	Annie	Conroy	Les Croupiers	W65	Solihull	7 Aug
20	111.7	Tracey	Newman	Les Croupiers	W40	Cardiff	11 May
21	2:09.97	Helen	Williams	Aberdare	W35	Aberdare	30 Jul
22	2:37.3	Helen	Cole	Rhondda	W65	Cardiff	11 May

800 Metres

1	2:28.82	Emma	Parry	Wrexham	W35	Birmingham	26 Jun
2	2:30.2	Rachel	Matthews	Cardiff	W35	Cardiff	5 Jun
3	2:31.7	Satu	Haikala	Brecon	W40	Cardiff	5 Jun
4	2:32.26i	Amanda	Wale	Wrexham	W40	Gent, Belgium	17 Mar
			2:32.36			Oxford	10 Sep
5	2:32.32	Kirsten	Waring	Newport	W35	Derby	10 Sep
6	2:33.03	Jenny	Phillips	Llanelli	W45	Birmingham	26 Jun
7	2:36.25i	Heather	Graz	Cheltenham	W35	Cyncoed	5 Mar
8	2:37.2	Kathryn	Vaughan	Outdoor Fitness	W35	Cardiff	11 May
9	2:38.0	Sian	Gifford	Colchester & Tendring	W40	Walthamstow	21 May
10	2:40.2	Helen	Jessop	Les Croupiers	W35	Newport	13 Jul
11	2:43.4	Joanne	Tucker	Les Croupiers	W35	Cardiff	11 May
12	2:50.63	Pat	Gallagher	Westbury	W65	Birmingham	26 Jun
13	2:56.2	Ann	Saxena	Newport	W55	Newport	4 Jun
14	3:02.4	Mandy	Morris	Port Talbot	W35	Aberdare	17 Aug
15	3:06.4	Rhian	Loudon	Newport	W45	Cardiff	11 May
16	3:08.4	Laurie	Griffith	Colwyn Bay	W40	Wrexham	21 May
17	3:27.9	Lindsay	Gauntlett	Newport	W45	Newport	13 Jul
18	3:29.5	Rebecca	Hambrook	Porthcawl Runnerslife	W60	Aberdare	17 Aug
19	3:30.3	Ann	Follan	Rhondda	W35	Aberdare	17 Aug
20	3:34.0	Michelle	Rivett	Vegan Runners	W40	Newport	13 Jul
21	3:39.4	Gwenno	Williams	Les Croupiers	W50	Cardiff	11 May
22	3:43.0	Amanda	Thompson	Les Croupiers	W50	Cardiff	5 Jun
23	3:45.4	Angela	Williams	Rhondda	W50	Cardiff	11 May
24	3:54.0	Suzanna	Jones	Rhondda	W35	Cardiff	11 May
25	3:55.4	Tracey	Newman	Les Croupiers	W40	Cardiff	11 May
26	3:57.2	Muriel	Thomson	Brecon	W50	Cardiff	11 May
27	4:00.1	Eirian	Arwyn	Les Croupiers	W55	Aberdare	17 Aug
28	4:03.8	Clare	Johnson	Les Croupiers	W65	Cardiff	11 May

1500 Metres

1	4:34.79	Andrea	Whitcombe	Swansea	W40	Winchester	6 Aug
2	5:07.2	Satu	Haikala	Brecon	W40	Cardiff	5 Jun
3	5:10.6	Sharon	Leech	Carmarthen	W40	Cardiff	5 Jun
4	5:12.34	Rachel	Matthews	Cardiff	W35	Aberdare	30 Jul
5	5:15.54	Jenny	Phillips	Llanelli	W45	Birmingham	25 Jun
6	5:22.2	Jane	Coker	Les Croupiers	W50	Solihull	7 Aug
7	5:31.7	Libby	O'Duffy	Les Croupiers	W40	Cardiff	22 Jun
8	5:45.05	Pat	Gallagher	Westbury	W65	Exeter	19 Jun
9	5:47.29	Mary	Dowell-Jones	Colwyn Bay	W35	Aberdare	30 Jul
10	5:49.4	Ann	Saxena	Newport	W55	Newport	13 Jul
11	5:53.9	Sian	Gifford	Colchester & Tendring	W40	Newham	30 Apr
12	6:20.24	Helen	MacArthur	Colwyn Bay	W40	Aberdare	30 Jul
13	6:22.1	Emma	Parry	Wrexham	W35	Wrexham	14 Aug
14	6:23.2	Rhian	Loudon	Newport	W45	Newport	13 Jul
15	6:32.9	Laurie	Griffith	Colwyn Bay	W40	Deeside	14 May
16	6:41.2	Ann	Follan	Rhondda	W35	Cardiff	22 Jun
17	6:47.8	Rebecca	Hambrook	Porthcawl Runnerslife	W60	Newport	13 Jul
18	6:59.0	Sharon	Fletcher	Newport	W40	Corby	7 May
19	7:14.8	Michelle	Rivett	Vegan Runners	W40	Newport	13 Jul
20	7:19.5	Gwenno	Williams	Les Croupiers	W50	Cardiff	5 Jun
21	7:38.8	Amanda	Thompson	Les Croupiers	W50	Cardiff	5 Jun
22	7:48.8	Clare	Johnson	Les Croupiers	W65	Cardiff	22 Jun

Mile

1	5:27.8	Emma	Parry	Wrexham	W35	Bebington	22 Jun
---	--------	------	-------	---------	-----	-----------	--------

3000 Metres

1	9:38.90	Andrea	Whitcombe	Swansea	W40	Winchester	6 Aug
2	10:48.81	Emma	Parry	Wrexham	W35	Stretford	9 Aug
3	11:08.7	Sharon	Leech	Carmarthen	W40	Carmarthen	15 May
4	11:26.0	Jane	Coker	Les Croupiers	W50	Aberdare	17 Aug
5	11:26.1	Libby	O'Duffy	Les Croupiers	W40	Cardiff	22 Jun
6	11:34.8	Helen	Jessop	Les Croupiers	W35	Solihull	7 Aug
7	11:43.8	Jenny	Phillips	Llanelli	W45	Aberdare	17 Aug
8	12:25.9	Helen	MacArthur	Colwyn Bay	W40	Wrexham	21 May
9	12:26.6	Sian	Gifford	Colchester & Tendring	W40	Walthamstow	21 May
10	12:35.8	Pat	Gallagher	Westbury	W65	Aberdare	17 Aug
11	12:35.9	Rhian	Loudon	Newport	W45	Burton	3 Jul
12	13:16.9	Pauline	Williams	Port Talbot	W50	Aberdare	17 Aug
13	13:32.6	Laurie	Griffith	Colwyn Bay	W40	Deeside	14 May
14	13:32.90	Ann	Follan	Rhondda	W35	Aberdare	6 Aug
15	14:24.4	Rebecca	Hambrook	Porthcawl Runnerslife	W60	Solihull	7 Aug
16	16:38.4	Clare	Johnson	Les Croupiers	W65	Cardiff	22 Jun

5000 Metres

1	18:24.7	Emma	Parry	Wrexham	W35	Bebington	18 May
2	19:16.7	Joanne	Donnelly	Trentham	W35	Stoke	3 Apr
3	20:17.62	Helen	MacArthur	Colwyn Bay	W40	Aberdare	30 Jul
4	20:48.51	Mary	Dowell-Jones	Colwyn Bay	W35	Aberdare	30 Jul
5	21:31.8	Joanne	Tucker	Les Croupiers	W35	Cardiff	11 May
6	22:03.78	Laurie	Griffith	Colwyn Bay	W40	Aberdare	30 Jul
7	22:09.0	Pat	Gallagher	Westbury	W65	Cardiff	11 May

8	24:11.87	Catherine	Olivant	Brecon	W35	Brecon	23 Apr
9	24:12.7	Ann	Follan	Rhondda	W35	Cardiff	5 Jun
10	26:20.5	Clare	Johnson	Les Croupiers	W65	Cardiff	11 May
11	28:09.4	Tracey	Newman	Les Croupiers	W40	Cardiff	11 May
12	28:57.3	Muriel	Thomson	Brecon	W50	Cardiff	11 May

80 Metres Hurdles

1	12.80	Amanda	Wale	Wrexham	W40	Horspath	5 Jun
2	14.2	Sharon	Fletcher	Newport	W40	Cardiff	5 Jun

100 Metres Hurdles

1	20.1	Sharon	Fletcher	Newport	W40	Burton	3 Jul
---	------	--------	----------	---------	-----	--------	-------

400 Metres Hurdles

1	76.5	Sharon	Fletcher	Newport	W40	Burton	3 Jul
---	------	--------	----------	---------	-----	--------	-------

1000m Walk

1	7:01.94	Renatte	Prells	Swansea	W50	Deeside	28 Aug
---	---------	---------	--------	---------	-----	---------	--------

2000m Walk

1	14:22.1	Gwenno	Williams	Les Croupiers	W50	Solihull	7 Aug
2	18:21.6	Sarah	James	Rhondda	W35	Solihull	7 Aug

3000m Walk

1	22:23.9	Gwenno	Williams	Les Croupiers	W50	Cardiff	5 Jun
---	---------	--------	----------	---------------	-----	---------	-------

5000m Walk

High Jump

1	1.42	Amanda	Wale	Wrexham	W40	Horspath	5 Jun
2	1.15	Jenny	Phillips	Llanelli	W45	Aberdare	17 Aug
3	1.00	Eirian	Arwyn	Les Croupiers	W55	Solihull	7 Aug
4	0.85	Catherine	Alford	Rhondda	W35	Aberdare	17 Aug

Pole Vault

1	1.00	Kate	Lerwill	Newport	W35	Newport	13 Jul
---	------	------	---------	---------	-----	---------	--------

Long Jump

1	4.87	Amanda	Wale	Wrexham	W40	Deeside	28 Aug
2	3.75	Jenny	Phillips	Llanelli	W45	Cardiff	5 Jun
3	3.72	Rachel	Matthews	Cardiff	W35	Cardiff	11 May
4	3.29	Sian	Gifford	Colchester & Tendring	W40	Walthamstow	21 May
5	3.28	Laura	Gilbert	Unattached	W45	Cardiff	11 May
6	3.18	Sue	Collins	Rhondda	W40	Cardiff	14 May
7	3.01	Natalie	Williams	Rhondda	W35	Cardiff	11 May
8	2.54	Eirian	Arwyn	Les Croupiers	W55	Cardiff	11 May
9	2.52	Angela	Williams	Rhondda	W50	Cardiff	11 May
10	2.44	Renatte	Prells	Swansea	W50	Aberdare	17 Aug
11	2.40	Suzanna	Jones	Rhondda	W35	Cardiff	11 May
12	2.12	Catherine	Alford	Rhondda	W35	Aberdare	17 Aug
13	2.07	Julie	Driscoll	Brecon	W40	Aberdare	17 Aug
14	1.90	Rebecca	Hambrook	Porthcawl Runnerslife	W60	Aberdare	17 Aug
15	1.74	Helen	Cole	Rhondda	W65	Aberdare	17 Aug
16	1.62	Sarah	James	Rhondda	W35	Aberdare	17 Aug

17	1.50	Ann	Follan	Rhondda	W35	Aberdare	17 Aug
18	1.13	Rachel	Pearce	Rhondda	W35	Aberdare	17 Aug

Triple Jump

1	8.48	Kirsten	Waring	Newport	W35	Burton	3 Jul
2	7.87	Jenny	Phillips	Llanelli	W45	Solihull	7 Aug
2	6.01	Sue	Collins	Rhondda	W40	Newport	13 Jul
3	5.62	Eirian	Arwyn	Les Croupiers	W55	Newport	13 Jul
4	4.70	Catherine	Alford	Rhondda	W35	Newport	13 Jul
5	4.36	Helen	Cole	Rhondda	W65	Newport	13 Jul
6	3.88	Kerry	Evans	Rhondda	W35	Newport	13 Jul

Shot

1	9.69	Amanda	Wale	Wrexham	W40	Wrexham	14 Aug
2	9.34	Catherine	Alford	Rhondda	W35	Nuneaton	10 Aug
3	9.09	Beverley	Jones	Gloucester	W35	Deeside	28 Aug
4	8.99i	Karen	Llewelin	Pembroke	W45	Cyncoed	5 Mar
	8.96					Cwmbran	3 Aug
5	8.81	Sharon	Fletcher	Newport	W40	Corby	7 May
6	7.96	Julie	Driscoll	Brecon	W40	Aberdare	30 Jul
7	7.87	Ann	Wrightson	Menai	W5#	Solihull	7 Aug
8	7.83	Jo	Davis	Swansea	W35	Aberdare	30 Jul
9	7.16	Rebecca	Jones-Morris	Menai	W40	Ellesmere Port	4 Sep
10	5.73	Sue	Collins	Rhondda	W40	Cardiff	22 Jun
11	5.25	Kerry	Evans	Rhondda	W35	Cardiff	22 Jun
12	5.23	Sarah	James	Rhondda	W35	Cheltenham	15 May
13	5.22	Sian	Gifford	Colchester & Tendring	W40	Lee Valley	9 Jul
14	4.65	Rachel	Pearce	Rhondda	W35	Aberdare	17 Aug

3kg (50+)

1	10.73	Alyson	Hourihan	Cardiff	W50	Cardiff	5 Jun
2	8.22	Ann	Wrightson	Menai	W5#	Aberdare	17 Aug
3	7.05	Renatte	Prells	Swansea	W50	Aberdare	17 Aug
4	6.99	Eirian	Arwyn	Les Croupiers	W55	Cardiff	5 Jun
5	5.72	Helen	Cole	Rhondda	W65	Cardiff	5 Jun

Discus

1	31.55	Alyson	Hourihan	Cardiff	W50	Aberdare	6 Aug
2	28.22	Beverley	Jones	Gloucester	W35	Birmingham	26 Jun
3	27.18	Catherine	Alford	Rhondda	W35	Nuneaton	10 Aug
4	26.74	Karen	Llewelin	Pembroke	W45	Neath	10 Aug
5	25.03	Julie	Driscoll	Brecon	W40	Cardiff	22 Jun
6	21.67	Jo	Davis	Swansea	W35	Wrexham	21 May
7	18.97	Ann	Wrightson	Menai	W5#	Solihull	7 Aug
8	18.09	Eirian	Arwyn	Les Croupiers	W55	Newport	13 Jul
9	16.60	Sharon	Fletcher	Newport	W40	Wrexham	21 May
10	16.56	Renatte	Prells	Swansea	W50	Wrexham	21 May
11	16.01	Sian	Gifford	Colchester & Tendring	W40	Newham	30 Apr
12	14.93	Sue	Collins	Rhondda	W40	Newport	13 Jul
13	13.62	Sarah	James	Rhondda	W35	Cheltenham	15 May
14	12.40	Kerry	Evans	Rhondda	W35	Cardiff	22 Jun
15	12.37	Laurie	Griffith	Colwyn Bay	W40	Aberdare	6 Aug
16	11.96	Helen	Cole	Rhondda	W65	Cardiff	5 Jun
17	11.36	Laura	Gilbert	Unattached	W45	Cardiff	22 Jun

Hammer

1	33.74	Catherine	Alford	Rhondda	W35	Aberdare	6 Aug
2	31.38	Alyson	Hourihan	Cardiff	W50	Aberdare	6 Aug
3	29.18	Karen	Llewellyn	Pembroke	W45	Wrexham	21 May
4	27.91	Julie	Driscoll	Brecon	W40	Aberdare	6 Aug
5	22.65	Jo	Davis	Swansea	W35	Aberdare	6 Aug
6	18.29	Sarah	James	Rhondda	W35	Cardiff	5 Jun
7	15.29	Sue	Collins	Rhondda	W40	Cardiff	11 May
8	12.62	Kerry	Evans	Rhondda	W35	Cardiff	11 May
9	12.26	Rachel	Pearce	Rhondda	W35	Aberdare	17 Aug

3k (50+)

1	34.40	Alyson	Hourihan	Cardiff	W50	Cardiff	5 Jun
2	27.81	Renatte	Prells	Swansea	W50	Aberdare	17 Aug
3	20.69	Nance	Halling	Rhondda	W50	Cardiff	11 May
4	18.91	Eirian	Arwyn	Les Croupiers	W55	Cardiff	5 Jun
5	17.92	Helen	Cole	Rhondda	W65	Cardiff	5 Jun

Javelin

1	29.07	Jo	Davis	Swansea	W35	Brecon	23 Apr
2	26.81	Amanda	Wale	Wrexham	W40	Deeside	28 Aug
3	19.40	Karen	Llewellyn	Pembroke	W45	Brecon	23 Apr
4	16.71	Suzanna	Jones	Rhondda	W35	Cardiff	11 May
5	16.10	Catherine	Alford	Rhondda	W35	Brecon	23 Apr
6	15.56	Julie	Driscoll	Brecon	W40	Aberdare	30 Jul
7	14.57	Sue	Collins	Rhondda	W40	Cardiff	11 May
8	13.87	Catherine	Alford	Rhondda	W35	Cardiff	11 May
9	13.36	Natalie	Williams	Rhondda	W35	Cardiff	11 May
10	9.70	Kerry	Evans	Rhondda	W35	Newport	13 Jul
11	5.27	Sarah	James	Rhondda	W35	Cardiff	11 May

5k (50+)

1	28.95	Alyson	Hourihan	Cardiff	W50	Cardiff	5 Jun
2	15.24	Eirian	Arwyn	Les Croupiers	W55	Newport	13 Jul
3	14.62	Helen	Cole	Rhondda	W65	Cardiff	5 Jun
4	10.32	Nance	Halling	Rhondda	W50	Cardiff	11 May

Weight

1	10.05	Catherine	Alford	Rhondda	W35	Milton Keynes	12 Jun
2	9.33	Karen	Llewellyn	Pembroke	W45	Birmingham	25 Jun

Outdoor Pentathlon

1	3145	Amanda	Wale	Wrexham	W40	Horspath	5 Jun
---	------	--------	------	---------	-----	----------	-------

Indoor Pentathlon

1	3532i	Amanda	Wale	Wrexham	W40	Gent, Belgium	17 Mar
---	-------	--------	------	---------	-----	---------------	--------

Heptathlon

1	4405	Amanda	Wale	Wrexham	W40	Oxford	10 Sep
---	------	--------	------	---------	-----	--------	--------

4 x 200m Relay

1	1:55.9	Les Croupiers				Newport	13 Jul
---	--------	---------------	--	--	--	---------	--------