

All Your 2020 Results to 4th July - 'May the 4th be with you'!

Name	Group	Gender	Event	Performance	Venue	Meeting	Date
Lee Aherne	V50	M	parkrun	17:14	Bryn Bach	Bryn Bach parkrun # 375	2020-02-01
Lee Aherne	V50	M	parkrun	17:16	Bryn Bach	Bryn Bach parkrun # 379	2020-02-29
Lee Aherne	V50	M	parkrun	17:30	Bryn Bach	Bryn Bach parkrun # 374	2020-01-25
Lee Aherne	V50	M	parkrun	18:07	Bryn Bach	Bryn Bach parkrun # 377	2020-02-15
Lee Aherne	V50	M	8.6KXC	33:56	Chepstow	Start Fitness Gwent League	2020-02-08
Lee Aherne	V50	M	10.35KXC	38:23	Llanelli	Welsh National Championships	2020-02-22
Lee Aherne	V50	M	ZXC	NT	Usk Campus	Gwent Leisure Centre League	2020-02-02
Paul Allen	V70	M	6KXC	33:22	Corwen	British Masters Championships	2020-03-14
Paul Allen	V70	M	7.36KXC	40:20	Llanelli	Welsh National Championships	2020-02-22
Paul Allen	V70	M	10KXC	61:28	Newbold Comyn	Birmingham League Division 1	2020-02-08
Henrietta Anstey	V45	W	200	31.67	Lee Valley	BMAF - British Masters Championships	2020-03-08
Henrietta Anstey	V45	W	200	31.68	Lee Valley	England Masters Inter Area Match	2020-03-01
Henrietta Anstey	V45	W	200	31.89	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Henrietta Anstey	V45	W	200	32.11	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Henrietta Anstey	V45	W	400	71.59	Lee Valley	BMAF - British Masters Championships	2020-03-07
Henrietta Anstey	V45	W	400	73.62	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Henrietta Anstey	V45	W	400	74.77	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Eirian Arwyn	V65	W	parkrun	29:39	Cosmeston Lakes	Cosmeston Lakes parkrun # 12	2020-03-07
Eirian Arwyn	V65	W	parkrun	30:43	Cosmeston Lakes	Cosmeston Lakes parkrun # 11	2020-02-29
Eirian Arwyn	V65	W	parkrun	30:49	Cosmeston Lakes	Cosmeston Lakes parkrun # 9	2020-02-01
Eirian Arwyn	V65	W	parkrun	30:55	Tremorfa	Tremorfa parkrun # 16	2020-02-15
Eirian Arwyn	V65	W	parkrun	31:10	Tremorfa	Tremorfa parkrun # 13	2020-01-25
Eirian Arwyn	V65	W	parkrun	31:34	Tremorfa	Tremorfa parkrun # 19	2020-03-14
Eirian Arwyn	V65	W	parkrun	39:20	Cosmeston Lakes	Cosmeston Lakes parkrun # 7	2020-01-18
Eirian Arwyn	V65	W	parkrun	42:19	Cheltenham	Cheltenham parkrun # 360	2020-01-01
Eirian Arwyn	V65	W	parkrun	42:41	King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01
Eirian Arwyn	V65	W	6.1KXC	37:28	Chepstow	Start Fitness Gwent League	2020-02-08
Eirian Arwyn	V65	W	7.36KXC	45:50	Llanelli	Welsh National Championships	2020-02-22
Brenda Avery	V65	W	5K	25:18	Bristol	Pomphrey 5K	2020-01-28
Brenda Avery	V65	W	parkrun	25:13	Severn Bridge	Severn Bridge parkrun # 66	2020-01-04
Brenda Avery	V65	W	parkrun	26:16	Severn Bridge	Severn Bridge parkrun # 67	2020-01-11
Brenda Avery	V65	W	parkrun	28:29	Mallards Pike	Mallards Pike parkrun # 23	2020-02-29
Brenda Avery	V65	W	parkrun	29:40	Coed Cefn-pwll-du	Coed Cefn-pwll-du parkrun # 3	2020-02-01
Brenda Avery	V65	W	6.1KXC	34:09	Chepstow	Start Fitness Gwent League	2020-02-08
Brenda Avery	V65	W	10KNAD	60:26	Stratford-upon-Avon	Tempo 10K Series	2020-01-19
Brenda Avery	V65	W	8M	70:18	Newport	Lliswerry 8	2020-01-26

Mark Baker	V55	M	parkrun	22:50	Brueton	Brueton parkrun # 493	2020-01-01
Mark Baker	V55	M	9.2KXC	45:25	Gloucester	Birmingham League Division 3	2020-02-08
Mark Baker	V55	M	6.4MXC	54:01	Trentham	Birmingham League Division 3	2020-01-11
Chris Baldwin	V65	M	3.75MXC	29:31	Northop	North Wales Regional Championships	2020-01-04
Chris Baldwin	V65	M	10K	55:42	Ruthin	Ruthin 10K	2020-02-23
Chris Baldwin	V65	M	ZXC	26:59	Oswestry	North Wales Senior League	2020-02-01
Chris Baldwin	V65	M	ZXC	30:47	Shrewsbury	North Wales Senior League	2020-01-11
Paul Bevan	V60	M	parkrun	21:13	Cardiff	Cardiff parkrun # 637	2020-02-08
Paul Bevan	V60	M	parkrun	21:31	Cardiff	Cardiff parkrun # 636	2020-02-01
Christine Birch	V70	W	5MNAD	40:40	Pensarn	Borders League	2020-01-12
Christine Birch	V70	W	ZXC	28:10	Oswestry	North Wales Senior League	2020-02-01
Amanda Broadhurst	V45	W		60	9.74 Sheffield	Masters Grand Prix	2020-02-08
Amanda Broadhurst	V45	W		60	9.75 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Amanda Broadhurst	V45	W		200	32.07 Lee Valley	BMAF - British Masters Championships	2020-03-08
Amanda Broadhurst	V45	W		200	32.33 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Amanda Broadhurst	V45	W		800	2:57.11 Emirates Arena	Scottish National Combined Events / Mæ	2020-02-02
Amanda Broadhurst	V45	W	60HW40		10.88 Emirates Arena	Scottish National Combined Events / Mæ	2020-02-02
Amanda Broadhurst	V45	W	60HW40		11.61 Lee Valley	England Masters Inter Area Match	2020-03-01
Amanda Broadhurst	V45	W	HJ		1.21 Emirates Arena	Scottish National Combined Events / Mæ	2020-02-02
Amanda Broadhurst	V45	W	HJ		1.20 Lee Valley	England Masters Inter Area Match	2020-03-01
Amanda Broadhurst	V45	W	LJ		3.88 Emirates Arena	Scottish National Combined Events / Mæ	2020-02-02
Amanda Broadhurst	V45	W	LJ		3.75 Sheffield	Masters Grand Prix	2020-02-08
Amanda Broadhurst	V45	W	TJ		8.95 Connah's Quay	North Wales Regional Championships	2020-01-12
Amanda Broadhurst	V45	W	SP4K		8.15 Connah's Quay	North Wales Regional Championships	2020-01-12
Amanda Broadhurst	V45	W	SP4K		8.06 Sheffield	Masters Grand Prix	2020-02-08
Amanda Broadhurst	V45	W	SP4K		7.93 Emirates Arena	Scottish National Combined Events / Mæ	2020-02-02
Amanda Broadhurst	V45	W	PenIW45		2690 Emirates Arena	Scottish National Combined Events / Mæ	2020-02-02
Ian Broadhurst	V65	M		60	8.72 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Ian Broadhurst	V65	M		60	8.73 Lee Valley	England Masters Inter Area Match	2020-03-01
Ian Broadhurst	V65	M		200	27.75 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Ian Broadhurst	V65	M		200	27.88 Lee Valley	England Masters Inter Area Match	2020-03-01
Ian Broadhurst	V65	M		200	27.94 Lee Valley	BMAF - British Masters Championships	2020-03-08
Ian Broadhurst	V65	M		400	63.56 Sheffield	Masters Grand Prix	2020-02-08
Ian Broadhurst	V65	M		400	63.75 Emirates Arena	Scottish National Combined Events / Mæ	2020-02-02
Ian Broadhurst	V65	M		400	64.61 Lee Valley	BMAF - British Masters Championships	2020-03-07
Paul Brooks	V70	M	SP4K		8.07 Connah's Quay	North Wales Regional Championships	2020-01-12
Scott Browne	V40	M	8.6KXC	34:32	Chepstow	Start Fitness Gwent League	2020-02-08
Scott Browne	V40	M	10.35KXC	39:32	Llanelli	Welsh National Championships	2020-02-22
Angela Bryant	V55	W		60	9.25 Lee Valley	BMAF - British Masters Championships	2020-03-07

Angela Bryant	V55	W	60	9.48	Sheffield	Masters Grand Prix	2020-02-08
Angela Bryant	V55	W	60	9.59	Sheffield	Masters Grand Prix	2020-02-08
Angela Bryant	V55	W	60	9.65	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Angela Bryant	V55	W	200	31.75	Lee Valley	BMAF - British Masters Championships	2020-03-08
Angela Bryant	V55	W	200	32.58	Sheffield	Masters Grand Prix	2020-02-08
Angela Bryant	V55	W	200	34.54	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Angela Bryant	V55	W	400	88.72	Lee Valley	BMAF - British Masters Championships	2020-03-07
Angela Bryant	V55	W	400	89.93	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Angela Bryant	V55	W	parkrun	43:06	King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01
Angela Bryant	V55	W	parkrun	46:23	Ross-on-Wye	Ross-on-Wye parkrun # 15	2020-02-01
Angela Bryant	V55	W	parkrun	47:02	Cheltenham	Cheltenham parkrun # 360	2020-01-01
Angela Bryant	V55	W	parkrun	48:01	Newent	Newent parkrun # 359	2020-03-14
Angela Bryant	V55	W	parkrun	55:40	Newent	Newent parkrun # 357	2020-02-29
Angela Bryant	V55	W	parkrun	55:45	Newent	Newent parkrun # 355	2020-02-15
Ben Butler-Madden	V35	M	parkrun	15:59	Cardiff	Cardiff parkrun # 636	2020-02-01
Ben Butler-Madden	V35	M	parkrun	16:00	Cardiff	Cardiff parkrun # 632	2020-01-04
Ben Butler-Madden	V35	M	parkrun	16:52	Bushy Park	Bushy Park parkrun # 825	2020-01-11
Ben Butler-Madden	V35	M	parkrun	21:33	Barry Island	Barry Island parkrun # 245	2020-01-25
Ben Butler-Madden	V35	M	parkrun	22:00	Barry Island	Barry Island parkrun # 249	2020-02-29
Ben Butler-Madden	V35	M	10K	32:16	Beachley	Speedway 10K	2020-01-19
Ben Butler-Madden	V35	M	10.35KXC	36:40	Llanelli	Welsh National Championships	2020-02-22
Ben Butler-Madden	V35	M	8M	43:24	Newport	Lliswerry 8	2020-01-26
Ben Butler-Madden	V35	M	10M	55:07	Merthyr Tydfil	San Domenico 10	2020-03-15
Ben Butler-Madden	V35	M	HM	72:48	Barcelona, ESP	Barcelona Half Marathon	2020-02-16
Ben Butler-Madden	V35	M	HM	75:28	Newport	City of Newport Half Marathon	2020-03-01
Ben Butler-Madden	V35	M	HM	77:56	Llanelli	Llanelli Half Marathon	2020-03-08
Kevin Challinor	V55	M	5MNAD	38:37	Pensarn	Borders League	2020-01-12
Kay Chapman	V50	W	parkrun	21:36	Aberdare	Aberdare parkrun # 85	2020-03-14
Kay Chapman	V50	W	parkrun	22:07	Tremorfa	Tremorfa parkrun # 18	2020-03-07
Kay Chapman	V50	W	parkrun	22:34	Cardiff	Cardiff parkrun # 634	2020-01-18
Kay Chapman	V50	W	parkrun	23:15	Penallta	Penallta parkrun # 231	2020-01-01
Kay Chapman	V50	W	parkrun	25:00	Coed Cefn-pwll-du	Coed Cefn-pwll-du parkrun # 6	2020-02-29
Kay Chapman	V50	W	parkrun	27:31	Cardiff	Cardiff parkrun # 631	2020-01-01
Kay Chapman	V50	W	6.1KXC	27:39	Chepstow	Start Fitness Gwent League	2020-02-08
Kay Chapman	V50	W	7.36KXC	34:15	Llanelli	Welsh National Championships	2020-02-22
Owen Cheshier	V35	M	400	56.56	Lee Valley	England Masters Inter Area Match	2020-03-01
Owen Cheshier	V35	M	HJ	1.83	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Owen Cheshier	V35	M	HJ	1.70	Lee Valley	England Masters Inter Area Match	2020-03-01
Ania Ciolek	V35	W	parkrun	22:39	Severn Bridge	Severn Bridge parkrun # 71	2020-02-22

Ania Ciolek	V35	W	parkrun	22:55	Brynaman	Brynaman parkrun # 23	2020-03-14
Ania Ciolek	V35	W	parkrun	23:11	Swansea Bay	Swansea Bay parkrun # 210	2020-01-04
Ania Ciolek	V35	W	parkrun	23:13	Swansea Bay	Swansea Bay parkrun # 216	2020-02-15
Ania Ciolek	V35	W	parkrun	23:21	Swansea Bay	Swansea Bay parkrun # 214	2020-02-01
Ania Ciolek	V35	W	parkrun	23:36	Llyn Llech Owain	Llyn Llech Owain parkrun # 360	2020-03-07
Ania Ciolek	V35	W	parkrun	23:43	Newborough Forest	Newborough Forest parkrun # 78	2020-01-01
Ania Ciolek	V35	W	parkrun	23:57	Swansea Bay	Swansea Bay parkrun # 215	2020-02-08
Ania Ciolek	V35	W	parkrun	24:28	Gnoll	Gnoll parkrun # 211	2020-01-11
Ania Ciolek	V35	W	parkrun	24:28	Llanelli Coast	Llanelli Coast parkrun # 158	2020-01-25
Ania Ciolek	V35	W	parkrun	25:39	Nant y Pandy	Nant y Pandy parkrun # 69	2020-01-01
Ania Ciolek	V35	W	parkrun	31:21	Swansea Bay	Swansea Bay parkrun # 218	2020-02-29
Ania Ciolek	V35	W	10KMT	57:34	Pontrhydyfen	Buff Trail 10K	2020-01-11
Lisa Cleary	V55	W	parkrun	22:40	Cardiff	Cardiff parkrun # 638	2020-02-15
Lisa Cleary	V55	W	parkrun	24:29	Cosmeston Lakes	Cosmeston Lakes parkrun # 6	2020-01-11
Lisa Cleary	V55	W	parkrun	25:15	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
Lisa Cleary	V55	W	parkrun	25:20	Barry Island	Barry Island parkrun # 249	2020-02-29
Lisa Cleary	V55	W	parkrun	25:28	Trelai Park	Trelai Park parkrun # 2	2020-03-14
Lisa Cleary	V55	W	parkrun	25:41	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
Lisa Cleary	V55	W	parkrun	25:42	Barry Island	Barry Island parkrun # 242	2020-01-04
Lisa Cleary	V55	W	parkrun	25:51	Cosmeston Lakes	Cosmeston Lakes parkrun # 7	2020-01-18
Lisa Cleary	V55	W	parkrun	25:59	Coed Cefn-pwll-du	Coed Cefn-pwll-du parkrun # 7	2020-03-07
Lisa Cleary	V55	W	parkrun	28:08	Barry Island	Barry Island parkrun # 246	2020-02-01
Lisa Cleary	V55	W	6.1KXC	30:10	Chepstow	Start Fitness Gwent League	2020-02-08
Lisa Cleary	V55	W	8M	61:39	Newport	Lliswerry 8	2020-01-26
Lisa Cleary	V55	W	10M	82:13	Ystrad Mynach	Pontypridd Reverse 10	2020-02-02
Lisa Cleary	V55	W	Mar	3:57:01	Seville, ESP	MaratÃ³n de Sevilla	2020-02-23
Martyn Cole	V60	M	400	67.60	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Martyn Cole	V60	M	800	2:25.90	Lee Valley	BMAF - British Masters Championships	2020-03-08
Martyn Cole	V60	M	800	2:29.79	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Martyn Cole	V60	M	800	2:29.81	Lee Valley	Southern Counties Veterans AC Champi	2020-02-16
Martyn Cole	V60	M	800	2:33.40	Lee Valley	England Masters Inter Area Match	2020-03-01
Martyn Cole	V60	M	800	2:33.71	Sheffield	Masters Grand Prix	2020-02-08
Martyn Cole	V60	M	1500	5:03.08	Sheffield	Masters Grand Prix	2020-02-08
Martyn Cole	V60	M	1500	5:05.13	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Martyn Cole	V60	M	1500	5:05.23	Lee Valley	England Masters Inter Area Match	2020-03-01
Martyn Cole	V60	M	1500	5:09.89	Lee Valley	BMAF - British Masters Championships	2020-03-07
Peter Coles	V55	M	8.6KXC	35:20	Chepstow	Start Fitness Gwent League	2020-02-08
Maggie Collingborn	V55	W	parkrun	21:26	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
Maggie Collingborn	V55	W	parkrun	22:22	Aberystwyth	Aberystwyth parkrun # 399	2020-03-07

Maggie Collingborn	V55	W	parkrun	22:31	Aberystwyth	Aberystwyth parkrun # 396	2020-02-15
Maggie Collingborn	V55	W	parkrun	23:23	Llanerchaeron	Llanerchaeron parkrun # 98	2020-02-01
Maggie Collingborn	V55	W	parkrun	23:26	Chester	Chester parkrun # 180	2020-01-01
Maggie Collingborn	V55	W	parkrun	23:28	Aberystwyth	Aberystwyth parkrun # 393	2020-01-25
Maggie Collingborn	V55	W	parkrun	24:21	Aberystwyth	Aberystwyth parkrun # 395	2020-02-08
Maggie Collingborn	V55	W	parkrun	24:39	Delamere	Delamere parkrun # 351	2020-02-29
Maggie Collingborn	V55	W	parkrun	25:33	Ellesmere Port	Ellesmere Port parkrun # 270	2020-01-01
Maggie Collingborn	V55	W	7.36KXC	34:24	Llanelli	Welsh National Championships	2020-02-22
Maggie Collingborn	V55	W	HMMT	2:22:35	Coed Y Brenin	Buff Winter Trail Half Marathon	2020-01-18
Emma Collins	V55	W	parkrun	22:13	Nova Prestatyn	Nova Prestatyn parkrun # 7	2020-01-25
Emma Collins	V55	W	parkrun	23:49	Wepre	Wepre parkrun # 190	2020-01-01
Emma Collins	V55	W	9.4KNAD	41:16	Wrexham	Borders League	2020-03-15
Emma Collins	V55	W	10K	43:49	Chester	Chester 10K	2020-03-08
Emma Collins	V55	W	10M	74:16	Rhyl	Rhyl 10	2020-02-22
Emma Collins	V55	W	ZXC	22:59	Oswestry	North Wales Senior League	2020-02-01
Emma Collins	V55	W	ZXC	25:05	Shrewsbury	North Wales Senior League	2020-01-11
Claudia Cubbage	V45	W	PV	2.11	Lee Valley	England Masters Inter Area Match	2020-03-01
Claudia Cubbage	V45	W	PV	NH	Carshalton	Vault London	2020-02-09
Claudia Cubbage	V45	W	SP4K	8.95	Lee Valley	England Masters Inter Area Match	2020-03-01
Austin Davies	V60	M		800 2:39.72	Lee Valley	BMAF - British Masters Championships	2020-03-08
Austin Davies	V60	M		800 2:42.10	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Austin Davies	V60	M		3000 12:09.91	Lee Valley	England Masters Inter Area Match	2020-03-01
Helen-Marie Davies	V40	W		3000 11:12.01	Lee Valley	England Masters Inter Area Match	2020-03-01
Helen-Marie Davies	V40	W	6.1KXC	25:29	Chepstow	Start Fitness Gwent League	2020-02-08
Helen-Marie Davies	V40	W	7.36KXC	31:25	Llanelli	Welsh National Championships	2020-02-22
Helen-Marie Davies	V40	W	5.6MMT	35:20	Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc \	2020-01-12
Helen-Marie Davies	V40	W	5.6MXC	39:17	Margam Park	West Glamorgan League	2020-02-02
Neil Davies	V50	M		400 63.72	Sheffield	Masters Grand Prix	2020-02-08
Neil Davies	V50	M		400 66.99	Lee Valley	England Masters Inter Area Match	2020-03-01
Neil Davies	V50	M		400 67.42	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Neil Davies	V50	M	HJ	1.40	Connah's Quay	North Wales Regional Championships	2020-01-12
Neil Davies	V50	M	LJ	4.47	Connah's Quay	North Wales Regional Championships	2020-01-12
Neil Davies	V50	M	LJ	3.94	Lee Valley	England Masters Inter Area Match	2020-03-01
Neil Davies	V50	M	SP6K	9.67	Connah's Quay	North Wales Regional Championships	2020-01-12
Neil Davies	V50	M	SP6K	9.57	Lee Valley	England Masters Inter Area Match	2020-03-01
Roderick Davies	V60	M		60 9.32	Swansea	West Wales Championships	2020-01-12
Roderick Davies	V60	M		60 9.38	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Roderick Davies	V60	M		200 31.97	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Roderick Davies	V60	M	LJ	3.70	Swansea	West Wales Championships	2020-01-11

Stephen Davies	V60	M	parkrun	24:01	Clumber Park	Clumber Park parkrun # 338	2020-02-01
Stephen Davies	V60	M	parkrun	24:10	Mansfield	Mansfield parkrun # 382	2020-03-07
Stephen Davies	V60	M	parkrun	24:34	Sherwood Pines	Sherwood Pines parkrun # 214	2020-01-18
Stephen Davies	V60	M	parkrun	24:36	Brierley Forest	Brierley Forest parkrun # 170	2020-01-25
Stephen Davies	V60	M	parkrun	24:43	Forest Rec	Forest Rec parkrun # 344	2020-03-14
Stephen Davies	V60	M	parkrun	24:46	Poolsbrook	Poolsbrook parkrun # 200	2020-01-11
Stephen Davies	V60	M	parkrun	25:58	Bestwood Village	Bestwood Village parkrun # 159	2020-02-08
Stephen Davies	V60	M	HM	1:47:06	Greenwich	Vitality Big Half Marathon	2020-03-01
Stephen Davies	V50	M	8.6KXC	40:18	Chepstow	Start Fitness Gwent League	2020-02-08
Stephen Davies	V50	M	5.6MMT	39:07	Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc \	2020-01-12
Stephen Davies	V50	M	5.6MXC	41:39	Margam Park	West Glamorgan League	2020-02-02
Stephen Davies	V50	M	6.4MMT	65:07	Penarth	CF64 Winter 6.4	2020-01-19
Stephen Davies	V50	M	10.35KXC	47:02	Llanelli	Welsh National Championships	2020-02-22
Sue Davies	V55	W	1500	6:23.66	Lee Valley	England Masters Inter Area Match	2020-03-01
Sue Davies	V55	W	parkrun	23:32	Shrewsbury	Shrewsbury parkrun # 292	2020-01-04
Sue Davies	V55	W	6KXC	30:53	Corwen	British Masters Championships	2020-03-14
Sue Davies	V55	W	6.1KXC	30:02	Chepstow	Start Fitness Gwent League	2020-02-08
Sue Davies	V55	W	ZXC	41:23	Presteigne	Herefordshire League	2020-02-02
Brett Davis	V55	M	400	60.02	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Brett Davis	V55	M	400	60.10	Lee Valley	BMAF - British Masters Championships	2020-03-07
Brett Davis	V55	M	800	2:17.69	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Brett Davis	V55	M	800	2:18.47	Lee Valley	BMAF - British Masters Championships	2020-03-08
Brett Davis	V55	M	800	2:19.29	Lee Valley	England Masters Inter Area Match	2020-03-01
Brett Davis	V55	M	parkrun	21:02	Riverfront	Riverfront parkrun # 157	2020-01-11
Brett Davis	V55	M	parkrun	21:17	Barnstaple	Barnstaple parkrun # 364	2020-01-04
Brett Davis	V55	M	parkrun	21:19	Riverfront	Riverfront parkrun # 161	2020-02-22
Brett Davis	V55	M	parkrun	21:30	Newport	Newport parkrun # 457	2020-01-01
Brett Davis	V55	M	parkrun	22:14	Newport	Newport parkrun # 463	2020-02-08
Susan Davis	V55	W	parkrun	29:28	Riverfront	Riverfront parkrun # 157	2020-01-11
Susan Davis	V55	W	parkrun	33:37	Newport	Newport parkrun # 463	2020-02-08
Brian Dias	V35	M	200	31.73	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Brian Dias	V35	M	200	32.29	Lee Valley	BMAF - British Masters Championships	2020-03-08
Brian Dias	V35	M	400	70.61	Lee Valley	BMAF - British Masters Championships	2020-03-07
Brian Dias	V35	M	400	72.36	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Brian Dias	V35	M	800	2:41.99	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Brian Dias	V35	M	800	2:43.30	Lee Valley	BMAF - British Masters Championships	2020-03-08
Brian Dias	V35	M	1500	5:34.92	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Brian Dias	V35	M	LJ	3.65	Lee Valley	BMAF - British Masters Championships	2020-03-07
Brian Dias	V35	M	LJ	3.58	Lee Valley	England Masters Inter Area Match	2020-03-01

Brian Dias	V35	M	parkrun	20:56	Porthcawl	Porthcawl parkrun # 348	2020-01-04
Brian Dias	V35	M	parkrun	21:05	Cardiff	Cardiff parkrun # 631	2020-01-01
Brian Dias	V35	M	parkrun	21:26	Riverfront	Riverfront parkrun # 155	2020-01-01
Brian Dias	V35	M	parkrun	21:29	Porthcawl	Porthcawl parkrun # 349	2020-01-11
Brian Dias	V35	M	parkrun	21:34	Cardiff	Cardiff parkrun # 636	2020-02-01
Brian Dias	V35	M	8.6KXC	39:43	Chepstow	Start Fitness Gwent League	2020-02-08
Brian Dias	V35	M	10.35KXC	49:14	Llanelli	Welsh National Championships	2020-02-22
Elizabeth Driver	V60	W	HM	1:43:31	Ras Al Khaimah, UAE	Ras Al Khaimah Half Marathon	2020-02-21
Elizabeth Driver	V60	W	Mar	3:39:07	Dubai, UAE	Standard Chartered Dubai Marathon	2020-01-24
Elizabeth Driver	V60	W	Mar	3:43:13	Sliema, MLT	GIG Malta Marathon	2020-03-01
Paul Edwards	V45	M	parkrun	23:01	Grangemoor	Grangemoor parkrun # 224	2020-02-22
Paul Edwards	V45	M	parkrun	23:18	Pontypridd	Pontypridd parkrun # 296	2020-01-25
Paul Edwards	V45	M	parkrun	23:19	Cardiff	Cardiff parkrun # 637	2020-02-08
Paul Edwards	V45	M	parkrun	23:42	Barry Island	Barry Island parkrun # 251	2020-03-14
Paul Edwards	V45	M	parkrun	24:03	Cardiff	Cardiff parkrun # 634	2020-01-18
Paul Edwards	V45	M	parkrun	24:33	Cardiff	Cardiff parkrun # 633	2020-01-11
Paul Edwards	V45	M	parkrun	25:16	Cardiff	Cardiff parkrun # 632	2020-01-04
Paul Edwards	V45	M	HM	1:56:26	Newport	City of Newport Half Marathon	2020-03-01
Mark Ellery	V55	M		60	8.47 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Mark Ellery	V55	M		60	8.49 Lee Valley	BMAF - British Masters Championships	2020-03-07
Mark Ellery	V55	M		200	28.65 Lee Valley	BMAF - British Masters Championships	2020-03-08
Mark Ellery	V55	M		200	28.72 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Jason Elworthy	V45	M	SP7.26K		5.48 Cardiff	Welsh Athletics Senior Championships	2020-01-25
Jason Elworthy	V45	M	parkrun	56:59	Barry Island	Barry Island parkrun # 250	2020-03-07
Jason Elworthy	V45	M	parkrun	57:30	Barry Island	Barry Island parkrun # 244	2020-01-18
Jason Elworthy	V45	M	parkrun	1:00:47	Barry Island	Barry Island parkrun # 249	2020-02-29
Jason Elworthy	V45	M	parkrun	1:01:13	Barry Island	Barry Island parkrun # 242	2020-01-04
Jason Elworthy	V45	M	parkrun	1:11:24	Barry Island	Barry Island parkrun # 241	2020-01-01
Huw Evans	V45	M		1500	4:41.00 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Huw Evans	V45	M	parkrun	16:50	Aberbeeg	Aberbeeg parkrun # 61	2020-01-25
Huw Evans	V45	M	parkrun	17:56	Lydney	Lydney parkrun # 218	2020-02-15
Huw Evans	V45	M	8KXC	30:37	Corwen	British Masters Championships	2020-03-14
Huw Evans	V45	M	8.1KXC	29:42	Old Down	Gloucestershire League	2020-03-01
Huw Evans	V45	M	8.6KXC	31:28	Chepstow	Start Fitness Gwent League	2020-02-08
Huw Evans	V45	M	10KXC	37:24	Rendcombe College	Gloucestershire County Championships	2020-01-04
Huw Evans	V45	M	10.35KXC	36:50	Llanelli	Welsh National Championships	2020-02-22
John Evans	V85	M		60	11.51 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
John Evans	V85	M		60	11.63 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
John Evans	V85	M		200	42.74 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23

John Evans	V85	M	200	45.28	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
John Evans	V85	M	LJ	2.75	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
John Evans	V85	M	TJ	5.83	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Matthew Evans	V35	M	3000	9:43.74	Lee Valley	BMAF - British Masters Championships	2020-03-08
Matthew Evans	V35	M	parkrun	16:59	Bryn Bach	Bryn Bach parkrun # 372	2020-01-04
Matthew Evans	V35	M	10.35KXC	37:56	Llanelli	Welsh National Championships	2020-02-22
Paul Evans	V40	M	5K	30:53	Llanelwedd	Builth Wells Resolution 5K	2020-01-19
Paul Evans	V40	M	parkrun	33:06	Groe	Groe parkrun # 46	2020-02-01
Sarah Everitt	V50	W	parkrun	20:20	Eastville	Eastville parkrun # 107	2020-01-01
Sarah Everitt	V50	W	parkrun	20:54	Eastville	Eastville parkrun # 116	2020-03-07
Sarah Everitt	V50	W	parkrun	20:55	Eastville	Eastville parkrun # 117	2020-03-14
Sarah Everitt	V50	W	parkrun	21:28	Eastville	Eastville parkrun # 115	2020-02-29
Sarah Everitt	V50	W	parkrun	21:45	Eastville	Eastville parkrun # 114	2020-02-22
Sarah Everitt	V50	W	5.7KXC	24:20	Yeovil	South West Inter County Championship	2020-01-05
Sarah Everitt	V50	W	10K	41:24	Chichester	Chichester 10K at Goodwood	2020-02-02
Paul Flynn	V50	M	parkrun	25:50	Swansea Bay	Swansea Bay parkrun # 215	2020-02-08
Paul Flynn	V50	M	4MMT	23:24	Kenfig	Prince of Wales New Years Day 4	2020-01-01
Paul Flynn	V50	M	5.6MMT	33:37	Eglwys Nynydd	Tata Steel Round the Reservoir 5.6 (Inc \	2020-01-12
Paul Flynn	V50	M	5.6MXC	36:15	Margam Park	West Glamorgan League	2020-02-02
Paul Flynn	V50	M	10.35KXC	52:43	Llanelli	Welsh National Championships	2020-02-22
Paul Flynn	V50	M	HM	82:51	Llanelli	Llanelli Half Marathon	2020-03-08
Steven Forsyth	V40	M	parkrun	16:21	Wolverhampton	Wolverhampton parkrun # 354	2020-01-01
Steven Forsyth	V40	M	parkrun	16:36	Wolverhampton	Wolverhampton parkrun # 359	2020-02-01
Steven Forsyth	V40	M	parkrun	16:53	Wolverhampton	Wolverhampton parkrun # 361	2020-02-15
Steven Forsyth	V40	M	parkrun	17:08	Penrhyn	Penrhyn parkrun # 256	2020-01-25
Steven Forsyth	V40	M	parkrun	17:31	Nova Prestatyn	Nova Prestatyn parkrun # 5	2020-01-04
Steven Forsyth	V40	M	5MNAD	26:46	Pensarn	Borders League	2020-01-12
Steven Forsyth	V40	M	9.4KNAD	31:22	Wrexham	Borders League	2020-03-15
Steven Forsyth	V40	M	10K	33:04	Llandudno	Twin Piers 10K	2020-01-18
Steven Forsyth	V40	M	10K	34:09	Partington	Trafford 10K	2020-03-01
Steven Forsyth	V40	M	10M	58:21	Rhyl	Rhyl 10	2020-02-22
Lisa Franklin	V50	W	SP4K	7.36	Swansea	West Wales Championships	2020-01-12
Dorothy Fraser	V80	W	60	15.03	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Dorothy Fraser	V80	W	60	15.07	Lee Valley	BMAF - British Masters Championships	2020-03-07
Dorothy Fraser	V80	W	60	16.01	Lee Valley	Southern Counties Veterans AC Champi	2020-02-16
Dorothy Fraser	V80	W	200	55.18	Lee Valley	BMAF - British Masters Championships	2020-03-08
Dorothy Fraser	V80	W	200	57.12	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Dorothy Fraser	V80	W	200	62.01	Lee Valley	Southern Counties Veterans AC Champi	2020-02-16
Joanne Frost	V40	W	60	8.10	Birmingham (PB)	Midland Counties Open Series	2020-01-19

Joanne Frost	V40	W		60	8.26	Loughborough	Loughborough Students AC Open	2020-01-11
Joanne Frost	V40	W		60	8.26	Loughborough	Loughborough Students AC Open	2020-01-11
Joanne Frost	V40	W	LJ		5.13	Birmingham (PB)	Midland Counties Open Series	2020-01-18
Chris Fulcher	V50	M	parkrun	21:01		Gnoll	Gnoll parkrun # 210	2020-01-04
Pat Gallagher	V70	W		60	12.33	Lee Valley	England Masters Inter Area Match	2020-03-01
Pat Gallagher	V70	W		800	3:55.42	Lee Valley	BMAF - British Masters Championships	2020-03-08
Lee Garland	V45	M	4.9MMT	30:58		LâAncresse	Summer Full Course Time Trial	2020-06-28
Melanie Garland	V55	W		60	9.04	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Melanie Garland	V55	W		60	9.04	Lee Valley	BMAF - British Masters Championships	2020-03-07
Melanie Garland	V55	W		60	9.10	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Melanie Garland	V55	W		60	9.10	Sheffield	Masters Grand Prix	2020-02-08
Melanie Garland	V55	W		200	31.01	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Melanie Garland	V55	W		200	31.12	Sheffield	Masters Grand Prix	2020-02-08
Melanie Garland	V55	W		200	31.12	Lee Valley	BMAF - British Masters Championships	2020-03-08
Melanie Garland	V55	W		200	31.24	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Melanie Garland	V55	W	60HW50		12.26	Lee Valley	England Masters Inter Area Match	2020-03-01
Melanie Garland	V55	W	HJ		1.30	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Melanie Garland	V55	W	HJ		1.30	Lee Valley	England Masters Inter Area Match	2020-03-01
Melanie Garland	V55	W	HJ		1.30	Lee Valley	BMAF - British Masters Championships	2020-03-07
Melanie Garland	V55	W	LJ		4.81	Lee Valley	BMAF - British Masters Championships	2020-03-07
Melanie Garland	V55	W	LJ		4.59	Sheffield	Masters Grand Prix	2020-02-08
Melanie Garland	V55	W	LJ		4.55	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Melanie Garland	V55	W	LJ		4.50	Lee Valley	England Masters Inter Area Match	2020-03-01
Melanie Garland	V55	W	LJ		4.38	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Melanie Garland	V55	W	TJ		9.57	Lee Valley	BMAF - British Masters Championships	2020-03-08
Melanie Garland	V55	W	TJ		9.09	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Melanie Garland	V55	W	TJ		8.73	Lee Valley	England Masters Inter Area Match	2020-03-01
Melanie Garland	V55	W	SP3K		7.89	Lee Valley	England Masters Inter Area Match	2020-03-01
Melanie Garland	V55	W	SP3K		7.68	Sheffield	Masters Grand Prix	2020-02-08
Melanie Garland	V55	W	DT1K		19.50	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
David George	V50	M		42195	3:59:56	Barry	Barry Marathon / 40	2020-03-01
David George	V50	M	parkrun	21:40		East Park	East Park parkrun # 11	2020-01-25
David George	V50	M	parkrun	23:06		Swansea Bay	Swansea Bay parkrun # 211	2020-01-11
David George	V50	M	parkrun	23:09		Llanelli Coast	Llanelli Coast parkrun # 157	2020-01-18
David George	V50	M	parkrun	23:13		Cardiff	Cardiff parkrun # 632	2020-01-04
David George	V50	M	parkrun	23:30		Cardiff	Cardiff parkrun # 639	2020-02-22
David George	V50	M	parkrun	23:32		Gloucester North	Gloucester North parkrun # 222	2020-03-14
David George	V50	M	parkrun	23:59		Riverfront	Riverfront parkrun # 162	2020-02-29
David George	V50	M	parkrun	24:22		King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01

David George	V50	M	parkrun	24:27	Cardiff	Cardiff parkrun # 638	2020-02-15
David George	V50	M	parkrun	24:32	Coed Cefn-pwll-du	Coed Cefn-pwll-du parkrun # 4	2020-02-08
David George	V50	M	parkrun	24:44	Cardiff	Cardiff parkrun # 636	2020-02-01
David George	V50	M	parkrun	25:26	Cheltenham	Cheltenham parkrun # 360	2020-01-01
David George	V50	M	HM	1:47:31	Llanelli	Llanelli Half Marathon	2020-03-08
David George	V50	M	HM	1:47:43	Wokingham	Wokingham Half Marathon	2020-02-23
Kelly Gipson	V50	W	3000	13:08.07	Lee Valley	England Masters Inter Area Match	2020-03-01
Kelly Gipson	V50	W	parkrun	22:29	Swansea Bay	Swansea Bay parkrun # 213	2020-01-25
Kelly Gipson	V50	W	parkrun	23:04	Swansea Bay	Swansea Bay parkrun # 212	2020-01-18
Kelly Gipson	V50	W	parkrun	26:52	Gunpowder	Gunpowder parkrun # 435	2020-02-29
Kelly Gipson	V50	W	7.36KXC	37:21	Llanelli	Welsh National Championships	2020-02-22
Kelly Gipson	V50	W	5.6MMT	44:54	Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc \	2020-01-12
Kelly Gipson	V50	W	5.6MXC	48:27	Margam Park	West Glamorgan League	2020-02-02
Kelly Gipson	V50	W	20M	2:50:55	Merthyr Tydfil	San Domenico 20	2020-03-15
David Glendower	V50	M	SP6K	7.83	Lee Valley	BMAF - British Masters Championships	2020-03-08
David Glendower	V50	M	SP6K	7.34	Lee Valley	Lee Valley New Year Open	2020-01-01
David Glendower	V50	M	WT11.34K	9.01	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
Dave Gordon	V50	M	PV	3.21	Lee Valley	England Masters Inter Area Match	2020-03-01
Jon Grainger	V55	M	400	63.11	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Jon Grainger	V55	M	800	2:17.45	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Jon Grainger	V55	M	1500	4:43.47	Lee Valley	England Masters Inter Area Match	2020-03-01
Jon Grainger	V55	M	3000	10:32.49	Lee Valley	England Masters Inter Area Match	2020-03-01
Jon Grainger	V55	M	parkrun	18:16	Southampton	Southampton parkrun # 394	2020-01-11
Jon Grainger	V55	M	8KXC	34:50	Corwen	British Masters Championships	2020-03-14
Jon Grainger	V55	M	12KXC	47:15	Curdrige	Hampshire County Championships	2020-01-04
Martin Green	V45	M	parkrun	17:05	Hasenheide, GER	Hasenheide parkrun # 110	2020-01-25
Martin Green	V45	M	parkrun	17:39	Conwy	Conwy parkrun # 257	2020-01-11
Martin Green	V45	M	parkrun	20:29	Conwy	Conwy parkrun # 263	2020-02-29
Martin Green	V45	M	5MNAD	27:47	Pensarn	Borders League	2020-01-12
Martin Green	V45	M	9.4KNAD	31:17	Wrexham	Borders League	2020-03-15
Martin Green	V45	M	10K	32:32	Llandudno	Twin Piers 10K	2020-01-18
Martin Green	V45	M	6.25MXC	36:27	Northop	North Wales Regional Championships	2020-01-04
Martin Green	V45	M	10M	59:04	Rhyl	Rhyl 10	2020-02-22
Martin Green	V45	M	HM	81:08	Anglesey	Anglesey Island Half Marathon	2020-03-01
Martin Green	V45	M	20M	1:53:14	Wrexham	Wrexham Freedom 20	2020-03-08
Donald Hale	V65	M	60	11.32	Connah's Quay	North Wales Regional Championships	2020-01-12
Donald Hale	V65	M	5KMT	23:18	Deganwy	NYD Resolution Run 5K	2020-01-01
Donald Hale	V65	M	parkrun	23:45	Conwy	Conwy parkrun # 259	2020-01-25
Donald Hale	V65	M	parkrun	23:55	Conwy	Conwy parkrun # 261	2020-02-08

Donald Hale	V65	M	parkrun	23:59	Conwy	Conwy parkrun # 257	2020-01-11
Donald Hale	V65	M	parkrun	23:59	Conwy	Conwy parkrun # 264	2020-03-07
Donald Hale	V65	M	parkrun	24:03	Conwy	Conwy parkrun # 265	2020-03-14
Donald Hale	V65	M	parkrun	24:31	Conwy	Conwy parkrun # 260	2020-02-01
Donald Hale	V65	M	parkrun	24:31	Conwy	Conwy parkrun # 263	2020-02-29
Donald Hale	V65	M	3.75MXC	29:38	Northop	North Wales Regional Championships	2020-01-04
Donald Hale	V65	M	10K	49:15	Llandudno	Twin Piers 10K	2020-01-18
Donald Hale	V65	M	10M	89:55	Rhyl	Rhyl 10	2020-02-22
Donald Hale	V65	M	HM	2:16:21	Anglesey	Anglesey Island Half Marathon	2020-03-01
Annette Hames	V60	W		1500 6:15.00	Lee Valley	England Masters Inter Area Match	2020-03-01
Annette Hames	V60	W		3000 12:51.83	Lee Valley	England Masters Inter Area Match	2020-03-01
Annette Hames	V60	W	parkrun	21:57	Newcastle	Newcastle parkrun # 503	2020-03-14
Annette Hames	V60	W	parkrun	22:09	Newcastle	Newcastle parkrun # 502	2020-03-07
Annette Hames	V60	W	parkrun	22:22	Leazes	Leazes parkrun # 20	2020-01-11
Annette Hames	V60	W	parkrun	22:25	Newcastle	Newcastle parkrun # 497	2020-01-25
Annette Hames	V60	W	parkrun	22:29	Newcastle	Newcastle parkrun # 498	2020-02-08
Annette Hames	V60	W	parkrun	22:42	Riverside	Riverside parkrun # 382	2020-01-01
Annette Hames	V60	W	parkrun	22:54	Newcastle	Newcastle parkrun # 496	2020-01-18
Annette Hames	V60	W	parkrun	23:02	Herrington Country	Herrington Country parkrun # 26	2020-01-01
Annette Hames	V60	W	parkrun	23:16	Jesmond Dene	Jesmond Dene parkrun # 16	2020-02-01
Annette Hames	V60	W	parkrun	23:30	Jesmond Dene	Jesmond Dene parkrun # 19	2020-02-22
Haydn Hartnell	V55	M	parkrun	21:09	Aberbeeg	Aberbeeg parkrun # 65	2020-03-07
Haydn Hartnell	V55	M	10.35KXC	46:47	Llanelli	Welsh National Championships	2020-02-22
Haydn Hartnell	V55	M	8M	54:14	Newport	Lliswerry 8	2020-01-26
Haydn Hartnell	V55	M	ZXC	NT	Penallt	Gwent Leisure Centre League	2020-01-05
Haydn Hartnell	V55	M	ZXC	NT	Usk Campus	Gwent Leisure Centre League	2020-02-02
Haydn Hartnell	V55	M	ZXC	NT	Rogerstone	Gwent Leisure Centre League	2020-03-08
Warwick Helps	V40	M	5KMT	18:19	Castel	Chertsey House Series 5K	2020-03-15
Warwick Helps	V40	M	4.75MXC	32:38	L'Ancrese	Guernsey New Years Open	2020-01-01
Warwick Helps	V40	M	5M	31:41	L'Ancrese	Chertsey House Series 5	2020-02-02
Warwick Helps	V40	M	12KXC	49:31	Curdridge	Hampshire County Championships	2020-01-04
Warwick Helps	V40	M	10M	62:21	St Peter Port	Chertsey House Series 10	2020-03-01
Graham Holder	V45	M	SP7.26K	10.56	Lee Valley	BMAF - British Masters Championships	2020-03-08
Graham Holder	V45	M	WT15.88K	13.89	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
Graham Holder	V45	M	HT7.26K	48.68	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
Iris Holder	V75	W		60 11.39	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Iris Holder	V75	W		60 11.57	Lee Valley	BMAF - British Masters Championships	2020-03-07
Iris Holder	V75	W	LJ	2.78	Lee Valley	England Masters Inter Area Match	2020-03-01
Iris Holder	V75	W	LJ	2.58	Cardiff	Non Thomas New Year Open inc. South	2020-01-19

Iris Holder	V75	W	TJ	6.35	Lee Valley	BMAF - British Masters Championships	2020-03-08
John Horsman	V65	M	parkrun	24:21	Aberystwyth	Aberystwyth parkrun # 395	2020-02-08
John Horsman	V65	M	parkrun	24:41	Milford Waterfront	Milford Waterfront parkrun # 28	2020-03-14
John Horsman	V65	M	parkrun	24:57	Tremorfa	Tremorfa parkrun # 18	2020-03-07
John Horsman	V65	M	parkrun	25:30	Milford Waterfront	Milford Waterfront parkrun # 21	2020-01-18
John Horsman	V65	M	parkrun	25:49	Milford Waterfront	Milford Waterfront parkrun # 26	2020-02-29
John Horsman	V65	M	parkrun	25:59	Milford Waterfront	Milford Waterfront parkrun # 23	2020-02-01
John Horsman	V65	M	parkrun	27:12	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
John Horsman	V65	M	parkrun	27:21	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
John Horsman	V65	M	parkrun	28:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
John Horsman	V65	M	10K	52:39	Valencia, ESP	10K Valencia Ibercaja	2020-01-12
John Horsman	V65	M	HM	1:54:07	Llanelli	Llanelli Half Marathon	2020-03-08
John Horsman	V65	M	HM	2:10:03	Tregaron	Ras Cors Caron Half Marathon	2020-02-16
Mark Horsman	V40	M	parkrun	17:29	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
Mark Horsman	V40	M	parkrun	17:51	Cardiff	Cardiff parkrun # 632	2020-01-04
Mark Horsman	V40	M	parkrun	18:27	Llyn Llech Owain	Llyn Llech Owain parkrun # 356	2020-02-01
Mark Horsman	V40	M	parkrun	18:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
Mark Horsman	V40	M	8.6KXC	31:50	Chepstow	Start Fitness Gwent League	2020-02-08
Mark Horsman	V40	M	10K	33:14	Beachley	Speedway 10K	2020-01-19
Mark Horsman	V40	M	10K	33:25	Valencia, ESP	10K Valencia Ibercaja	2020-01-12
Mark Horsman	V40	M	10.35KXC	36:53	Llanelli	Welsh National Championships	2020-02-22
Mark Horsman	V40	M	11.2KXC	47:32	Loughborough	CAU Inter County Championships (Inc Br	2020-03-07
Mark Horsman	V40	M	HM	77:17	Llanelli	Llanelli Half Marathon	2020-03-08
Mark Horsman	V40	M	HM	83:33	Tregaron	Ras Cors Caron Half Marathon	2020-02-16
Geran Hughes	V50	M	parkrun	18:35	Conwy	Conwy parkrun # 264	2020-03-07
Geran Hughes	V50	M	parkrun	18:41	Conwy	Conwy parkrun # 263	2020-02-29
Geran Hughes	V50	M	8KXC	33:15	Corwen	British Masters Championships	2020-03-14
Geran Hughes	V50	M	10K	38:09	Llandudno	Twin Piers 10K	2020-01-18
Geran Hughes	V50	M	6.25MXC	39:52	Northop	North Wales Regional Championships	2020-01-04
Geran Hughes	V50	M	ZXC	32:46	Shrewsbury	North Wales Senior League	2020-01-11
Geran Hughes	V50	M	ZXC	36:31	Oswestry	North Wales Senior League	2020-02-01
Ian Humphreys	V55	M	parkrun	27:23	Cardiff	Cardiff parkrun # 636	2020-02-01
Ian Humphreys	V55	M	parkrun	27:55	Burnham and Highbridge	Burnham and Highbridge parkrun # 237	2020-01-11
Ian Humphreys	V55	M	parkrun	27:58	Burnham and Highbridge	Burnham and Highbridge parkrun # 238	2020-01-18
Steve Ingram	V45	M	HJ	1.55	Swansea	West Wales Championships	2020-01-11
Steve Ingram	V45	M	SP7.26K	9.06	Swansea	West Wales Championships	2020-01-12
Tim Iveson	V35	M	5K	17:05	Llanelwedd	Builth Wells Resolution 5K	2020-01-19
Tim Iveson	V35	M	parkrun	17:19	Groe	Groe parkrun # 41	2020-01-01
Tim Iveson	V35	M	parkrun	17:45	Groe	Groe parkrun # 50	2020-02-29

Tim Iveson	V35	M	10.35KXC	36:26	Llanelli	Welsh National Championships	2020-02-22
Tim Iveson	V35	M	11.2KXC	45:19	Loughborough	CAU Inter County Championships (Inc Br	2020-03-07
Tim Iveson	V35	M	HM	76:53	Llanelli	Llanelli Half Marathon	2020-03-08
Richard Jackson-Hooki	V35	M	parkrun	15:56	Cardiff	Cardiff parkrun # 632	2020-01-04
Richard Jackson-Hooki	V35	M	parkrun	15:56	Cardiff	Cardiff parkrun # 633	2020-01-11
Richard Jackson-Hooki	V35	M	parkrun	16:48	Grangemoor	Grangemoor parkrun # 220	2020-01-25
Richard Jackson-Hooki	V35	M	10K	32:06	Beachley	Speedway 10K	2020-01-19
Richard Jackson-Hooki	V35	M	10.35KXC	37:42	Llanelli	Welsh National Championships	2020-02-22
Richard Jackson-Hooki	V35	M	10M	54:29	Ystrad Mynach	Pontypridd Reverse 10	2020-02-02
Mel James	V75	M	60	10.07	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Mel James	V75	M	200	34.82	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Jeanette Jenkins	V55	W	parkrun	22:57	Geographe Bay, AUS	Geographe Bay parkrun # 272	2020-02-22
Jeanette Jenkins	V55	W	parkrun	23:03	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
Jeanette Jenkins	V55	W	parkrun	23:06	Geographe Bay, AUS	Geographe Bay parkrun # 273	2020-02-29
Jeanette Jenkins	V55	W	parkrun	23:16	Rockingham, AUS	Rockingham parkrun # 355	2020-02-08
Jeanette Jenkins	V55	W	parkrun	23:25	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Jeanette Jenkins	V55	W	parkrun	24:17	Pontypool	Pontypool parkrun # 310	2020-01-04
Jeanette Jenkins	V55	W	parkrun	25:14	Mt Clarence, AUS	Mt Clarence parkrun # 289	2020-02-15
Jeanette Jenkins	V55	W	parkrun	25:49	Pontypool	Pontypool parkrun # 311	2020-01-11
Jeanette Jenkins	V55	W	parkrun	28:44	Pontypool	Pontypool parkrun # 313	2020-01-25
Jeanette Jenkins	V55	W	parkrun	32:48	Cwmbran	Cwmbran parkrun # 189	2020-03-14
Jeanette Jenkins	V55	W	8M	60:02	Newport	Lliswerry 8	2020-01-26
Jeanette Jenkins	V55	W	ZXC	NT	Penallt	Gwent Leisure Centre League	2020-01-05
Gary John	V65	M	parkrun	23:55	Riverfront	Riverfront parkrun # 158	2020-01-25
Gary John	V65	M	parkrun	25:26	Cardiff	Cardiff parkrun # 641	2020-03-14
Gary John	V65	M	parkrun	26:14	Cosmeston Lakes	Cosmeston Lakes parkrun # 7	2020-01-18
Gary John	V65	M	4.2MMT	47:45	Monmouth	Kymin Winter Race 4.2	2020-01-04
Gary John	V65	M	10M	87:05	Cardiff	Les Croupiers Handicap 10	2020-02-02
Eleri Jones	V35	W	60	8.48	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Eleri Jones	V35	W	60	8.50	Lee Valley	England Masters Inter Area Match	2020-03-01
Eleri Jones	V35	W	60	8.56	Lee Valley	BMAF - British Masters Championships	2020-03-07
Eleri Jones	V35	W	200	28.89	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Eleri Jones	V35	W	200	29.07	Lee Valley	BMAF - British Masters Championships	2020-03-08
Eleri Jones	V35	W	200	29.35	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Lee Jones	V50	M	6.25MXC	37:02	Northop	North Wales Regional Championships	2020-01-04
Llinos Jones	V35	W	800	2:32.22	Lee Valley	England Masters Inter Area Match	2020-03-01
Llinos Jones	V35	W	1500	5:03.86	Lee Valley	England Masters Inter Area Match	2020-03-01
Llinos Jones	V35	W	1500	5:07.89	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Llinos Jones	V35	W	parkrun	18:34	Llanelli Coast	Llanelli Coast parkrun # 160	2020-02-08

Llinos Jones	V35	W	parkrun	18:40	Swansea Bay	Swansea Bay parkrun # 220	2020-03-14
Llinos Jones	V35	W	parkrun	19:21	Llanelli Coast	Llanelli Coast parkrun # 157	2020-01-18
Llinos Jones	V35	W	parkrun	19:26	Cardiff	Cardiff parkrun # 631	2020-01-01
Llinos Jones	V35	W	parkrun	19:27	Brynaman	Brynaman parkrun # 17	2020-01-25
Llinos Jones	V35	W	parkrun	19:30	Swansea Bay	Swansea Bay parkrun # 211	2020-01-11
Llinos Jones	V35	W	parkrun	19:55	Penallta	Penallta parkrun # 231	2020-01-01
Llinos Jones	V35	W	parkrun	20:34	Llyn Llech Owain	Llyn Llech Owain parkrun # 359	2020-02-29
Llinos Jones	V35	W	parkrun	20:48	Brynaman	Brynaman parkrun # 15	2020-01-04
Llinos Jones	V35	W	parkrun	21:15	Llyn Llech Owain	Llyn Llech Owain parkrun # 360	2020-03-07
Llinos Jones	V35	W	7.36KXC	29:40	Llanelli	Welsh National Championships	2020-02-22
Llinos Jones	V35	W	HM	85:35	Llanelli	Llanelli Half Marathon	2020-03-08
Llinos Jones	V35	W	HM	89:06	Tregaron	Ras Cors Caron Half Marathon	2020-02-16
Richard Jones	V45	M	parkrun	16:17	Riverfront	Riverfront parkrun # 156	2020-01-04
Richard Jones	V45	M	10.35KXC	37:33	Llanelli	Welsh National Championships	2020-02-22
Richard Jones	V45	M	8M	43:49	Newport	Lliswerry 8	2020-01-26
Tegid Jones	V40	M	parkrun	17:01	Oxford	Oxford parkrun # 416	2020-01-01
Tegid Jones	V40	M	8.85KXC	33:54	Lawns Park	Oxfordshire Cross Country League	2020-02-02
Tegid Jones	V40	M	9.12KXC	35:56	Henley Showground	Oxfordshire Cross Country League	2020-03-01
Tegid Jones	V40	M	11.2KXC	44:12	Loughborough	CAU Inter County Championships (Inc Br	2020-03-07
Sean Kelly	V40	M	parkrun	18:16	Penallta	Penallta parkrun # 233	2020-01-11
Sean Kelly	V40	M	parkrun	18:19	Pontypridd	Pontypridd parkrun # 299	2020-02-15
Sean Kelly	V40	M	parkrun	18:39	Merthyr	Merthyr parkrun # 140	2020-02-29
Sean Kelly	V40	M	parkrun	18:53	Knowsley	Knowsley parkrun # 156	2020-01-01
Sean Kelly	V40	M	parkrun	19:12	Gnoll	Gnoll parkrun # 213	2020-01-25
Sean Kelly	V40	M	parkrun	20:08	Brynaman	Brynaman parkrun # 22	2020-03-07
Sean Kelly	V40	M	8KXC	33:42	Corwen	British Masters Championships	2020-03-14
Sean Kelly	V40	M	8.6KXC	33:45	Chepstow	Start Fitness Gwent League	2020-02-08
Sean Kelly	V40	M	6.4MMT	41:06	Penarth	CF64 Winter 6.4	2020-01-19
Sean Kelly	V40	M	10.35KXC	39:13	Llanelli	Welsh National Championships	2020-02-22
Sean Kelly	V40	M	10M	63:21	Merthyr Tydfil	San Domenico 10	2020-03-15
Sean Kelly	V40	M	10M	64:05	Ystrad Mynach	Pontypridd Reverse 10	2020-02-02
Louise Kirby	V50	W		60	9.33 Lee Valley	BMAF - British Masters Championships	2020-03-07
Louise Kirby	V50	W		60	9.58 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Louise Kirby	V50	W		200	31.25 Lee Valley	BMAF - British Masters Championships	2020-03-08
Louise Kirby	V50	W		200	32.22 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Louise Kirby	V50	W		400	73.12 Lee Valley	England Masters Inter Area Match	2020-03-01
Louise Kirby	V50	W		400	74.06 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Louise Kirby	V50	W		400	75.86 Lee Valley	BMAF - British Masters Championships	2020-03-07
Louise Kirby	V50	W	parkrun	27:51	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01

Louise Kirby	V50	W	parkrun	28:36	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Edward Land	V40	M	parkrun	17:21	Aberystwyth	Aberystwyth parkrun # 389	2020-01-01
Edward Land	V40	M	parkrun	19:00	Aberystwyth	Aberystwyth parkrun # 395	2020-02-08
Edward Land	V40	M	parkrun	19:15	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
Edward Land	V40	M	parkrun	19:18	Aberystwyth	Aberystwyth parkrun # 393	2020-01-25
Edward Land	V40	M	parkrun	19:26	Aberystwyth	Aberystwyth parkrun # 399	2020-03-07
Edward Land	V40	M	parkrun	19:57	Aberystwyth	Aberystwyth parkrun # 391	2020-01-11
Edward Land	V40	M	parkrun	20:27	Aberystwyth	Aberystwyth parkrun # 394	2020-02-01
Edward Land	V40	M	10M	59:06	Rhyl	Rhyl 10	2020-02-22
Edward Land	V40	M	HM	78:45	Newport	City of Newport Half Marathon	2020-03-01
Edward Land	V40	M	HMMT	96:56	Coed Y Brenin	Buff Winter Trail Half Marathon	2020-01-18
Sharon Leech	V45	W	parkrun	20:07	Swansea Bay	Swansea Bay parkrun # 215	2020-02-08
Sharon Leech	V45	W	parkrun	20:10	Llanelli Coast	Llanelli Coast parkrun # 155	2020-01-04
Sharon Leech	V45	W	parkrun	20:21	Swansea Bay	Swansea Bay parkrun # 218	2020-02-29
Sharon Leech	V45	W	10M	68:49	Ystrad Mynach	Pontypridd Reverse 10	2020-02-02
Elio Lepore	V65	M		1500 5:24.12	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Elio Lepore	V65	M	parkrun	19:42	Cardiff	Cardiff parkrun # 640	2020-03-07
Elio Lepore	V65	M	parkrun	19:46	Cardiff	Cardiff parkrun # 633	2020-01-11
Elio Lepore	V65	M	parkrun	19:59	Cardiff	Cardiff parkrun # 635	2020-01-25
Elio Lepore	V65	M	parkrun	20:00	Cardiff	Cardiff parkrun # 639	2020-02-22
Elio Lepore	V65	M	parkrun	20:04	Cardiff	Cardiff parkrun # 636	2020-02-01
Elio Lepore	V65	M	6.1KXC	25:37	Chepstow	Start Fitness Gwent League	2020-02-08
Adrian Lewis	V45	M		800 2:19.05	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Adrian Lewis	V45	M	parkrun	17:58	Cardiff	Cardiff parkrun # 631	2020-01-01
Adrian Lewis	V45	M	parkrun	18:11	Aberdare	Aberdare parkrun # 76	2020-01-04
Adrian Lewis	V45	M	parkrun	18:13	Aberdare	Aberdare parkrun # 85	2020-03-14
Adrian Lewis	V45	M	parkrun	18:23	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Adrian Lewis	V45	M	parkrun	18:31	Aberdare	Aberdare parkrun # 83	2020-02-29
Adrian Lewis	V45	M	parkrun	18:45	Aberdare	Aberdare parkrun # 84	2020-03-07
Adrian Lewis	V45	M	parkrun	18:51	Aberystwyth	Aberystwyth parkrun # 396	2020-02-15
Adrian Lewis	V45	M	parkrun	18:57	Aberdare	Aberdare parkrun # 79	2020-02-01
Adrian Lewis	V45	M	parkrun	18:59	Aberdare	Aberdare parkrun # 77	2020-01-11
Adrian Lewis	V45	M	parkrun	19:12	Hereford	Hereford parkrun # 264	2020-01-25
Adrian Lewis	V45	M	parkrun	35:02	Pontypridd	Pontypridd parkrun # 295	2020-01-18
Adrian Lewis	V45	M	8.6KXC	34:37	Chepstow	Start Fitness Gwent League	2020-02-08
Adrian Lewis	V45	M	10.35KXC	40:56	Llanelli	Welsh National Championships	2020-02-22
Sion Lewis	V35	M	parkrun	16:49	Aberystwyth	Aberystwyth parkrun # 389	2020-01-01
Sion Lewis	V35	M	7.8KXC	29:19	Trent Park	Start Fitness Metropolitan League	2020-02-08
Sion Lewis	V35	M	8.1KXC	30:45	Alexandra Palace	Start Fitness Metropolitan League	2020-01-11

Sion Lewis	V35	M	HM	82:54	Greenwich	Vitality Big Half Marathon	2020-03-01
Lee Llewellyn	V40	M	8M	57:34	Newport	Lliswerry 8	2020-01-26
Margaret Ludden	V55	W	6KXC	31:25	Corwen	British Masters Championships	2020-03-14
Margaret Ludden	V55	W	3.75MXC	29:23	Northop	North Wales Regional Championships	2020-01-04
Margaret Ludden	V55	W	5MNAD	39:02	Pensarn	Borders League	2020-01-12
Margaret Ludden	V55	W	9.4KNAD	46:00	Wrexham	Borders League	2020-03-15
Margaret Ludden	V55	W	10K	46:41	Llandudno	Twin Piers 10K	2020-01-18
Helen Lutley	V70	W		800 3:39.91	Lee Valley	England Masters Inter Area Match	2020-03-01
Helen Lutley	V70	W		1500 7:16.56	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Helen Lutley	V70	W	parkrun	27:19	Llanerchaeron	Llanerchaeron parkrun # 103	2020-03-14
Helen Lutley	V70	W	parkrun	27:23	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
Helen Lutley	V70	W	parkrun	27:29	Llanerchaeron	Llanerchaeron parkrun # 98	2020-02-01
Helen Lutley	V70	W	parkrun	27:35	Llanerchaeron	Llanerchaeron parkrun # 95	2020-01-11
Helen Lutley	V70	W	parkrun	27:47	Llanerchaeron	Llanerchaeron parkrun # 97	2020-01-25
Helen Lutley	V70	W	parkrun	27:56	Llanerchaeron	Llanerchaeron parkrun # 100	2020-02-22
Helen Lutley	V70	W	HM	2:12:05	Llanelli	Llanelli Half Marathon	2020-03-08
Brian MacBride	V60	M		60 8.93	Lee Valley	BMAF - British Masters Championships	2020-03-07
Brian MacBride	V60	M		200 30.91	Lee Valley	BMAF - British Masters Championships	2020-03-08
Brian MacBride	V60	M		200 30.92	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
David Marginson	V60	M		60 8.68	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
David Marginson	V60	M		200 28.70	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Richard Marks	V70	M		1500 5:45.23	Lee Valley	England Masters Inter Area Match	2020-03-01
Richard Marks	V70	M	parkrun	22:37	Llanerchaeron	Llanerchaeron parkrun # 100	2020-02-22
Richard Marks	V70	M	parkrun	23:03	Llanerchaeron	Llanerchaeron parkrun # 96	2020-01-18
Richard Marks	V70	M	parkrun	23:23	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
Caroline Marler	V65	W		200 34.49	Lee Valley	England Masters Inter Area Match	2020-03-01
Rachel Matthews	V45	W	parkrun	22:57	Penallta	Penallta parkrun # 237	2020-02-08
Rachel Matthews	V45	W	parkrun	25:53	Coed Cefn-pwll-du	Coed Cefn-pwll-du parkrun # 2	2020-01-25
Kieran McDonnell	V60	M		60 8.89	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Kieran McDonnell	V60	M		200 28.90	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Kieran McDonnell	V60	M		400 62.17	Lee Valley	England Masters Inter Area Match	2020-03-01
Alison McLellan	V35	W		60 8.69	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Alison McLellan	V35	W		60 8.73	Connah's Quay	North Wales Regional Championships	2020-01-12
Alison McLellan	V35	W		60 8.83	Sheffield	Masters Grand Prix	2020-02-08
Alison McLellan	V35	W		60 8.90	Sheffield	Masters Grand Prix	2020-02-08
Alison McLellan	V35	W		200 28.33	Lee Valley	England Masters Inter Area Match	2020-03-01
Alison McLellan	V35	W		200 28.48	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Alison McLellan	V35	W		200 28.64	Sheffield	Masters Grand Prix	2020-02-08
Alison McLellan	V35	W	LJ	4.14	Lee Valley	England Masters Inter Area Match	2020-03-01

Alison McLellan	V35	W	TJ	8.85	Lee Valley	England Masters Inter Area Match	2020-03-01
Jeremy Mower	V50	M	40Miles	4:54:29	Barry	Barry Marathon / 40	2020-03-01
Jeremy Mower	V50	M	5K	17:40	Bristol	Pomphrey 5K	2020-01-28
Jeremy Mower	V50	M	5K	17:44	Bristol	Pomphrey 5K	2020-02-25
Jeremy Mower	V50	M	5M	28:22	Cheltenham	Linda Franks 5	2020-01-19
Jeremy Mower	V50	M	9KXC	36:54	Telford	Birmingham League Division 2	2020-02-08
Jeremy Mower	V50	M	10K	36:47	Bourton	Bourton 10K	2020-02-23
Jeremy Mower	V50	M	10KXC	37:09	Coventry	Birmingham League Division 2	2020-01-11
Jeremy Mower	V50	M	10KXC	41:17	Rendcombe College	Gloucestershire County Championships	2020-01-04
Jeremy Mower	V50	M	10M	59:13	Staverton	Staverton 10	2020-01-26
Jeremy Mower	V50	M	20M	2:06:34	Gloucester	Gloucester 20	2020-03-15
Gillian Murphy	V65	W	parkrun	26:38	Cardiff	Cardiff parkrun # 635	2020-01-25
Gillian Murphy	V65	W	parkrun	28:27	Cardiff	Cardiff parkrun # 632	2020-01-04
Gillian Murphy	V65	W	parkrun	29:42	Cardiff	Cardiff parkrun # 631	2020-01-01
Gillian Murphy	V65	W	6.1KXC	36:19	Chepstow	Start Fitness Gwent League	2020-02-08
Gillian Murphy	V65	W	6.4MMT	68:01	Penarth	CF64 Winter 6.4	2020-01-19
Mike Murphy	V65	M	parkrun	20:24	Cardiff	Cardiff parkrun # 632	2020-01-04
Mike Murphy	V65	M	parkrun	20:38	Cardiff	Cardiff parkrun # 633	2020-01-11
Mike Murphy	V65	M	parkrun	21:15	Cardiff	Cardiff parkrun # 640	2020-03-07
Mike Murphy	V65	M	parkrun	24:54	Cardiff	Cardiff parkrun # 631	2020-01-01
Mike Murphy	V65	M	6.1KXC	28:11	Chepstow	Start Fitness Gwent League	2020-02-08
Mike Murphy	V65	M	7.36KXC	33:43	Llanelli	Welsh National Championships	2020-02-22
Mike Murphy	V65	M	6.4MMT	48:53	Penarth	CF64 Winter 6.4	2020-01-19
Mike Murphy	V65	M	10M	72:09	Cardiff	Les Croupiers Handicap 10	2020-02-02
Alison Murray	V50	W	HJ	1.30	Carshalton	South London Athletic Network Open M	2020-01-04
Alison Murray	V50	W	PV	2.67	Carshalton	Vault London	2020-02-09
Dash Newington	V35	W	800	3:06.25	Athlone, IRL	Irish Life Health National Combined Eve	2020-01-18
Dash Newington	V35	W	60HW	11.29	Athlone, IRL	Irish Life Health National Combined Eve	2020-01-18
Dash Newington	V35	W	60HW	11.58	Lee Valley	BMAF - British Masters Championships	2020-03-07
Dash Newington	V35	W	60HW	11.99	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Dash Newington	V35	W	3000W	20:51.84	Lee Valley	BMAF - British Masters Championships	2020-03-08
Dash Newington	V35	W	HJ	1.44	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Dash Newington	V35	W	HJ	1.42	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Dash Newington	V35	W	HJ	1.40	Athlone, IRL	Irish Life Health National Combined Eve	2020-01-18
Dash Newington	V35	W	HJ	1.40	Lee Valley	BMAF - British Masters Championships	2020-03-07
Dash Newington	V35	W	HJ	1.40	Grangemouth	Grangemouth Open Graded Meeting	2020-03-11
Dash Newington	V35	W	HJ	1.40	Sportcity	Sale Harriers Open Series	2020-03-15
Dash Newington	V35	W	HJ	1.35	Sportcity	Sale Harriers Open Series	2020-01-05
Dash Newington	V35	W	HJ	1.31	Gateshead	North East Counties Championships	2020-02-15

Dash Newington	V35	W	HJ	1.30	Grangemouth	Grangemouth Open Graded Meeting	2020-01-08
Dash Newington	V35	W	PV	2.54	Emirates Arena	Scottish National U17 / Senior Champion	2020-01-26
Dash Newington	V35	W	PV	2.45	Gateshead	Gateshead Harriers Open Series	2020-03-12
Dash Newington	V35	W	PV	2.45	Sportcity	Sale Harriers Open Series	2020-03-15
Dash Newington	V35	W	PV	2.41	Sportcity	Vault Manchester	2020-02-01
Dash Newington	V35	W	PV	2.40	Gateshead	Gateshead Harriers Open Series	2020-02-06
Dash Newington	V35	W	PV	2.40	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Dash Newington	V35	W	PV	2.40	Lee Valley	BMAF - British Masters Championships	2020-03-07
Dash Newington	V35	W	PV	2.40	Grangemouth	Grangemouth Open Graded Pole Vault	2020-03-10
Dash Newington	V35	W	PV	2.37	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Dash Newington	V35	W	PV	2.30	Grangemouth	Grangemouth Open Graded Pole Vault	2020-01-07
Dash Newington	V35	W	PV	2.30	Grangemouth	Grangemouth Open Graded Meeting	2020-01-08
Dash Newington	V35	W	PV	2.20	Gateshead	Gateshead Harriers Open Series	2020-01-16
Dash Newington	V35	W	PV	2.00	Sportcity	Sale Harriers Open Series	2020-01-05
Dash Newington	V35	W	LJ	4.64	Gateshead	North East Counties Championships	2020-02-15
Dash Newington	V35	W	LJ	4.47	Lee Valley	BMAF - British Masters Championships	2020-03-07
Dash Newington	V35	W	LJ	4.46	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Dash Newington	V35	W	LJ	4.36	Sportcity	Sale Harriers Open Series	2020-03-15
Dash Newington	V35	W	LJ	4.24	Athlone, IRL	Irish Life Health National Combined Eve	2020-01-18
Dash Newington	V35	W	LJ	4.01	Sportcity	Sale Harriers Open Series	2020-01-05
Dash Newington	V35	W	LJ	4.01	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Dash Newington	V35	W	TJ	9.75	Sportcity	Sale Harriers Open Series	2020-03-15
Dash Newington	V35	W	TJ	9.66	Lee Valley	BMAF - British Masters Championships	2020-03-08
Dash Newington	V35	W	TJ	9.56	Emirates Arena	Scottish National Combined Events / Ma	2020-02-02
Dash Newington	V35	W	TJ	9.46	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Dash Newington	V35	W	TJ	9.18	Gateshead	North East Counties Championships	2020-02-15
Dash Newington	V35	W	SP4K	6.46	Gateshead	North East Counties Championships	2020-02-15
Dash Newington	V35	W	SP4K	5.97	Athlone, IRL	Irish Life Health National Combined Eve	2020-01-18
Dash Newington	V35	W	WT9.08K	7.80	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-07
Dash Newington	V35	W	HT4K	23.25	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-07
Dash Newington	V35	W	JT600	14.94	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
Dash Newington	V35	W	PenIW35	2159	Athlone, IRL	Irish Life Health National Combined Eve	2020-01-18
Doug Nicholls	V40	M		1500 4:27.65	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Doug Nicholls	V40	M		3000 9:40.22	Lee Valley	England Masters Inter Area Match	2020-03-01
Doug Nicholls	V40	M	parkrun	17:05	Cardiff	Cardiff parkrun # 632	2020-01-04
Doug Nicholls	V40	M	parkrun	17:14	Cardiff	Cardiff parkrun # 640	2020-03-07
Doug Nicholls	V40	M	parkrun	17:17	Cardiff	Cardiff parkrun # 634	2020-01-18
Doug Nicholls	V40	M	parkrun	17:35	Cardiff	Cardiff parkrun # 639	2020-02-22
Doug Nicholls	V40	M	parkrun	17:52	Cardiff	Cardiff parkrun # 637	2020-02-08

Doug Nicholls	V40	M	10KXC	41:19	RAF Halton	Sefton Brankner Cup (Inc RAF V Police)	2020-01-15
Charlie Northey	V50	M	5K	20:56	Llanellwedd	Builth Wells Resolution 5K	2020-01-19
Charlie Northey	V50	M	parkrun	21:15	Eastbourne	Eastbourne parkrun # 425	2020-01-01
Charlie Northey	V50	M	8.6KXC	39:56	Chepstow	Start Fitness Gwent League	2020-02-08
Patricia Oakes	V70	W	LJ	2.44	Lee Valley	BMAF - British Masters Championships	2020-03-07
Patricia Oakes	V70	W	TJ	5.58	Lee Valley	BMAF - British Masters Championships	2020-03-08
Patricia Oakes	V70	W	SP3K	6.01	Lee Valley	England Masters Inter Area Match	2020-03-01
Derek Osborne	V55	M	1000	3:31.64	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Derek Osborne	V55	M	60HM50	11.09	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Derek Osborne	V55	M	HJ	1.38	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Derek Osborne	V55	M	LJ	4.57	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Derek Osborne	V55	M	SP6K	8.67	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Derek Osborne	V55	M	PenIM55	3002	Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Derek Osborne	V55	M	parkrun	21:28	Aberbeeg	Aberbeeg parkrun # 60	2020-01-18
Derek Osborne	V55	M	parkrun	21:30	Groe	Groe parkrun # 41	2020-01-01
Derek Osborne	V55	M	parkrun	22:46	Groe	Groe parkrun # 50	2020-02-29
Derek Osborne	V55	M	8.6KXC	42:27	Chepstow	Start Fitness Gwent League	2020-02-08
Clive Osmond	V55	M	parkrun	22:47	Grangemoor	Grangemoor parkrun # 226	2020-03-07
Clive Osmond	V55	M	4.2MMT	44:56	Monmouth	Kymin Winter Race 4.2	2020-01-04
Clive Osmond	V55	M	8.6KXC	42:49	Chepstow	Start Fitness Gwent League	2020-02-08
Clive Osmond	V55	M	10.35KXC	49:54	Llanelli	Welsh National Championships	2020-02-22
Clive Osmond	V55	M	10M	79:56	Cardiff	Les Croupiers Handicap 10	2020-02-02
Clive Osmond	V55	M	HM	1:46:35	Gloucester	Gloucester Winter Half Marathon	2020-01-19
Georgie Parnell	V35	W	400	64.37	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Georgie Parnell	V35	W	800	2:27.82	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Georgie Parnell	V35	W	parkrun	18:34	Whiteley	Whiteley parkrun # 149	2020-01-25
Georgie Parnell	V35	W	6KXC	23:41	Corwen	British Masters Championships	2020-03-14
Georgie Parnell	V35	W	6.1KXC	24:09	Chepstow	Start Fitness Gwent League	2020-02-08
Georgie Parnell	V35	W	6.3KXC	25:39	Old Down	Gloucestershire League	2020-03-01
Stuart Pearce	V40	M	60	7.95	Lee Valley	England Masters Inter Area Match	2020-03-01
Stuart Pearce	V40	M	60	8.04	Lee Valley	BMAF - British Masters Championships	2020-03-07
Stuart Pearce	V40	M	60	8.12	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Stuart Pearce	V40	M	200	26.44	Lee Valley	BMAF - British Masters Championships	2020-03-08
Stuart Pearce	V40	M	200	26.61	Lee Valley	England Masters Inter Area Match	2020-03-01
Andy Peet	V50	M	ZXC	33:16	Grace Dieu	Derby Runner League Division Leicester	2020-01-26
Stuart Penny	V55	M	parkrun	19:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
Stuart Penny	V55	M	parkrun	19:46	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
Stuart Penny	V55	M	parkrun	28:25	Severn Bridge	Severn Bridge parkrun # 66	2020-01-04
Stuart Penny	V55	M	8.6KXC	35:28	Chepstow	Start Fitness Gwent League	2020-02-08

Stuart Penny	V55	M	10.35KXC	41:23	Llanelli	Welsh National Championships	2020-02-22
Stuart Penny	V55	M	20K	81:09	Berkeley	20/20 Fission 20K	2020-03-14
John Peters	V45	M	5MXC	28:39	Lancing	Sussex County Masters' Championships	2020-01-18
Jenny Phillips	V50	W	parkrun	22:55	Brynaman	Brynaman parkrun # 17	2020-01-25
Jenny Phillips	V50	W	parkrun	23:00	Llyn Llech Owain	Llyn Llech Owain parkrun # 352	2020-01-04
Jenny Phillips	V50	W	5.6MMT	40:42	Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc \	2020-01-12
Jenny Phillips	V50	W	5.6MXC	44:36	Margam Park	West Glamorgan League	2020-02-02
Keith Powell	V55	M		60	8.59 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Keith Powell	V55	M		200	28.35 Lee Valley	BMAF - British Masters Championships	2020-03-08
Keith Powell	V55	M		200	30.01 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Keith Powell	V55	M		1000	4:31.41 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Keith Powell	V55	M	60HM50		16.65 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Keith Powell	V55	M	HJ		1.32 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Keith Powell	V55	M	PV		2.50 Lee Valley	BMAF - British Masters Championships	2020-03-08
Keith Powell	V55	M	LJ		4.42 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Keith Powell	V55	M	LJ	NM	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Keith Powell	V55	M	SP6K		7.98 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Keith Powell	V55	M	PenIM55		1824 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Robert Prady	V40	M	8.6KXC	32:45	Chepstow	Start Fitness Gwent League	2020-02-08
Robert Prady	V40	M	10.35KXC	39:49	Llanelli	Welsh National Championships	2020-02-22
Robert Prady	V40	M	11.2KXC	47:21	Loughborough	CAU Inter County Championships (Inc Br	2020-03-07
Glyn Price	V50	M	60HM50		11.05 Lee Valley	England Masters Inter Area Match	2020-03-01
Glyn Price	V50	M	HJ		1.45 Lee Valley	England Masters Inter Area Match	2020-03-01
Glyn Price	V50	M	PV		3.86 Cardiff	Welsh Athletics Senior Championships	2020-01-25
Glyn Price	V50	M	PV		3.85 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Glyn Price	V50	M	PV		3.81 Lee Valley	England Masters Inter Area Match	2020-03-01
Glyn Price	V50	M	PV		3.72 Cardiff	Vault Cardiff	2020-03-08
Sean Price	V55	M	parkrun	20:12	Aberbeeg	Aberbeeg parkrun # 66	2020-03-14
Sean Price	V55	M	parkrun	20:27	Cardiff	Cardiff parkrun # 635	2020-01-25
Sean Price	V55	M	parkrun	20:44	Bryn Bach	Bryn Bach parkrun # 376	2020-02-08
Sean Price	V55	M	parkrun	21:21	Pontypridd	Pontypridd parkrun # 297	2020-02-01
Sean Price	V55	M	parkrun	22:14	Pontypridd	Pontypridd parkrun # 293	2020-01-04
Sean Price	V55	M	parkrun	28:35	Riverfront	Riverfront parkrun # 155	2020-01-01
Sean Price	V55	M	parkrun	29:18	Pontypridd	Pontypridd parkrun # 294	2020-01-11
Sean Price	V55	M	10.35KXC	45:23	Llanelli	Welsh National Championships	2020-02-22
Sean Price	V55	M	10M	72:25	Cardiff	Les Croupiers Handicap 10	2020-02-02
David Proffitt	V65	M	parkrun	29:59	Riverfront	Riverfront parkrun # 156	2020-01-04
David Proffitt	V65	M	HM	2:15:54	Newport	City of Newport Half Marathon	2020-03-01
Chris Pruski	V65	M	parkrun	27:01	Swansea Bay	Swansea Bay parkrun # 220	2020-03-14

Chris Pruski	V65	M	parkrun	27:50	Swansea Bay	Swansea Bay parkrun # 219	2020-03-07
Chris Pruski	V65	M	parkrun	28:15	Swansea Bay	Swansea Bay parkrun # 217	2020-02-22
Chris Pruski	V65	M	parkrun	30:23	Swansea Bay	Swansea Bay parkrun # 216	2020-02-15
Glyndwr Pugh	V55	M	SP6K	9.64	Lee Valley	BMAF - British Masters Championships	2020-03-08
Glyndwr Pugh	V55	M	WT11.34K	11.51	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
Glyndwr Pugh	V55	M	DT1.5K	28.21	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-07
Glyndwr Pugh	V55	M	HT6K	32.62	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
Phil Rees	V75	M	HJ	0.90	Lee Valley	BMAF - British Masters Championships	2020-03-07
Phil Rees	V75	M	LJ	2.44	Lee Valley	BMAF - British Masters Championships	2020-03-07
Phil Rees	V75	M	TJ	5.52	Lee Valley	BMAF - British Masters Championships	2020-03-08
Phil Rees	V75	M	HT4K	16.59	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-07
Lee Richards	V35	M		200 25.50	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Mike Robbins	V55	M	parkrun	20:57	Chester	Chester parkrun # 180	2020-01-01
Mike Robbins	V55	M	parkrun	22:00	Wepre	Wepre parkrun # 196	2020-02-08
Mike Robbins	V55	M	parkrun	22:07	Wepre	Wepre parkrun # 194	2020-01-25
Mike Robbins	V55	M	parkrun	22:08	Wepre	Wepre parkrun # 195	2020-02-01
Mike Robbins	V55	M	parkrun	22:11	Wepre	Wepre parkrun # 199	2020-02-29
Mike Robbins	V55	M	parkrun	22:13	Wepre	Wepre parkrun # 192	2020-01-11
Mike Robbins	V55	M	parkrun	22:20	Wepre	Wepre parkrun # 190	2020-01-01
Mike Robbins	V55	M	parkrun	22:26	Wepre	Wepre parkrun # 197	2020-02-15
Mike Robbins	V55	M	parkrun	22:34	Wepre	Wepre parkrun # 198	2020-02-22
Mike Robbins	V55	M	parkrun	22:35	Wepre	Wepre parkrun # 200	2020-03-07
Mike Robbins	V55	M	5MNAD	32:32	Pensarn	Borders League	2020-01-12
Mike Robbins	V55	M	9.4KNAD	36:40	Wrexham	Borders League	2020-03-15
Mike Robbins	V55	M	10K	39:19	Llandudno	Twin Piers 10K	2020-01-18
Mike Robbins	V55	M	6.25MXC	43:21	Northop	North Wales Regional Championships	2020-01-04
Barrie Roberts	V75	M		400 96.66	Lee Valley	England Masters Inter Area Match	2020-03-01
Barrie Roberts	V75	M		800 3:36.42	Lee Valley	England Masters Inter Area Match	2020-03-01
Barrie Roberts	V75	M	parkrun	28:10	Cannon Hill	Cannon Hill parkrun # 482	2020-03-07
Barrie Roberts	V75	M	parkrun	28:11	Walsall Arboretum	Walsall Arboretum parkrun # 417	2020-02-15
Barrie Roberts	V75	M	parkrun	28:25	Cannon Hill	Cannon Hill parkrun # 477	2020-01-25
Barrie Roberts	V75	M	parkrun	28:28	Cannon Hill	Cannon Hill parkrun # 478	2020-02-01
Barrie Roberts	V75	M	parkrun	28:57	Cannon Hill	Cannon Hill parkrun # 475	2020-01-11
Barrie Roberts	V75	M	parkrun	29:21	Cannon Hill	Cannon Hill parkrun # 476	2020-01-18
Barrie Roberts	V75	M	parkrun	29:46	Cannon Hill	Cannon Hill parkrun # 474	2020-01-04
Barrie Roberts	V75	M	10KXC	72:23	Newbold Comyn	Birmingham League Division 1	2020-02-08
Huw Roberts	V60	M	parkrun	21:08	Cardiff	Cardiff parkrun # 641	2020-03-14
Huw Roberts	V60	M	parkrun	21:29	Cardiff	Cardiff parkrun # 637	2020-02-08
Huw Roberts	V60	M	parkrun	21:38	Cardiff	Cardiff parkrun # 635	2020-01-25

Huw Roberts	V60	M	parkrun	21:54	Pontypridd	Pontypridd parkrun # 293	2020-01-04
Huw Roberts	V60	M	10.35KXC	49:35	Llanelli	Welsh National Championships	2020-02-22
Mark Roberts	V55	M	parkrun	25:07	Groe	Groe parkrun # 48	2020-02-15
Mark Roberts	V55	M	parkrun	25:53	Bryn Bach	Bryn Bach parkrun # 375	2020-02-01
Paul Ross-Davies	V65	M	parkrun	19:53	Dulwich	Dulwich parkrun # 414	2020-01-11
Darren Rowlands	V50	M	8KXC	31:52	Corwen	British Masters Championships	2020-03-14
Darren Rowlands	V50	M	9.4KNAD	31:54	Wrexham	Borders League	2020-03-15
Rebecca Selvey	V45	W		200	31.10 Lee Valley	BMAF - British Masters Championships	2020-03-08
Rebecca Selvey	V45	W		400	68.08 Lee Valley	England Masters Inter Area Match	2020-03-01
Rebecca Selvey	V45	W		400	68.65 Lee Valley	BMAF - British Masters Championships	2020-03-07
Rebecca Selvey	V45	W		400	69.36 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Rebecca Selvey	V45	W	parkrun	22:07	Belton House	Belton House parkrun # 188	2020-01-11
Rob Sheen	V55	M	parkrun	19:43	Braunstone	Braunstone parkrun # 485	2020-02-15
Rob Sheen	V55	M	10K	40:57	Kites Hardwick	Draycote Water Winter 10K	2020-02-22
Dave Shields	V55	M	LJ		3.88 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Dave Shields	V55	M	TJ		8.79 Lee Valley	BMAF - British Masters Championships	2020-03-08
Dave Shields	V55	M	TJ		8.74 Lee Valley	England Masters Inter Area Match	2020-03-01
Dave Shields	V55	M	TJ		8.53 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Juliet Sidney	V50	W		60	8.65 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Juliet Sidney	V50	W		60	8.79 Cardiff	Welsh Athletics Senior Championships	2020-01-25
Juliet Sidney	V50	W		60	8.81 Lee Valley	England Masters Inter Area Match	2020-03-01
Juliet Sidney	V50	W		60	8.81 Lee Valley	BMAF - British Masters Championships	2020-03-07
Juliet Sidney	V50	W		200	29.41 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Juliet Sidney	V50	W		200	29.53 Lee Valley	England Masters Inter Area Match	2020-03-01
Juliet Sidney	V50	W		200	29.95 Lee Valley	BMAF - British Masters Championships	2020-03-08
Clare St. John-Colemar	V55	W		60	9.75 Lee Valley	Essex County & Eastern AA Championsh	2020-02-08
Clare St. John-Colemar	V55	W		60	9.81 Lee Valley	Southern Counties Veterans AC Champi	2020-02-16
Clare St. John-Colemar	V55	W		60	9.82 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Clare St. John-Colemar	V55	W	LJ		3.85 Lee Valley	Southern Counties Veterans AC Champi	2020-02-16
Clare St. John-Colemar	V55	W	LJ		3.70 Lee Valley	BMAF - British Masters Championships	2020-03-07
Clare St. John-Colemar	V55	W	LJ		3.67 Lee Valley	England Masters Inter Area Match	2020-03-01
Clare St. John-Colemar	V55	W	LJ		3.59 Lee Valley	Essex County & Eastern AA Championsh	2020-02-09
Clare St. John-Colemar	V55	W	LJ		3.59 Lee Valley	BMAF - British Masters Pentathlon Chan	2020-02-23
Clare St. John-Colemar	V55	W	LJ		3.48 Lee Valley	London U20 / Senior Games	2020-01-18
Dave Stokes	V55	M	PV		2.13 Connah's Quay	North Wales Regional Championships	2020-01-12
Dave Stokes	V55	M	LJ		3.44 Connah's Quay	North Wales Regional Championships	2020-01-12
Dave Stokes	V55	M	SP6K		8.69 Lee Valley	BMAF - British Masters Championships	2020-03-08
Dave Stokes	V55	M	SP6K		8.04 Connah's Quay	North Wales Regional Championships	2020-01-12
Dave Stokes	V55	M	DT1.5K		31.73 Lee Valley	BMAF - British Masters Winter Throws C	2020-03-07

Dave Stokes	V55	M	HT6K	28.38	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
Dave Stokes	V55	M	JT700	24.40	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-07
Glyn Sutton	V70	M	60	8.61	Lee Valley	England Masters Inter Area Match	2020-03-01
Glyn Sutton	V70	M	200	28.74	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Glyn Sutton	V70	M	200	30.34	Lee Valley	England Masters Inter Area Match	2020-03-01
Ian Swanson	V65	M	parkrun	29:18	Swansea Bay	Swansea Bay parkrun # 209	2020-01-01
Ian Swanson	V65	M	parkrun	30:30	Porthcawl	Porthcawl parkrun # 348	2020-01-04
Ian Swanson	V65	M	parkrun	31:45	Gnoll	Gnoll parkrun # 218	2020-03-07
Ian Swanson	V65	M	6.1KXC	40:20	Chepstow	Start Fitness Gwent League	2020-02-08
Ian Swanson	V65	M	7.36KXC	48:35	Llanelli	Welsh National Championships	2020-02-22
Ian Swanson	V65	M	5.6MMT	58:50	Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc \	2020-01-12
Ian Swanson	V65	M	5.6MXC	66:10	Margam Park	West Glamorgan League	2020-02-02
James Thie	V40	M	parkrun	16:58	Tremorfa	Tremorfa parkrun # 13	2020-01-25
James Thie	V40	M	parkrun	17:02	Cosmeston Lakes	Cosmeston Lakes parkrun # 13	2020-03-14
James Thie	V40	M	parkrun	17:28	Cosmeston Lakes	Cosmeston Lakes parkrun # 7	2020-01-18
James Thie	V40	M	4MMT	21:00	Kenfig	Prince of Wales New Years Day 4	2020-01-01
James Thie	V40	M	8.6KXC	30:39	Chepstow	Start Fitness Gwent League	2020-02-08
James Thie	V40	M	10.35KXC	35:30	Llanelli	Welsh National Championships	2020-02-22
Joe Thomas	V40	M	4MMT	21:37	Kenfig	Prince of Wales New Years Day 4	2020-01-01
Joe Thomas	V40	M	8.6KXC	32:24	Chepstow	Start Fitness Gwent League	2020-02-08
Joe Thomas	V40	M	10.35KXC	37:02	Llanelli	Welsh National Championships	2020-02-22
Michelle Thomas	V45	W	60	8.27	Sheffield	Masters Grand Prix	2020-02-08
Michelle Thomas	V45	W	60	8.31	Lee Valley	BMAF - British Masters Championships	2020-03-07
Michelle Thomas	V45	W	60	8.33	Sheffield	Masters Grand Prix	2020-02-08
Michelle Thomas	V45	W	60	8.38	Sportcity	Sale Harriers Open Series	2020-02-23
Michelle Thomas	V45	W	60	8.38	Sportcity	Sale Harriers Open Series	2020-02-23
Michelle Thomas	V45	W	200	27.06	Sheffield	Masters Grand Prix	2020-02-08
Michelle Thomas	V45	W	200	27.10	Lee Valley	BMAF - British Masters Championships	2020-03-08
Michelle Thomas	V45	W	200	27.13	Lee Valley	BMAF - British Masters Championships	2020-03-08
Michelle Thomas	V45	W	200	27.24	Sportcity	Sale Harriers Open Series	2020-02-23
Daniel Thorogood	V55	M	800	2:35.21	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Daniel Thorogood	V55	M	1500	5:31.57	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Daniel Thorogood	V55	M	parkrun	20:27	Exmouth	Exmouth parkrun # 105	2020-01-01
Daniel Thorogood	V55	M	parkrun	21:02	Aberystwyth	Aberystwyth parkrun # 399	2020-03-07
Daniel Thorogood	V55	M	parkrun	21:19	Aberystwyth	Aberystwyth parkrun # 396	2020-02-15
Daniel Thorogood	V55	M	parkrun	21:27	Aberystwyth	Aberystwyth parkrun # 393	2020-01-25
Daniel Thorogood	V55	M	parkrun	21:38	Dolgellau	Dolgellau parkrun # 203	2020-01-11
Daniel Thorogood	V55	M	parkrun	21:44	Conwy	Conwy parkrun # 260	2020-02-01
Daniel Thorogood	V55	M	parkrun	22:29	Henley Wood, Oswestry	Henley Wood, Oswestry parkrun # 67	2020-02-08

Daniel Thorogood	V55	M	parkrun	23:40	Prospect	Prospect parkrun # 87	2020-02-29
Daniel Thorogood	V55	M	parkrun	26:22	Haldon Forest	Haldon Forest parkrun # 44	2020-01-01
Daniel Thorogood	V55	M	10.35KXC	45:59	Llanelli	Welsh National Championships	2020-02-22
Jane Thorogood	V50	W	parkrun	30:25	Conwy	Conwy parkrun # 260	2020-02-01
Jane Thorogood	V50	W	parkrun	30:59	Dolgellau	Dolgellau parkrun # 203	2020-01-11
Jane Thorogood	V50	W	parkrun	31:28	Aberystwyth	Aberystwyth parkrun # 399	2020-03-07
Jane Thorogood	V50	W	parkrun	31:40	Aberystwyth	Aberystwyth parkrun # 397	2020-02-22
Jane Thorogood	V50	W	parkrun	32:05	Aberystwyth	Aberystwyth parkrun # 393	2020-01-25
Jane Thorogood	V50	W	parkrun	32:50	Aberystwyth	Aberystwyth parkrun # 396	2020-02-15
Jane Thorogood	V50	W	parkrun	33:18	Exmouth	Exmouth parkrun # 105	2020-01-01
Jane Thorogood	V50	W	parkrun	35:12	Henley Wood, Oswestry	Henley Wood, Oswestry parkrun # 67	2020-02-08
Jane Thorogood	V50	W	parkrun	36:26	Haldon Forest	Haldon Forest parkrun # 44	2020-01-01
Jane Thorogood	V50	W	parkrun	37:19	Aberystwyth	Aberystwyth parkrun # 400	2020-03-14
Jane Thorogood	V50	W	parkrun	40:24	Prospect	Prospect parkrun # 87	2020-02-29
Jane Thorogood	V50	W	parkrun	49:51	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
Ros Townsend-Hope	V65	W		200 38.33	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Ros Townsend-Hope	V65	W		400 81.80	Lee Valley	England Masters Inter Area Match	2020-03-01
Ros Townsend-Hope	V65	W		400 83.30	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Ros Townsend-Hope	V65	W		800 3:08.67	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Ros Townsend-Hope	V65	W		800 3:13.03	Lee Valley	England Masters Inter Area Match	2020-03-01
Ros Townsend-Hope	V65	W	parkrun	24:12	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 128	2020-02-08
Ros Townsend-Hope	V65	W	parkrun	24:21	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 126	2020-01-25
Ros Townsend-Hope	V65	W	parkrun	24:53	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 123	2020-01-04
Ros Townsend-Hope	V65	W	parkrun	24:57	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 122	2020-01-01
Ros Townsend-Hope	V65	W	parkrun	25:04	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 124	2020-01-11
Ros Townsend-Hope	V65	W	parkrun	25:19	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 127	2020-02-01
Ros Townsend-Hope	V65	W	parkrun	26:05	Worcester	Worcester parkrun # 460	2020-02-22
Martin Tucker	V50	M	SP6K	10.43	Connah's Quay	North Wales Regional Championships	2020-01-12
Martin Tucker	V50	M	SP6K	9.92	Lee Valley	BMAF - British Masters Championships	2020-03-08
Martin Tucker	V50	M	JT700	40.04	Lee Valley	BMAF - British Masters Winter Throws C	2020-03-07
Steve Wadley	V55	M	parkrun	20:49	Newport	Newport parkrun # 463	2020-02-08
Steve Wadley	V55	M	parkrun	20:58	Newport	Newport parkrun # 465	2020-03-14
Steve Wadley	V55	M	parkrun	23:48	Riverfront	Riverfront parkrun # 159	2020-02-01
Steve Wadley	V55	M	parkrun	23:49	Riverfront	Riverfront parkrun # 163	2020-03-07
Steve Wadley	V55	M	parkrun	24:00	Riverfront	Riverfront parkrun # 162	2020-02-29
Steve Wadley	V55	M	parkrun	24:06	Riverfront	Riverfront parkrun # 161	2020-02-22
Steve Wadley	V55	M	parkrun	24:11	Riverfront	Riverfront parkrun # 158	2020-01-25
Steve Wadley	V55	M	parkrun	24:24	Riverfront	Riverfront parkrun # 157	2020-01-11
Steve Wadley	V55	M	parkrun	24:38	Newport	Newport parkrun # 458	2020-01-04

Steve Wadley	V55	M	parkrun	24:46	Newport	Newport parkrun # 457	2020-01-01
Steve Wadley	V55	M	parkrun	25:03	Tremorfa	Tremorfa parkrun # 16	2020-02-15
Steve Wadley	V55	M	parkrun	25:16	Newport	Newport parkrun # 460	2020-01-18
Julie Wakelam	V60	W		60	10.45 Sheffield	Masters Grand Prix	2020-02-08
Julie Wakelam	V60	W		60	10.48 Lee Valley	England Masters Inter Area Match	2020-03-01
Julie Wakelam	V60	W	HJ		1.12 Lee Valley	England Masters Inter Area Match	2020-03-01
Julie Wakelam	V60	W	LJ		3.45 Sheffield	Masters Grand Prix	2020-02-08
Julie Wakelam	V60	W	LJ		3.41 Lee Valley	BMAF - British Masters Championships	2020-03-07
Julie Wakelam	V60	W	LJ		3.36 Lee Valley	England Masters Inter Area Match	2020-03-01
Julie Wakelam	V60	W	TJ		7.01 Lee Valley	BMAF - British Masters Championships	2020-03-08
Julie Wakelam	V60	W	SP3K		6.77 Sheffield	Masters Grand Prix	2020-02-08
Julie Wakelam	V60	W	SP3K		6.76 Lee Valley	England Masters Inter Area Match	2020-03-01
Julie Wakelam	V60	W	SP3K		6.58 Lee Valley	BMAF - British Masters Championships	2020-03-07
Julie Wakelam	V60	W	DT1K		18.78 Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
Julie Wakelam	V60	W	HT3K		27.77 Lee Valley	BMAF - British Masters Winter Throws C	2020-03-07
Julie Wakelam	V60	W	JT500		19.71 Lee Valley	BMAF - British Masters Winter Throws C	2020-03-08
David Walker	V60	M		1500	5:43.29 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
David Walker	V60	M	parkrun	19:39	Cardiff	Cardiff parkrun # 631	2020-01-01
David Walker	V60	M	parkrun	19:51	Cardiff	Cardiff parkrun # 633	2020-01-11
David Walker	V60	M	parkrun	19:55	Cardiff	Cardiff parkrun # 632	2020-01-04
David Walker	V60	M	parkrun	19:55	Cardiff	Cardiff parkrun # 635	2020-01-25
David Walker	V60	M	8.6KXC	40:27	Chepstow	Start Fitness Gwent League	2020-02-08
David Walker	V60	M	10.35KXC	46:44	Llanelli	Welsh National Championships	2020-02-22
David Walker	V60	M	10M	68:48	Cardiff	Les Croupiers Handicap 10	2020-02-02
Victoria Watkins	V40	W	parkrun	23:49	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 122	2020-01-01
Victoria Watkins	V40	W	6KXC	28:50	Corwen	British Masters Championships	2020-03-14
Victoria Watkins	V40	W	6.2KXC	31:06	Coventry	Midland Women's League Division 2	2020-01-11
Victoria Watkins	V40	W	6.3KXC	30:36	Old Down	Gloucestershire League	2020-03-01
Victoria Watkins	V40	W	6.4KXC	30:31	Aldridge Airport	Midland Women's League Division 2	2020-02-08
Welsh Masters AA V35 V35	W		4x200	2:00.59	Lee Valley	England Masters Inter Area Match	2020-03-01
Welsh Masters AA V35 V35	M		4x200	1:48.22	Lee Valley	England Masters Inter Area Match	2020-03-01
Welsh Masters AA V50 V50	W		4x200	2:06.61	Lee Valley	England Masters Inter Area Match	2020-03-01
Welsh Masters AA V50 V50	M		4x200	2:05.57	Lee Valley	England Masters Inter Area Match	2020-03-01
Welsh Masters AA V60 V60	M		4x200	2:22.17	Lee Valley	England Masters Inter Area Match	2020-03-01
Welsh Masters AA V60 V60	W		4x200	1:55.69	Lee Valley	England Masters Inter Area Match	2020-03-01
Russell Whiting	V50	M		60	7.88 Lee Valley	England Masters Inter Area Match	2020-03-01
Russell Whiting	V50	M		60	7.93 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Russell Whiting	V50	M		200	26.41 Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Russell Whiting	V50	M		200	26.91 Lee Valley	England Masters Inter Area Match	2020-03-01

Russell Whiting	V50	M	parkrun	26:06	Hove Promenade	Hove Promenade parkrun # 226	2020-01-04
David John Williams	V35	M		800 2:00.71	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
David John Williams	V35	M		800 2:00.85	Lee Valley	England Masters Inter Area Match	2020-03-01
David John Williams	V35	M		1500 4:09.86	Cardiff	Welsh Athletics Senior Championships	2020-01-25
David John Williams	V35	M	parkrun	16:39	Cardiff	Cardiff parkrun # 637	2020-02-08
David John Williams	V35	M	parkrun	16:56	Cardiff	Cardiff parkrun # 633	2020-01-11
David John Williams	V35	M	parkrun	19:32	Penallta	Penallta parkrun # 238	2020-02-15
David John Williams	V45	M	parkrun	18:26	Riverfront	Riverfront parkrun # 163	2020-03-07
David John Williams	V45	M	parkrun	18:27	Riverfront	Riverfront parkrun # 162	2020-02-29
David John Williams	V45	M	parkrun	18:34	Pontypridd	Pontypridd parkrun # 298	2020-02-08
David O Williams	V55	M	parkrun	20:09	Nova Prestatyn	Nova Prestatyn parkrun # 10	2020-02-29
David O Williams	V55	M	8KXC	34:19	Corwen	British Masters Championships	2020-03-14
David O Williams	V55	M	5MXC	32:26	Beckenham	Sport Systems Surrey Men's League Divi	2020-01-11
David O Williams	V55	M	5MXC	35:40	Lloyd Park	Sportsystems Surrey Men's League Divis	2020-02-08
David O Williams	V55	M	6.25MXC	39:44	Northop	North Wales Regional Championships	2020-01-04
David O Williams	V55	M	10.35KXC	42:30	Llanelli	Welsh National Championships	2020-02-22
David O Williams	V55	M	HM	82:23	Farnborough	Farnborough Winter Half Marathon	2020-01-26
Ian Williams	V40	M	SP7.26K	8.56	Lee Valley	England Masters Inter Area Match	2020-03-01
Mark Williams	V60	M		800 2:46.24	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Mark Williams	V60	M		1500 5:32.12	Cardiff	Non Thomas New Year Open inc. South	2020-01-19
Mark Williams	V60	M	parkrun	19:21	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Mark Williams	V60	M	parkrun	19:45	Aberbeeg	Aberbeeg parkrun # 61	2020-01-25
Mark Williams	V60	M	parkrun	19:52	Penallta	Penallta parkrun # 232	2020-01-04
Mark Williams	V60	M	parkrun	19:58	Bryn Bach	Bryn Bach parkrun # 379	2020-02-29
Mark Williams	V60	M	parkrun	19:58	Aberbeeg	Aberbeeg parkrun # 65	2020-03-07
Mark Williams	V60	M	parkrun	20:05	Aberdare	Aberdare parkrun # 77	2020-01-11
Mark Williams	V60	M	parkrun	20:06	Bryn Bach	Bryn Bach parkrun # 375	2020-02-01
Mark Williams	V60	M	parkrun	20:14	Bryn Bach	Bryn Bach parkrun # 377	2020-02-15
Mark Williams	V60	M	parkrun	20:40	Shrewsbury	Shrewsbury parkrun # 297	2020-02-08
Mark Williams	V60	M	10.35KXC	45:58	Llanelli	Welsh National Championships	2020-02-22
Mark Williams	V60	M	HM	90:24	Bath	Bath Half Marathon	2020-03-15
Robin Wood	V50	M	HJ	1.20	Swansea	West Wales Championships	2020-01-11
Robin Wood	V50	M	LJ	4.63	Swansea	West Wales Championships	2020-01-11
Robin Wood	V50	M	TJ	9.41	Swansea	West Wales Championships	2020-01-11
Robin Wood	V50	M	SP7.26K	7.34	Swansea	West Wales Championships	2020-01-12