

Welsh Masters at T&F, Cross Country and Park Run 1st Jan to 20th Feb 2020

Note - not all Park Run events are posted to P10

Name	Age Group	Gender	Event performanc		Venue	Meeting	Date
Lee Aherne	V50	M	parkrun	17:14	Bryn Bach	Bryn Bach parkrun # 375	2020-02-01
Lee Aherne	V50	M	parkrun	17:30	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	ZXC	NT	Usk Campus	Gwent Leisure Centre League	2020-02-02
Paul Allen	V70	M	10KXC	61:28	Newbold Comyn	Birmingham League Division 1	2020-02-08
Henrietta Anstey	V45	W	200	32.11	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Henrietta Anstey	V45	W	400	74.77	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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	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
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	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	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	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Amanda Broadhurst	V45	W	200	32.33	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Amanda Broadhurst	V45	W	800	2:57.11	Emirates Arena	rents / Masters Championships, National Parallel Su	2020-02-02
Amanda Broadhurst	V45	W	60HW40	10.88	Emirates Arena	rents / Masters Championships, National Parallel Su	2020-02-02
Amanda Broadhurst	V45	W	HJ	1.21	Emirates Arena	rents / Masters Championships, National Parallel Su	2020-02-02
Amanda Broadhurst	V45	W	LJ	3.88	Emirates Arena	rents / Masters Championships, National Parallel Su	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	rents / Masters Championships, National Parallel Su	2020-02-02
Amanda Broadhurst	V45	W	PenIW45	2690	Emirates Arena	rents / Masters Championships, National Parallel Su	2020-02-02
Ian Broadhurst	V65	M	60	8.72	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Ian Broadhurst	V65	M	200	27.75	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Ian Broadhurst	V65	M	400	63.56	Sheffield	Masters Grand Prix	2020-02-08
Ian Broadhurst	V65	M	400	63.75	Emirates Arena	rents / Masters Championships, National Parallel Su	2020-02-02
Scott Browne	V40	M	8.6KXC	34:32	Chepstow	Start Fitness Gwent League	2020-02-08
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	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Angela Bryant	V55	W	200	32.58	Sheffield	Masters Grand Prix	2020-02-08
Angela Bryant	V55	W	200	34.54	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Angela Bryant	V55	W	400	89.93	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Angela Bryant	V55	W	parkrun	43:06	King George V Playing Fiel	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	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	10K	32:16	Beachley	Speedway 10K	2020-01-19
Ben Butler-Madden	V35	M	8M	43:24	Newport	Lliswerry 8	2020-01-26
Ben Butler-Madden	V35	M	HM	72:48	Barcelona, ESP	Barcelona Half Marathon	2020-02-16
Kevin Challinor	V55	M	5MNAD	38:37	Pensarn	Borders League	2020-01-12
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	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
Owen Chesher	V35	M	HJ	1.83	Cardiff	Welsh Athletics Senior Championships	2020-01-25
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	23:43	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	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	25:41	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	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
Martyn Cole	V60	M	400	67.60	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Martyn Cole	V60	M	800	2:29.79	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Martyn Cole	V60	M	800	2:29.81	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
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	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19

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	22:31	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	25:33	Ellesmere Port	Ellesmere Port parkrun # 270	2020-01-01
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	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 Cabbage	V45	W	PV	NH	Carshalton	Vault London	2020-02-09
Helen-Marie Davies	V40	W	6.1KXC	25:29	Chepstow	Start Fitness Gwent League	2020-02-08
Helen-Marie Davies	V40	W	5.6MMT	35:20	Eglwys Nunydd	eeel Round the Reservoir 5.6 (Inc West Glamorgan L	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	67.42	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	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	SP6K	9.67	Connah's Quay	North Wales Regional Championships	2020-01-12
Roderick Davies	V60	M	60	9.32	Swansea	West Wales Championships	2020-01-12
Roderick Davies	V60	M	60	9.38	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Roderick Davies	V60	M	200	31.97	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	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	24:34	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	24:46	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	V50	M	8.6KXC	40:18	Chepstow	Start Fitness Gwent League	2020-02-08
Stephen Davies	V50	M	5.6MMT	39:07	Eglwys Nunydd	eeel Round the Reservoir 5.6 (Inc West Glamorgan L	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
Brett Davis	V55	M	400	60.02	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Brett Davis	V55	M	800	2:17.69	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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	21:30	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	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Brian Dias	V35	M	400	72.36	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Brian Dias	V35	M	800	2:41.99	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Brian Dias	V35	M	1500	5:34.92	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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
Elizabeth Driver	V60	W	Mar	3:39:07	Dubai, UAE	Standard Chartered Dubai Marathon	2020-01-24
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	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
Mark Ellery	V55	M	60	8.47	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Mark Ellery	V55	M	200	28.72	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Jason Elworthy	V45	M	SP7.26K	5.48	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Jason Elworthy	V45	M	parkrun	57:30	Barry Island	Barry Island parkrun # 244	2020-01-18
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	West England, Welsh Masters, Welsh Athletics Seni	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	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
John Evans	V85	M	60	11.63	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
John Evans	V85	M	200	45.28	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Matthew Evans	V35	M	parkrun	16:59	Bryn Bach	Bryn Bach parkrun # 372	2020-01-04
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	5.7KXC	24:20	Yeovil	South West Inter County Championships	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 Nunydd	eeel Round the Reservoir 5.6 (Inc West Glamorgan L	2020-01-12
Paul Flynn	V50	M	5.6MXC	36:15	Margam Park	West Glamorgan League	2020-02-02
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	10K	33:04	Llandudno	Twin Piers 10K	2020-01-18
Lisa Franklin	V50	W	SP4K	7.36	Swansea	West Wales Championships	2020-01-12
Dorothy Fraser	V80	W	60	15.03	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Dorothy Fraser	V80	W	60	16.01	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
Dorothy Fraser	V80	W	200	57.12	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Dorothy Fraser	V80	W	200	62.01	Lee Valley	Southern Counties Veterans AC Championships	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
Melanie Garland	V55	W	60	9.04	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Melanie Garland	V55	W	60	9.10	Emirates Arena	rents / Masters Championships, National Parallel Su	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	rents / Masters Championships, National Parallel Su	2020-02-02
Melanie Garland	V55	W	200	31.12	Sheffield	Masters Grand Prix	2020-02-08
Melanie Garland	V55	W	200	31.24	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Melanie Garland	V55	W	HJ	1.30	Emirates Arena	rents / Masters Championships, National Parallel Su	2020-02-02
Melanie Garland	V55	W	LJ	4.59	Sheffield	Masters Grand Prix	2020-02-08
Melanie Garland	V55	W	LJ	4.55	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Melanie Garland	V55	W	LJ	4.38	Emirates Arena	rents / Masters Championships, National Parallel Su	2020-02-02
Melanie Garland	V55	W	TJ	9.09	Emirates Arena	rents / Masters Championships, National Parallel Su	2020-02-02
Melanie Garland	V55	W	SP3K	7.68	Sheffield	Masters Grand Prix	2020-02-08
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	24:22	King George V Playing Fiel	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 Glendower	V50	M	SP6K	7.34	Lee Valley	Lee Valley New Year Open	2020-01-01
Jon Grainger	V55	M	400	63.11	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Jon Grainger	V55	M	800	2:17.45	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Jon Grainger	V55	M	parkrun	18:16	Southampton	Southampton parkrun # 394	2020-01-11
Jon Grainger	V55	M	12KXC	47:15	Curdridge	Hampshire County Championships	2020-01-04
Michael Graz	V45	M	400	66.80	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Michael Graz	V45	M	800	2:35.15	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Michael Graz	V45	M	800	2:36.50	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
Michael Graz	V45	M	parkrun	20:52	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
Michael Graz	V45	M	parkrun	21:52	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Michael Graz	V45	M	parkrun	21:56	Brueton	Brueton parkrun # 496	2020-01-25
Michael Graz	V45	M	4.5MXC	32:14	Wimbledon Common	Veterans AC Masters Open 4.5	2020-01-18
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	5MNAD	27:47	Pensarn	Borders League	2020-01-12
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
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	24:31	Conwy	Conwy parkrun # 260	2020-02-01
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
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
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
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	Curdrige	Hampshire County Championships	2020-01-04
Iris Holder	V75	W	60	11:39	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Iris Holder	V75	W	LJ	2:58	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
John Horsman	V65	M	parkrun	24:21	Aberystwyth	Aberystwyth parkrun # 395	2020-02-08
John Horsman	V65	M	parkrun	25:30	Milford Waterfront	Milford Waterfront parkrun # 21	2020-01-18
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	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	HM	83:33	Tregaron	Ras Cors Caron Half Marathon	2020-02-16
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
Richard Jackson-Hookin	V35	M	parkrun	15:56	Cardiff	Cardiff parkrun # 632	2020-01-04
Richard Jackson-Hookin	V35	M	parkrun	15:56	Cardiff	Cardiff parkrun # 633	2020-01-11
Richard Jackson-Hookin	V35	M	parkrun	16:48	Grangemoor	Grangemoor parkrun # 220	2020-01-25
Richard Jackson-Hookin	V35	M	10K	32:06	Beachley	Speedway 10K	2020-01-19
Richard Jackson-Hookin	V35	M	10M	54:29	Ystrad Mynach	Pontypridd Reverse 10	2020-02-02
Mel James	V75	M	60	10.07	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Mel James	V75	M	200	34.82	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Jeanette Jenkins	V55	W	parkrun	23:03	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
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	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	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	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Eleri Jones	V35	W	200	29.35	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Lee Jones	V50	M	6.25MXC	37:02	Northop	North Wales Regional Championships	2020-01-04
Llinos Jones	V35	W	1500	5:07.89	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Llinos Jones	V35	W	parkrun	18:34	Llanelli Coast	Llanelli Coast parkrun # 160	2020-02-08
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	20:48	Brynaman	Brynaman parkrun # 15	2020-01-04
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	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
Louise Kirby	V50	W	60	9.58	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Louise Kirby	V50	W	200	32.22	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Louise Kirby	V50	W	400	74.06	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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	19:57	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	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	10M	68:49	Ystrad Mynach	Pontypridd Reverse 10	2020-02-02

Elio Lepore	V65	M	1500	5:24.12	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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	20:04	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	West England, Welsh Masters, Welsh Athletics Seni	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	18:23	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
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
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
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	10K	46:41	Llandudno	Twin Piers 10K	2020-01-18
Helen Lutley	V70	W	1500	7:16.56	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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
David Marginson	V60	M	60	8.68	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
David Marginson	V60	M	200	28.70	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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
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	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Kieran McDonnell	V60	M	200	28.90	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19

Alison McLellan	V35	W	60	8.69	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	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	28.48	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Alison McLellan	V35	W	200	28.64	Sheffield	Masters Grand Prix	2020-02-08
Jeremy Mower	V50	M	5K	17:40	Bristol	Pomphrey 5K	2020-01-28
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	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
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	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	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 Meeting	2020-01-04
Alison Murray	V50	W	PV	2.67	Carshalton	Vault London	2020-02-09
Doug Nicholls	V40	M	1500	4:27.65	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Doug Nicholls	V40	M	parkrun	17:05	Cardiff	Cardiff parkrun # 632	2020-01-04
Doug Nicholls	V40	M	parkrun	17:17	Cardiff	Cardiff parkrun # 634	2020-01-18
Doug Nicholls	V40	M	parkrun	17:52	Cardiff	Cardiff parkrun # 637	2020-02-08
Charlie Northey	V50	M	5K	20:56	Llanelwedd	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
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	8.6KXC	42:27	Chepstow	Start Fitness Gwent League	2020-02-08
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	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	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Georgie Parnell	V35	W	800	2:27.82	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Georgie Parnell	V35	W	parkrun	18:34	Whiteley	Whiteley parkrun # 149	2020-01-25
Georgie Parnell	V35	W	6.1KXC	24:09	Chepstow	Start Fitness Gwent League	2020-02-08
Stuart Pearce	V40	M	60	8.12	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Andy Peet	V50	M	ZXC	33:16	Grace Dieu	Derby Runner League Division Leicester / Derby	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
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	eeel Round the Reservoir 5.6 (Inc West Glamorgan L	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	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Keith Powell	V55	M	200	30.01	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Keith Powell	V55	M	LJ	NM	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Robert Prady	V40	M	8.6KXC	32:45	Chepstow	Start Fitness Gwent League	2020-02-08
Glyn Price	V50	M	PV	3.86	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Glyn Price	V50	M	PV	3.85	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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	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

Lee Richards	V35	M	200	25.50	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	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	22:13	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	5MNAD	32:32	Pensarn	Borders League	2020-01-12
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	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	21:29	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
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
Rebecca Selvey	V45	W	400	69.36	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	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
Juliet Sidney	V50	W	60	8.65	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Juliet Sidney	V50	W	60	8.79	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Juliet Sidney	V50	W	200	29.41	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Clare St. John-Coleman	V55	W	60	9.75	Lee Valley	Essex County & Eastern AA Championships	2020-02-08
Clare St. John-Coleman	V55	W	60	9.81	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
Clare St. John-Coleman	V55	W	LJ	3.85	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
Clare St. John-Coleman	V55	W	LJ	3.59	Lee Valley	Essex County & Eastern AA Championships	2020-02-09

Clare St. John-Coleman	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	8.04	Connah's Quay	North Wales Regional Championships	2020-01-12
Glyn Sutton	V70	M	200	28.74	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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	6.1KXC	40:20	Chepstow	Start Fitness Gwent League	2020-02-08
Ian Swanson	V65	M	5.6MMT	58:50	Eglwys Nunydd	eeel Round the Reservoir 5.6 (Inc West Glamorgan L	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	17:28	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
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
Michelle Thomas	V45	W	60	8.27	Sheffield	Masters Grand Prix	2020-02-08
Michelle Thomas	V45	W	60	8.33	Sheffield	Masters Grand Prix	2020-02-08
Michelle Thomas	V45	W	200	27.06	Sheffield	Masters Grand Prix	2020-02-08
Daniel Thorogood	V55	M	800	2:35.21	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Daniel Thorogood	V55	M	1500	5:31.57	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Daniel Thorogood	V55	M	parkrun	20:27	Exmouth	Exmouth parkrun # 105	2020-01-01
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	26:22	Haldon Forest	Haldon Forest parkrun # 44	2020-01-01
Jane Thorogood	V50	W	parkrun	30:25:00	Conwy	Conwy parkrun # 260	01/02/2020
Jane Thorogood	V50	W	parkrun	30:59:00	Dolgellau	Dolgellau parkrun # 203	11/01/2020
Jane Thorogood	V50	W	parkrun	32:05:00	Aberystwyth	Aberystwyth parkrun # 393	25/01/2020
Jane Thorogood	V50	W	parkrun	32:50:00	Aberystwyth	Aberystwyth parkrun # 396	15/02/2020
Jane Thorogood	V50	W	parkrun	33:18:00	Exmouth	Exmouth parkrun # 105	01/01/2020
Jane Thorogood	V50	W	parkrun	35:12:00	Henley Wood, Oswestry	Henley Wood, Oswestry parkrun # 67	08/02/2020

Jane Thorogood	V50	W	parkrun	36:26:00	Haldon Forest	Haldon Forest parkrun # 44	01/01/2020
Jane Thorogood	V50	W	parkrun	49:51:00	Aberystwyth	Aberystwyth parkrun # 390	04/01/2020
Martin Tucker	V50	M	SP6K	10.43	Connah's Quay	North Wales Regional Championships	12/01/2020
Steve Wadley	V55	M	parkrun	20:49	Newport	Newport parkrun # 463	08/02/2020
Steve Wadley	V55	M	parkrun	23:48	Riverfront	Riverfront parkrun # 159	01/02/2020
Steve Wadley	V55	M	parkrun	24:11:00	Riverfront	Riverfront parkrun # 158	25/01/2020
Steve Wadley	V55	M	parkrun	24:24:00	Riverfront	Riverfront parkrun # 157	11/01/2020
Steve Wadley	V55	M	parkrun	24:38:00	Newport	Newport parkrun # 458	04/01/2020
Steve Wadley	V55	M	parkrun	24:46:00	Newport	Newport parkrun # 457	01/01/2020
Steve Wadley	V55	M	parkrun	25:03:00	Tremorfa	Tremorfa parkrun # 16	15/02/2020
Steve Wadley	V55	M	parkrun	25:16:00	Newport	Newport parkrun # 460	18/01/2020
Julie Wakelam	V60	W	60	10.45	Sheffield	Masters Grand Prix	08/02/2020
Julie Wakelam	V60	W	LJ	3.45	Sheffield	Masters Grand Prix	08/02/2020
Julie Wakelam	V60	W	SP3K	6.77	Sheffield	Masters Grand Prix	08/02/2020
Victoria Watkins	V40	W	parkrun	23:49	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 122	01/01/2020
Victoria Watkins	V40	W	6.2KXC	31:06:00	Coventry	Midland Women's League Division 2	11/01/2020
Victoria Watkins	V40	W	6.4KXC	30:31:00	Aldridge Airport	Midland Women's League Division 2	08/02/2020
Russell Whiting	V50	M	60	7.93	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	19/01/2020
Russell Whiting	V50	M	200	26.41	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	19/01/2020
Russell Whiting	V50	M	parkrun	26:06:00	Hove Promenade	Hove Promenade parkrun # 226	04/01/2020
David John Williams	V35	M	800	02:00.7	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	19/01/2020
David John Williams	V35	M	1500	04:09.9	Cardiff	Welsh Athletics Senior Championships	25/01/2020
David John Williams	V35	M	parkrun	16:39	Cardiff	Cardiff parkrun # 637	08/02/2020
David John Williams	V35	M	parkrun	16:56	Cardiff	Cardiff parkrun # 633	11/01/2020
David John Williams	V35	M	parkrun	19:32	Penallta	Penallta parkrun # 238	15/02/2020
David John Williams	V45	M	parkrun	18:34	Pontypridd	Pontypridd parkrun # 298	08/02/2020
David O Williams	V55	M	5MXC	32:26:00	Beckenham	Sport Systems Surrey Men's League Division 1	11/01/2020
David O Williams	V55	M	5MXC	35:40:00	Lloyd Park	Sportsystems Surrey Men's League Division 1	08/02/2020
David O Williams	V55	M	6.25MXC	39:44:00	Northop	North Wales Regional Championships	04/01/2020
David O Williams	V55	M	HM	82:23:00	Farnborough	Farnborough Winter Half Marathon	26/01/2020
Mark Williams	V60	M	800	02:46.2	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	19/01/2020
Mark Williams	V60	M	1500	05:32.1	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	19/01/2020
Mark Williams	V60	M	parkrun	19:21	Aberbeeg	Aberbeeg parkrun # 57	01/01/2020
Mark Williams	V60	M	parkrun	19:45	Aberbeeg	Aberbeeg parkrun # 61	25/01/2020

Mark Williams	V60	M	parkrun	19:52	Penallta	Penallta parkrun # 232	04/01/2020
Mark Williams	V60	M	parkrun	20:05	Aberdare	Aberdare parkrun # 77	11/01/2020
Mark Williams	V60	M	parkrun	20:06	Bryn Bach	Bryn Bach parkrun # 375	01/02/2020
Mark Williams	V60	M	parkrun	20:14	Bryn Bach	Bryn Bach parkrun # 377	15/02/2020
Mark Williams	V60	M	parkrun	20:40	Shrewsbury	Shrewsbury parkrun # 297	08/02/2020
Robin Wood	V50	M	HJ	1.2	Swansea	West Wales Championships	11/01/2020
Robin Wood	V50	M	LJ	4.63	Swansea	West Wales Championships	11/01/2020
Robin Wood	V50	M	TJ	9.41	Swansea	West Wales Championships	11/01/2020
Robin Wood	V50	M	SP7.26K	7.34	Swansea	West Wales Championships	12/01/2020