

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25672	Lee Aherne	2020	V50	M	parkrun	17:16	Bryn Bach	Bryn Bach parkrun # 379	2020-02-29
25672	Lee Aherne	2020	V50	M	parkrun	18:07	Bryn Bach	Bryn Bach parkrun # 377	2020-02-15
25672	Lee Aherne	2020	V50	M	10.35KXC	38:23	Llanelli	Welsh National Championships	2020-02-22
23113	Paul Allen	2020	V70	M	7.36KXC	40:20	Llanelli	Welsh National Championships	2020-02-22
526112	Henrietta Anstey	2020	V45	W	200	31.68	Lee Valley	England Masters Inter Area Match	2020-03-01
526112	Henrietta Anstey	2020	V45	W	200	31.89	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
526112	Henrietta Anstey	2020	V45	W	400	73.62	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
111056	Eirian Arwyn	2020	V65	W	parkrun	30:43	Cosmeston Lakes	Cosmeston Lakes parkrun # 11	2020-02-29
111056	Eirian Arwyn	2020	V65	W	parkrun	30:55	Tremorfa	Tremorfa parkrun # 16	2020-02-15
111056	Eirian Arwyn	2020	V65	W	7.36KXC	45:50	Llanelli	Welsh National Championships	2020-02-22
25295	Brenda Avery	2020	V65	W	parkrun	28:29	Mallards Pike	Mallards Pike parkrun # 23	2020-02-29
349414	Chris Baldwin	2020	V65	M	10K	55:42	Ruthin	Ruthin 10K	2020-02-23
26018	Amanda Broadhurst	2020	V45	W	60HW40	11.61	Lee Valley	England Masters Inter Area Match	2020-03-01
26018	Amanda Broadhurst	2020	V45	W	HJ	1.20	Lee Valley	England Masters Inter Area Match	2020-03-01
23960	Ian Broadhurst	2020	V65	M	60	8.73	Lee Valley	England Masters Inter Area Match	2020-03-01
23960	Ian Broadhurst	2020	V65	M	200	27.88	Lee Valley	England Masters Inter Area Match	2020-03-01
726647	Scott Browne	2020	V40	M	10.35KXC	39:32	Llanelli	Welsh National Championships	2020-02-22
399109	Angela Bryant	2020	V55	W	parkrun	55:40	Newent	Newent parkrun # 357	2020-02-29
399109	Angela Bryant	2020	V55	W	parkrun	55:45	Newent	Newent parkrun # 355	2020-02-15
566499	Ben Butler-	2020	V35	M	parkrun	22:00	Barry Island	Barry Island	2020-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Madden							parkrun # 249	02-29
566499	Ben Butler-Madden	2020	V35	M	10.35KXC	36:40	Llanelli	Welsh National Championships	2020-02-22
566499	Ben Butler-Madden	2020	V35	M	HM	72:48	Barcelona, ESP	Barcelona Half Marathon	2020-02-16
566499	Ben Butler-Madden	2020	V35	M	HM	75:28	Newport	City of Newport Half Marathon	2020-03-01
93933	Kay Chapman	2020	V50	W	parkrun	25:00	Coed Cefn-pwll-du	Coed Cefn-pwll-du parkrun # 6	2020-02-29
93933	Kay Chapman	2020	V50	W	7.36KXC	34:15	Llanelli	Welsh National Championships	2020-02-22
42753	Owen Cheshier	2020	V35	M	400	56.56	Lee Valley	England Masters Inter Area Match	2020-03-01
42753	Owen Cheshier	2020	V35	M	HJ	1.70	Lee Valley	England Masters Inter Area Match	2020-03-01
607758	Ania Ciolek	2020	V35	W	parkrun	22:39	Severn Bridge	Severn Bridge parkrun # 71	2020-02-22
607758	Ania Ciolek	2020	V35	W	parkrun	23:13	Swansea Bay	Swansea Bay parkrun # 216	2020-02-15
607758	Ania Ciolek	2020	V35	W	parkrun	31:21	Swansea Bay	Swansea Bay parkrun # 218	2020-02-29
199713	Lisa Cleary	2020	V55	W	parkrun	22:40	Cardiff	Cardiff parkrun # 638	2020-02-15
199713	Lisa Cleary	2020	V55	W	parkrun	25:20	Barry Island	Barry Island parkrun # 249	2020-02-29
119080	Martyn Cole	2020	V60	M	800	2:29.81	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
119080	Martyn Cole	2020	V60	M	800	2:33.40	Lee Valley	England Masters Inter Area Match	2020-03-01
119080	Martyn Cole	2020	V60	M	1500	5:05.23	Lee Valley	England Masters Inter Area Match	2020-03-01
293585	Maggie Collingborn	2020	V55	W	parkrun	22:31	Aberystwyth	Aberystwyth parkrun # 396	2020-02-15
293585	Maggie Collingborn	2020	V55	W	parkrun	24:39	Delamere	Delamere parkrun # 351	2020-02-29
293585	Maggie Collingborn	2020	V55	W	7.36KXC	34:24	Llanelli	Welsh National Championships	2020-02-22
81143	Emma Collins	2020	V55	W	10M	74:16	Rhyl	Rhyl 10	2020-02-22
554009	Claudia Cubbage	2020	V45	W	PV	2.11	Lee Valley	England Masters Inter Area Match	2020-03-01
554009	Claudia Cubbage	2020	V45	W	SP4K	8.95	Lee Valley	England Masters Inter Area Match	2020-03-01
719036	Austin Davies	2020	V60	M	800	2:42.10	Lee Valley	British Masters Pentathlon Championships	2020-02-23

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								(inc South of England Championships)	
548029	Helen-Marie Davies	2020	V40	W	3000	11:12.01	Lee Valley	England Masters Inter Area Match	2020-03-01
548029	Helen-Marie Davies	2020	V40	W	7.36KXC	31:25	Llanelli	Welsh National Championships	2020-02-22
210166	Neil Davies	2020	V50	M	400	66.99	Lee Valley	England Masters Inter Area Match	2020-03-01
210166	Neil Davies	2020	V50	M	LJ	3.94	Lee Valley	England Masters Inter Area Match	2020-03-01
210166	Neil Davies	2020	V50	M	SP6K	9.57	Lee Valley	England Masters Inter Area Match	2020-03-01
5677	Stephen Davies	2020	V60	M	HM	1:47:06	Greenwich	Vitality Big Half Marathon	2020-03-01
356101	Stephen Davies	2020	V50	M	10.35KXC	47:02	Llanelli	Welsh National Championships	2020-02-22
14897	Brett Davis	2020	V55	M	800	2:19.29	Lee Valley	England Masters Inter Area Match	2020-03-01
14897	Brett Davis	2020	V55	M	parkrun	21:19	Riverfront	Riverfront parkrun # 161	2020-02-22
748895	Susan Davis	2020	V55	W	1500	6:23.66	Lee Valley	England Masters Inter Area Match	2020-03-01
83858	Brian Dias	2020	V35	M	LJ	3.58	Lee Valley	England Masters Inter Area Match	2020-03-01
83858	Brian Dias	2020	V35	M	10.35KXC	49:14	Llanelli	Welsh National Championships	2020-02-22
433709	Elizabeth Driver	2020	V60	W	HM	1:43:31	Ras Al Khaimah, UAE	Ras Al Khaimah Half Marathon	2020-02-21
433709	Elizabeth Driver	2020	V60	W	Mar	3:43:13	Sliema, MLT	GIG Malta Marathon	2020-03-01
198671	Paul Edwards	2020	V45	M	parkrun	23:01	Grangemoor	Grangemoor parkrun # 224	2020-02-22
198671	Paul Edwards	2020	V45	M	HM	1:56:26	Newport	City of Newport Half Marathon	2020-03-01
386856	Jason Elworthy	2020	V45	M	parkrun	1:00:47	Barry Island	Barry Island parkrun # 249	2020-02-29
2079	Huw Evans	2020	V45	M	parkrun	17:56	Lydney	Lydney parkrun # 218	2020-02-15
2079	Huw Evans	2020	V45	M	10.35KXC	36:50	Llanelli	Welsh National Championships	2020-02-22
23748	John Evans	2020	V85	M	60	11.51	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
23748	John Evans	2020	V85	M	200	42.74	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
23748	John Evans	2020	V85	M	LJ	2.75	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
23748	John Evans	2020	V85	M	TJ	5.83	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
656064	Matthew Evans	2020	V35	M	10.35KXC	37:56	Llanelli	Welsh National Championships	2020-02-22
387047	Sarah Everitt	2020	V50	W	parkrun	21:28	Eastville	Eastville parkrun # 115	2020-02-29
387047	Sarah Everitt	2020	V50	W	parkrun	21:45	Eastville	Eastville parkrun # 114	2020-02-22
745669	Paul Flynn	2020	V50	M	10.35KXC	52:43	Llanelli	Welsh National Championships	2020-02-22
932488	Steven Forsyth	2020	V40	M	parkrun	16:53	Wolverhampton	Wolverhampton parkrun # 361	2020-02-15
932488	Steven Forsyth	2020	V40	M	10K	34:09	Partington	Trafford 10K	2020-03-01
932488	Steven Forsyth	2020	V40	M	10M	58:21	Rhyl	Rhyl 10	2020-02-22
26443	Dorothy Fraser	2020	V80	W	60	16.01	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
26443	Dorothy Fraser	2020	V80	W	200	62.01	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
2109	Pat Gallagher	2020	V70	W	60	12.33	Lee Valley	England Masters Inter Area Match	2020-03-01
108974	Melanie Garland	2020	V55	W	60HW50	12.26	Lee Valley	England Masters Inter Area Match	2020-03-01
108974	Melanie Garland	2020	V55	W	HJ	1.30	Lee Valley	England Masters Inter Area Match	2020-03-01
108974	Melanie Garland	2020	V55	W	LJ	4.50	Lee Valley	England Masters Inter Area Match	2020-03-01
108974	Melanie Garland	2020	V55	W	TJ	8.73	Lee Valley	England Masters Inter Area Match	2020-03-01
108974	Melanie	2020	V55	W	SP3K	7.89	Lee Valley	England	2020-

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	Garland							Masters Inter Area Match	03-01
884435	David George	2020	V50	M	40Miles	3:59:56	Barry	Barry 40	2020-03-01
884435	David George	2020	V50	M	parkrun	23:30	Cardiff	Cardiff parkrun # 639	2020-02-22
884435	David George	2020	V50	M	parkrun	23:59	Riverfront	Riverfront parkrun # 162	2020-02-29
884435	David George	2020	V50	M	parkrun	24:27	Cardiff	Cardiff parkrun # 638	2020-02-15
884435	David George	2020	V50	M	HM	1:47:43	Wokingham	Wokingham Half Marathon	2020-02-23
172090	Kelly Gipson	2020	V50	W	3000	13:08.07	Lee Valley	England Masters Inter Area Match	2020-03-01
172090	Kelly Gipson	2020	V50	W	parkrun	26:52	Gunpowder	Gunpowder parkrun # 435	2020-02-29
172090	Kelly Gipson	2020	V50	W	7.36KXC	37:21	Llanelli	Welsh National Championships	2020-02-22
39483	Dave Gordon	2020	V50	M	PV	3.21	Lee Valley	England Masters Inter Area Match	2020-03-01
4323	Jon Grainger	2020	V55	M	1500	4:43.47	Lee Valley	England Masters Inter Area Match	2020-03-01
4323	Jon Grainger	2020	V55	M	3000	10:32.49	Lee Valley	England Masters Inter Area Match	2020-03-01
181389	Martin Green	2020	V45	M	parkrun	20:29	Conwy	Conwy parkrun # 263	2020-02-29
181389	Martin Green	2020	V45	M	10M	59:04	Rhyl	Rhyl 10	2020-02-22
181389	Martin Green	2020	V45	M	HM	81:08	Anglesey	Anglesey Island Half Marathon	2020-03-01
812062	Donald Hale	2020	V65	M	parkrun	24:31	Conwy	Conwy parkrun # 263	2020-02-29
812062	Donald Hale	2020	V65	M	10M	89:55	Rhyl	Rhyl 10	2020-02-22
812062	Donald Hale	2020	V65	M	HM	2:16:21	Anglesey	Anglesey Island Half Marathon	2020-03-01
369398	Annette Hames	2020	V60	W	1500	6:15.00	Lee Valley	England Masters Inter Area Match	2020-03-01
369398	Annette Hames	2020	V60	W	3000	12:51.83	Lee Valley	England Masters Inter Area Match	2020-03-01
369398	Annette Hames	2020	V60	W	parkrun	23:30	Jesmond Dene	Jesmond Dene parkrun # 19	2020-02-22
66755	Haydn Hartnell	2020	V55	M	10.35KXC	46:47	Llanelli	Welsh National Championships	2020-02-22
86646	Warwick Helps	2020	V40	M	10M	62:21	St Peter Port	Chertsey House Series 10	2020-03-01
24536	Iris Holder	2020	V75	W	LJ	2.78	Lee Valley	England Masters Inter	2020-03-01

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								Area Match	
861141	John Horsman	2020	V65	M	parkrun	25:49	Milford Waterfront	Milford Waterfront parkrun # 26	2020-02-29
861141	John Horsman	2020	V65	M	HM	2:10:03	Tregaron	Ras Cors Caron Half Marathon	2020-02-16
446783	Mark Horsman	2020	V40	M	10.35KXC	36:53	Llanelli	Welsh National Championships	2020-02-22
446783	Mark Horsman	2020	V40	M	HM	83:33	Tregaron	Ras Cors Caron Half Marathon	2020-02-16
50041	Geran Hughes	2020	V50	M	parkrun	18:41	Conwy	Conwy parkrun # 263	2020-02-29
102508	Tim Iveson	2020	V35	M	parkrun	17:45	Groe	Groe parkrun # 50	2020-02-29
102508	Tim Iveson	2020	V35	M	10.35KXC	36:26	Llanelli	Welsh National Championships	2020-02-22
554362	Richard Jackson-Hookins	2020	V35	M	10.35KXC	37:42	Llanelli	Welsh National Championships	2020-02-22
313721	Jeanette Jenkins	2020	V55	W	parkrun	22:57	Geographe Bay, AUS	Geographe Bay parkrun # 272	2020-02-22
313721	Jeanette Jenkins	2020	V55	W	parkrun	23:06	Geographe Bay, AUS	Geographe Bay parkrun # 273	2020-02-29
313721	Jeanette Jenkins	2020	V55	W	parkrun	25:14	Mt Clarence, AUS	Mt Clarence parkrun # 289	2020-02-15
965885	Eleri Jones	2020	V35	W	60	8.50	Lee Valley	England Masters Inter Area Match	2020-03-01
965885	Eleri Jones	2020	V35	W	200	28.89	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
522737	Llinos Jones	2020	V35	W	800	2:32.22	Lee Valley	England Masters Inter Area Match	2020-03-01
522737	Llinos Jones	2020	V35	W	1500	5:03.86	Lee Valley	England Masters Inter Area Match	2020-03-01
522737	Llinos Jones	2020	V35	W	parkrun	20:34	Llyn Llech Owain	Llyn Llech Owain parkrun # 359	2020-02-29
522737	Llinos Jones	2020	V35	W	7.36KXC	29:40	Llanelli	Welsh National Championships	2020-02-22
522737	Llinos Jones	2020	V35	W	HM	89:06	Tregaron	Ras Cors Caron Half Marathon	2020-02-16
658483	Richard Jones	2020	V45	M	10.35KXC	37:33	Llanelli	Welsh National Championships	2020-02-22
934095	Sean Kelly	2020	V40	M	parkrun	18:19	Pontypridd	Pontypridd parkrun # 299	2020-02-15
934095	Sean Kelly	2020	V40	M	parkrun	18:39	Merthyr	Merthyr parkrun # 140	2020-02-29
934095	Sean Kelly	2020	V40	M	10.	39:13	Llanelli	Welsh National	2020-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
					35KXC			Championships	02-22
842767	Louise Kirby	2020	V50	W	400	73.12	Lee Valley	England Masters Inter Area Match	2020-03-01
453541	Edward Land	2020	V40	M	10M	59:06	Rhyl	Rhyl 10	2020-02-22
453541	Edward Land	2020	V40	M	HM	78:45	Newport	City of Newport Half Marathon	2020-03-01
10787	Sharon Leech	2020	V45	W	parkrun	20:21	Swansea Bay	Swansea Bay parkrun # 218	2020-02-29
66357	Elio Lepore	2020	V65	M	parkrun	20:00	Cardiff	Cardiff parkrun # 639	2020-02-22
599005	Adrian Lewis	2020	V45	M	parkrun	18:31	Aberdare	Aberdare parkrun # 83	2020-02-29
599005	Adrian Lewis	2020	V45	M	parkrun	18:51	Aberystwyth	Aberystwyth parkrun # 396	2020-02-15
599005	Adrian Lewis	2020	V45	M	10.35KXC	40:56	Llanelli	Welsh National Championships	2020-02-22
690191	Sion Lewis	2020	V35	M	HM	82:54	Greenwich	Vitality Big Half Marathon	2020-03-01
360439	Helen Lutley	2020	V70	W	800	3:39.91	Lee Valley	England Masters Inter Area Match	2020-03-01
360439	Helen Lutley	2020	V70	W	parkrun	27:56	Llanerchaeron	Llanerchaeron parkrun # 100	2020-02-22
38546	Richard Marks	2020	V70	M	1500	5:45.23	Lee Valley	England Masters Inter Area Match	2020-03-01
38546	Richard Marks	2020	V70	M	parkrun	22:37	Llanerchaeron	Llanerchaeron parkrun # 100	2020-02-22
24028	Caroline Marler	2020	V65	W	200	34.49	Lee Valley	England Masters Inter Area Match	2020-03-01
789642	Kieran McDonnell	2020	V60	M	400	62.17	Lee Valley	England Masters Inter Area Match	2020-03-01
861408	Alison McLellan	2020	V35	W	200	28.33	Lee Valley	England Masters Inter Area Match	2020-03-01
861408	Alison McLellan	2020	V35	W	LJ	4.14	Lee Valley	England Masters Inter Area Match	2020-03-01
861408	Alison McLellan	2020	V35	W	TJ	8.85	Lee Valley	England Masters Inter Area Match	2020-03-01
9472	Jeremy Mower	2020	V50	M	40Miles	4:54:29	Barry	Barry 40	2020-03-01
9472	Jeremy Mower	2020	V50	M	5K	17:44	Bristol	Pomphrey 5K	2020-02-25
9472	Jeremy Mower	2020	V50	M	10K	36:47	Bourton	Bourton 10K	2020-02-23
23532	Mike Murphy	2020	V65	M	7.36KXC	33:43	Llanelli	Welsh National Championships	2020-02-22
462645	Doug	2020	V40	M	3000	9:40.22	Lee Valley	England	2020-

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	Nicholls							Masters Inter Area Match	03-01
462645	Doug Nicholls	2020	V40	M	parkrun	17:35	Cardiff	Cardiff parkrun # 639	2020-02-22
31024	Patricia Oakes	2020	V70	W	SP3K	6.01	Lee Valley	England Masters Inter Area Match	2020-03-01
25923	Derek Osborne	2020	V55	M	1000	3:31.64	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
25923	Derek Osborne	2020	V55	M	60HM50	11.09	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
25923	Derek Osborne	2020	V55	M	HJ	1.38	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
25923	Derek Osborne	2020	V55	M	LJ	4.57	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
25923	Derek Osborne	2020	V55	M	SP6K	8.67	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
25923	Derek Osborne	2020	V55	M	PenIM55	3002	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
25923	Derek Osborne	2020	V55	M	parkrun	22:46	Groe	Groe parkrun # 50	2020-02-29
42374	Clive Osmond	2020	V55	M	10.35KXC	49:54	Llanelli	Welsh National Championships	2020-02-22
89210	Stuart Pearce	2020	V40	M	60	7.95	Lee Valley	England Masters Inter Area Match	2020-03-01
89210	Stuart Pearce	2020	V40	M	200	26.61	Lee Valley	England Masters Inter Area Match	2020-03-01
19618	Stuart Penny	2020	V55	M	10.35KXC	41:23	Llanelli	Welsh National Championships	2020-02-22
42345	Keith Powell	2020	V55	M	1000	4:31.41	Lee Valley	British Masters Pentathlon	2020-02-23

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								Championships (inc South of England Championships)	
42345	Keith Powell	2020	V55	M	60HM50	16.65	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
42345	Keith Powell	2020	V55	M	HJ	1.32	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
42345	Keith Powell	2020	V55	M	LJ	4.42	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
42345	Keith Powell	2020	V55	M	SP6K	7.98	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
42345	Keith Powell	2020	V55	M	PenIM55	1824	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
48461	Robert Prady	2020	V40	M	10.35KXC	39:49	Llanelli	Welsh National Championships	2020-02-22
25853	Glyn Price	2020	V50	M	60HM50	11.05	Lee Valley	England Masters Inter Area Match	2020-03-01
25853	Glyn Price	2020	V50	M	HJ	1.45	Lee Valley	England Masters Inter Area Match	2020-03-01
25853	Glyn Price	2020	V50	M	PV	3.81	Lee Valley	England Masters Inter Area Match	2020-03-01
1322	Sean Price	2020	V55	M	10.35KXC	45:23	Llanelli	Welsh National Championships	2020-02-22
42370	David Proffitt	2020	V65	M	HM	2:15:54	Newport	City of Newport Half Marathon	2020-03-01
785044	Chris Pruski	2020	V65	M	parkrun	28:15	Swansea Bay	Swansea Bay parkrun # 217	2020-02-22
785044	Chris Pruski	2020	V65	M	parkrun	30:23	Swansea Bay	Swansea Bay parkrun # 216	2020-02-15
4894	Mike Robbins	2020	V55	M	parkrun	22:11	Wepre	Wepre parkrun # 199	2020-02-29
4894	Mike Robbins	2020	V55	M	parkrun	22:26	Wepre	Wepre parkrun # 197	2020-02-15

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
4894	Mike Robbins	2020	V55	M	parkrun	22:34	Wepre	Wepre parkrun # 198	2020-02-22
72835	Barrie Roberts	2020	V75	M	400	96.66	Lee Valley	England Masters Inter Area Match	2020-03-01
72835	Barrie Roberts	2020	V75	M	800	3:36.42	Lee Valley	England Masters Inter Area Match	2020-03-01
72835	Barrie Roberts	2020	V75	M	parkrun	28:11	Walsall Arboretum	Walsall Arboretum parkrun # 417	2020-02-15
22339	Huw Roberts	2020	V60	M	10.35KXC	49:35	Llanelli	Welsh National Championships	2020-02-22
895411	Mark Roberts	2020	V55	M	parkrun	25:07	Groe	Groe parkrun # 48	2020-02-15
363515	Rebecca Selvey	2020	V45	W	400	68.08	Lee Valley	England Masters Inter Area Match	2020-03-01
15337	Rob Sheen	2020	V55	M	parkrun	19:43	Braunstone	Braunstone parkrun # 485	2020-02-15
15337	Rob Sheen	2020	V55	M	10K	40:57	Kites Hardwick	Draycote Water Winter 10K	2020-02-22
34256	Dave Shields	2020	V55	M	LJ	3.88	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
34256	Dave Shields	2020	V55	M	TJ	8.74	Lee Valley	England Masters Inter Area Match	2020-03-01
34256	Dave Shields	2020	V55	M	TJ	8.53	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
246785	Juliet Sidney	2020	V50	W	60	8.81	Lee Valley	England Masters Inter Area Match	2020-03-01
246785	Juliet Sidney	2020	V50	W	200	29.53	Lee Valley	England Masters Inter Area Match	2020-03-01
31762	Clare St. John-Coleman	2020	V55	W	60	9.81	Lee Valley	Southern Counties Veterans AC Championships	2020-02-16
31762	Clare St. John-Coleman	2020	V55	W	60	9.82	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
31762	Clare St. John-Coleman	2020	V55	W	LJ	3.85	Lee Valley	Southern Counties Veterans AC	2020-02-16

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Championships	
31762	Clare St. John-Coleman	2020	V55	W	LJ	3.67	Lee Valley	England Masters Inter Area Match	2020-03-01
31762	Clare St. John-Coleman	2020	V55	W	LJ	3.59	Lee Valley	British Masters Pentathlon Championships (inc South of England Championships)	2020-02-23
34369	Glyn Sutton	2020	V70	M	60	8.61	Lee Valley	England Masters Inter Area Match	2020-03-01
34369	Glyn Sutton	2020	V70	M	200	30.34	Lee Valley	England Masters Inter Area Match	2020-03-01
340051	Ian Swanson	2020	V65	M	7.36KXC	48:35	Llanelli	Welsh National Championships	2020-02-22
1602	James Thie	2020	V40	M	10.35KXC	35:30	Llanelli	Welsh National Championships	2020-02-22
10863	Joe Thomas	2020	V40	M	10.35KXC	37:02	Llanelli	Welsh National Championships	2020-02-22
2865	Michelle Thomas	2020	V45	W	60	8.38	Sportcity	Sale Harriers Open Series	2020-02-23
2865	Michelle Thomas	2020	V45	W	60	8.38	Sportcity	Sale Harriers Open Series	2020-02-23
2865	Michelle Thomas	2020	V45	W	200	27.24	Sportcity	Sale Harriers Open Series	2020-02-23
11377	Daniel Thorogood	2020	V55	M	parkrun	21:19	Aberystwyth	Aberystwyth parkrun # 396	2020-02-15
11377	Daniel Thorogood	2020	V55	M	parkrun	23:40	Prospect	Prospect parkrun # 87	2020-02-29
11377	Daniel Thorogood	2020	V55	M	10.35KXC	45:59	Llanelli	Welsh National Championships	2020-02-22
894665	Jane Thorogood	2020	V50	W	parkrun	31:40	Aberystwyth	Aberystwyth parkrun # 397	2020-02-22
894665	Jane Thorogood	2020	V50	W	parkrun	32:50	Aberystwyth	Aberystwyth parkrun # 396	2020-02-15
894665	Jane Thorogood	2020	V50	W	parkrun	40:24	Prospect	Prospect parkrun # 87	2020-02-29
8782	Ros Townsend-Hope	2020	V65	W	400	81.80	Lee Valley	England Masters Inter Area Match	2020-03-01
8782	Ros Townsend-Hope	2020	V65	W	800	3:13.03	Lee Valley	England Masters Inter Area Match	2020-03-01
8782	Ros Townsend-Hope	2020	V65	W	parkrun	26:05	Worcester	Worcester parkrun # 460	2020-02-22
42328	Steve Wadley	2020	V55	M	parkrun	24:00	Riverfront	Riverfront parkrun # 162	2020-02-29
42328	Steve Wadley	2020	V55	M	parkrun	24:06	Riverfront	Riverfront parkrun # 161	2020-02-22
42328	Steve	2020	V55	M	parkrun	25:03	Tremorfa	Tremorfa	2020-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Wadley							parkrun # 16	02-15
35174	Julie Wakelam	2020	V60	W	60	10.48	Lee Valley	England Masters Inter Area Match	2020-03-01
35174	Julie Wakelam	2020	V60	W	HJ	1.12	Lee Valley	England Masters Inter Area Match	2020-03-01
35174	Julie Wakelam	2020	V60	W	LJ	3.36	Lee Valley	England Masters Inter Area Match	2020-03-01
35174	Julie Wakelam	2020	V60	W	SP3K	6.76	Lee Valley	England Masters Inter Area Match	2020-03-01
598853	David Walker	2020	V60	M	10.35KXC	46:44	Llanelli	Welsh National Championships	2020-02-22
773078	Welsh Masters AA V35 Team	2020	V35	W	4x200	2:00.59	Lee Valley	England Masters Inter Area Match	2020-03-01
773084	Welsh Masters AA V35 Team	2020	V35	M	4x200	1:48.22	Lee Valley	England Masters Inter Area Match	2020-03-01
773077	Welsh Masters AA V50 Team	2020	V50	W	4x200	2:06.61	Lee Valley	England Masters Inter Area Match	2020-03-01
880920	Welsh Masters AA V50 Team	2020	V50	M	4x200	2:05.57	Lee Valley	England Masters Inter Area Match	2020-03-01
856524	Welsh Masters AA V60 Team	2020	V60	M	4x200	2:22.17	Lee Valley	England Masters Inter Area Match	2020-03-01
773091	Welsh Masters AA V60 Team	2020	V60	W	4x200	1:55.69	Lee Valley	England Masters Inter Area Match	2020-03-01
50764	Russell Whiting	2020	V50	M	60	7.88	Lee Valley	England Masters Inter Area Match	2020-03-01
50764	Russell Whiting	2020	V50	M	200	26.91	Lee Valley	England Masters Inter Area Match	2020-03-01
766506	David John Williams	2020	V35	M	800	2:00.85	Lee Valley	England Masters Inter Area Match	2020-03-01
766506	David John Williams	2020	V35	M	parkrun	19:32	Penallta	Penallta parkrun # 238	2020-02-15
5905	David John Williams	2020	V45	M	parkrun	18:27	Riverfront	Riverfront parkrun # 162	2020-02-29
71990	David O Williams	2020	V55	M	parkrun	20:09	Nova Prestatyn	Nova Prestatyn parkrun # 10	2020-02-29
71990	David O Williams	2020	V55	M	10.35KXC	42:30	Llanelli	Welsh National Championships	2020-02-22

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
782788	Ian Williams	2020	V40	M	SP7.26K	8.56	Lee Valley	England Masters Inter Area Match	2020-03-01
928365	Mark Williams	2020	V60	M	3000	12:09.91	Lee Valley	England Masters Inter Area Match	2020-03-01
928365	Mark Williams	2020	V60	M	parkrun	19:58	Bryn Bach	Bryn Bach parkrun # 379	2020-02-29
928365	Mark Williams	2020	V60	M	parkrun	20:14	Bryn Bach	Bryn Bach parkrun # 377	2020-02-15
928365	Mark Williams	2020	V60	M	10.35KXC	45:58	Llanelli	Welsh National Championships	2020-02-22