

Welsh Masters at T&F, 1st Jan to 20th Feb 2020

Name	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Henrietta Anstey	V45	W	200	32.11	Cardiff	West England, Welsh Masters, Welsh Athletics Senior	2020-01-19
Henrietta Anstey	V45	W	400	74.77	Cardiff	West England, Welsh Masters, Welsh Athletics Senior	2020-01-19
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 Senior	2020-01-19
Amanda Broadhurst	V45	W	200	32.33	Cardiff	West England, Welsh Masters, Welsh Athletics Senior	2020-01-19
Amanda Broadhurst	V45	W	800	2:57.11	Emirates Arena	Wentworth / Masters Championships, National Parallel Sprint	2020-02-02
Amanda Broadhurst	V45	W	60HW40	10.88	Emirates Arena	Wentworth / Masters Championships, National Parallel Sprint	2020-02-02
Amanda Broadhurst	V45	W	HJ	1.21	Emirates Arena	Wentworth / Masters Championships, National Parallel Sprint	2020-02-02
Amanda Broadhurst	V45	W	LJ	3.88	Emirates Arena	Wentworth / Masters Championships, National Parallel Sprint	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	Wentworth / Masters Championships, National Parallel Sprint	2020-02-02
Amanda Broadhurst	V45	W	PenIW45	2690	Emirates Arena	Wentworth / Masters Championships, National Parallel Sprint	2020-02-02
Ian Broadhurst	V65	M	60	8.72	Cardiff	West England, Welsh Masters, Welsh Athletics Senior	2020-01-19
Ian Broadhurst	V65	M	200	27.75	Cardiff	West England, Welsh Masters, Welsh Athletics Senior	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	Wentworth / Masters Championships, National Parallel Sprint	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 Senior	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 Senior	2020-01-19
Angela Bryant	V55	W	400	89.93	Cardiff	West England, Welsh Masters, Welsh Athletics Senior	2020-01-19
Owen Cheshier	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
Martyn Cole	V60	M	400	67.60	Cardiff	West England, Welsh Masters, Welsh Athletics Senior	2020-01-19
Martyn Cole	V60	M	800	2:29.79	Cardiff	West England, Welsh Masters, Welsh Athletics Senior	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
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
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
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
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
Huw Evans	V45	M	1500	4:41.00	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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
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

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 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
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
Donald Hale	V65	M	60	11.32	Connah's Quay	North Wales Regional Championships	2020-01-12
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
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
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
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
Llinos Jones	V35	W	1500	5:07.89	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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
Elio Lepore	V65	M	1500	5:24.12	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Adrian Lewis	V45	M	800	2:19.05	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Helen Lutley	V70	W	1500	7:16.56	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19

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
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
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
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
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
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
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
Lee Richards	V35	M	200	25.50	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
Rebecca Selvey	V45	W	400	69.36	Cardiff	West England, Welsh Masters, Welsh Athletics Seni	2020-01-19
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
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
Martin Tucker	V50	M	SP6K	10.43	Connah's Quay	North Wales Regional Championships	12/01/2020
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
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
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
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
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