

# Welsh Masters on Power of 10 - 1st March 2020

| Name                      | Age | Gender | Event   | Performance | Venue             | Meeting                          | Date       |
|---------------------------|-----|--------|---------|-------------|-------------------|----------------------------------|------------|
| Henrietta Anstey          | V45 | W      | 200     | 31.68       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Amanda Broadhurst         | V45 | W      | 60HW40  | 11.61       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Amanda Broadhurst         | V45 | W      | HJ      | 1.20        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Ian Broadhurst            | V65 | M      | 60      | 8.73        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Ian Broadhurst            | V65 | M      | 200     | 27.88       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Ben Butler-Madden         | V35 | M      | HM      | 75:28       | Newport           | City of Newport Half Marathon    | 2020-03-01 |
| Owen Chesher              | V35 | M      | 400     | 56.56       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Owen Chesher              | V35 | M      | HJ      | 1.70        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Martyn Cole               | V60 | M      | 800     | 2:33.40     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Martyn Cole               | V60 | M      | 1500    | 5:05.23     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Claudia Cabbage           | V45 | W      | PV      | 2.11        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Claudia Cabbage           | V45 | W      | SP4K    | 8.95        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| 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 |
| Neil Davies               | V50 | M      | 400     | 66.99       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Neil Davies               | V50 | M      | LJ      | 3.94        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Neil Davies               | V50 | M      | SP6K    | 9.57        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Stephen Davies            | V60 | M      | HM      | 1:47:06     | Greenwich         | Vitality Big Half Marathon       | 2020-03-01 |
| Sue Davies                | V55 | W      | 1500    | 6:23.66     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Brett Davis               | V55 | M      | 800     | 2:19.29     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Brian Dias                | V35 | M      | LJ      | 3.58        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Elizabeth Driver          | V60 | W      | Mar     | 3:43:13     | Sliema, MLT       | GIG Malta Marathon               | 2020-03-01 |
| Paul Edwards              | V45 | M      | HM      | 1:56:26     | Newport           | City of Newport Half Marathon    | 2020-03-01 |
| Huw Evans                 | V45 | M      | 8.1KXC  | 29:42       | Old Down          | Gloucestershire League           | 2020-03-01 |
| Steven Forsyth            | V40 | M      | 10K     | 34:09       | Partington        | Trafford 10K                     | 2020-03-01 |
| Pat Gallagher             | V70 | W      | 60      | 12.33       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Melanie Garland           | V55 | W      | 60HW50  | 12.26       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Melanie Garland           | V55 | W      | HJ      | 1.30        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Melanie Garland           | V55 | W      | LJ      | 4.50        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| 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 |
| David George              | V50 | M      | 42195   | 3:59:56     | Barry             | Barry Marathon / 40              | 2020-03-01 |
| Kelly Gipson              | V50 | W      | 3000    | 13:08.07    | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Dave Gordon               | V50 | M      | PV      | 3.21        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| 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 |
| Martin Green              | V45 | M      | HM      | 81:08       | Anglesey          | Anglesey Island Half Marathon    | 2020-03-01 |
| 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 |
| Warwick Helps             | V40 | M      | 10M     | 62:21       | St Peter Port     | Chertsey House Series 10         | 2020-03-01 |
| Iris Holder               | V75 | W      | LJ      | 2.78        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Eleri Jones               | V35 | W      | 60      | 8.50        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Linos Jones               | V35 | W      | 800     | 2:32.22     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Linos Jones               | V35 | W      | 1500    | 5:03.86     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Tegid Jones               | V40 | M      | 9.12KXC | 35:56       | Henley Showground | Oxfordshire Cross Country League | 2020-03-01 |
| Louise Kirby              | V50 | W      | 400     | 73.12       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Edward Land               | V40 | M      | HM      | 78:45       | Newport           | City of Newport Half Marathon    | 2020-03-01 |
| Sion Lewis                | V35 | M      | HM      | 82:54       | Greenwich         | Vitality Big Half Marathon       | 2020-03-01 |
| Helen Lutley              | V70 | W      | 800     | 3:39.91     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Richard Marks             | V70 | M      | 1500    | 5:45.23     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Caroline Marler           | V65 | W      | 200     | 34.49       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Kieran McDonnell          | V60 | M      | 400     | 62.17       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Alison McLellan           | V35 | W      | 200     | 28.33       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| 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 |
| Doug Nicholls             | V40 | M      | 3000    | 9:40.22     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Patricia Oakes            | V70 | W      | SP3K    | 6.01        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| 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      | 200     | 26.61       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| 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      | 3.81        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| David Proffitt            | V65 | M      | HM      | 2:15:54     | Newport           | City of Newport Half Marathon    | 2020-03-01 |
| 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 |
| Rebecca Selvey            | V45 | W      | 400     | 68.08       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Dave Shields              | V55 | M      | TJ      | 8.74        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Juliet Sidney             | V50 | W      | 60      | 8.81        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Juliet Sidney             | V50 | W      | 200     | 29.53       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Clare St. John-Coleman    | V55 | W      | LJ      | 3.67        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Glyn Sutton               | V70 | M      | 60      | 8.61        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Glyn Sutton               | V70 | M      | 200     | 30.34       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Ros Townsend-Hope         | V65 | W      | 400     | 81.80       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Ros Townsend-Hope         | V65 | W      | 800     | 3:13.03     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| 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      | 3.36        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Julie Wakelam             | V60 | W      | SP3K    | 6.76        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Victoria Watkins          | V40 | W      | 6.3KXC  | 30:36       | Old Down          | Gloucestershire League           | 2020-03-01 |
| Welsh Masters AA V35 Team | V35 | W      | 4x200   | 1:48.22     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Welsh Masters AA V35 Team | V35 | M      | 4x200   | 2:00.59     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Welsh Masters AA V50 Team | V50 | M      | 4x200   | 2:06.61     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Welsh Masters AA V50 Team | V50 | W      | 4x200   | 2:05.57     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Welsh Masters AA V60 Team | V60 | W      | 4x200   | 2:22.17     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Welsh Masters AA V60 Team | V60 | M      | 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      | 200     | 26.91       | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| David John Williams       | V35 | M      | 800     | 2:00.85     | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |
| Ian Williams              | V40 | M      | SP7.26K | 8.56        | Lee Valley        | England Masters Inter Area Match | 2020-03-01 |