

## Power of 10 Athlete Data

| ID     | Name            | Year | Age Group | Gender | Event  | Performance | Venue          | Meeting                                 | Date       |
|--------|-----------------|------|-----------|--------|--------|-------------|----------------|-----------------------------------------|------------|
| 399109 | Angela Bryant   | 2020 | V55       | W      | 100    | 15.34       | Nuneaton       | Night of 100m PB's                      | 2020-08-19 |
| 35171  | Roderick Davies | 2020 | V60       | M      | 100    | 14.46       | Swansea        | Welsh Athletics Track Pilot Competition | 2020-08-16 |
| 14897  | Brett Davis     | 2020 | V55       | M      | 400    | 60.14       | Yate           | Yate Track Meeting                      | 2020-08-23 |
| 14897  | Brett Davis     | 2020 | V55       | M      | 800    | 2:20.12     | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-02 |
| 14897  | Brett Davis     | 2020 | V55       | M      | 800    | 2:28.98     | Nuneaton       | Night of 800m PB's                      | 2020-08-28 |
| 745669 | Paul Flynn      | 2020 | V50       | M      | 3000   | 10:07.59    | Aberdare       | Welsh Athletics Endurance Open          | 2020-08-29 |
| 932488 | Steven Forsyth  | 2020 | V40       | M      | 10K    | 33:54       | Knutsford      | RunThrough Tatton Park 10K              | 2020-08-09 |
| 932488 | Steven Forsyth  | 2020 | V40       | M      | 10K    | 34:02       | Blackpool      | Run the Lights Illuminations 10K        | 2020-08-15 |
| 550    | Lee Garland     | 2020 | V45       | M      | 5000   | 17:50.11    | St. Peter Port | Guernsey Open Meeting                   | 2020-07-12 |
| 550    | Lee Garland     | 2020 | V45       | M      | 1500SC | 4:53.87     | St Peter Port  | Guernsey Midweek Series                 | 2020-08-06 |
| 108974 | Melanie Garland | 2020 | V55       | W      | 100    | 14.49       | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-02 |
| 108974 | Melanie Garland | 2020 | V55       | W      | 100    | 14.61       | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-16 |
| 108974 | Melanie Garland | 2020 | V55       | W      | 100    | 14.84       | Nuneaton       | Night of 100m PB's                      | 2020-08-19 |
| 108974 | Melanie Garland | 2020 | V55       | W      | 200    | 30.72       | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-16 |
| 108974 | Melanie Garland | 2020 | V55       | W      | HJ     | 1.35        | Taunton        | Taunton AC T & F Meeting                | 2020-08-27 |
| 108974 | Melanie Garland | 2020 | V55       | W      | HJ     | 1.31        | Yeovil         | Yeovil Summer Field Open                | 2020-08-29 |
| 108974 | Melanie Garland | 2020 | V55       | W      | LJ     | 4.49        | Yeovil         | Yeovil Summer Field Open                | 2020-08-29 |
| 108974 | Melanie Garland | 2020 | V55       | W      | LJ     | 4.45        | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-02 |
| 108974 | Melanie Garland | 2020 | V55       | W      | LJ     | 4.44        | Nuneaton       | Nuneaton England Athletics Pilot        | 2020-07-12 |

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|         |                        |      |           |        |       |             |                | Event                                   |            |
| 108974  | Melanie Garland        | 2020 | V55       | W      | LJ    | 4.42        | Taunton        | Taunton AC T & F Meeting                | 2020-08-27 |
| 86646   | Warwick Helps          | 2020 | V40       | M      | 5000  | 17:51.25    | St. Peter Port | Guernsey Open Meeting                   | 2020-08-23 |
| 42341   | Mel James              | 2020 | V75       | M      | 100   | 16.44       | Swansea        | Welsh Athletics Track Pilot Competition | 2020-08-16 |
| 1007419 | Dash Newington         | 2020 | V35       | W      | PV    | NH          | Middlesbrough  | Tyne Tees Grand Prix                    | 2020-08-22 |
| 42345   | Keith Powell           | 2020 | V55       | M      | HJ    | 1.26        | Yeovil         | Yeovil Summer Field Open                | 2020-08-29 |
| 42345   | Keith Powell           | 2020 | V55       | M      | LJ    | 4.52        | Tavistock      | Devon Open                              | 2020-08-16 |
| 42345   | Keith Powell           | 2020 | V55       | M      | LJ    | 4.42        | Yeovil         | Yeovil Summer Field Open                | 2020-08-29 |
| 363515  | Rebecca Selvey         | 2020 | V45       | W      | 100   | 15.44       | Nuneaton       | Night of 100m PB's                      | 2020-08-19 |
| 363515  | Rebecca Selvey         | 2020 | V45       | W      | 200   | 32.01       | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-02 |
| 363515  | Rebecca Selvey         | 2020 | V45       | W      | 400   | 71.16       | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-16 |
| 15337   | Rob Sheen              | 2020 | V55       | M      | 5K    | 19:59       | Milton Keynes  | MK5km PB Special                        | 2020-08-21 |
| 31762   | Clare St. John-Coleman | 2020 | V55       | W      | 100   | 15.69       | Chelmsford     | Chelmsford Sprints Open Series          | 2020-08-19 |
| 31762   | Clare St. John-Coleman | 2020 | V55       | W      | LJ    | 3.61        | Lee Valley     | London Inter Club Challenge             | 2020-08-02 |
| 31762   | Clare St. John-Coleman | 2020 | V55       | W      | LJ    | 3.60        | Lee Valley     | London Inter Club Challenge             | 2020-08-02 |
| 2865    | Michelle Thomas        | 2020 | V45       | W      | 100   | 13.29       | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-16 |
| 2865    | Michelle Thomas        | 2020 | V45       | W      | 200   | 27.68       | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-16 |
| 222758  | Jan Timberlake         | 2020 | V50       | W      | LJ    | 3.95        | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-02 |
| 222758  | Jan Timberlake         | 2020 | V50       | W      | SP3K  | 7.74        | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-02 |
| 222758  | Jan Timberlake         | 2020 | V50       | W      | SP3K  | 7.18        | Nuneaton       | Nuneaton Senior & U20 Open              | 2020-08-16 |
| 222758  | Jan Timberlake         | 2020 | V50       | W      | DT1K  | 23.13       | Nuneaton       | Nuneaton Senior & U20                   | 2020-08-16 |

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|-------|-----------------|------|-----------|--------|-------|-------------|------------|-----------------------------|------------|
|       |                 |      |           |        |       |             |            | Open                        |            |
| 50764 | Russell Whiting | 2020 | V50       | M      | 100   | 12.30       | Worthing   | Worthing Track Night        | 2020-08-11 |
| 50764 | Russell Whiting | 2020 | V50       | M      | 100   | 12.39       | Worthing   | Worthing Track Night        | 2020-08-18 |
| 50764 | Russell Whiting | 2020 | V50       | M      | 100   | 12.59       | Worthing   | Worthing Track Night        | 2020-08-18 |
| 50764 | Russell Whiting | 2020 | V50       | M      | 200   | 25.09       | Worthing   | Worthing Track Night        | 2020-08-11 |
| 50764 | Russell Whiting | 2020 | V50       | M      | 200   | 25.47       | Lee Valley | London Inter Club Challenge | 2020-08-16 |