

# Welsh Masters on Power of 10 -14th March

| Name             | Age | Group | Gender | Event   | Performance | Venue              | Meeting                         | Date       |
|------------------|-----|-------|--------|---------|-------------|--------------------|---------------------------------|------------|
| Paul Allen       | V70 | M     |        | 6KXC    | 33:22       | Corwen             | British Masters Championships   | 2020-03-14 |
| Eirian Arwyn     | V65 | W     |        | parkrun | 31:34       | Tremorfa           | Tremorfa parkrun # 19           | 2020-03-14 |
| Angela Bryant    | V55 | W     |        | parkrun | 48:01       | Newent             | Newent parkrun # 359            | 2020-03-14 |
| Kay Chapman      | V50 | W     |        | parkrun | 21:36       | Aberdare           | Aberdare parkrun # 85           | 2020-03-14 |
| Ania Ciolek      | V35 | W     |        | parkrun | 22:55       | Brynaman           | Brynaman parkrun # 23           | 2020-03-14 |
| Lisa Cleary      | V55 | W     |        | parkrun | 25:28       | Trelai Park        | Trelai Park parkrun # 2         | 2020-03-14 |
| Stephen Davies   | V60 | M     |        | parkrun | 24:43       | Forest Rec         | Forest Rec parkrun # 344        | 2020-03-14 |
| Sue Davies       | V55 | W     |        | 6KXC    | 30:53       | Corwen             | British Masters Championships   | 2020-03-14 |
| Paul Edwards     | V45 | M     |        | parkrun | 23:42       | Barry Island       | Barry Island parkrun # 251      | 2020-03-14 |
| Huw Evans        | V45 | M     |        | 8KXC    | 30:37       | Corwen             | British Masters Championships   | 2020-03-14 |
| Sarah Everitt    | V50 | W     |        | parkrun | 20:55       | Eastville          | Eastville parkrun # 117         | 2020-03-14 |
| David George     | V50 | M     |        | parkrun | 23:32       | Gloucester North   | Gloucester North parkrun # 222  | 2020-03-14 |
| Jon Grainger     | V55 | M     |        | 8KXC    | 34:50       | Corwen             | British Masters Championships   | 2020-03-14 |
| Donald Hale      | V65 | M     |        | parkrun | 24:03       | Conwy              | Conwy parkrun # 265             | 2020-03-14 |
| Annette Hames    | V60 | W     |        | parkrun | 21:57       | Newcastle          | Newcastle parkrun # 503         | 2020-03-14 |
| John Horsman     | V65 | M     |        | parkrun | 24:41       | Milford Waterfront | Milford Waterfront parkrun # 28 | 2020-03-14 |
| Geran Hughes     | V50 | M     |        | 8KXC    | 33:15       | Corwen             | British Masters Championships   | 2020-03-14 |
| Jeanette Jenkins | V55 | W     |        | parkrun | 32:48       | Cwmbran            | Cwmbran parkrun # 189           | 2020-03-14 |
| Gary John        | V65 | M     |        | parkrun | 25:26       | Cardiff            | Cardiff parkrun # 641           | 2020-03-14 |
| Llinos Jones     | V35 | W     |        | parkrun | 18:40       | Swansea Bay        | Swansea Bay parkrun # 220       | 2020-03-14 |
| Sean Kelly       | V40 | M     |        | 8KXC    | 33:42       | Corwen             | British Masters Championships   | 2020-03-14 |
| Adrian Lewis     | V45 | M     |        | parkrun | 18:13       | Aberdare           | Aberdare parkrun # 85           | 2020-03-14 |
| Margaret Ludden  | V55 | W     |        | 6KXC    | 31:25       | Corwen             | British Masters Championships   | 2020-03-14 |
| Helen Lutley     | V70 | W     |        | parkrun | 27:19       | Llanerchaeron      | Llanerchaeron parkrun # 103     | 2020-03-14 |
| Georgie Parnell  | V35 | W     |        | 6KXC    | 23:41       | Corwen             | British Masters Championships   | 2020-03-14 |
| Stuart Penny     | V55 | M     |        | 20K     | 81:09       | Berkeley           | 20/20 Fission 20K               | 2020-03-14 |
| Sean Price       | V55 | M     |        | parkrun | 20:12       | Aberbeeg           | Aberbeeg parkrun # 66           | 2020-03-14 |
| Chris Pruski     | V65 | M     |        | parkrun | 27:01       | Swansea Bay        | Swansea Bay parkrun # 220       | 2020-03-14 |
| Huw Roberts      | V60 | M     |        | parkrun | 21:08       | Cardiff            | Cardiff parkrun # 641           | 2020-03-14 |
| Darren Rowlands  | V50 | M     |        | 8KXC    | 31:52       | Corwen             | British Masters Championships   | 2020-03-14 |
| James Thie       | V40 | M     |        | parkrun | 17:02       | Cosmeston Lakes    | Cosmeston Lakes parkrun # 13    | 2020-03-14 |
| Jane Thorogood   | V50 | W     |        | parkrun | 37:19       | Aberystwyth        | Aberystwyth parkrun # 400       | 2020-03-14 |
| Steve Wadley     | V55 | M     |        | parkrun | 20:58       | Newport            | Newport parkrun # 465           | 2020-03-14 |
| Victoria Watkins | V40 | W     |        | 6KXC    | 28:50       | Corwen             | British Masters Championships   | 2020-03-14 |
| David O Williams | V55 | M     |        | 8KXC    | 34:19       | Corwen             | British Masters Championships   | 2020-03-14 |