

Results 10th July to 22nd July -----Red indicates no WMAL on P10 profile

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Brian Dias	2022	V35	M		200 34.3	Swansea	Welsh Masters Athletics League	2022-07-20
Brian Dias	2022	V35	M		800 2:47.7	Swansea	Welsh Masters Athletics League	2022-07-20
Brian Dias	2022	V35	M	DT2K		12.28 Swansea	Welsh Masters Athletics League	2022-07-20
Brian Dias	2022	V35	M	HT7.26K		5.55 Swansea	Welsh Masters Athletics League	2022-07-20
Michael Dickens	2022	V35	M		100 11.4	Telford	Midland Counties Track & Field League Division 2	2022-07-17
Michael Dickens	2022	V35	M		200 23.4	Telford	Midland Counties Track & Field League Division 2	2022-07-17
Gareth Logan	2022	V35	M		200 31.4	Swansea	Welsh Masters Athletics League	2022-07-20
Gareth Logan	2022	V35	M		800 02:41.1	Swansea	Welsh Masters Athletics League	2022-07-20
Luke Northall	2022	V35	M		5000 18:50.3	Salford	Northern League - West 25	2022-07-10
Luke Northall	2022	V35	M		3000SC 11:10.3	Salford	Northern League - West 25	2022-07-10
Jonathan Williams	2022	V35	M		800 2:15.8	Swansea	Welsh Masters Athletics League	2022-07-20
Tim Fry	2022	V40	M		800 02:54.8	Swansea	Welsh Masters Athletics League	2022-07-20
Tim Fry	2022	V40	M		3000 12:16.6	Swansea	Welsh Masters Athletics League	2022-07-20
Matthew Gilbert	2022	V40	M		200 29.2	Swansea	Welsh Masters Athletics League	2022-07-20
Kieran Golding	2022	V40	M		800 2:40.5	Cheltenham	Cheltenham Midsummer Open	2022-07-20
Kieran Golding	2022	V40	M	LJ		3.31 Andover	Southern Athletics League Division 3 West	2022-07-16
Kieran Golding	2022	V40	M	SP7.26K		6.71 Cheltenham	Cheltenham Midsummer Open	2022-07-20
Kieran Golding	2022	V40	M	DT2K		20.00 Andover	Southern Athletics League Division 3 West	2022-07-16
Kieran Golding	2022	V40	M	DT2K		18.22 Cheltenham	Cheltenham Midsummer Open	2022-07-20
Gareth Robbins	2022	V40	M		800 2:40.2	Swansea	Welsh Masters Athletics League	2022-07-20
Peter Watkeys	2022	V40	M		800 2:02.17	Watford	Watford Open Graded Meeting	2022-07-13
Peter Watkeys	2022	V40	M		800 2:03.68	Eltham	BMC Regional Races	2022-07-20
Huw Evans	2022	V45	M		3000 9:38.8	Swansea	Welsh Masters Athletics League	2022-07-20
Graham Holder	2022	V45	M	HT6K		46.92 Tonbridge	Southern Counties Veteran's League Kent Division Division 1	2022-07-15
Richard Jones	2022	V45	M		3000 9:42.6	Swansea	Welsh Masters Athletics League	2022-07-20
Ian Williams	2022	V45	M	SP7.26K		9.04 Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Ian Williams	2022	V45	M	DT2K		29.57 Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Ian Williams	2022	V45	M	DT2K		28.90 Swansea	Welsh Masters Athletics League	2022-07-20
Ian Williams	2022	V45	M	HT7.26K		14.64 Aberdare	Welsh Inter Regional Track & Field Championships	2022-07-10
Ian Williams	2022	V45	M	HT7.26K		14.54 Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Ian Williams	2022	V45	M	JT800		27.57 Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Neil Davies	2022	V50	M	SP7.26K		8.23 Salford	Northern League - West 25	2022-07-10
Neil Davies	2022	V50	M	DT2K		25.99 Salford	Northern League - West 25	2022-07-10
Neil Davies	2022	V50	M	HT7.26K		23.20 Salford	Northern League - West 25	2022-07-10
Paul Flynn	2022	V50	M		800 2:49.6	Swansea	Welsh Masters Athletics League	2022-07-20
Mike Gleeson	2022	V50	M		200 29.00	Swansea	Welsh Masters Athletics League	2022-07-20
Mike Gleeson	2022	V50	M		800 02:27.9	Swansea	Welsh Masters Athletics League	2022-07-20
Mike Gleeson	2022	V50	M		3000 10:32.4	Swansea	Welsh Masters Athletics League	2022-07-20
Adrian Lewis	2022	V50	M		200 29.1	Swansea	Welsh Masters Athletics League	2022-07-20
Adrian Lewis	2022	V50	M		800 2:17.5	Swansea	Welsh Masters Athletics League	2022-07-20
Adrian Lewis	2022	V50	M		1500 4:37.69	Aberdare	Welsh Inter Regional Track & Field Championships	2022-07-10
Steven Preddy	2022	V50	M		200 31.70	Les Croupiers	Welsh Inter Regional Track & Field Championships	2022-07-20
Steven Preddy	2022	V50	M		800 02:53.7	Les Croupiers	Welsh Inter Regional Track & Field Championships	2022-07-20
Steven Preddy	2022	V50	M		200 14:02.1	Les Croupiers	Welsh Inter Regional Track & Field Championships	2022-07-20
Peter Roberts	2022	V50	M	DT1.5K		34.99 Swansea	Welsh Masters Athletics League	2022-07-20
Peter Roberts	2022	V50	M	HT6K		31.42 Swansea	Welsh Masters Athletics League	2022-07-20
Mark Shepherd	2022	V50	M		800 2:25.2	Telford	Midland Veterans League North	2022-07-13
Mark Shepherd	2022	V50	M		1500 4:50.0	Telford	Midland Counties Track & Field League Division 2	2022-07-17
Mark Shepherd	2022	V50	M		3000 10:22.9	Telford	Midland Veterans League North	2022-07-13
Lee Aherne	2022	V55	M		3000 9:43.4	Swansea	Welsh Masters Athletics League	2022-07-20
Geoff Brimble	2022	V55	M		800 02:23.2	Swansea	Welsh Masters Athletics League	2022-07-20
Brett Davis	2022	V55	M		800 2:36.5	Swansea	Welsh Masters Athletics League	2022-07-20
Gwyn Jones	2022	V55	M		200 35.6	Swansea	Welsh Masters Athletics League	2022-07-20
Gwyn Jones	2022	V55	M		800 02:57.8	Swansea	Welsh Masters Athletics League	2022-07-20
Chris Millard	2022	V55	M		100 12.58	Yate	Avon Track & Field League	2022-07-10
Chris Millard	2022	V55	M		1500 6:45.43	Yate	Avon Track & Field League	2022-07-10
Chris Millard	2022	V55	M	HJ		1.35 Yate	Avon Track & Field League	2022-07-10
Chris Millard	2022	V55	M	JT800		26.55 Yate	Avon Track & Field League	2022-07-10
Andrew Turner	2022	V55	M	DT1.5K		26.66 Aldershot	Southern Counties Veterans League - Hampshire	2022-07-11
David Williams	2022	V55	M	Mile	5:11.98	Wimbledon	Dave Clarke Mile Extravaganza	2022-07-20
David Williams	2022	V55	M		3000 10:14.60	Wimbledon	Hercules Wimbledon 800m & 3000m Night	2022-07-13
Paul Williams	2022	V55	M		200 27.9	Telford	Midland Veterans League North	2022-07-13
Paul Williams	2022	V55	M	LJ		4.12 Telford	Midland Veterans League North	2022-07-13
Mark Ellery	2022	V60	M		100 13.77	Yate	Avon Track & Field League	2022-07-10
Jeffrey Hanson	2022	V60	M		200 36.60	Swansea	Welsh Masters Athletics League	2022-07-20
Jeffrey Hanson	2022	V60	M		800 03:37.9	Swansea	Welsh Masters Athletics League	2022-07-20
Robert Denzil Jones	2022	V60	M	DT1K	36:00.0	Swansea	Welsh Masters Athletics League	2022-07-20
Brian MacBride	2022	V60	M		200 28.2	Swansea	Welsh Masters Athletics League	2022-07-20
Eric Oram	2022	V60	M		200 28.4	Swansea	Welsh Masters Athletics League	2022-07-20
Peter Osborne	2022	V60	M		3000 12:00.9	Swansea	Welsh Masters Athletics League	2022-07-20
Keith Powell	2022	V60	M	PV		2.21 Aberdare	Welsh Inter Regional Track & Field Championships	2022-07-10
Glyndwr Pugh	2022	V60	M	DT1K		27.64 Swansea	Welsh Masters Athletics League	2022-07-20
Glyndwr Pugh	2022	V60	M	HT5K		32.04 Swansea	Welsh Masters Athletics League	2022-07-20
Mark Roberts	2022	V60	M		3000 12:58.0	Swansea	Welsh Masters Athletics League	2022-07-20
Jeremy Thomas	2022	V60	M		3000 11:52.2	Swansea	Welsh Masters Athletics League	2022-07-20
Paul Yeoman	2022	V60	M		1500 6:25.6	Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Paul Yeoman	2022	V60	M	PV		2.30 Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Paul Yeoman	2022	V60	M	LJ		3.54 Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Roderick Davies	2022	V65	M		100 15.00	Much Wenlock	136th Wenlock Olympian Games	2022-07-10
Roderick Davies	2022	V65	M		200 31.1	Swansea	Welsh Masters Athletics League	2022-07-20
Roderick Davies	2022	V65	M		200 32	Much Wenlock	136th Wenlock Olympian Games	2022-07-10
Mick McGeoch	2022	V65	M		3000 13:09.9	Swansea	Welsh Masters Athletics League	2022-07-20
Chris Norton	2022	V65	M		200 34	Swansea	Welsh Masters Athletics League	2022-07-20
David Jones	2022	V70	M	DT1K		13.60 Swansea	Welsh Masters Athletics League	2022-07-20
David Jones	2022	V70	M	HT7.26K		11.11 Aberdare	Welsh Inter Regional Track & Field Championships	2022-07-10
David Jones	2022	V70	M	HT4K		18.15 Swansea	Welsh Masters Athletics League	2022-07-20
Richard Marks	2022	V70	M		800 2:50.4	Swansea	Welsh Masters Athletics League	2022-07-20
Richard Marks	2022	V70	M		3000 12:15.3	Swansea	Welsh Masters Athletics League	2022-07-20
Mel James	2022	V75	M		200 36.1	Swansea	Welsh Masters Athletics League	2022-07-20
Terry Roberts	2022	V75	M	DT1K	26.01	Swansea	Welsh Masters Athletics League	2022-07-20
Phil Rees	2022	V80	M	TJ		4.51 Swansea	Welsh Masters Athletics League	2022-07-20
Phil Rees	2022	V80	M	DT1K		14.77 Swansea	Welsh Masters Athletics League	2022-07-20
Phil Rees	2022	V80	M	HT3K		18.80 Swansea	Welsh Masters Athletics League	2022-07-20
William Benson	2022	V80	M	PV	NH	Swansea	Welsh Masters Athletics League	2022-07-20

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Lisa Boswell	2022	V35	W	HT4K	35.61	Swansea	Welsh Masters Athletics League	2022-07-20
Julie Chamberlain	2022	V35	W		800 2:52.0	Swansea	Welsh Masters Athletics League	2022-07-20
Katherine Morgan	2022	V35	W		200 32.3	Swansea	Welsh Masters Athletics League	2022-07-20
Katherine Morgan	2022	V35	W	TJ		8.03 Swansea	Welsh Masters Athletics League	2022-07-20
Donna Morris	2022	V35	W		200 33.2	Swansea	Welsh Masters Athletics League	2022-07-20
Donna Morris	2022	V35	W		800 2:28.2	Swansea	Welsh Masters Athletics League	2022-07-20
Donna Morris	2022	V35	W		3000 10:29.5	Swansea	Welsh Masters Athletics League	2022-07-20
Georgie Parnell	2022	V35	W		800 2:24.9	Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Danielle Phillips	2022	V35	W		200 35.5	Swansea	Les Croupiers	2022-07-20
Danielle Phillips	2022	V35	W		800 02:45.3	Swansea	Les Croupiers	2022-07-20
Katy Roy	2022	V35	W		800 DNF	Cheltenham	Cheltenham Midsummer Open	2022-07-20
Isobel Dawson	2022	V40	W		3000 12:51.3	Swansea	Welsh Masters Athletics League	2022-07-20
Jenny Martin	2022	V40	W		200 43.00	Swansea	Welsh Masters Athletics League	2022-07-20
Jenny Martin	2022	V40	W		800 03:23.8	Swansea	Welsh Masters Athletics League	2022-07-20
Jenny Martin	2022	V40	W		3000 14:28.7	Swansea	Welsh Masters Athletics League	2022-07-20
Jessica Weaver	2022	V40	W	DT1K	16.72	Swansea	Welsh Masters Athletics League	2022-07-20
Jessica Weaver	2022	V40	W	HT4K	21.61	Swansea	Welsh Masters Athletics League	2022-07-20
Lois Woodward	2022	V40	W		3000 12:35.0	Swansea	Welsh Masters Athletics League	2022-07-20
Amanda Cook	2022	V45	W		100 14.6	Salford	Northern League - West 25	2022-07-10
Amanda Cook	2022	V45	W		200 31.5	Salford	Northern League - West 25	2022-07-10
Amanda Cook	2022	V45	W	LJ	4.26	Salford	Northern League - West 25	2022-07-10
Amanda Cook	2022	V45	W	TJ	8.99	Salford	Northern League - West 25	2022-07-10
Claudia Cabbage	2022	V45	W	SP4K	8.22	Uxbridge	Southern Athletics League Division 2 West	2022-07-16
Claudia Cabbage	2022	V45	W	DT1K	18.47	Uxbridge	Southern Athletics League Division 2 West	2022-07-16
Claudia Cabbage	2022	V45	W	HT4K	14.88	Uxbridge	Southern Athletics League Division 2 West	2022-07-16
Claudia Cabbage	2022	V45	W	JT600	16.09	Uxbridge	Southern Athletics League Division 2 West	2022-07-16
Kay Chapman	2022	V50	W		3000 12:36.0	Swansea	Welsh Masters Athletics League	2022-07-20
Julie Driscoll	2022	V50	W	DT1K	20.53	Swansea	Welsh Masters Athletics League	2022-07-20
Julie Driscoll	2022	V50	W	HT3K	27.01	Swansea	Welsh Masters Athletics League	2022-07-20
Kelly Gipson	2022	V50	W		3000 13:55.2	Swansea	Welsh Masters Athletics League	2022-07-20
Louise Kirby	2022	V50	W		100 15.7	Cheltenham	Cheltenham Midsummer Open	2022-07-13
Sharon Leech	2022	V50	W		800 3:01.1	Swansea	Welsh Masters Athletics League	2022-07-20
Michelle Thomas	2022	V50	W		100 13.07	Stratford (CT)	Newham & Essex Beagles Summer Series	2022-07-17
Michelle Thomas	2022	V50	W		100 13.15	Stratford (CT)	Newham & Essex Beagles Summer Series	2022-07-17
Michelle Thomas	2022	V50	W		200 27.26	Stratford (CT)	Newham & Essex Beagles Summer Series	2022-07-17
Sarah Everitt	2022	V55	W		1500 5:21.59	Rugby	Midland Counties Track & Field League Division 1	2022-07-17
Sarah Everitt	2022	V55	W		3000 11:55.12	Rugby	Midland Counties Track & Field League Division 1	2022-07-17
Jenny Phillips	2022	V55	W		800 3:01.5	Swansea	Welsh Masters Athletics League	2022-07-20
Jenny Phillips	2022	V55	W	TJ		7.23 Swansea	Welsh Masters Athletics League	2022-07-20
Angela Bryant	2022	V60	W		100 16.5	Cheltenham	Cheltenham Midsummer Open	2022-07-13
Clare St. John-Coleman	2022	V60	W		100 15.8	Chelmsford	Southern Athletics League Division 1	2022-07-16
Clare St. John-Coleman	2022	V60	W	LJ	3.45	Chelmsford	Southern Athletics League Division 1	2022-07-16
Clare St. John-Coleman	2022	V60	W	TJ	6.95	Chelmsford	Southern Athletics League Division 1	2022-07-16
Renate Prells	2022	V65	W	DT1K	17.30	Swansea	Welsh Masters Athletics League	2022-07-20
Renate Prells	2022	V65	W	HT3K	26.74	Swansea	Welsh Masters Athletics League	2022-07-20
Daphne Marler	2022	V75	W	TJ	3.65	Swansea	Welsh Masters Athletics League	2022-07-20
Daphne Marler	2022	V75	W	HT3K	12.12	Swansea	Welsh Masters Athletics League	2022-07-20