

Men's WMAL Results from P10 1st Nov 22 to 1st Feb 2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Owen Chesher	2023	V35	M	60	8.04	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Owen Chesher	2023	V35	M	200	25.80	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Owen Chesher	2023	V35	M	HJ	1.73	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Owen Chesher	2023	V35	M	HJ	1.65	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Brian Dias	2023	V35	M	800	2:43.31	Cardiff	Cardiff Met Grand Prix	22/01/2023
Brian Dias	2022	V35	M	300	52.59	Cardiff	Cardiff Met Grand Prix	18/12/2022
Kieran Golding	2022	V40	M	DT2K	21.27	Swindon	Swindon Harriers Winter Throws Series	05/11/2022
Gareth Robbins	2023	V40	M	800	2:27.00	Cardiff	Cardiff Met Grand Prix	22/01/2023
Gareth Robbins	2022	V40	M	600	1:45.10	Cardiff	Cardiff Met Grand Prix	18/12/2022
Chris Shepherd	2023	V40	M	60	8.08	Cardiff	Cardiff Met Grand Prix	22/01/2023
David John Williams	2023	V40	M	800	2:00.70	Cardiff	Cardiff Met Grand Prix	22/01/2023
David John Williams	2023	V40	M	800	2:01.91	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Adrian Lewis	2023	V50	M	1500	4:56.45	Cardiff	Cardiff Met Grand Prix	22/01/2023
Adrian Lewis	2023	V50	M	1500	4:56.97	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
James Morgan	2023	V50	M	60	8.26	Cardiff	Cardiff Met Grand Prix	22/01/2023
James Morgan	2023	V50	M	200	27.68	Cardiff	Cardiff Met Grand Prix	22/01/2023
Brett Davis	2023	V55	M	400	62.69	Cardiff	Cardiff Met Grand Prix	22/01/2023
Brett Davis	2023	V55	M	800	2:28.21	Cardiff	Cardiff Met Grand Prix	22/01/2023
Brett Davis	2022	V55	M	600	1:41.49	Cardiff	Cardiff Met Grand Prix	18/12/2022
Joseph Horner	2023	V55	M	LJ	4.02	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Joseph Horner	2023	V55	M	TJ	8.75	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Glyn Price	2023	V55	M	PV	3.60	Cardiff	Cardiff Met Grand Prix	22/01/2023
Glyn Price	2022	V55	M	PV	3.60	Cardiff	Cardiff Met Grand Prix	18/12/2022
Martin Tucker	2023	V55	M	SP6K	10.23	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Martin Weetman	2022	V55	M	60	8.77	Sportcity	Manchester Indoor Open Meetings	04/12/2022
Russell Whiting	2023	V55	M	200	26.22	Lee Valley	Be Fit Today Track Academy Indoor Series 2	08/01/2023
Colin Williams	2023	V55	M	800	2:23.87	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Colin Williams	2023	V55	M	800	2:27.22	Cardiff	Cardiff Met Grand Prix	22/01/2023
Colin Williams	2023	V55	M	1500	4:58.39	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Colin Williams	2022	V55	M	600	1:40.27	Cardiff	Cardiff Met Grand Prix	18/12/2022
David Williams	2023	V55	M	800	2:29.38	Lee Valley	Lee Valley New Year's Open	02/01/2023
Mark Ellery	2023	V60	M	60	8.86	Cardiff	Cardiff Met Grand Prix	22/01/2023
Mark Ellery	2023	V60	M	200	29.41	Cardiff	Cardiff Met Grand Prix	22/01/2023
Mark Ellery	2022	V60	M	60	8.67	Cardiff	Cardiff Met Grand Prix	18/12/2022
Brian MacBride	2023	V60	M	60	8.71	Cardiff	Cardiff Met Grand Prix	22/01/2023
Brian MacBride	2022	V60	M	60	8.51	Cardiff	Cardiff Met Grand Prix	18/12/2022
Keith Powell	2022	V60	M	LJ	3.77	Cardiff	Cardiff Met Grand Prix	18/12/2022
Dave Shields	2023	V60	M	TJ	8.26	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Dave Stokes	2023	V60	M	PV	2.00	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Dave Stokes	2023	V60	M	LJ	NM	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Dave Stokes	2023	V60	M	SP5K	8.72	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Martin Weetman	2023	V60	M	60	8.56	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Martin Weetman	2023	V60	M	SP5K	8.31	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Paul Yeoman	2023	V60	M	60	9.57	Cardiff	Cardiff Met Grand Prix	22/01/2023
Paul Yeoman	2023	V60	M	400	74.71	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Paul Yeoman	2023	V60	M	800	3:08.59	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Paul Yeoman	2023	V60	M	HJ	1.26	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Paul Yeoman	2023	V60	M	HJ	1.25	Cardiff	Cardiff Met Grand Prix	22/01/2023
Paul Yeoman	2023	V60	M	PV	2.33	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Paul Yeoman	2023	V60	M	PV	2.30	Cardiff	Cardiff Met Grand Prix	22/01/2023
Paul Yeoman	2023	V60	M	LJ	3.38	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Paul Yeoman	2023	V60	M	SP5K	7.31	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Paul Yeoman	2022	V60	M	300	53.15	Cardiff	Cardiff Met Grand Prix	18/12/2022
Paul Yeoman	2022	V60	M	HJ	1.30	Cardiff	Cardiff Met Grand Prix	18/12/2022
Paul Yeoman	2022	V60	M	LJ	3.65	Cardiff	Cardiff Met Grand Prix	18/12/2022
Kieran McDonnell	2023	V65	M	60	9.25	Cardiff	Cardiff Met Grand Prix	22/01/2023
Kieran McDonnell	2023	V65	M	400	67.71	Cardiff	Cardiff Met Grand Prix	22/01/2023
Paul Brooks	2023	V70	M	SP4K	7.19	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Robin (Bob) Frost	2023	V75	M	60	15.60	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Robin (Bob) Frost	2023	V75	M	HJ	0.95	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Robin (Bob) Frost	2023	V75	M	SP4K	6.03	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023