

FINAL Men's Rankings for 2022 - Red signifies no WMAL on P10 Profile

Event	Year	Age	Sex	Weight	Time	Location	Competition	Date
60								
Michael Dickens	2022	V35	M	60	7.31	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Nik Mesney	2022	V35	M	60	7.55	Deeside	North Wales Indoor Champs	2022-02-02
Owen Chesher	2022	V35	M	60	7.74	Deeside	North Wales Indoor Championships	2022-02-20
Kieran Golding	2022	V40	M	60	9.28	Lee Valley	British Masters Indoor Championships	2022-03-06
Gareth Robbins	2022	V40	M	60	9.12	Cardiff	Multi events Cardiff	2022-09-25
Russell Whiting	2022	V50	M	60	7.72	Lee Valley	British Masters Indoor Championships	2022-03-06
Eric Oram	2022	V55	M	60	8.48	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Mark Ellery	2022	V60	M	60	8.58	Lee Valley	British Masters Indoor Championships	2022-03-06
Keith Powell	2022	V60	M	60	8.86	Lee Valley	British Masters Indoor Championships	2022-03-06
David Marginson	2022	V65	M	60	8.41	Lee Valley	British Masters Indoor Championships	2022-03-06
Donald Hale	2022	V65	M	60	11.15	Deeside	North Wales Indoor Championships	2022-02-20
Mark Wyndham-Jones	2022	V70	M	60	9.21	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Mel James	2022	V75	M	60	10.43	Braga, POR	European Masters Indoor Championships	2022-02-23
Phil Rees	2022	V80	M	60	13.68	Lee Valley	British Masters Indoor Championships	2022-03-06

Event	Year	Age	Sex	Weight	Time	Location	Competition	Date
60HM70								
Mark Wyndham-Jones	2022	V70	M	60HM70	12.36	Lee Valley	British Masters Indoor Championships	2022-03-05

Event	Year	Age	Sex	Weight	Time	Location	Competition	Date
100								
Michael Dickens	2022	V35	M	100	11.16	Tampere, FIN	WMA World Masters Championships	2022-06-30
Samson Chinaka	2022	V35	M	100	11.59	Aberdare	Welsh Masters Championships	2022-09-04
Nik Mesney	2022	V35	M	100	11.80	Salford	Northern League	2022-07-10
Owen Wells	2022	V35	M	100	11.88	Aberdare	Welsh Masters Championships	2022-09-04
Wyn Roberts	2022	V35	M	100	12.32	Aberdare	Welsh Masters Championships	2022-09-04
Owen Chesher	2022	V35	M	100	12.32	Aberdare	Welsh Masters Championships	2022-09-04
Chris Shepherd	2022	V40	M	100	12.62	Aberdare	Welsh Masters Championships	2022-09-04
Matthew Gilbert	2022	V40	M	100	13.25	Aberdare	Welsh Masters Championships	2022-09-04
James Morgan	2022	V50	M	100	13.03	Aberdare	Welsh Masters Championships	2022-09-04
Mark Shepherd	2022	V50	M	100	14.8	Burton	Midland Veterans League	2022-04-27
Steven Preddy	2022	V50	M	100	15.07	Aberdare	Welsh Masters Championships	2022-09-04
Chris Millard	2022	V55	M	100	12.1	Yate	Avon Track & Field League	2022-08-21
Russell Whiting	2022	V50	M	100	12.44	Aberdare	Welsh Masters Championships	2022-09-04
Paul Williams	2022	V50	M	100	13.00	Burton	Midland Veterans League North	2022-06-08
Martin Wreeman	2022	V55	M	100	13.95	Bangor(W)	North Wales Championships	2022-05-15
Joseph Horner	2022	V55	M	100	14.42	Aberdare	Welsh Masters Championships	2022-09-04
Robin Wood	2022	V55	M	100	14.62	Swansea	Swansea Harriers Open Meeting	2022-04-03
Brian MacBride	2022	V60	M	100	13.28	Aberdare	Welsh Masters Championships	2022-09-04
Mark Ellery	2022	V60	M	100	13.68	Aberdare	Welsh Masters Championships	2022-09-04
Eric Oram	2022	V60	M	100	13.92	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Keith Powell	2022	V60	M	100	14.75	Neovil	Bill Whittlecroft Spring Open	2022-04-16
Paul Yeoman	2022	V60	M	100	14.85	Liverpool	North West Combined Events	2022-08-20
Jeffrey Hanson	2022	V60	M	100	17.03	Aberdare	Welsh Masters Championships	2022-09-04
Ian Broadhurst	2022	V65	M	100	13.30	Wrexham	Cheshire League	2022-05-01
Kieran McDonnell	2022	V65	M	100	14.07	Aberdare	Welsh Masters Championships	2022-09-04
Roderick Davies	2022	V65	M	100	14.32	Aberdare	Welsh Masters Championships	2022-09-04
Chris Norton	2022	V65	M	100	15.86	Aberdare	Welsh Masters Championships	2022-09-04
Mark Wyndham-Jones	2022	V70	M	100	14.78	Aberdare	Welsh Masters Championships	2022-09-04
Michael H Davies	2022	V70	M	100	15.45	Aberdare	Welsh Masters Championships	2022-09-04
Geoff Wright	2022	V70	M	100	20.05	Aberdare	Welsh Masters Championships	2022-09-04
Mel James	2022	V75	M	100	16.18	Aberdare	Welsh Masters Championships	2022-09-04
Barrie Roberts	2022	V75	M	100	25.32	Nuneaton	England Masters AA Inter Area Match	2022-07-31
John Evans	2022	V85	M	100	24.5	Loughborough	Midland Veterans League East	2022-04-27

Event	Year	Age	Sex	Weight	Time	Location	Competition	Date
100HM60								
Paul Yeoman	2022	V60	M	100	21.73	Liverpool	North West Combined Events	2022-08-20

Event	Year	Age	Sex	Weight	Time	Location	Competition	Date
200								
Michael Dickens	2022	V35	M	200	23.06	Tampere, FIN	WMA World Masters Championships	2022-07-02
Samson Chinaka	2022	V35	M	200	24.92	Aberdare	Welsh Masters Championships	2022-09-04
Owen Wells	2022	V35	M	200	25.05	Aberdare	Welsh Masters Championships	2022-09-04
Owen Chesher	2022	V35	M	200	25.41	Aberdare	Welsh Masters Championships	2022-09-04
Brian Diaz	2022	V35	M	200	34.3	Swansea	Welsh Masters Athletics League	2022-07-20
Matthew Harding	2022	V40	M	200	25.36	Stretford	Trafford Medal Meeting	2022-03-19
Matthew Gilbert	2022	V40	M	200	28.11	Aberdare	Welsh Masters Championships	2022-09-04
Kieran Golding	2022	V40	M	200	31.00	Horspath	Southern Counties Veterans League - SW Division	2022-05-31
Russell Whiting	2022	V50	M	200	25.23	Lee Valley	British Masters Indoor Championships	2022-03-05
James Morgan	2022	V50	M	200	27.84	Worthing	Worthing Track Night	2022-06-21
Adrian Lewis	2022	V50	M	200	29.1	Swansea	Welsh Masters Athletics League	2022-07-20
Steven Preddy	2022	V50	M	200	31.70	Aberdare	Welsh Masters League	2022-07-20
Paul Williams	2022	V55	M	200	26.6	Burton	Midland Veterans League North	2022-05-18
Brett Davis	2022	V55	M	200	29.36	Aberdare	Welsh Masters Championships	2022-09-04
Mark Ellery	2022	V60	M	200	27.75	Yate	Midland Counties Track & Field League Division 1	2022-05-22
Brian MacBride	2022	V60	M	200	29.2	Swansea	Welsh Masters Athletics League	2022-07-20
Eric Oram	2022	V60	M	200	28.63	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Keith Powell	2022	V60	M	200	30.25	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m incl Walks	2022-05-08
Paul Yeoman	2022	V60	M	200	33.25	Horspath	British Masters Championships: Pentathlon, Throws	2022-05-08
Jeffrey Hanson	2022	V60	M	200	36.30	Aberdare	Welsh Masters Championships	2022-09-04
Roderick Davies	2022	V65	M	200	30.61	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Chris Norton	2022	V65	M	200	34.00	Aberdare	Welsh Masters League	2022-07-20
Donald Hale	2022	V65	M	200	36.55	Sportcity	Manchester Indoor Open Meetings	2022-03-05
Mark Wyndham-Jones	2022	V70	M	200	33.63	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Richard Marks	2022	V70	M	200	34.65	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Geoff Wright	2022	V70	M	200	43.69	Aberdare	Welsh Masters Championships	2022-09-04
Mel James	2022	V75	M	200	34.15	Braga, POR	European Masters Indoor Championships	2022-02-24
Paul Allen	2022	V75	M	200	43.7	Worcester	Midland Veterans League South	2022-08-10
Phil Rees	2022	V80	M	200	53.34	Derby	BMAF Track & Field Championships	2022-06-11
John Evans	2022	V85	M	200	51.1	Nuneaton	Midland Veterans League East	2022-05-18

Event	Year	Age	Sex	Weight	Time	Location	Competition	Date
400								
Jonathan Williams	2022	V35	M	400	53.75	Derby	BMAF Track & Field Championships	2022-06-12
Owen Chesher	2022	V35	M	400	56.48	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Michael Dickens	2022	V35	M	400	56.6	Burton	Midland Veterans League	2022-04-27
Owen Wells	2022	V35	M	400	60.47	Aberdare	Welsh Masters Championships	2022-09-04
Peter Watkeys	2022	V40	M	400	56.81	Watford	Watford Open Graded Meeting	2022-05-18
Kieran Golding	2022	V40	M	400	70.00	Abingdon	Southern Counties Veterans League - SW Division	2022-06-20
Mark Shepherd	2022	V50	M	400	61.3	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Neil Davies	2022	V50	M	400	68.29	Sheffield	Run Jump Throw Series, Inc. Masters Grand Prix	2022-02-05
Steven Preddy	2022	V50	M	400	75.24	Aberdare	Welsh Masters Championships	2022-09-04
Brett Davis	2022	V55	M	400	60.24	Derby	BMAF Track & Field Championships	2022-06-11
Eric Oram	2022	V55	M	400	61.02	Lee Valley	British Masters Indoor Championships	2022-03-06
Malcolm Cowton	2022	V60	M	400	67.46	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Stephen Williams	2022	V60	M	400	74.73	Aberdare	Welsh Masters Championships	2022-09-04
Paul Yeoman	2022	V60	M	400	74.78	Liverpool	North West Combined Events	2022-08-20
David Gill	2022	V60	M	400	76.70	Aberdare	Welsh Masters Championships	2022-09-04
Jeffrey Hanson	2022	V60	M	400	94.46	Aberdare	Welsh Masters Championships	2022-09-04
Chris Norton	2022	V65	M	400	84.73	Aberdare	Welsh Masters Championships	2022-09-04
Richard Marks	2022	V70	M	400	74.18	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Paul Allen	2022	V75	M	400	1:40.4	Stratford-upon-Avon	Midland Veterans League South - No Hammer or Discus	2022-07-20
Barrie Roberts	2022	V75	M	400	2:01.4	Nuneaton	England Masters AA Inter Area Match	2022-07-31

Event	Year	Age	Sex	Weight	Time	Location	Competition	Date
400H								
Graham Holder	2022	V45	M	400H	1:51.27	Finsbury Park	Southern Athletics League Division 2 E	2022-06-12

600								
Brett Davis	2021	V55	M	600	1:41.15	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Donald Hale	2022	V65	M	600	2:11.38	Sportcity	Manchester Indoor Open Meetings	2022-03-05
800								
Jonathan Williams	2022	V35	M	800	2:13.64	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Brian Dias	2022	V35	M	800	2:39.00	Lee Valley	British Masters Indoor Championships	2022-03-06
David John Williams	2022	V40	M	800	1:58.50	Cardiff	Welsh Senior & U15 Championships	2022-06-11
Peter Watkins	2022	V40	M	800	2:02.17	Watford	Watford Open Graded Meeting	2022-07-13
Robert Peadar	2022	V40	M	800	2:21.96	Swansea	Swansea Harriers Open Meeting	2022-04-03
Gareth Robbins	2022	V40	M	800	2:40.2	Swansea	Welsh Masters Athletics League	2022-07-20
Kieran Golding	2022	V40	M	800	2:40.5	Cheltenham	Cheltenham Midsummer Open	2022-07-20
Tim Fry	2022	V50	M	800	02:54.8	Swansea	Welsh Masters League	2022-07-20
Owen Davies	2022	V45	M	800	2:28.87	Aberdare	Welsh Masters Championships	2022-09-04
Graham Holder	2022	V45	M	800	3:45.14	Finsbury Park	Southern Athletics League Division 2 E	2022-06-12
Adrian Lewis	2022	V50	M	800	2:14.58	Aberdare	South & East Wales Regional Championships	2022-05-14
Mark Shepherd	2022	V50	M	800	2:19.9	Burton	Midland Veterans League North	2022-05-18
Paul Flynn	2022	V50	M	800	2:49.6	Swansea	Welsh Masters Athletics League	2022-07-20
Steven Preddy	2022	V50	M	800	02:53.7	Swansea	Welsh Masters League	2022-07-20
Jon Grainger	2022	V55	M	800	2:17.32	Winchester	Winchester ADAC Spring Evening Open	2022-05-18
Geoff Brimble	2022	V55	M	800	2:18.8	Gloucester	Gloucester AC September Open	2022-09-08
Brett Davis	2022	V55	M	800	2:22.29	Sheffield	Run Jump Throw Series, Inc. Masters Grand Prix	2022-02-05
Colin Williams	2022	V55	M	800	02:22.4	Gloucester	Gloucester AC September Open	2022-09-08
Daniel Thorogood	2022	V55	M	800	2:40.05	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
David Gill	2022	V55	M	800	02:42.47	Aberdare	Welsh Masters Championships	2022-09-04
Haydn Hartnell	2022	V55	M	800	2:43.11	Aberdare	Welsh Masters Championships	2022-09-04
Stephen Williams	2022	V60	M	800	02:42.83	Aberdare	Welsh Masters Championships	2022-09-04
Haydn Hartnell	2022	V60	M	800	02:43.11	Aberdare	Welsh Masters Championships	2022-09-04
Mark Williams	2022	V60	M	800	02:59.38	Aberdare	Welsh Masters Championships	2022-09-04
Jeffrey Hanson	2022	V60	M	800	0	Swansea	Welsh Masters League	2022-07-20
Stephen Davies	2022	V60	M	800	4:06.81	Nuneaton	England Masters AA Inter Area Match	2022-07-31
David Proffitt	2022	V65	M	800	3:27.03	Derby	BMAF Track & Field Championships	2022-06-11
Richard Marks	2022	V70	M	800	2:48.61	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Paul Allen	2022	V75	M	800	3:40.6	Worcester	Midland Veterans League South	2022-08-10
1500								
Luke Northall	2022	V35	M	1500	04:33.6	Wrexham	Northern League - West 25	2022-06-12
Brian Dias	2022	V35	M	1500	5:24.42	Aberdare	South & East Wales Regional Championships	2022-05-14
David John Williams	2022	V40	M	1500	4:06.13	Millfield	BMC PB Classic	2022-06-04
Kieran Golding	2022	V40	M	1500	5:36.84	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m Incl Walks	2022-05-08
Lee Garland	2022	V45	M	1500	4:33.25	St. Peter Port	ActiveGuy Track & Field Series	2022-09-04
Owen Davies	2022	V45	M	1500	5:09.52	Aberdare	Welsh Masters Championships	2022-09-04
Tim Fry	2022	V50	M	1500	05:59.26	Aberdare	Welsh Masters Championships	2022-09-04
Adrian Lewis	2022	V50	M	1500	4:35.08	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Mark Shepherd	2022	V50	M	1500	4:43.86	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Nathaniel Palmer	2022	V50	M	1500	05:17.7	Aberdare	Welsh Masters Championships	2022-09-04
David George	2022	V50	M	1500	5:42.33	Swindon	Swindon Harriers Summer 1500 Open Meeting	2022-08-19
Steven Preddy	2022	V50	M	1500	05:57.1	Aberdare	Welsh Masters Championships	2022-09-04
Geoff Brimble	2022	V55	M	1500	4:35.1	Gloucester	Gloucester AC September Open	2022-09-13
Jon Grainger	2022	V55	M	1500	4:42.17	Tampere, FIN	WMA World Masters Championships	2022-07-05
David Williams	2022	V55	M	1500	4:47.37	Wimbledon	Hercules Wimbledon 1500m Night of Races	2022-06-01
Colin Williams	2022	V55	M	1500	04:59.2	Gloucester	Gloucester AC September Open	2022-09-13
Haydn Hartnell	2022	V55	M	1500	5:43.75	Aberdare	Welsh Masters Championships	2022-09-04
Chris Millard	2022	V55	M	1500	6:45.43	Yate	Avon Track & Field League	2022-07-10
Ifan Lloyd	2022	V60	M	1500	5:07.18	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Rob Sheen	2022	V60	M	1500	5:19.54	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Stephen Williams	2022	V60	M	800	05:43.32	Aberdare	Welsh Masters Championships	2022-09-04
Haydn Hartnell	2022	V60	M	800	05:43.75	Aberdare	Welsh Masters Championships	2022-09-04
David Gill	2022	V60	M	1500	05:44.09	Aberdare	Welsh Masters Championships	2022-09-04
Mark Williams	2022	V60	M	800	05:58.33	Aberdare	Welsh Masters Championships	2022-09-04
Clive Osmond	2022	V60	M	1500	6:10.81	Aberdare	Welsh Masters Championships	2022-09-04
Paul Yeoman	2022	V60	M	1500	6:25.6	Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Keith Powell	2022	V60	M	1500	7:57.23	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m Incl Walks	2022-05-08
David Proffitt	2022	V65	M	1500	6:45.99	Tampere, FIN	WMA World Masters Championships	2022-07-05
Mike Murphy	2022	V65	M	1500	6:36.20	Aberdare	Welsh Masters Championships	2022-09-04
Richard Marks	2022	V70	M	1500	5:44.58	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Paul Ross-Davies	2022	V70	M	1500	6:48.55	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Michael H Davies	2022	V70	M	1500	07:21.0	Aberdare	Welsh Masters Championships	2022-09-04

3000								
Luke Northall	2022	V35	M	3000	9:16.97	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Ston Lewis	2022	V35	M	3000	9:31.63	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
David John Williams	2022	V40	M	3000	09:42.32	Aberdare	Welsh Masters Championships	2022-09-04
Robert Prady	2022	V40	M	3000	10:41.30	Neath	West Wales Championships	2022-05-15
Kieran Golding	2022	V40	M	3000	11:53.96	Swindon	Wiltshire County Championships	2022-05-13
Huw Evans	2022	V45	M	3000	9:38.8	Swansea	Welsh Masters Athletics League	2022-07-20
Richard Jones	2022	V45	M	3000	9:42.6	Swansea	Welsh Masters Athletics League	2022-07-20
Adrian Lewis	2021	V45	M	3000	9:59.62	Cardiff	Cardiff Mar GP 1 'Christmas Classic'	2021-12-19
Tim Fry	2022	V50	M	3000	12:16.60	Aberdare	Welsh Masters League	2022-07-20
Lee Jones	2022	V50	M	3000	9:22.05	Stratford	Trifford Grand Prix	2022-05-31
Mark Shepherd	2022	V50	M	3000	9:53.31	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Adrian Lewis	2022	V50	M	3000	9:59.63	Sheffield	BMAF Indoor Pentathlon & 3000m Championships (plus Winter Open Events)	2022-01-23
Paul Flynn	2022	V50	M	3000	10:38.27	Braga, POR	European Masters Indoor Championships	2022-02-24
Steven Preddy	2022	V50	M	3000	14:02.1	Swansea	Welsh Masters League	2022-07-20
Lee Aherne	2022	V55	M	3000	9:43.4	Swansea	Welsh Masters Athletics League	2022-07-20
Jeremy Mower	2021	V55	M	3000	10:26.47	Swindon	Swindon Winter Evening 3000m	2021-12-17
David Williams	2022	V55	M	3000	10:14.60	Wimbledon	Hercules Wimbledon 800m & 3000m Night	2022-07-13
Mike Robbins	2022	V55	M	3000	11:38.0	Wrexham	Cheshire League	2022-05-01
Haydn Hartnell	2022	V55	M	3000	11:45.18	Aberdare	Welsh Masters Championships	2022-09-04
Rob Sheen	2022	V60	M	3000	11:19.96	Loughborough	Chamwood AC Open	2022-04-06
Peter Osborne	2022	V60	M	3000	11:49.48	Aberdare	Welsh Masters Championships	2022-09-04
Mark Roberts	2022	V60	M	3000	12:58.0	Swansea	Welsh Masters Athletics League	2022-07-20
Stephen Davies	2022	V60	M	3000	16:24.6	Newark	Notts. County Development League	2022-04-24
Richard Marks	2022	V70	M	3000	12:15.3	Swansea	Welsh Masters Athletics League	2022-07-20
Barrie Roberts	2022	V75	M	3000	16:25.04	Sheffield	BMAF Indoor Pentathlon & 3000m Championships (plus Winter Open Events)	2022-01-23

5000								
Luke Northall	2022	V35	M	5000	17:03.9	Wrexham	Northern League - West 25	2022-06-12
Kristan Humphreys	2022	V45	M	5000	17:38.7	Cheltenham	Cheltenham Midsummer Open	2022-07-20
Lee Garland	2022	V45	M	5000	18:00.16	St. Peter Port	Imperium Night of 5,000s	2022-06-17
Tim Fry	2022	V50	M	5000	20:46.49	Aberdare	Welsh Masters Championships	2022-09-04
Mark Shepherd	2022	V50	M	5000	16:58.59	Coventry	Midland Counties Track & Field League Division 2	2022-05-22
David Williams	2022	V55	M	5000	17:35.61	Wimbledon	Hercules Wimbledon Night of Graded 5000m Races	2022-08-06
Geoff Brimble	2022	V55	M	5000	18:45.3	Aberdare	Midland Counties Track & Field League Division 4SW	2022-08-13
Stephen Davies	2022	V60	M	5000	26:38.44	Derby	Derbyshire & Nottinghamshire County Championships	2022-05-14
David Proffitt	2022	V65	M	5000	24:52.06	Tampere, FIN	WMA World Masters Championships	2022-07-02
Paul Allen	2022	V75	M	5000	25:48.41	Aberdare	Welsh Masters Championships	2022-09-04

10000								
Simon A Lewis	2022	V45	M	10000	34:18.44	Parliament Hill	Barriers Night of the 10000m PB's (Including British Championships & World Champions)	2022-05-14
Lee Aherne	2022	V55	M	10000	35:48.12	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m incl Walks	2022-05-08

3000Sc								
Luke Northall	2022	V35	M	3000Sc	11:10.3	Salford	Northern League - West 25	2022-07-10

LJ								
Samson Chinaka	2022	V35	M	LJ	5.33	Newport	Newport Championships	2022-09-26
Brian Dias	2022	V35	M	LJ	3.72	Lee Valley	British Masters Indoor Championships	2022-03-06
Chris Shepherd	2022	V40	M	LJ	5.07	Cardiff	National Athletics League - Premiership	2022-05-07
Kieran Golding	2022	V40	M	LJ	4.05	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Gareth Robbins	2022	V40	M	60	3.90	Cardiff	Multi events Cardiff	2022-09-25
Mark Shepherd	2022	V50	M	LJ	3.93	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Robin Wood	2022	V55	M	LJ	4.49	Swansea	Swansea Harriers Open Meeting	2022-04-03
Paul Williams	2022	V55	M	LJ	4.47	Burton	Midland Veterans League North	2022-06-08
Joseph Homer	2022	V55	M	LJ	4.15	Treboeth	Menai Open	2022-09-11
Michael Mullins	2022	V55	M	LJ	3.54	Aberdare	Welsh Masters Championships	2022-09-04
Keith Powell	2021	V60	M	LJ	4.25	Cardiff	Cardiff Met GP 1 'Christmas Classic'	2021-12-19
Dave Shields	2022	V60	M	LJ	3.89	Carmarthen	WA Event Specific Endurance & Field Events 2	2022-06-22
Paul Yeoman	2022	V60	M	LJ	3.54	Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Dave Stokes	2022	V60	M	LJ	3.40	Wrexham	Northern League - West 25 - No hammer or discus	2022-06-12
Roderick Davies	2022	V65	M	LJ	3.92	Carmarthen	WA Event Specific Endurance & Field Events 2	2022-06-22
Mark Wyndham-Jones	2022	V70	M	LJ	3.57	Lee Valley	British Masters Indoor Championships	2022-03-06
Phil Rees	2022	V80	M	LJ	2.31	Lee Valley	British Masters Indoor Championships	2022-03-06

TJ								
Brian Dias	2022	V35	M	TJ	5.99	Aberdare	Welsh Masters Championships	2022-09-04
Kieran Golding	2022	V40	M	TJ	8.27	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Paul Williams	2022	V55	M	TJ	9.46	Burton	Midland Veterans League North	2022-06-08
Joseph Homer	2022	V55	M	TJ	9.15	Aberdare	Welsh Masters Championships	2022-09-04
Robin Wood	2022	V55	M	TJ	8.94	Aberdare	Welsh Masters Championships	2022-09-04
Dave Shields	2022	V60	M	TJ	8.59	Derby	BMAF Track & Field Championships	2022-06-11
Dave Gill	2022	V60	M	TJ	6.95	Aberdare	Welsh Masters Championships	2022-09-04
Phil Rees	2022	V80	M	TJ	5.37	Derby	BMAF Track & Field Championships	2022-06-11

HJ								
Owen Cheshier	2022	V35	M	HJ	1.75	Cardiff	Welsh Senior & U15 Championships	2022-01-30
Graham Holder	2022	V45	M	HJ	1.00	Finsbury Park	Southern Athletics League Division 2 E	2022-06-12
Glyn Price	2022	V55	M	HJ	1.40	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Chris Millard	2022	V55	M	HJ	1.35	Yate	Avon Track & Field League	2022-07-10
Paul Williams	2022	V55	M	HJ	1.22	Burton	Midland Veterans League North	2022-06-08
Michael Mullins	2022	V55	M	HJ	1.16	Aberdare	Welsh Masters Championships	2022-09-04
Paul Yeoman	2022	V60	M	HJ	1.26	Aberdare	Welsh Masters Championships	2022-09-04
Jonathan Powell	2022	V60	M	HJ	1.21	Aberdare	Welsh Masters Championships	2022-09-04
Chris Berry	2022	V60	M	HJ	1.16	Aberdare	Welsh Masters Championships	2022-09-04
Mark Wyndham-Jones	2022	V70	M	HJ	1.25	Lee Valley	British Masters Indoor Championships	2022-03-06
Phil Rees	2022	V80	M	HJ	0.95	Derby	BMAF Track & Field Championships	2022-06-11

PV								
Glyn Price	2022	V55	M	PV	3.80	Tampere, FIN	WMA World Masters Championships	2022-07-05
Dave Stokes	2022	V55	M	PV	2.10	Wrexham	Northern League - West 25 - No hammer or discus	2022-06-12
Paul Yeoman	2022	V60	M	PV	2.52	Aberdare	Welsh Masters Championships	2022-09-04
Keith Powell	2022	V60	M	PV	2.21	Aberdare	Welsh Inter Regional Track & Field Championships	2022-07-10
Martin Davies	2022	V65	M	PV	2.52	Hereford	Midland Counties Track & Field League Division 4SW	2022-05-22

SP							
Kieran Golding	2022	V40 M	SP7.26K	6.71	Cheltenham	Cheltenham Midsummer Open	2022-07-20
Gareth Robbins	2022	V40 M	SP7.26K	6.52	Cardiff	Multi events Cardiff	2022-09-25
Graham Holder	2022	V45 M	SP6K	10.11	Erith	Kent Masters Championships	2022-09-18
Ian Williams	2022	V45 M	SP7.26K	9.04	Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Peter Roberts	2022	V50 M	SP6K	11.04	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Martin Tucker	2022	V50 M	SP6K	10.09	Deeside	North Wales Indoor Championships	2022-02-20
Steve Ingram	2022	V50 M	SP6K	9.77	Swansea	Swansea Harriers Open Meeting	2022-04-03
David Glendower	2022	V50 M	SP6K	7.76	Lee Valley	London Indoor Games U20/Senior Day 1 & Day 2	2022-01-22
Neil Davies	2022	V50 M	SP7.26K	9.10	Macclesfield	Northern League - West 25	2022-08-06
Robert Eales	2022	V55 M	SP6K	10.75	Yate	Yate AC Throws & Jumps Club Open	2022-04-02
Dave Stokes	2022	V55 M	SP5K	9.24	Ellesmere Port	Dan Gilroy Memorial Track & Field Open Meetings	2022-03-26
Paul Williams	2022	V55 M	SP5K	8.90	Burton	Midland Veterans League	2022-04-27
Andrew Turner	2022	V55 M	SP6K	8.57	Bournemouth	Dorset County Championships	2022-05-15
Robin Wood	2022	V55 M	SP6K	8.49	Swansea	Swansea Harriers Open Meeting	2022-04-03
Chris Millard	2022	V55 M	SP7.26K	7.77	Yate	Avon Track & Field League	2022-08-21
Paul Williams	2022	V55 M	SP7.26K	7.32	Burton	Midland Veterans League North	2022-05-18
Glyn Price	2022	V55 M	SP7.26K	7.09	Eton	National Athletics League - Premiership	2022-05-04
Peter Franklin	2022	V60 M	SP5K	12.70	Wrexham	Final Fling	2022-09-25
Andrew Rushbrook	2022	V60 M	SP5K	10.00	Aberdare	Welsh Masters Championships	2022-09-04
Matthew Cowton	2022	V60 M	SP5K	8.95	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Glyndwr Pugh	2022	V60 M	SP5K	8.97	Swansea	Swansea Harriers Open Meeting	2022-04-03
Jonathan Powell	2022	V60 M	SP5K	8.69	Aberdare	Welsh Masters Championships	2022-09-04
Paul Yeoman	2022	V60 M	SP5K	7.93	Nuneaton	England Masters AA Inter Area Match	2022-07-31
Dave Stokes	2022	V60 M	SP7.26K	8.97	Warrington	Warrington AC Open Meeting	2022-04-09
Chris Pruski	2022	V65 M	SP5K	8.02	Nuneaton	Midland Masters AC Championships	2022-06-04
Chris Berry	2022	V60 M	SP5K	7.76	Aberdare	Welsh Masters Championships	2022-09-04
Tony Richards	2022	V70 M	SP4K	11.90	Aberdare	Welsh Masters Championships	2022-09-04
Mark Wyndham-Jones	2022	V70 M	SP4K	10.90	Lee Valley	England Masters Athletics Association Inter Area Challenge	2022-03-13
Paul Brooks	2022	V70 M	SP4K	7.89	Deeside	North Wales Indoor Championships	2022-02-20
David Jones	2022	V70 M	SP4K	6.36	Nuneaton	England Masters AA Inter Area Match	2022-07-31
David Peart	2022	V75 M	SP4K	6.38	Aberdare	Welsh Masters Championships	2022-09-04
Phil Rees	2022	V80 M	SP3K	6.72	Derby	BMAF Track & Field Championships	2022-06-11
John Evans	2022	V85 M	SP4K	4.06	Nuneaton	Midland Veterans League East	2022-05-18

HT							
Brian Dias	2022	V35 M	HT7.26K	5.55	Swansea	Welsh Masters Athletics League	2022-07-20
Kieran Golding	2022	V40 M	HT7.26K	13.18	Abingdon	Southern Counties Veterans League - SW Division	2022-06-20
Graham Holder	2022	V45 M	HT6K	53.30	Erith	Kent Masters Championships	2022-09-18
Graham Holder	2022	V45 M	HT7.26K	45.30	Bedford	Southern Athletics League Division 2 E	2022-09-10
Ian Williams	2022	V45 M	HT7.26K	14.64	Aberdare	Welsh Inter Regional Track & Field Championships	2022-07-10
Peter Roberts	2022	V50 M	HT6K	31.42	Swansea	Welsh Masters Athletics League	2022-07-20
Peter Roberts	2022	V50 M	HT7.26K	26.83	Cardiff	National Athletics League - Premiership	2022-05-07
David Glendower	2022	V50 M	HT6K	25.21	Aberdare	Welsh Masters Championships	2022-09-04
Neil Davies	2022	V50 M	HT7.26K	23.20	Salford	Northern League - West 25	2022-07-10
Glyn Price	2022	V55 M	HT7.26K	14.77	Cardiff	National Athletics League - Premiership	2022-05-07
Dave Stokes	2022	V55 M	HT5K	33.96	Derby	BMAF Track & Field Championships	2022-06-11
Andrew Rushbrook	2022	V60 M	HT5K	37.51	Aberdare	Welsh Masters Championships	2022-09-04
Glyndwr Pugh	2022	V60 M	HT5K	32.04	Swansea	Welsh Masters Athletics League	2022-07-20
Chris Berry	2022	V60 M	HT5K	28.11	Aberdare	Welsh Masters Championships	2022-09-04
Dave Stokes	2022	V60 M	SP7.26K	8.97	Warrington	Warrington AC Open Meeting	2022-04-09
Tony Richards	2022	V70 M	HT4K	30.24	Aberdare	Welsh Masters Championships	2022-09-04
David Jones	2022	V70 M	HT4K	18.15	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 Peart	2022	V75 M	HT4K	20.48	Aberdare	Welsh Masters Championships	2022-09-04
Phil Rees	2022	V80 M	HT3K	18.80	Swansea	Welsh Masters Athletics League	2022-07-20

DT							
Brian Dias	2022	V35 M	DT2K	12.43	Swansea	Swansea Harriers Open Meeting	2022-04-03
Kieran Golding	2022	V40 M	DT2K	22.10	Aberdare	Welsh Masters Championships	2022-09-04
Ian Williams	2022	V45 M	DT2K	29.57	Tipton	Midland Counties Track & Field League Division 4SW	2022-07-17
Graham Holder	2022	V45 M	DT2K	28.48	Bedford	Southern Athletics League Division 2 E	2022-09-10
Graham Holder	2022	V45 M	DT1.5K	34.67	Erith	Kent Masters Championships	2022-09-18
Keith Williams	2022	V45 M	DT1.5K	30.86	Aberdare	Welsh Masters Championships	2022-09-04
Peter Roberts	2022	V50 M	DT1.5K	40.25	Braga, POR	European Masters Indoor Championships	2022-02-24
Steve Ingram	2022	V50 M	DT1.5K	34.63	Swansea	Swansea Harriers Open Meeting	2022-04-03
Neil Davies	2022	V50 M	DT2K	26.22	Macclesfield	Northern League - West 25	2022-08-06
David Glendower	2022	V50 M	DT1.5K	20.01	Braga, POR	European Masters Indoor Championships	2022-02-24
David Glendower	2022	V50 M	DT2K	17.33	Neath	West Wales Championships	2022-05-15
Robert Eales	2022	V55 M	DT1.5K	30.05	Yate	Yate AC Throws & Jumps Club Open	2022-04-02
Andrew Turner	2022	V55 M	DT1.5K	28.16	Winchester	Southern Counties Veterans League - Hampshire	2022-06-06
Paul Williams	2022	V55 M	DT1K	25.20	Burton	Midland Veterans League North	2022-06-08
Gwynn Wallace	2022	V55 M	DT2K	26.07	Abingdon	Southern Counties Veterans League SW Division	2022-05-31
Andrew Rushbrook	2022	V60 M	DT1K	37.64	Aberdare	Welsh Masters Championships	2022-09-04
Peter Franklin	2022	V60 M	DT1K	35.62	Wrexham	Final Fling	2022-09-25
Wynin Howe	2022	V60 M	DT1K	34.87	Erith	Kent Masters Championships	2022-09-18
Robert Jones	2022	V60 M	DT1.4K	34.12	Swansea	Swansea Harriers Open Meeting	2022-04-03
Dave Stokes	2022	V60 M	DT1K	33.07	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m Ind Walks	2022-05-08
Glyndwr Pugh	2022	V60 M	DT1K	27.64	Swansea	Welsh Masters Athletics League	2022-07-20
Keith Powell	2022	V60 M	DT1K	25.99	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m Ind Walks	2022-05-08
Paul Yeoman	2022	V60 M	DT1K	21.19	Liverpool	North West Combined Events	2022-08-20
Mark Wyndham-Jones	2022	V70 M	DT1K	33.35	Aberdare	Welsh Masters Championships	2022-09-04
Tony Richards	2022	V70 M	DT1K	30.28	Aberdare	Welsh Masters Championships	2022-09-04
Paul Brooks	2022	V70 M	DT1K	24.98	Ellesmere Port	Dan Gilroy Memorial Track & Field Open Meetings	2022-03-26
David Jones	2022	V70 M	DT1K	13.60	Swansea	Welsh Masters Athletics League	2022-07-20
Terry Roberts	2022	V75 M	DT1K	25.26	Aberdare	Welsh Masters Championships	2022-09-04
David Peart	2022	V75 M	DT1K	16.98	Aberdare	Welsh Masters Championships	2022-09-04
Phil Rees	2022	V80 M	DT1K	19.22	Lee Valley	British Master's Winter Throws Championships	2022-03-05

JT							
Kieran Golding	2022	V40 M	JT800	30.12	Aberdare	Welsh Masters Championships	2022-09-04
Ian Williams	2022	V45 M	JT800	28.57	Aberdare	Midland Counties Track & Field League Division 4SW	2022-08-13
Peter Roberts	2022	V50 M	JT800	31.83	Cardiff	National Athletics League - Premiership	2022-05-07
David Glendower	2022	V50 M	JT700	16.53	Aberdare	Welsh Masters Championships	2022-09-04
Martin Tucker	2022	V55 M	JT700	42.17	Ellesmere Port	Dan Gilroy Memorial Track & Field Open Meetings	2022-03-26
Gwynn Wallace	2022	V55 M	JT700	30.50	Abingdon	Southern Counties Veterans League SW Division	2022-05-31
Chris Millard	2022	V55 M	JT800	26.55	Yate	Avon Track & Field League	2022-07-10
Paul Williams	2022	V55 M	JT600	23.48	Burton	Midland Veterans League North	2022-05-18
Wynn Howe	2022	V60 M	JT600	35.79	Tonbridge	Tonbridge AC Evening Open Meeting	2022-08-02
Peter Franklin	2022	V60 M	JT600	33.87	Aberdare	Welsh Masters Championships	2022-09-04
Jonathan Powell	2022	V60 M	JT600	31.93	Aberdare	Welsh Masters Championships	2022-09-04
Andrew Rushbrook	2022	V60 M	JT600	28.36	Aberdare	Welsh Masters Championships	2022-09-04
Dave Stokes	2022	V60 M	JT500	22.38	Ellesmere Port	Dan Gilroy Memorial Track & Field Open Meetings	2022-03-26
Keith Powell	2022	V60 M	JT600	22.11	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m Ind Walks	2022-05-08
Paul Yeoman	2022	V60 M	JT600	21.19	Derby	BMAF Track & Field Champs	2022-06-11
Dave Stokes	2022	V60 M	JT800	21.73	Warrington	Warrington AC Open Meeting	2022-04-09
Chris Pruski	2022	V65 M	JT600	31.92	Derby	BMAF Track & Field Champs WELSH MASTERS RECORD	2022-06-11
Tony Richards	2022	V70 M	JT500	34.17	Aberdare	WMAL Record - Welsh Masters Championships	2022-09-04
Mark Wyndham-Jones	2022	V70 M	JT500	28.22	Norwich	WMAL RECORD - Norfolk County Championships	2022-05-15
Paul Allen	2022	V75 M	JT700	13.86	Stratford-upon-Avon	Midland Veterans League South - No Hammer or Discus	2022-07-20
John Evans	2022	V85 M	JT500	9.45	Loughborough	Midland Veterans League East	2022-04-27

WT								
Graham Holder	2022	V45	M	WT11.34K	15.64	Aberdare	Welsh Masters Championships WMAL RECORD	2022-09-04
David Glendower	2022	V50	M	WT11.34K	9.02	Lee Valley	British Master's Winter Throws Championships	2022-03-05
Dave Stokes	2022	V60	M	WT9.08K	12.75	Lee Valley	British Master's Winter Throws Championships	2022-03-05
Tony Richards	2022	V70	M	WT7.26K	11.28	Aberdare	WMAL Record -Welsh Masters Championships	2022-09-04
Pent								
Kieran Gidding	2022	V40	M	PenM40	1533.00	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m incl Walks	2022-05-08
Dave Stokes	2022	V55	M	PenWM60	2572.00	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m incl Walks	2022-05-08
Keith Powell	2022	V60	M	PenM60	2059.00	Horspath	British Masters Championships: Pentathlon, Throws Pentathlon, 10000m incl Walks	2022-05-08