

# WELSH MASTERS INDOOR RECORDS

**MEN**

**February-2024**

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Event/Category	Performance	Athlete	Country /Club	Venue	Date
<b>60 Metres</b>					
M35	7.25	WMA Chris Millard	Bristol & West AC	N.I.A.C	19.02.2005
M40	7.66	WMA Stuart Pearce	Newport Harriers	N.I.A.C	04.02.2018
M45	7.42	WMA Chris Millard	North Somerset	Lee Valley	17.03.2012
M50	7.62	WMA Chris Millard	North Somerset	N.I.A.C	04.02.2018
M55	7.90	WMA Glyn Sutton	Newport Harriers	N.I.A.C	19.02.2005
M60	7.90	WMA Glyn Sutton	Newport Harriers	Carshalton	05.02.2006
M65	<b>BR 7.95</b>	<b>WMA Glyn Sutton</b>	<b>Newport Harriers</b>	<b>San Sebastian, ESP</b>	<b>21.03.2013</b>
M70	<b>BR 8.09</b>	<b>WMA Glyn Sutton</b>	<b>Newport Harriers</b>	<b>Ancona, ITA</b>	<b>30.03.2016</b>
M75	10.07	WMA Mel James	Les Croupiers	N.I.A.C	19.01.2020
M80	10.23	WMA John Evans	Rugby & Northampton	Torun, POL	24.03.2015
M85	11.51	WMA John Evans	Rugby & Northampton	Lee Valley	23.02.2020

<b>200 Metres</b>					
M35	20.59	OTH Doug Turner	Cardiff AAC	Birmingham	02.02.2017
M35	23.23	WMA Chris Millard	Bristol & West AC	N.I.A.C	20.02.2005
M40	23.56	WMA Darrell Maynard	Abertillery	Glasgow	12.02.2005
M45	23.63	WMA Darrell Maynard	Birchfield Harriers	Lee Valley	23.02.2008
M50	24.93	WMA Ian Broadhurst	Wrexham AAC	Glasgow	19.02.2006
M60	26.52	WMA Ian Broadhurst	Wrexham AAC	N.I.A.C	10.01.2016
M65	27.75	WMA Ian Broadhurst	Wrexham AAC	N.I.A.C	19.01.2020
M70	<b>BR 27.08</b>	<b>WMA Glyn Sutton</b>	<b>Newport Harriers</b>	<b>Ancona</b>	<b>01.04.2016</b>
M75	34.15	WMA Mel James	Les Croupiers RC	Braga, POR	24.02.2022
M80	36.19	WMA John Evans	Rugby & Northampton	Lee Valley	08.03.2015
M85	42.74	WMA John Evans	Rugby & Northampton	Lee Valley	23.02.2020

<b>300 Metres</b>					
M35	38.77	WMA Jonathan Williams	Llanelli	Cardiff	21.01.2024
M50	45.82	WMA Neil Davies	Wrexham AAC	Sport City	10.12.2023
M55	40.70	WMA Ian Broadhurst	Wrexham AAC	Sport City	04.12.2011
M60	44.14	WMA Brett Davis	Newport Harriers	Cardiff	21.01.2024

<b>400 Metres</b>					
M35	54.51	WMA Jonathan Williams	Llanelli AC	Lea Valley	26.02.2023
M40	49.99	WMA Darrell Maynard	Abertillery	Glasgow	16.03.2002
M45	51.11	WMA Darrell Maynard	Abertillery	Lee Valley	23.02.2008
M50	55.80	OTH Ian Broadhurst	Wrexham AAC	Lee Valley	03.03.2007
M50	57.99	WMA Paul Bevan	Cardiff AAC	N.I.A.C	02.02.2014
M55	57.63	WMA Ian Broadhurst	Wrexham AAC	N.I.A.C	19.02.2012
M60	59.50	WMA Ian Broadhurst	Wrexham AAC	Lee Valley	07.03.2015
M65	62.17	WMA Kieran McDonnell	Les Croupiers RC	Lee Valley	01.03.2020
M75	78.88	WMA William Davies	Winchester AC	N.I.A.C	05.03.2006
M80	87.44	WMA Len Tew	Port Talbot Harriers	Lee Valley	28.02.2016

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<b>600 Metres</b>					
M35	1:27.20	WMA Oliver Williams	Les Croupiers RC	Cardiff	17.12.2023
M45	1:28.93	WMA Sean Price	Les Croupiers RC	N.I.A.C	11.12.2010
M50	1:36.73	WMA Brett Davis	Newport Harriers	N.I.A.C	14.12.2014
M55	1:37.44	WMA Brett Davis	Newport Harriers	N.I.A.C	08.12.2019
M65	2:11.38	WMA Donal Hale	North Wales RR	Sportcity	05.03.2022
<b>800 Metres</b>					
M35	1:53.56	WMA James Thie	Cardiff AAC	Budapest	28.03.2014
M40	1:55.75	WMA Darrell Maynard	Abertillery	N.I.A.C	12.01.2003
M45	2:05.77	WMA Sean Price	Rhondda AC AC	Ancona	28.03.2009
M50	2:38.11	WMA Adrian Lewis	Aberdare Valley	Cardiff	28.01.2024
M55	2:09.93	WMA Steve Toogood	Buckley	Sheffield	28.01.2018
M60	2:21.40	WMA Len Tew	Port Talbot Harriers	Birmingham	02.03.1997
M70	2:40.00	WMA Len Tew	Port Talbot Harriers	Linz, AUT	17.03.2006
M75	3:08.57	WMA William Davies	Winchester AC	Lee Valley	04.03.2007
M80	3:35.39	WMA Len Tew	Port Talbot Harriers	N.I.A.C	10.01.2016
<b>1000 Metres</b>					
M55	3:26.98	WMA Derek Osborne	Brecon AC	Lee Valley	17.02.2019
<b>1500 Metres</b>					
M35	3:54.38	WMA James Thie	Cardiff AAC	Budapest	30.03.2014
M40	4:07.33	WMA James Thie	Cardiff AAC	Torun	30.03.2019
M45	4:17.16	OTH Bernie Jones	Wrexham AAC	N.I.A.C	19.02.2005
M45	4:28.26	WMA Matthew Gurmin	Swansea Harriers	N.I.A.C	04.02.2018
M50	4:28.63	WMA Phil Crane	Neath Harriers	Lee Valley	17.03.2012
M55	4:43.47	WMA Jon Grainger	Southampton	Lee Valley	01.03.2020
M60	5:03.8	WMA Martyn Cole	Worcester AC	Sheffield	08.02.2020
M65	5:41.0 (HT)	OTH Bob Brierley	Carmarthen Harriers	Cosford	28.03.1987
M65	5:12.03	WMA Richard Marks	Sarn Helen	Lee Valley	28.02.2016
M70	5:32.46	WMA Len Tew	Port Talbot Harriers	Lee Valley	03.03.2007
M75	6:19.60	WMA John Gardener	Pembroke	N.I.A.C	05.02.2017
M80	6:54.67	WMA William Davies	Winchester AC	Lee Valley	26.02.2011
<b>2000 Metres</b>					
M50	7:10.28	WMA Huw Roberts	Bridgend AC	N.I.A.C	2010-02-14
<b>3000 Metres</b>					
M35	8:20.84	WMA James Thie	Cardiff AAC	Budapest	27.03.2014
M40	9:16.05	WMA David John Williams	Cardiff AAC	Cardiff	17.12.2023
M45	9:13.55	OTH Bernie Jones	Wrexham AAC	N.I.A.C	20.02.2005
M45	9:33.1 (Ht)	WMA Huw Evans	Les Croupiers RC	N.I.A.C	16.12.2018
M50	9:27.77	OTH Ron Elliott	North Wales RR	Birmingham	02.03.1997
M50	9:45.65	WMA Lee Aherne	Parc Bryn Bach RC	Lee Valley	26.02.2017
M55	10:16.34	OTH Bernie Jones	Wrexham AAC	Lee Valley	28.02.2016
M55	10:32.49	WMA Jon Grainger	Southampton	Lee Valley	01.03.2020
M60	10:21.35	WMA Ifan Lloyd	Swansea Harriers	Cardiff	17.12.2023
M65	11:04.77	WMA Richard Marks	Sarn Helen	Lee Valley	26.02.2017
M70	12:59.07	WMA Eric Hughes	Bridgend AC	Lee Valley	27.02.2011
M75	13:40.13	WMA William Davies	Winchester AC	Lee Valley	04.03.2007
M80	19:42.68	Ron Franklin	Barnet	Clermont-Ferrand	19.03.2008

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<b>2000 Metres Walk</b>					
<b>M50</b>	13:35.90	WMA Paul Flynn	Swansea Harriers	Lee Valley	04.03.2018
<b>3000 Metres Walk</b>					
<b>M40</b>	13:49.6 (HT)	WMA Colin Bradley	Newport Harriers	Birmingham	26.02.2000
<b>M45</b>	13:48.1 (HT)	WMA Colin Bradley	Newport Harriers	N.I.A.C.	17.02.2001
<b>M60</b>	19:39.07	WMA Howard Brown	Les Croupiers RC	Lee Valley	28.03.2010
<b>5000 Metres Walk</b>					
<b>M35</b>	23:11.4 (HT)	WMA Colin Bradley	Newport Harriers	Birmingham	26.02.1994
<b>High Hurdles</b>					
<b>M35</b>	(99.1cm) 11.70	WMA Steven Thomas-Spires	Wrexham AAC	Lea Valley	18.02.2007
<b>M40</b>	(99.1cm) 10.47	WMA Neil Davies	Wrexham AAC	Lee Valley	13.02.2011
<b>M45</b>	(99.1cm) 11.01	WMA Derek Osborne	Brecon AC	Jyvaskyla, FIN	04.04.2012
<b>M50</b>	(91.4cm) 10.52	WMA Derek Osborne	Brecon AC	Lee Valley	14.02.2016
<b>M55</b>	(91.4cm) 10.97	WMA Derek Osborne	Brecon AC	Lee Valley	17.02.2019
<b>M60</b>	(91.4cm) 9.63	WMA John Howe	Rhondda AC	Glasgow	16.03.2002
<b>M65</b>	(83.8cm) 12.49	WMA Mark Wyndham-Jones	City of Norwich AC	Lee Valley	25.02.2018
<b>High Jump</b>					
<b>M35</b>	1.83	WMA Owen Chesher	Brecon AC	Brecon AC	25.01.2020
<b>M40</b>	1.79	WMA Sean Power	Cardiff AAC	Cosford	28.03.1987
<b>M45</b>	1.71	WMA Sean Power	Cardiff AAC	Cosford	26.03.1988
<b>M50</b>	1.47	WMA Keith Powell	Newport Harriers	Lee Valley	13.02.2011
<b>M55</b>	1.60	WMA Sean Power	Cardiff AAC	N.I.A.C.	17.02.2001
<b>M60</b>	<b>BR 1.61</b>	<b>WMA Sean Power</b>	<b>Cardiff AAC</b>	<b>N.I.A.C.</b>	<b>26.03.2003</b>
<b>M65</b>	1.30	OTH John Howe	Rhondda AC AC	Carshallton	18.02.2007
<b>M65</b>	1.26	WMA Mark Wyndham-Jones	City of City of Norwich AC	Lee Valley	25.02.2018
<b>M70</b>	1.36	WMA Sean Power	Cardiff AAC	Birmingham	15.09.2013
<b>M75</b>	1.10	WMA John Howe	Rhondda AC AC	N.I.A.C.	05.02.2017
<b>Pole Vault</b>					
<b>M35</b>	4.80	OTH Egryn Jones	Windsor Slough Eaton & Hounslow	Lee Valley	01.02.2009
<b>M40</b>	4.30	OTH Egryn Jones	Windsor Slough Eaton & Hounslow	Uxbridge	23.03.2013
<b>M40</b>	4.10	WMA Glyn Price	Swansea Harriers	N.I.A.C.	07.03.2010
<b>M45</b>	4.20	WMA Glyn Price	Swansea Harriers	Birmingham	25.03.2012
<b>M50</b>	4.10	WMA Glyn Price	Swansea Harriers	Ancona	30.03.2016
<b>M55</b>	3.75	WMA Glyn Price	Swansea Harriers	Cardiff	21.01.2024
<b>M60</b>	3.00	WMA Glyn Sutton	Newport Harriers	Carshallton	18.02.2007
<b>M65</b>	2.80	WMA John Howe	Rhondda AC AC	N.I.A.C.	13.01.2007
<b>M70</b>	2.60	WMA John Howe	Rhondda AC AC	Torun, POL	26.03.2015
<b>M75</b>	2.36	WMA John Howe	Rhondda AC AC	N.I.A.C.	02.09.2017
<b>Long Jump</b>					
<b>M35</b>	6.65	WMA Navid Childs	Thames Valley	N.I.A.C.	28.01.2017
<b>M40</b>	6.18	WMA Sean Power	Cardiff AAC	Cosford	15.03.1986
<b>M45</b>	5.88	WMA Sean Power	Cardiff AAC	Cosford	25.03.1988
<b>M50</b>	5.34	WMA Geoff Miller	Newport Harriers	N.I.A.C.	04.03.2006
<b>M55</b>	4.97	OTH Geoff Ward	Wrexham AAC	Lee Valley	26.02.2011
<b>M55</b>	4.93	WMA Brian Williamson	Cardiff AAC	N.I.A.C.	19.02.2005
<b>M60</b>	4.82	WMA Geoff Ward	Wrexham AAC	Deeside Ind	01.02.2014
<b>M65</b>	4.14	WMA Brian Williamson	Rhondda AC AC	N.I.A.C.	10.01.2016
<b>M70</b>	3.95	WMA John Evans	Rugby & Northampton	Eskilstuna	10.03.2005
<b>M75</b>	3.65	WMA John Evans	Rugby & Northampton	Lee Valley	26.02.2011
<b>M80</b>	3.39	WMA John Evans	Rugby & Northampton	Torun	24.03.2015
<b>M85</b>	<b>BR 2.75</b>	<b>WMA John Evans</b>	<b>Rugby &amp; Northampton</b>	<b>Rugby</b>	<b>23.02.2020</b>

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<b>Triple Jump</b>					
<b>M40</b>	14.15	WMA Sean Power	Cardiff AAC	Cosford	11.01.1986
<b>M50</b>	BR 12.54	WMA Sean Power	Cardiff AAC	Birmingham	01.03.1997
<b>M55</b>	BR 12.45	WMA Sean Power	Cardiff AAC	Birmingham	10.01.1999
<b>M60</b>	BR 11.93	WMA Sean Power	Cardiff AAC	Sindelfingen	12.03.2004
<b>M65</b>	10.70	WMA Sean Power	Cardiff AAC	Lee Valley	07.03.2009
<b>M70</b>	9.41	WMA Sean Power	Cardiff AAC	N.I.A.C.	02.02.2014
<b>M75</b>	8.32	WMA Sean Power	Cardiff AAC	Swansea	10.02.2019
<b>M80</b>	BR 7.64	WMA John Evans	Rugby & Northampton	N.I.A.C.	11.01.2015
<b>M85</b>	BR 5.83	WMA John Evans	Rugby & Northampton	Lee Valley	23.02.2020

<b>Shot</b>						
<b>M35</b>	7.26kg	13.38i	OTH Dean Bolt	Unattached	N.I.A.C.	26.01.2014
<b>M35</b>	7.26kg	11.56i	WMA Graham Holder	Bexley	Lee Valley	27.02.2011
<b>M40</b>	7.26kg	15.33i	WMA Andrew Turner	Bournemouth	Sindelfingen, GER	12.03.2004
<b>M45</b>	7.26kg	13.32i	WMA Andrew Turner	Bournemouth	N.I.A.C.	24.01.2009
<b>M50</b>	6.00kg	14.05i	OTH Phil Davies	Deeside	Connah's Quay	09.01.2011
<b>M50</b>	6.00kg	12.47i	WMA Andrew Turner	Bournemouth	Lee Valley	16.02.2014
<b>M55</b>	6.00kg	10.68i	OTH Geoff Ward	Wrexham AAC	Connah's Quay	09.01.2011
<b>M55</b>	6.00kg	10.38i	WMA Glyndwr Pugh	Rhondda AC	Lee Valley	12.03.2017
<b>M60</b>	5.00kg	12.02i	OTH John Walters	Cardiff	Birmingham	27.02.1999
<b>M60</b>	5.00kg	11.18i	WMA Geoff Ward	Wrexham AAC	Lee Valley	10.03.2013
<b>M65</b>	5.00kg	9.92i	WMA John Howe	Rhondda AC	Lee Valley	03.03.2007
<b>M70</b>	4.00kg	9.78i	WMA John Howe	Rhondda AC	N.I.A.C.	19.02.2012
<b>M75</b>	4.00kg	8.37i	WMA John Howe	Rhondda AC	N.I.A.C.	05.02.2017

<b>Weight Throw</b>						
<b>M55</b>	11.34kg	13.05i	WMA Glyndwr Pugh	Rhondda	Lee Valley	12.03.2017
<b>M65</b>	9.08kg	9.51i	WMA John Howe	Rhondda	Lee Valley	23.02.2008

<b>4x200 Metres Relay</b>					
<b>M35</b>	1:43.8 (HT)	WMA Welsh Masters V35 Team		Lee Valley	26.02.2017
<b>M50</b>	1:51.21	WMA Welsh Masters V50 Team		Lee Valley	28.02.2016
<b>M60</b>	1:55.69	WMA Welsh Masters V60 Team		Lee Valley	01.03.2020
<b>M70</b>	2:41.71	WMA Welsh Masters V70 Team		Lee Valley	28.02.2016
<b>M35+</b>	1:45.40	OTH Newport Harriers		Newport Harriers	13.07.2011