

WELSH MASTERS OUTDOOR RECORDS

MEN

December-2024

All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA)** and Welsh athletes not affiliated to Welsh Masters

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Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category	Performance	Athlete	Country /Club	Venue	Date
100 Metres					
M35	10.50	Ron Jones	Enfield	Welsh Rankings	02.05.1970
M35	10.99	WMA Chris Millard	North Somerset	San Sebastian	26.08.2005
M40	11.10	WMA Chris Millard	North Somerset	Yeovil	19.08.2007
M45	11.50	WMA Chris Millard	North Somerset	Gloucester	12.07.2015
M45	11.50	WMA Glyn Sutton	Newport Harriers	Cwmbran	08.05.1991
M50	11.50	WMA Glyn Sutton	Newport Harriers	Newport Harriers	17.09.1995
M55	11.98	WMA Russell Whiting	Worthing	Derbt	02.09.2023
M60	11.90	WMA Glyn Sutton	Newport Harriers	Cwmbran	13.05.2007
M65	BR 12.44	WMA Glyn Sutton	Newport Harriers	Solihull	21.07.2013
M70	12.79	WMA Glyn Sutton	Newport Harriers	Exeter	21.06.2015
M70	BR 12.99	WMA Glyn Sutton	Newport Harriers	Lyon	07.08.2015
M75	15.40	OTH Len Tew	Port Talbot Harriers	Cardiff	05.05.2010
M75	15.80	WMA Mel James	Les Croupiers RC	Nuneaton	09.07.2019
M80	16.70	WMA John Evans	Rugby & Northampton	Brecon	14.06.2015
M80	16.7 [HT]	WMA Mel James	Les Croupiers RC	Much Wenlock	14.07.2024
M85	20.16	WMA John Evans	Rugby & Northampton	Nuneaton	05.09.2021
200 Metres					
M35	22.15	WMA Chris Millard	Bristol & West AC	San Sebastian, ESP	29.08.2005
M40	22.50	WMA Darrell Maynard	Abertillery	Tidworth	21.09.2002
M40	22.50	WMA Chris Millard	North Somerset	Ljubljana, SLO	02.08.2008
M45	23.38	WMA Glyn Sutton	Newport Harriers	Birmingham	06.07.1991
M50	23.90	WMA Glyn Sutton	Newport Harriers	Brecon	04.06.1995
M55	24.90	WMA Glyn Sutton	Newport Harriers	Luton	18.09.2004
M55	25.51	WMA Ian Broadhurst	Wrexham AAC	San Sebastian, ESP	23.03.2013
M60	24.65	WMA Glyn Sutton	Newport Harriers	San Sebastian, ESP	29.08.2005
M65	24.93	WMA Les Williams	Vets AC	Verona	29.08.1988
M70	BR 26.47	WMA Glyn Sutton	Newport Harriers	Lyon	10.08.2015
M75	32.50	WMA Len Tew	Port Talbot Harriers	Cardiff	28.07.2010
M80	35.98	WMA Mel James	Les Croupiers	Yate	21.07.2024
300 Metres					
M40	41.74	WMA James Morgan	Newport Harriers	Yate	01.09.2013
M50	44.22	WMA James Morgan	Newport Harriers	Nuneaton	10.09.2023
M60	65.78	WMA Jon Clarke	West Cheshire	Exeter	27.03.2018
400 Metres					
M35	48.01	OTH Iwan Thomas	Newham Essex Beagles	Copthall Barnet	08.08.2009
M35	51.91	WMA Jonathan Williams	Lanelli AC	Nuneaton	06.08.2023
M40	48.74	WMA Darrell Maynard	Abertillery	Potsdam	21.08.2002
M45	53.40	OTH Roy Austin	Swansea Harriers	Wolverhampton	01.08.1987
M45	53.90	WMA Sean Price	Les Croupiers RC	Cardiff	02.08.2009
M50	53.90	OTH Roy Austin	Swansea Harriers	Norway	11.07.1992
M50	56.20	WMA Dave Harries	Swindon Harriers	Hemel Hempstead	10.08.2008
M55	55.30	OTH Ian Broadhurst	Wrexham AAC	Wrexham	14.08.2011
M55	57.20	WMA Ian Broadhurst	Wrexham AAC	Stoke	25.08.2013
M60	59.06	WMA Ian Broadhurst	Wrexham AAC	Lyon, FRA	15.08.2015
M65	62.73	WMA Kieran McDonnell	Les Croupiers RC	Newport Harriers	26.06.2021
M70	69.60	WMA Len Tew	Port Talbot Harriers	Cardiff	10.08.2005
M70	74.91	WMA Mel James	Les Croupiers RC	Lee Valley	07.03.2015
M75	73.50	WMA Len Tew	Port Talbot Harriers	Solihull	08.08.2010
600 Metres					
M40	1:30.06	WMA Brett Davis	Newport Harriers	Cheltenham	05.05.2008
M45	1:33.10	WMA Brett Davis	Newport Harriers	Cheltenham	11.07.2012
M50	1:36.40	WMA Brett Davis	Newport Harriers	Cheltenham	09.07.2014
M55	1:38.30	WMA Brett Davis	Newport Harriers	Cheltenham	17.07.2019

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800 Metres					
M35	1:50.8 (HT)	WMA Darrell Maynard	Abertillery	Swindon	07.08.1997
M40	1:52.70	WMA Darrell Maynard	Abertillery	Potsdam, GER	24.08.2002
M45	1:59.75	WMA James Thie	Pontypridd [Roadents]	Gillingham	01.09.2024
M50	2:06.2 (HT)	WMA Bilal Namani	Rhondda AC	Aberdare	06.08.2006
M50	2:09.56	WMA Bilal Namani	Rhondda AC	Clermont-Ferrand	18.03.2008
M55	2:08.2 (HT)	WMA Bilal Namani	Rhondda AC	Brecon	11.08.2007
M60	2:20.92	WMA Steven Gardner	North Wales RR	Corby	07.09.2024
M65	2:34.10	WMA Richard Marks	Sarn Helen	Solihull	19.07.2015
M65	2:34.61	WMA Richard Marks	Sarn Helen	Lee Valley	28.02.2016
M70	2:41.41	WMA Richard Marks	Sarn Helen	Swansea Harriers	26.09.2021
M75	2:52.0 (HT)	WMA Len Tew	Port Talbot Harriers	Cardiff	28.07.2010
M80	3:26.3 (HT)	WMA William Davies	Winchester	Cardiff	15.08.2010
1000 Metres					
M35	2:26.52	WMA Darrell Maynard	Abertillery	Loughborough	18.05.1997
M40	2:52.3 (HT)	WMA Brett Davis	Newport Harriers	Cheltenham	26.07.2006
M45	2:59.1 (HT)	OTH Andy Peet	Wigston	Corby	19.04.2016
M45	2:59.8 (HT)	WMA Adrian Lewis	Aberdare Valley AAC	Dartford	06.08.2021
M50	3:16.64	WMA Derek Osborne	Brecon AC	Ancona, ITA	30.03.2016
M65	3:47.69	WMA Barrie Roberts	Bournville Harriers	Cheltenham	06.05.2013
1500 Metres					
M35	3:46.36	OTH Glen Grant	Cambridge	Koblenz	23.08.1989
M35	3:47.12	WMA James Thie	Cardiff AAC	Belfast	02.07.2014
M40	3:51.5 (HT)	OTH Glen Grant	Cambridge Harriers	Cardiff	01.09.1993
M40	4:02.44	WMA James Thie	Cardiff AAC	Stretford	10.08.2019
M45	4:00.98	OTH Glen Grant	Cambridge Harriers	Valkaeskoski	30.05.1999
M45	4:07.40	WMA James Thie	Pontypridd [Roadents]	Tooting Bec	04.09.2024
M50	4:17.3 (HT)	OTH Hugh Morten	Blackheath & Bromley	Enfield	04.07.1998
M50	4:23.2 (HT)	WMA Phil Crane	Neath Harriers	Solihull	09.09.2012
M55	4:30.97	OTH Evan Williams	Shrewsbury	Birmingham	06.07.1991
M55	4:39.76	WMA Jon Grainger	Southampton	Southampton	09.05.2020
M60	4:49.13	OTH David Williams	Guildford & Godalming	Tooting Bec	31.08.2024
M60	4:51.84	WMA Richard Marks	Sarn Helen	Derby	21.07.2012
M65	5:04.7 (HT)	WMA Richard Marks	Sarn Helen	Brecon	14.06.2015
M70	5:33.99	WMA Richard Marks	Sarn Helen	Swansea Harriers	26.09.2021
M75	5:39.29	WMA Dave Cundy	Les Croupiers	Hobart, AUS	29.03.2024
M80	6:52.0 (HT)	WMA William Davies	Winchester AC	Cardiff	15.08.2010
2000 Metres					
M35	6:16.8 (HT)	OTH Robert Prady	Neath Harriers	Corby	17.03.2015
M40	6:23.3 (HT)	OTH Andy Peet	Wigston	Corby	16.04.2013
M45	6:38.3 (HT)	OTH Andy Peet	Wigston	Corby	19.04.2016
3000 Metres					
M35	8:13.18	OTH Glen Grant	Cambridge Harriers	Crystal Palace	06.05.1992
M35	8:33.32	WMA James Thie	Cardiff AAC	Sport city	09.08.2014
M40	8:29.4 (HT)	OTH Alun Roper	Swansea Harriers	Cwmbran	19.04.1989
M40	9:16.4 (HT)	OTH Phil Crane	Neath Harriers	Neath	01.06.2002
M45	8:47.22	OTH Martin Rees	Swansea Harriers	Cardiff	26.08.2002
M45	9:33.91	WMA Lee Aherne	Parc Bryn Bach RC	Solihull	19.07.2015
M50	8:53.25	OTH Martin Rees	Swansea Harriers	Aberdare	09.04.2003
M50	9:37.41	WMA Lee Aherne	Parc Bryn Bach RC	Coventry	06.07.2019
M55	11:12.9	OTH Brian Griffiths	Swansea Harriers	Barry	29.06.1997
M55	10:02.87	WMA David Williams	Guildford & Godalming	Watford	11.08.2021
M60	10:00.87	WMA Ifan Lloyd	Swansea Harriers	Newport Harriers	26.06.2021
M65	10:51.7 (HT)	WMA Richard Marks	Sarn Helen	Brecon	19.08.2015
M70	11:47.0 (HT)	WMA Gordon Orme	Birchfield Harriers	Cardiff	01.05.2013
M75	13:21.98	WMA John Gardener	Pembrokeshire Harriers	Brecon	04.06.2017
M80	15:45.74	WMA William Davies	Winchester AC	Exeter	17.06.2012

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5000 Metres					
M35	14:18.62	OTH Steve Jones	Newport Harriers	Newport Harriers	10.07.1993
M35	15:22.1 (HT)	WMA Huw Evans	Tonbridge	Tonbridge	01.08.2009
M40	14:20.7 (HT)	OTH Martin Rees	Swansea Harriers	Watford	06.07.1996
M40	16:01.00	WMA Huw Evans	Les Croupiers RC	Birmingham	15.09.2013
M45	14:51.6 (HT)	OTH Martin Rees	Swansea Harriers	Cardiff	02.06.2001
M45	16:06.0 (HT)	WMA Rob Sheen	Leicester Coritanian AC	Solihull	08.06.2008
M50	14:47.8 (HT)	OTH Alun Roper	Swansea Harriers	Street	06.05.1996
M50	16:29.65	WMA Lee Aherne	Parc Bryn Bach RC	Birmingham	11.08.2019
M55	16:38.9 (HT)	OTH Evan Williams	Shrewsbury	Solihull	07.09.1991
M55	17:33.32	WMA David Williams	Guildford & Godalming	Wimbledon	07.08.2021
M60	17:15.03	WMA Ifan Lloyd	Swansea Harriers	Swansea Harriers	26.09.2021
M65	18:43.97	WMA Richard Marks	Sarn Helen	Birmingham	26.07.2015
M70	20:12.08	OTH Bob Brierley	Carmarthen Harriers	Eugene	01.08.1989
M70	20:17.27	WMA Gordon Orme	Birchfield Harriers	Birmingham	15.09.2013
M75	20:44.81	WMA Dave Cundy	Les Croupiers RC	Hobart, AUS	29.03.2024
M80	25:58.71	OTH Len Jones	Ilford AC	Exeter	10.08.1996
10000 Metres					
M35	29:55.73	OTH Steve Brace	Bridgend AC	Cwmbran	21.06.1997
M35	32:25.19	WMA Huw Evans	Tonbridge AC	Horspath	13.09.2009
M40	31:02.6 (HT)	OTH Ron Franklin	Thames Valley Harriers	Welsh Rankings	09.08.1969
M40	33:25.69	WMA Lee Aherne	Parc Bryn Bach RC	Birmingham	29.07.2007
M45	31:55.1 (HT)	OTH Jim O'Brien	Port Talbot Harriers	Port Talbot Harriers	15.05.1983
M45	34:55.85	WMA Mike Weedall	Wrexham AAC	Birmingham	09.07.2006
M50	32:16.5 (HT)	OTH Cyril Leigh	Wigan Phoenix	Blackburn	30.10.1988
M50	35:19.03	WMA Rob Sheen	Leicester Coritanian AC	Horspath	05.08.2012
M55	35:22.5 (HT)	OTH David Voyle	Lancaster & Morecambe	Bolton	05.10.1997
M55	36:58.79	WMA David Williams	Guildford & Godalming	Wimbledon	15.09.2021
M60	35:22.7 (HT)	OTH Ron Franklin	Thames Valley Harriers	Cophthall Barnet	11.06.1989
M60	39:53.7 (HT)	WMA Ken Buckle	Cheltenham & County AC	Cheltenham	09.07.2003
M65	40:04.0 (HT)	OTH George Phipps	Leamington	Stretford	11.09.1991
M65	41:15.12	WMA Ken Buckle	Cheltenham & County AC	Horspath	25.05.2008
M70	41:37.10	WMA Gordon Orme	Birchfield Harriers	Birmingham	21.09.2014
M75	47:13.88	OTH Len Jones	Ilford AC	Turku	01.07.1991
M75	49:43.9 (HT)	WMA William Davies	Winchester AC	Exeter	18.06.2006
M80	52:28.90	WMA William Davies	Winchester AC	Exeter	19.06.2011
1000 Metres Walk					
M40	10:48.85	WMA Jason Elworthy	Barry & Vale Harriers	Cardiff	11.12.2016
M45	5:20.4 (HT)	OTH Colin Bradley	Newport Harriers	Newport Harriers	15.05.2005
M60	6:29.10	WMA Howard Brown	Les Croupiers RC	Deeside AAC	28.08.2011
M65	7:48.36	OTH Peter Walton	Neath Harriers	Deeside AAC	28.08.2011
M70	6:53.43	WMA John Collins	Swansea Harriers	Cardiff	29.08.2010
M75	6:51.11	WMA John Collins	Swansea Harriers	Neath	24.05.2015
2000 Metres Walk					
M40	8:13.9 (HT)	OTH Mark Williams	Tamworth AC	Sutton Coldfield	11.07.2006
M40	9:39.6 (HT)	WMA Phil Williams	Enfield & Harringey	Battersea Park	03.09.2006
M45	8:57.7 (HT)	OTH Mark Williams	Tamworth	Nuneaton	01.06.2011
M45	10:51.4	WMA Colin Bradley	Newport Harriers	Cardiff	26.06.2005
M50	9:11.5 (HT)	OTH Mark Williams	Tamworth AC	Solihull	29.07.2015
M50	12:00.71	WMA Paul Flynn	Swansea Harriers	Solihull	08.07.2018
M55	13:03.1 (HT)	WMA John Collins	Swansea Harriers	Solihull	28.09.1997
M60	12:43.3 (HT)	WMA Howard Brown	Les Croupiers RC	Solihull	07.08.2011
M65	10:57.4 (HT)	WMA Kenneth Bobbett	Hillingdon AC	Battersea Park	09.05.2011
M70	11:22.5 (HT)	WMA Kenneth Bobbett	Hillingdon AC	Brecon	14.06.2015
M75	13:53.81	WMA John Collins	Swansea Harriers	Brecon	31.05.2015
M80	15:35.1 (HT)	WMA John Evans	Rugby & Northampton	Rugby	17.06.2015

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3000 Metres Walk						
M40	12:30.3 (HT)	OTH Mark Williams	Tamworth AC	Leicester	13.05.2007	
M40	30:35.4	WMA Jason Elworthy	Barry & Vale Harriers	Newport Harriers	15.06.2013	
M45	14:05.10	WMA Colin Bradley	Newport Harriers	Eton	23.06.2001	
M50	16:58.27	WMA Steve Walker	Wrexham AAC	Carmarthen	28.06.2008	
M55	16:06.58	OTH Bob Dobson	Ilford AC	Newport Harriers	11.07.1998	
M60	19:07.7 (HT)	WMA Howard Brown	Les Croupiers RC	Cardiff	05.06.2011	
M65	16:56.7 (HT)	WMA Kenneth Bobbett	Hillingdon AC	Lee Valley	17.01.2010	
M70	17:42.8 (HT)	WMA Kenneth Bobbett	Hillingdon AC	Birmingham	25.07.2015	
M75	22:13.52	WMA John Collins	Swansea Harriers	Birmingham	09.08.2014	
5000 Metres Walk						
M40	21:46.9 (HT)	OTH Mark Williams	Tamworth AC	Solihull	10.06.2007	
M45	24:23.3 (HT)	WMA Colin Bradley	Newport Harriers	Eton	24.06.2001	
M50	30:34.8 (HT)	WMA John Collins	Swansea Harriers	Cardiff	20.08.1992	
M65	28:51.44	WMA Kenneth Bobbett	Hillingdon AC	Hendon	24.08.2013	
M70	29:24.8 (HT)	WMA Kenneth Bobbett	Hillingdon AC	Hendon	01.08.2015	
10000 Metres Walk						
M40	46:00.0 (HT)	OTH Mark Williams	Tamworth AC	Oxford	25.05.2008	
M45	51:37.47	OTH Mark Williams	Tamworth AC	Horspath	05.06.2011	
M50	1:04:56	WMA Colin Bradley	Newport Harriers	Solihull	21.05.2006	
M65	1:54:35	WMA Kenneth Bobbett	Hillingdon AC	Horspath	23.06.2013	
M70	1:03:02	WMA Kenneth Bobbett	Hillingdon AC	Lyon, FRA	09.08.2015	
High Hurdles						
M35	110H (99cm) BR	13.11	OTH Colin Jackson	Brecon AC	Munich	10.08.2002
M40	110H (99cm)	16.25	OTH Phil Harries	Derby Athletic Club	Kingston	03.06.2006
M40	110H (99cm)	18.46	WMA Derek Osborne	Brecon AC	Horspath	13.08.2006
M40	110H (99cm)	16.52	OTH Mike Guest	Bridgend AC	Sheffield	10.09.2000
M45	110H (99cm)	18.31	OTH Phil Harries	Derby Athletic Club	Leigh	02.07.2011
M45	110H (99cm)	18.69	WMA Derek Osborne	Brecon AC	Lahti	28.07.2009
M50	100H (91cm)	15.80	WMA John Howe	Rhondda AC	Newport Harriers	01.06.1996
M55	100H (91cm)	16.18	WMA John Howe	Rhondda AC	Blackpool	29.06.1997
M60	100H (91cm)	15.78	WMA John Howe	Rhondda AC	Potsdam, GER	23.08.2002
M65	100H (91cm)	17.90	OTH Les Williams	Vets AC	Sheffield	13.09.1987
M65	100H (91cm)	20.80	WMA Mark Wyndham-Jones	City of Norwich AC	Norfolk Champs	12.05.2018
M70	80H(76.2cm)	14.73	OTH Les Williams	Vets AC	Kristiansand	26.09.1992
M75	80H(76.2cm)	17.10	OTH Les Williams	Vets AC	Exeter	21.06.1998
300 Metres Hurdles						
M55		46.35	WMA Ian Broadhurst	Wrexham AAC	Birmingham	09.08.2014
M60	(76.2cm)	45.40	WMA Ian Broadhurst	Wrexham AAC	Lyon, FRA	11.08.2015
M65	(76.2cm) BR	47.41	WMA Ian Broadhurst	Wrexham AAC	Jesolo,ITA	09.06.2019
M70	(69cm)	55.77	OTH Les Williams	Vets AC	Kristiansand	02.07.1992
M70	(69cm)	68.67	WMA Trefor Pugh	Maldwyn Harriers	Birmingham	28.07.2007
M75	(69cm)	69.86	OTH Les Williams	Vets AC	Cesenatico	12.09.1998
400 Metres Hurdles						
M35	(91.4cm)	54.17	OTH Paul Gray	Cardiff AAC	Stoke	30.07.2005
M40	(91.4cm)	65.60	WMA Derek Osborne	Brecon AC	Cardiff	25.06.2006
M40	(91.4cm)	56.60	OTH Phil Harries	Derby	Rugby	06.05.2006
M45	(91.4cm)	66.49	WMA Neil Davies	Wrexham AAC	Lyon, FRA	10.08.2015
M45	(91.4cm)	62.30	OTH Ian Broadhurst	Wrexham AAC	Eton	24.06.2001
M50	(84cm)	60.77	OTH Ian Broadhurst	Wrexham AAC	Ljubljana	26.07.2008
M50	(84cm)	70.60	WMA Darryn McAtee	Newport Harriers	Burton	03.07.2011
M50	(84cm)	70.60	WMA Derek Osborne	Brecon AC	Brecon	20.07.2014
M55	(84cm)	64.72	OTH Ian Broadhurst	Wrexham AAC	Birmingham	25.06.2011
M55	(84cm)	83.22	OTH Darryn McAtee	Newport Harriers	Brecon	26.08.2017

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1500m STEEPLECHASE					
M35	(91.4cm) 4:53.43	WMA Matthew Evans	Aberdare VAAC Valley	Cardiff	24.07.2019
M45	(91.4cm) 4:53.87	WMA Lee Garland	Guernsey	St Peter Port	06.08.2020
M55	(91.4cm) 5:36.97	WMA Ifan Lloyd	Swansea Harriers	Swansea Harriers	31.07.2016
2000m STEEPLECHASE					
M35	(91.4cm) 6:28.5 (HT)	OTH Richard Phillips	Serpentine	Battersea	02.07.2014
M35	(91.4cm) 6:43.7 (HT)	WMA Matthew Evans	Aberdare VAAC	Swansea Harriers	11.05.2019
M40	(91.4cm) 6:24.00	OTH Lee Garland	Guernsey	St. Peter Port	07.08.2015
M45	(91.4cm) 6:43.6 (HT)	OTH Bernie Jones	Wrexham AAC	Newport Harriers	31.07.2004
M45	(91.4cm) 7:24.9 (HT)	WMA Jeremy Mower	Gloucester AC	Stoke Gifford	04.07.2015
M50	(91.4cm) 7:14.1 (HT)	OTH Jeremy Mower	Gloucester AC	Tipton	16.07.2017
M50	(91.4cm) 7:24.9 (HT)	WMA Jeremy Mower	Gloucester AC	Gloucester	19.05.2019
M55	(91.4cm) 7:46.0 (HT)	WMA Jeremy Mower	Gloucester AC	Cheltenham	11.07.2021
M60	(76.2cm) 8:32.73	OTH David Rosser	Amman Valley Harriers	Gateshead	08.08.1999
M65	(76.2cm) 12:05.09	WMA Eric Hughes	Bridgend AC	Birmingham	10.08.2014
M75	(76.2cm) 8:57.99	WMA Dave Cundy	Les Croupiers	Derby	28.07.2024
3000m STEEPLECHASE					
M35	(91.4cm) 8:28.35	OTH Justin Chaston	Belgrave Harriers	Athens	21.08.2004
M35	(91.4cm) 10:38.90	WMA Matthew Evans	Aberdare VAAC	Birmingham	11.08.2019
M40	(91.4cm) 9:03.5 (HT)	OTH Tecwyn Davies	Aldershot Farnham & District	Hanover	01.08.1979
M40	(91.4cm) 10:53.68	WMA Geran Hughes	GOG Tri	Birmingham	29.07.2007
M45	(91.4cm) 9:03.5 (HT)	OTH Tecwyn Davies	Aldershot Farnham & District	Crawley	22.08.1984
M45	(91.4cm) 10:49.0 (HT)	WMA Lee Garland	Guernsey	St. Peter Port	13.09.2020
M50	(91.4cm) 10:10.6 (HT)	OTH Brian Griffiths	Swansea Harriers	Barry	21.07.1991
M50	(91.4cm) 11:09.41	WMA Ifan Lloyd	Swansea Harriers	Cardiff	03.07.2010
M55	(91.4cm) 11:12.9 (HT)	OTH Brian Griffiths	Swansea Harriers	Barry	29.06.1997
M60	(91.4cm) 11:59.5 (HT)	OTH Brian Griffiths	Swansea Harriers	Carmarthen	09.07.2000
High Jump					
M35	1.84	WMA Owen Chesher	Brecon AC	Cardiff	14.07.2019
M35	1.86	OTH Geoff Ward	Wrexham AAC	Cardiff	26.05.1990
M40	1.86	OTH Geraint Griffiths	Leicester Coritanian	Eugene	05.08.1989
M40	1.80	WMA Sean Power	Cardiff AAC	Corby	12.07.1987
M45	1.75	WMA Sean Power	Cardiff AAC	Miyazaki, Japan	31.07.1988
M50	1.76	WMA Sean Power	Cardiff AAC	Bedford	17.07.1994
M55	1.70	WMA Sean Power	Cardiff AAC	Calais	20.06.1998
M60	1.60	WMA Sean Power	Cardiff AAC	Cardiff	11.07.2004
M65	1.35	WMA Mark Wyndham-Jones	City Of Norwich AC	Norwich	12.05.2019
M65	1.35	OTH Les Williams	Vet AC	Split	30.05.1987
M70	1.35	WMA Sean Power	Cardiff AAC	Newport	24.07.2013
M75	1.21	OTH Les Williams	Vet AC	Sheffield	13.09.1997
M75	1.15	WMA Trefor Pugh	Maldwyn Harriers	Cardiff	02.06.2012
Pole Vault					
M35	4.71	OTH Egryn Jones	Windsor Slough Eaton & Hounslow	Cardiff	10.06.2009
M35	4.30	WMA Glyn Price	Swansea Harriers	Newport	15.05.2005
M35	4.20	WMA Glyn Price	Swansea Harriers	Cardiff	09.01.2005
M40	4.20	WMA Glyn Price	Swansea Harriers	Cardiff	08.05.2010
M45	4.40	WMA Glyn Sutton	Newport Harriers	Swansea Harriers	16.06.1990
M50	4.15	WMA Glyn Sutton	Newport Harriers	Exeter	10.08.1996
M55	3.81	WMA Glyn Price	Swansea Harriers	Yate	03.07.2021
M60	3.45	WMA Glyn Sutton	Newport Harriers	Hereford	08.08.2005
M65	2.70	WMA Glyn Sutton	Newport Harriers	Brecon	21.08.2013
M70	2.50	WMA John Howe	Vets AC	Lyon, FRA	10.08.2015
M75	2.30	WMA John Howe	Rhondda AC	Birmingham	25.07.2017

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Long Jump						
M35	6.67	WMA Navid Childs	Thames Valley	Aarhus, DEN	06.08.2017	
M40	6.96	OTH Colin Wright	Wrexham AAC	Copthall Barnet	18.07.1992	
M40	6.13	WMA Sean Power	Cardiff AAC	Verona,ITA	28.06.1988	
M45	6.13	WMA Sean Power	Cardiff AAC	Verona	28.06.1988	
M50	5.73	WMA Sean Power	Cardiff AAC	Miyazaki	09.10.1993	
M55	5.13	WMA Sean Power	Cardiff AAC	Cardiff	11.08.1999	
M60	5.05	OTH Geoff Ward	Wrexham AAC	Colwyn Bay	25.08.2013	
M60	4.41	WMA Wynn Howe	SC Vets	Canterbury	13.06.2019	
M65	4.85	WMA Allan Cheers	Battersea	Battersea	04.09.2005	
M70	4.14	OTH Les Williams	Vet AC	Sheffield	24.09.1994	
M70	4.06	WMA Allan Cheers	Battersea	Birmingham	09.08.2014	
M75	3.80	WMA John Evans	Rugby & Northampton	Nyiegyhaza	18.07.2010	
M80	3.26	WMA John Evans	Rugby & Northampton	Nuneaton	05.06.2016	
Triple Jump						
M35	15.27	WMA Sean Power	Cardiff AAC	Wolverhampton	27.06.1978	
M35	14.71	WMA Sean Power	Cardiff AAC	Cosford	28.01.1978	
M40	14.63	WMA Sean Power	Cardiff AAC	Portsmouth	10.05.1986	
M45	13.81	WMA Sean Power	Cardiff AAC	Swansea Harriers	14.05.1988	
M45	13.10	WMA Sean Power	Cardiff AAC	Cosford	26.03.1988	
M50	BR 13.34	WMA Sean Power	Cardiff AAC	Bedford	17.07.1994	
M55	12.81	WMA Sean Power	Cardiff AAC	Newport	12.07.1998	
M60	12.41	WMA Sean Power	Cardiff AAC	Warrington	21.09.2003	
M65	10.75	WMA Sean Power	Cardiff AAC	Twickenham	14.09.2008	
M70	9.68	WMA Sean Power	Cardiff AAC	Par	07.09.2013	
M75	7.96	WMA John Evans	Rugby & Northampton	Exeter	20.06.2010	
M80	7.23	WMA John Evans	Rugby & Northampton	Rugby	17.06.2015	
Shot						
M35	7.26kg	20.45	OTH Shaun Pickering	Haringey	Crystal Palace	17.08.1997
M35	7.26kg	11.92	WMA Graham Holder	Bexley	Bedford	30.07.2011
M40	7.26kg	14.68	WMA Andrew Turner	Bournemouth	Eton	20.08.2005
M45	7.26kg	13.10	WMA Andrew Turner	Bournemouth	Eton	05.07.2009
M50	6.00kg	13.10	OTH Phil Davies	Deeside AAC	Birmingham	26.06.2011
M50	6.00kg	12.51	WMA Andrew Turner	Bournemouth	Bournemouth	23.05.2015
M55	6.00kg	12.53	OTH John Walters	Cardiff AAC	Bedford	17.07.1994
M55	6.00kg	11.64	WMA Terry Lalley	Coventry Godiva	Nice,FRA	18.06.2009
M60	5.00kg	12.41	WMA John Howe	Rhondda AC	Neath	07.05.2002
M65	5.00kg	10.87	OTH Terry Lalley	Montauban	Obernai, France	13.06.2015
M65	5.00kg	10.45	WMA Mark Wyndham-Jones	City Of Norwich AC	Norwich	11.05.2019
M70	4.00kg	11.90	WMA Tony Richards	Highgate Harriers	Aberdare	04.09.2022
M75	4.00kg	10.13	OTH Matt Cullen	Swansea Harriers	Swansea Harriers	31.05.1905
M75	4.00kg	9.61	WMA Ian Bowles	Swansea Harriers	Brecon	09.06.2019
M80	3.00kg	8.44	WMA Ian Bowles	Swansea Harriers	Wrexham	29.09.2024
Discus						
M35	2.00kg	49.60	OTH Shaun Pickering	Haringey	Cwmbran	21.06.1997
M35	2.00kg	48.00	WMA Andrew Turner	Bournemouth	Bournemouth	07.04.2004
M40	2.00kg	46.86	WMA Lee Newman	Worcester	Lee Valley	10.03.2018
M45	2.00kg	41.16	OTH John Walters	Cardiff AAC	Wolverhampton	27.06.1984
M45	2.00kg	40.23	WMA Andrew Turner	Bournemouth	Bournemouth	09.05.2009
M50	1.50kg	42.30	OTH John Walters	Cardiff AAC	Bournemouth	24.06.1989
M50	1.50kg	39.18	WMA Andrew Turner	Bournemouth	Lee Valley	08.03.2014
M55	1.50kg	40.06	OTH Terry Lalley	Rhondda AC	La Seyne-sur-Mer, FRA	15.04.2006
M55	1.50kg	32.47	WMA Phil Olsen	Cardiff AAC	Cardiff	03.07.2010
M60	1.00kg	43.18	WMA John Howe	Rhondda AC	Hendon	27.07.2002
M65	1.00kg	39.56	OTH Terry Lalley	Rhondda AC	Castres, FRA	17.05.2017
M65	1.00kg	38.84	WMA Mark Wyndham-Jones	City of Norwich	Brecon	21.07.2019
M70	1.00kg	37.95	WMA Mark Wyndham-Jones	City of Norwich	Swansea Harriers	26.09.2021
M75	1.00kg	32.71	WMA Ian Bowles	Swansea Harriers	Nuneaton	06.09.2019
M80	1.00kg	26.04	WMA Ian Bowles	Swansea Harriers	Yate	21.07.2024

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Hammer					
M35	7.26kg 60.03	WMA Graham Holder	Bexley	Crystal Palace	17.06.2007
M40	7.26kg 55.89	WMA Graham Holder	Bexley	Eton	05.05.2012
M45	7.26kg 54.05	WMA Graham Holder	Bexley	Grays	15.04.2017
M50	6.00kg 56.37	WMA Graham Holder	Bexley	Derby	28.07.2024
M55	6.00kg 45.75	OTH Terry Lalley	Swansea Harriers	Nice, FRA	11.07.2007
M55	6.00kg 45.44	WMA Terry Lalley	Coventry Godiva	Nice, FRA	18.06.2009
M60	5.00kg 42.97	OTH David Maggs	Gateshead	Jarrow	04.07.2016
M60	5.00kg 32.00	WMA Phil James	Newport Harriers	Swansea Harriers	08.07.2015
M65	5.00kg 43.25	WMA Terry Lalley	Rhondda AC	Graulhet, FRA	25.05.2017
M70	4.00kg 35.55	WMA Mark Wyndham-Jones	City of Norwich	Yate	21.07.2024
M75	4.00kg 31.93	WMA Ian Bowles	Swansea Harriers	Brecon	21.07.2019
M80	3.00kg 27.96	WMA Ian Bowles	Swansea Harriers	Bjortlanda, SWE	25.08.2024
Javelin					
M35	800g 63.66	OTH Jonathan Powell	SC Muhl	Erkelenz	28.07.2001
M35	800g 34.82	WMA Graham Holder	Bexley	Dartford	18.04.2011
M40	800g 59.02	OTH Jonathan Powell	SC Muhl	Erkelenz	16.05.2003
M40	800g 58.93	WMA Jonathan Powell	SC Muhl	Schweinfurt, GER	10.07.2005
M45	800g 57.43	OTH Colin Mackenzie	N & E Beagles	Ashford	05.06.2011
M45	800g 43.95	WMA Jonathan Powell	SC Muhl	Solihull	08.08.2010
M50	700g 53.11	OTH Tim Newenham	City of Norwich	Great Yarmouth	09.05.2010
M50	700g 44.52	WMA Jonathan Powell	SC Muhl	Brecon	14.06.2015
M55	700g 42.17	WMA Martin Tucker	Wrexham AAC	Ellesmere Port	26.03.2022
M60	600g 38.89	WMA Wynn Howe	SC Vets	Canterbury	13.06.2019
M65	600g 33.40	WMA Wynn Howe	SC Vets	Gillingham	17.09.2023
M70	500g 34.17	WMA Tony Richards	Highgate Harriers	Aberdare	04.09.2022
M75	500g 20.87	WMA Ian Bowles	Swansea Harriers	Brecon	21.07.2019
M80	400g 17.76	WMA Dave Gardner	North Wales RR	Yate	21.07.2024
Weight Throw					
M35	15.88kg 15.96	WMA Graham Holder	Bexley	Lee Valley	27.02.2011
M40	15.88kg 15.40	WMA Gary Halpin	Brecon AC	Cardiff	04.07.2010
M40	15.88kg 15.40	WMA Graham Holder	Bexley	Derby	22.07.2012
M45	12.50kg 9.75	WMA David Glendower	Invicta	Derby	14.10.2017
M45	10.00kg 11.78	WMA David Glendower	Invicta	Derby	14.10.2017
M45	25.40kg 3.62	WMA David Glendower	Invicta	Derby	01.10.2016
M45	15.88kg 15.09	WMA Gary Halpin	Brecon AC	Brecon	14.06.2015
M45	11.34kg 14.40	WMA Andrew Turner	Bournemouth	Birmingham	15.09.2013
M50	11.34kg 18.57	WMA Graham Holder	Bexley	Derby	02.09.2023
M50	10.00kg 11.56	WMA Gwynn Wallace	Radley AC	Derby	16.06.2018
M55	9.08kg 16.51	OTH Terry Lalley	Rhondda AC	Tata, HUN	21.08.2009
M55	11.34kg 16.03	OTH Terry Lalley	Rhondda AC	Ljubljana, SLO	25.07.2008
M55	11.34kg 11.37	WMA Dave Stokes	Deeside AAC	Birmingham	11.08.2019
M55	11.34kg 13.05i	WMA Glyndwr Pugh	Rhondda AC	Lee Valley	12.03.2017
M60	9.08kg 15.17	OTH Terry Lalley	Rhondda AC	Canon, FRA	20.04.2013
M60	9.08kg 11.41	WMA Duncan Steward	Clevedon	Brecon	21.07.2019
M65	9.08kg 15.42	WMA Terry Lalley	Rhondda AC	Canon, FRA	10.06.2017
M65	9.08kg 9.51i	WMA John Howe	Rhondda AC	Lee Valley	23.02.2008
M70	7.26kg 13.23	WMA Mark Wyndham-Jones	City of Norwich	Horspath	27.06.2021
M75	7.26kg 12.19	WMA Ian Bowles	Swansea Harriers	Caorle, ITA	13.09.2019
M75	5.45kg 8.78	WMA Derek Harper	WMAA	Birmingham	06.07.2008
M80	5.45kg 11.19	WMA William Kingsbury	Rhondda AC	Aberdare	10.05.2008
Multi Events					
Decathlon					
M35	5966	OTH Geoff Ward	Wrexham AAC	Woking	10.07.1988
M40	5060	WMA Derek Osborne	Brecon AC	Horspath	13.08.2006
M45	7217	OTH Glyn Price	Swansea Harriers	Yeovil	23.09.2012
M45	5750	WMA Derek Osborne	Brecon AC	Lahti, FIN	29.07.2009
M50	5414	WMA Derek Osborne	Brecon AC	Birmingham	20.09.2015
M55	5894	WMA John Howe	Rhondda AC	BVAF	13.09.1997
M60	6610	WMA John Howe	Rhondda AC	Sheffield	20.07.2002
M65	5532	WMA Mark Wyndham-Jones	City of Norwich	Sheffield	15.07.2018
Pentathlon					
M35	946	WMA Paul Evans	Brecon AC	Brecon	15.06.2014

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M50	2985	WMA Derek Osborne	Brecon AC	Ancona, ITA	30.03.2016
M75	2766	WMA John Evans	Rugby & Northampton	Horspath	23.05.2010

Decathlon Weight Throw

M45	3791	WMA David Glendower	Radley AC	Derby	14.10.2017
M55	6094	OTH Terry Lalley	Rhondda AC	Milton Keynes	24.09.2006

Pentathlon Weight Throw

M35	3088	WMA Graham Holder	Bexley	Milton Keynes	20.06.2010
M40	3407	WMA Andrew Turner	Bournemouth	Bournemouth	30.08.2004
M45	3401	WMA Graham Holder	Bexley	Hull	29.06.2019
M50	3299	WMA Graham Holder	Bexley	Horspath	20.08.2023
M55	3659	OTH Terry Lalley	Rhondda AC	Milton Keynes	01.07.2007
M65	3507	OTH Terry Lalley	Rhondda AC	Derby	17.05.2017
M65	3484	WMA Terry Lalley	Rhondda AC	Cenon, FRA	10.06.2017
M70	2668	WMA Ian Bowles	Swansea Harriers	Birmingham	30.07.2016
M75	3154	WMA Ian Bowles	Swansea Harriers	Hull	29.06.2019
M80	2467	WMA William Kingsbury	Rhondda AC	Milton Keynes	15.06.2008

4x100 Metres Relay

M35	48.20	WMA Welsh Masters V35 Team		Solihull	02.07.2017
M50	52.40	WMA Welsh Masters V50 Team		Solihull	02.07.2017
M60	54.62	WMA Welsh Masters V60 Team		Solihull	08.07.2018
M70	75.20	WMA Welsh Masters V70 Team		Solihull	02.07.2017
M35+	48.80	OTH Newport Harriers		Neath	08.05.2001
M50+	51.30	OTH Newport Harriers		Cardiff	22.06.2011

4x400 Metres Relay

M35+	3:49.1 (HT)	OTH Swansea Harriers	Swansea Harriers	Cardiff	15.08.1989
M50+	4:39.3 (HT)	OTH Port Talbot Harriers	Port Talbot Harriers	Cardiff	07.06.2000