

WELSH MASTERS INDOOR RECORDS

MEN

MAR 23

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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Event/Category	Performance	Athlete	Country /Club	Venue	Date
60 Metres					
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	BR 7.95	WMA Glyn Sutton	Newport Harriers	San Sebastian, ESP	21.03.2013
M70	BR 8.09	WMA Glyn Sutton	Newport Harriers	Ancona, ITA	30.03.2016
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
200 Metres					
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	BR 27.08	WMA Glyn Sutton	Newport Harriers	Ancona	01.04.2016
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
300 Metres					
M35	45.57	WMA Paul Evans	Brecon AC	N.I.A.C	13.12.2015
M50	48.71	WMA Duncan Steward	Yeovil Olympians	Yeovil	19.02.2009
M55	40.70	WMA Ian Broadhurst	Wrexham AAC	Sport City	04.12.2011
M60	47.06	WMA Rod Howe	Cardiff AAC	N.I.A.C	11.12.2010
400 Metres					
M35	55.48	WMA Peter Watkeys	Basingstoke	N.I.A.C	05.02.2017
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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600 Metres					
M35	1:29.05	WMA David John Williams	Les Croupiers RC	N.I.A.C	08.12.2019
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
800 Metres					
M35	1:53.56	OTH James Thie	Cardiff AAC	Budapest	28.03.2014
M35	1:56.35	WMA Sean Price	Swansea Harriers	Birmingham	23.02.2003
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
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
1000 Metres					
M55	3:26.98	WMA Derek Osborne	Brecon AC	Lee Valley	17.02.2019
1500 Metres					
M35	3:54.38	OTH James Thie	Cardiff AAC	Budapest	30.03.2014
M35	4:09.86	WMA David John Williams	Les Croupiers RC	N.I.A.C	25.01.2020
M40	4:07.33	OTH James Thie	Cardiff AAC	Torun	30.03.2019
M40	4:20.41	WMA Sean Price	Swansea Harriers	Sindelfingen,GER	11.03.2004
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
2000 Metres					
M50	7:10.28	WMA Huw Roberts	Bridgend AC	N.I.A.C	2010-02-14
3000 Metres					
M35	8:20.84	OTH James Thie	Cardiff AAC	Budapest	27.03.2014
M35	9:00.29	WMA Huw Evans	Tonbridge	Lee Valley	28.03.2010
M40	9:40.22	WMA Doug Nicholls	Les Croupiers RC	Lee Valley	01.03.2020
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	10:59.62	OTH Lynn Hughes	Bridgend AC	N.I.A.C	17.02.2001
M60	12:09.91	WMA Austin Davies	West Suffolk	Lee Valley	01.03.2020
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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2000 Metres Walk						
M50	13:35.90	WMA	Paul Flynn	Swansea Harriers	Lee Valley	04.03.2018
3000 Metres Walk						
M40	13:49.6 (HT)	WMA	Colin Bradley	Newport Harriers	Birmingham	26.02.2000
M45	13:48.1 (HT)	WMA	Colin Bradley	Newport Harriers	N.I.A.C.	17.02.2001
M60	19:39.07	WMA	Howard Brown	Les Croupiers RC	Lee Valley	28.03.2010
5000 Metres Walk						
M35	23:11.4 (HT)	WMA	Colin Bradley	Newport Harriers	Birmingham	26.02.1994
High Hurdles						
M35	(99.1cm) 11.70	WMA	Steven Thomas-Spires	Wrexham AAC	Lea Valley	18.02.2007
M40	(99.1cm) 10.47	WMA	Neil Davies	Wrexham AAC	Lee Valley	13.02.2011
M45	(99.1cm) 11.01	WMA	Derek Osborne	Brecon AC	Jyvaskyla, FIN	04.04.2012
M50	(91.4cm) 10.52	WMA	Derek Osborne	Brecon AC	Lee Valley	14.02.2016
M55	(91.4cm) 10.97	WMA	Derek Osborne	Brecon AC	Lee Valley	17.02.2019
M60	(91.4cm) 9.63	WMA	John Howe	Rhondda AC	Glasgow	16.03.2002
M65	(83.8cm) 12.49	WMA	Mark Wyndham-Jones	City of Norwich AC	Lee Valley	25.02.2018
High Jump						
M35	1.83	WMA	Owen Chesher	Brecon AC	Brecon AC	25.01.2020
M40	1.79	WMA	Sean Power	Cardiff AAC	Cosford	28.03.1987
M45	1.71	WMA	Sean Power	Cardiff AAC	Cosford	26.03.1988
M50	1.47	WMA	Keith Powell	Newport Harriers	Lee Valley	13.02.2011
M55	1.60	WMA	Sean Power	Cardiff AAC	N.I.A.C.	17.02.2001
M60	BR 1.61	WMA	Sean Power	Cardiff AAC	N.I.A.C.	26.03.2003
M65	1.30	OTH	John Howe	Rhondda AC AC	Carshallton	18.02.2007
M65	1.26	WMA	Mark Wyndham-Jones	City of City of Norwich AC	Lee Valley	25.02.2018
M70	1.36	WMA	Sean Power	Cardiff AAC	Birmingham	15.09.2013
M75	1.10	WMA	John Howe	Rhondda AC AC	N.I.A.C.	05.02.2017
Pole Vault						
M35	4.80	OTH	Egryn Jones	Windsor Slough Eaton & Hounslow	Lee Valley	01.02.2009
M40	4.30	OTH	Egryn Jones	Windsor Slough Eaton & Hounslow	Uxbridge	23.03.2013
M40	4.10	WMA	Glyn Price	Swansea Harriers	N.I.A.C.	07.03.2010
M45	4.20	WMA	Glyn Price	Swansea Harriers	Birmingham	25.03.2012
M50	4.10	WMA	Glyn Price	Swansea Harriers	Ancona	30.03.2016
M55	3.70	WMA	Glyn Price	Swansea Harriers	Swansea	02.06.2021
M60	3.00	WMA	Glyn Sutton	Newport Harriers	Carshallton	18.02.2007
M65	2.80	WMA	John Howe	Rhondda AC AC	N.I.A.C.	13.01.2007
M70	2.60	WMA	John Howe	Rhondda AC AC	Torun, POL	26.03.2015
M75	2.36	WMA	John Howe	Rhondda AC AC	N.I.A.C.	02.09.2017
Long Jump						
M35	6.65	WMA	Navid Childs	Thames Valley	N.I.A.C.	28.01.2017
M40	6.18	WMA	Sean Power	Cardiff AAC	Cosford	15.03.1986
M45	5.88	WMA	Sean Power	Cardiff AAC	Cosford	25.03.1988
M50	5.34	WMA	Geoff Miller	Newport Harriers	N.I.A.C.	04.03.2006
M55	4.97	OTH	Geoff Ward	Wrexham AAC	Lee Valley	26.02.2011
M55	4.93	WMA	Brian Williamson	Cardiff AAC	N.I.A.C.	19.02.2005
M60	4.82	WMA	Geoff Ward	Wrexham AAC	Deeside Ind	01.02.2014
M65	4.14	WMA	Brian Williamson	Rhondda AC AC	N.I.A.C.	10.01.2016
M70	3.95	WMA	John Evans	Rugby & Northampton	Eskilstuna	10.03.2005
M75	3.65	WMA	John Evans	Rugby & Northampton	Lee Valley	26.02.2011
M80	3.39	WMA	John Evans	Rugby & Northampton	Torun	24.03.2015
M85	BR 2.75	WMA	John Evans	Rugby & Northampton	Rugby	23.02.2020

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Triple Jump					
M40	14.15	WMA Sean Power	Cardiff AAC	Cosford	11.01.1986
M50 BR	12.54	WMA Sean Power	Cardiff AAC	Birmingham	01.03.1997
M55 BR	12.45	WMA Sean Power	Cardiff AAC	Birmingham	10.01.1999
M60 BR	11.93	WMA Sean Power	Cardiff AAC	Sindelfingen	12.03.2004
M65	10.70	WMA Sean Power	Cardiff AAC	Lee Valley	07.03.2009
M70	9.41	WMA Sean Power	Cardiff AAC	N.I.A.C.	02.02.2014
M75	8.32	WMA Sean Power	Cardiff AAC	Swansea	10.02.2019
M80 BR	7.64	WMA John Evans	Rugby & Northampton	N.I.A.C.	11.01.2015
M85 BR	5.83	WMA John Evans	Rugby & Northampton	Lee Valley	23.02.2020
Shot					
M35	7.26kg 13.38i	OTH Dean Bolt	Unattached	N.I.A.C.	26.01.2014
M35	7.26kg 11.56i	WMA Graham Holder	Bexley	Lee Valley	27.02.2011
M40	7.26kg 15.33i	WMA Andrew Turner	Bournemouth	Sindelfingen, GER	12.03.2004
M45	7.26kg 13.32i	WMA Andrew Turner	Bournemouth	N.I.A.C.	24.01.2009
M50	6.00kg 14.05i	OTH Phil Davies	Deeside	Connah's Quay	09.01.2011
M50	6.00kg 12.47i	WMA Andrew Turner	Bournemouth	Lee Valley	16.02.2014
M55	6.00kg 10.68i	OTH Geoff Ward	Wrexham AAC	Connah's Quay	09.01.2011
M55	6.00kg 10.38i	WMA Glyndwr Pugh	Rhondda AC	Lee Valley	12.03.2017
M60	5.00kg 12.02i	OTH John Walters	Cardiff	Birmingham	27.02.1999
M60	5.00kg 11.18i	WMA Geoff Ward	Wrexham AAC	Lee Valley	10.03.2013
M65	5.00kg 9.92i	WMA John Howe	Rhondda AC	Lee Valley	03.03.2007
M70	4.00kg 9.78i	WMA John Howe	Rhondda AC	N.I.A.C.	19.02.2012
M75	4.00kg 8.37i	WMA John Howe	Rhondda AC	N.I.A.C.	05.02.2017
4x200 Metres Relay					
M35	1:43.8 (HT)	WMA Welsh Masters V35 Team		Lee Valley	26.02.2017
M50	1:51.21	WMA Welsh Masters V50 Team		Lee Valley	28.02.2016
M60	1:55.69	WMA Welsh Masters V60 Team		Lee Valley	01.03.2020
M70	2:41.71	WMA Welsh Masters V70 Team		Lee Valley	28.02.2016
M35+	1:45.40	OTH Newport Harriers		Newport Harriers	13.07.2011