

# WELSH MASTERS OUTDOOR RECORDS

## MEN

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

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<b>800 Metres</b>					
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	2:03.0 (HT)	WMA Sean Price	Rhondda AC	Aarhus	31.07.2004
M50	2:06.2 (HT)	WMA Bilal Namani	Rhondda AC	Aberdare	06.08.2006
M40	1:52.70	WMA Darrell Maynard	Abertillery	Potsdam	24.08.2002
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
<b>1000 Metres</b>					
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
<b>1500 Metres</b>					
M35	3:46.36	OTH Glen Grant	Cambridge	Koblentz	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	4:20.8 (HT)	WMA Phil Crane	Neath Harriers	Cardiff	25.06.2006
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
<b>2000 Metres</b>					
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
<b>3000 Metres</b>					
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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<b>5000 Metres</b>					
<b>M35</b>	14:18.62	OTH Steve Jones	Newport Harriers	Newport Harriers	10.07.1993
<b>M35</b>	15:22.1 (HT)	WMA Huw Evans	Tonbridge	Tonbridge	01.08.2009
<b>M40</b>	14:20.7 (HT)	OTH Martin Rees	Swansea Harriers	Watford	06.07.1996
<b>M40</b>	16:01.00	WMA Huw Evans	Les Croupiers RC	Birmingham	15.09.2013
<b>M45</b>	14:51.6 (HT)	OTH Martin Rees	Swansea Harriers	Cardiff	02.06.2001
<b>M45</b>	16:06.0 (HT)	WMA Rob Sheen	Leicester Coritanian AC	Solihull	08.06.2008
<b>M50</b>	14:47.8 (HT)	OTH Alun Roper	Swansea Harriers	Street	06.05.1996
<b>M50</b>	16:29.65	WMA Lee Aherne	Parc Bryn Bach RC	Birmingham	11.08.2019
<b>M55</b>	16:38.9 (HT)	OTH Evan Williams	Shrewsbury	Solihull	07.09.1991
<b>M55</b>	17:33.32	WMA David Williams	Guildford & Godalming	Wimbledon	07.08.2021
<b>M60</b>	17:15.03	WMA Ifan Lloyd	Swansea Harriers	Swansea Harriers	26.09.2021
<b>M65</b>	18:43.97	WMA Richard Marks	Sarn Helen	Birmingham	26.07.2015
<b>M70</b>	20:12.08	OTH Bob Brierley	Carmarthen Harriers	Eugene	01.08.1989
<b>M70</b>	20:17.27	WMA Gordon Orme	Birchfield Harriers	Birmingham	15.09.2013
<b>M75</b>	20:44.81	WMA Dave Cundy	Les Croupiers RC	Hobart, AUS	29.03.2024
<b>M80</b>	25:58.71	OTH Len Jones	Ilford AC	Exeter	10.08.1996
<b>10000 Metres</b>					
<b>M35</b>	29:55.73	OTH Steve Brace	Bridgend AC	Cwmbran	21.06.1997
<b>M35</b>	32:25.19	WMA Huw Evans	Tonbridge AC	Horspath	13.09.2009
<b>M40</b>	31:02.6 (HT)	OTH Ron Franklin	Thames Valley Harriers	Welsh Rankings	09.08.1969
<b>M40</b>	33:25.69	WMA Lee Aherne	Parc Bryn Bach RC	Birmingham	29.07.2007
<b>M45</b>	31:55.1 (HT)	OTH Jim O'Brien	Port Talbot Harriers	Port Talbot Harriers	15.05.1983
<b>M45</b>	34:55.85	WMA Mike Weedall	Wrexham AAC	Birmingham	09.07.2006
<b>M50</b>	32:16.5 (HT)	OTH Cyril Leigh	Wigan Phoenix	Blackburn	30.10.1988
<b>M50</b>	35:19.03	WMA Rob Sheen	Leicester Coritanian AC	Horspath	05.08.2012
<b>M55</b>	35:22.5 (HT)	OTH David Voyle	Lancaster & Morecambe	Bolton	05.10.1997
<b>M55</b>	36:58.79	WMA David Williams	Guildford & Godalming	Wimbledon	15.09.2021
<b>M60</b>	35:22.7 (HT)	OTH Ron Franklin	Thames Valley Harriers	Copthall Barnet	11.06.1989
<b>M60</b>	39:53.7 (HT)	WMA Ken Buckle	Cheltenham & County AC	Cheltenham	09.07.2003
<b>M65</b>	40:04.0 (HT)	OTH George Phipps	Leamington	Stretford	11.09.1991
<b>M65</b>	41:15.12	WMA Ken Buckle	Cheltenham & County AC	Horspath	25.05.2008
<b>M70</b>	41:37.10	WMA Gordon Orme	Birchfield Harriers	Birmingham	21.09.2014
<b>M75</b>	47:13.88	OTH Len Jones	Ilford AC	Turku	01.07.1991
<b>M75</b>	49:43.9 (HT)	WMA William Davies	Winchester AC	Exeter	18.06.2006
<b>M80</b>	52:28.90	WMA William Davies	Winchester AC	Exeter	19.06.2011
<b>1000 Metres Walk</b>					
<b>M40</b>	10:48.85	WMA Jason Elworthy	Barry & Vale Harriers	Cardiff	11.12.2016
<b>M45</b>	5:20.4 (HT)	OTH Colin Bradley	Newport Harriers	Newport Harriers	15.05.2005
<b>M60</b>	6:29.10	WMA Howard Brown	Les Croupiers RC	Deeside AAC	28.08.2011
<b>M65</b>	7:48.36	OTH Peter Walton	Neath Harriers	Deeside AAC	28.08.2011
<b>M70</b>	6:53.43	WMA John Collins	Swansea Harriers	Cardiff	29.08.2010
<b>M75</b>	6:51.11	WMA John Collins	Swansea Harriers	Neath	24.05.2015
<b>2000 Metres Walk</b>					
<b>M40</b>	8:13.9 (HT)	OTH Mark Williams	Tamworth AC	Sutton Coldfield	11.07.2006
<b>M40</b>	9:39.6 (HT)	WMA Phil Williams	Enfield & Haringey	Battersea Park	03.09.2006
<b>M45</b>	8:57.7 (HT)	OTH Mark Williams	Tamworth	Nuneaton	01.06.2011
<b>M45</b>	10:51.4	WMA Colin Bradley	Newport Harriers	Cardiff	26.06.2005
<b>M50</b>	9:11.5 (HT)	OTH Mark Williams	Tamworth AC	Solihull	29.07.2015
<b>M50</b>	12:00.71	WMA Paul Flynn	Swansea Harriers	Solihull	08.07.2018
<b>M55</b>	13:03.1 (HT)	WMA John Collins	Swansea Harriers	Solihull	28.09.1997
<b>M60</b>	12:43.3 (HT)	WMA Howard Brown	Les Croupiers RC	Solihull	07.08.2011
<b>M65</b>	10:57.4 (HT)	WMA Kenneth Bobbett	Hillingdon AC	Battersea Park	09.05.2011
<b>M70</b>	11:22.5 (HT)	WMA Kenneth Bobbett	Hillingdon AC	Brecon	14.06.2015
<b>M75</b>	13:53.81	WMA John Collins	Swansea Harriers	Brecon	31.05.2015
<b>M80</b>	15:35.1 (HT)	WMA John Evans	Rugby & Northampton	Rugby	17.06.2015

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

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

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

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

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

### Decathlon Weight Throw

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

### Pentathlon Weight Throw

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

### 4x100 Metres Relay

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

### 4x400 Metres Relay

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