

Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
111056	Eirian Arwyn	2020	V65	W	parkrun	42:19	Cheltenham	Cheltenham parkrun # 360	2020-01-01
111056	Eirian Arwyn	2020	V65	W	parkrun	42:41	King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01
25295	Brenda Avery	2020	V65	W	parkrun	25:13	Severn Bridge	Severn Bridge parkrun # 66	2020-01-04
85021	Mark Baker	2020	V55	M	parkrun	22:50	Brueton	Brueton parkrun # 493	2020-01-01
349414	Chris Baldwin	2020	V65	M	3.75MXC	29:31	Northop	North Wales Regional Championships	2020-01-04
399109	Angela Bryant	2020	V55	W	parkrun	43:06	King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01
399109	Angela Bryant	2020	V55	W	parkrun	47:02	Cheltenham	Cheltenham parkrun # 360	2020-01-01
566499	Ben Butler-Madden	2020	V35	M	parkrun	16:00	Cardiff	Cardiff parkrun # 632	2020-01-04
93933	Kay Chapman	2020	V50	W	parkrun	23:15	Penallta	Penallta parkrun # 231	2020-01-01
93933	Kay Chapman	2020	V50	W	parkrun	27:31	Cardiff	Cardiff parkrun # 631	2020-01-01
607758	Ania Ciolek	2020	V35	W	parkrun	23:11	Swansea Bay	Swansea Bay parkrun # 210	2020-01-04
607758	Ania Ciolek	2020	V35	W	parkrun	23:43	Newborough Forest	Newborough Forest parkrun # 78	2020-01-01
607758	Ania Ciolek	2020	V35	W	parkrun	25:39	Nant y Pandy	Nant y Pandy parkrun # 69	2020-01-01
199713	Lisa Cleary	2020	V55	W	parkrun	25:15	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
199713	Lisa Cleary	2020	V55	W	parkrun	25:41	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
199713	Lisa Cleary	2020	V55	W	parkrun	25:42	Barry Island	Barry Island parkrun # 242	2020-01-04
293585	Maggie Collingborn	2020	V55	W	parkrun	21:26	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
293585	Maggie Collingborn	2020	V55	W	parkrun	23:26	Chester	Chester parkrun # 180	2020-01-01
293585	Maggie Collingborn	2020	V55	W	parkrun	25:33	Ellesmere Port	Ellesmere Port parkrun # 270	2020-01-01
81143	Emma Collins	2020	V55	W	parkrun	23:49	Wepre	Wepre parkrun # 190	2020-01-01
14897	Brett Davis	2020	V55	M	parkrun	21:17	Barnstaple	Barnstaple parkrun # 364	2020-01-04
14897	Brett Davis	2020	V55	M	parkrun	21:30	Newport	Newport parkrun # 457	2020-01-01
83858	Brian Dias	2020	V35	M	parkrun	20:56	Porthcawl	Porthcawl parkrun # 348	2020-01-04

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83858	Brian Dias	2020	V35	M	parkrun	21:05	Cardiff	Cardiff parkrun # 631	2020-01-01
83858	Brian Dias	2020	V35	M	parkrun	21:26	Riverfront	Riverfront parkrun # 155	2020-01-01
198671	Paul Edwards	2020	V45	M	parkrun	25:16	Cardiff	Cardiff parkrun # 632	2020-01-04
386856	Jason Elworthy	2020	V45	M	parkrun	1:01:13	Barry Island	Barry Island parkrun # 242	2020-01-04
386856	Jason Elworthy	2020	V45	M	parkrun	1:11:24	Barry Island	Barry Island parkrun # 241	2020-01-01
2079	Huw Evans	2020	V45	M	10KXC	37:24	Rendcombe College	Gloucestershire County Championships	2020-01-04
656064	Matthew Evans	2020	V35	M	parkrun	16:59	Bryn Bach	Bryn Bach parkrun # 372	2020-01-04
387047	Sarah Everitt	2020	V50	W	parkrun	20:20	Eastville	Eastville parkrun # 107	2020-01-01
387047	Sarah Everitt	2020	V50	W	5.7KXC	24:20	Yeovil	South West Inter County Championships	2020-01-05
745669	Paul Flynn	2020	V50	M	4MMT	23:24	Kenfig	Prince of Wales New Years Day 4	2020-01-01
932488	Steven Forsyth	2020	V40	M	parkrun	16:21	Wolverhampton	Wolverhampton parkrun # 354	2020-01-01
932488	Steven Forsyth	2020	V40	M	parkrun	17:31	Nova Prestatyn	Nova Prestatyn parkrun # 5	2020-01-04
73041	Chris Fulcher	2020	V50	M	parkrun	21:01	Gnoll	Gnoll parkrun # 210	2020-01-04
884435	David George	2020	V50	M	parkrun	23:13	Cardiff	Cardiff parkrun # 632	2020-01-04
884435	David George	2020	V50	M	parkrun	24:22	King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01
884435	David George	2020	V50	M	parkrun	25:26	Cheltenham	Cheltenham parkrun # 360	2020-01-01
44187	David Glendower	2020	V50	M	SP7. 26K	7.34	Lee Valley	Lee Valley New Year Open	2020-01-01
4323	Jon Grainger	2020	V55	M	12KXC	47:15	Curdrige	Hampshire County Championships	2020-01-04
240762	Michael Graz	2020	V45	M	parkrun	20:52	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
240762	Michael Graz	2020	V45	M	parkrun	21:52	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
181389	Martin Green	2020	V45	M	6. 25MXC	36:27	Northop	North Wales Regional Championships	2020-01-04
812062	Donald Hale	2020	V65	M	5KMT	23:18	Deganwy	NYD Resolution Run 5K	2020-01-01
812062	Donald Hale	2020	V65	M	3. 75MXC	29:38	Northop	North Wales Regional Championships	2020-01-04
369398	Annette	2020	V60	W	parkrun	22:42	Riverside	Riverside	2020-

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	Hames							parkrun # 382	01-01
369398	Annette Hames	2020	V60	W	parkrun	23:02	Herrington Country	Herrington Country parkrun # 26	2020-01-01
66755	Haydn Hartnell	2020	V55	M	ZXC	NT	Penallt	Gwent Leisure Centre League	2020-01-05
86646	Warwick Helps	2020	V40	M	4.75MXC	32:38	L'Ancrese	Guernsey New Years Open	2020-01-01
86646	Warwick Helps	2020	V40	M	12KXC	49:31	Curdrige	Hampshire County Championships	2020-01-04
861141	John Horsman	2020	V65	M	parkrun	27:12	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
861141	John Horsman	2020	V65	M	parkrun	27:21	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
861141	John Horsman	2020	V65	M	parkrun	28:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
446783	Mark Horsman	2020	V40	M	parkrun	17:29	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
446783	Mark Horsman	2020	V40	M	parkrun	17:51	Cardiff	Cardiff parkrun # 632	2020-01-04
446783	Mark Horsman	2020	V40	M	parkrun	18:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
50041	Geran Hughes	2020	V50	M	6.25MXC	39:52	Northop	North Wales Regional Championships	2020-01-04
102508	Tim Iveson	2020	V35	M	parkrun	17:19	Groe	Groe parkrun # 41	2020-01-01
554362	Richard Jackson-Hookins	2020	V35	M	parkrun	15:56	Cardiff	Cardiff parkrun # 632	2020-01-04
313721	Jeanette Jenkins	2020	V55	W	parkrun	23:03	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
313721	Jeanette Jenkins	2020	V55	W	parkrun	23:25	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
313721	Jeanette Jenkins	2020	V55	W	parkrun	24:17	Pontypool	Pontypool parkrun # 310	2020-01-04
313721	Jeanette Jenkins	2020	V55	W	ZXC	NT	Penallt	Gwent Leisure Centre League	2020-01-05
48190	Lee Jones	2020	V50	M	6.25MXC	37:02	Northop	North Wales Regional Championships	2020-01-04
522737	Llinos Jones	2020	V35	W	parkrun	19:26	Cardiff	Cardiff parkrun # 631	2020-01-01
522737	Llinos Jones	2020	V35	W	parkrun	19:55	Penallta	Penallta parkrun # 231	2020-01-01
522737	Llinos Jones	2020	V35	W	parkrun	20:48	Brynaman	Brynaman parkrun # 15	2020-01-04
658483	Richard Jones	2020	V45	M	parkrun	16:17	Riverfront	Riverfront parkrun # 156	2020-01-04
95639	Tegid Jones	2020	V40	M	parkrun	17:01	Oxford	Oxford parkrun # 416	2020-01-01

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842767	Louise Kirby	2020	V50	W	parkrun	27:51	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
842767	Louise Kirby	2020	V50	W	parkrun	28:36	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
453541	Edward Land	2020	V40	M	parkrun	17:21	Aberystwyth	Aberystwyth parkrun # 389	2020-01-01
453541	Edward Land	2020	V40	M	parkrun	19:15	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
10787	Sharon Leech	2020	V45	W	parkrun	20:10	Llanelli Coast	Llanelli Coast parkrun # 155	2020-01-04
599005	Adrian Lewis	2020	V45	M	parkrun	17:58	Cardiff	Cardiff parkrun # 631	2020-01-01
599005	Adrian Lewis	2020	V45	M	parkrun	18:11	Aberdare	Aberdare parkrun # 76	2020-01-04
599005	Adrian Lewis	2020	V45	M	parkrun	18:23	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
690191	Sion Lewis	2020	V35	M	parkrun	16:49	Aberystwyth	Aberystwyth parkrun # 389	2020-01-01
77971	Margaret Ludden	2020	V55	W	3.75MXC	29:23	Northop	North Wales Regional Championships	2020-01-04
360439	Helen Lutley	2020	V70	W	parkrun	27:23	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
38546	Richard Marks	2020	V70	M	parkrun	23:23	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
9472	Jeremy Mower	2020	V50	M	10KXC	41:17	Rendcombe College	Gloucestershire County Championships	2020-01-04
249610	Gillian Murphy	2020	V65	W	parkrun	28:27	Cardiff	Cardiff parkrun # 632	2020-01-04
249610	Gillian Murphy	2020	V65	W	parkrun	29:42	Cardiff	Cardiff parkrun # 631	2020-01-01
23532	Mike Murphy	2020	V65	M	parkrun	20:24	Cardiff	Cardiff parkrun # 632	2020-01-04
23532	Mike Murphy	2020	V65	M	parkrun	24:54	Cardiff	Cardiff parkrun # 631	2020-01-01
566434	Alison Murray	2020	V50	W	HJ	1.30	Carshalton	South London Athletic Network Open Meeting	2020-01-04
462645	Doug Nicholls	2020	V40	M	parkrun	17:05	Cardiff	Cardiff parkrun # 632	2020-01-04
224418	Charlie Northey	2020	V50	M	parkrun	21:15	Eastbourne	Eastbourne parkrun # 425	2020-01-01
25923	Derek Osborne	2020	V55	M	parkrun	21:30	Groe	Groe parkrun # 41	2020-01-01
42374	Clive Osmond	2020	V55	M	4.2MMT	44:56	Monmouth	Kymin Winter Race 4.2	2020-01-04
19618	Stuart Penny	2020	V55	M	parkrun	19:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
19618	Stuart Penny	2020	V55	M	parkrun	19:46	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
19618	Stuart	2020	V55	M	parkrun	28:25	Severn Bridge	Severn Bridge	2020-

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	Penny							parkrun # 66	01-04
34938	Jenny Phillips	2020	V50	W	parkrun	23:00	Llyn Llech Owain	Llyn Llech Owain parkrun # 352	2020-01-04
1322	Sean Price	2020	V55	M	parkrun	22:14	Pontypridd	Pontypridd parkrun # 293	2020-01-04
1322	Sean Price	2020	V55	M	parkrun	28:35	Riverfront	Riverfront parkrun # 155	2020-01-01
42370	David Proffitt	2020	V65	M	parkrun	29:59	Riverfront	Riverfront parkrun # 156	2020-01-04
4894	Mike Robbins	2020	V55	M	parkrun	20:57	Chester	Chester parkrun # 180	2020-01-01
4894	Mike Robbins	2020	V55	M	parkrun	22:20	Wepre	Wepre parkrun # 190	2020-01-01
4894	Mike Robbins	2020	V55	M	6. 25MXC	43:21	Northop	North Wales Regional Championships	2020-01-04
72835	Barrie Roberts	2020	V75	M	parkrun	29:46	Cannon Hill	Cannon Hill parkrun # 474	2020-01-04
22339	Huw Roberts	2020	V60	M	parkrun	21:54	Pontypridd	Pontypridd parkrun # 293	2020-01-04
340051	Ian Swanson	2020	V65	M	parkrun	29:18	Swansea Bay	Swansea Bay parkrun # 209	2020-01-01
340051	Ian Swanson	2020	V65	M	parkrun	30:30	Porthcawl	Porthcawl parkrun # 348	2020-01-04
1602	James Thie	2020	V40	M	4MMT	21:00	Kenfig	Prince of Wales New Years Day 4	2020-01-01
10863	Joe Thomas	2020	V40	M	4MMT	21:37	Kenfig	Prince of Wales New Years Day 4	2020-01-01
11377	Daniel Thorogood	2020	V55	M	parkrun	20:27	Exmouth	Exmouth parkrun # 105	2020-01-01
11377	Daniel Thorogood	2020	V55	M	parkrun	26:22	Haldon Forest	Haldon Forest parkrun # 44	2020-01-01
894665	Jane Thorogood	2020	V50	W	parkrun	33:18	Exmouth	Exmouth parkrun # 105	2020-01-01
894665	Jane Thorogood	2020	V50	W	parkrun	36:26	Haldon Forest	Haldon Forest parkrun # 44	2020-01-01
894665	Jane Thorogood	2020	V50	W	parkrun	49:51	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
42328	Steve Wadley	2020	V55	M	parkrun	24:38	Newport	Newport parkrun # 458	2020-01-04
42328	Steve Wadley	2020	V55	M	parkrun	24:46	Newport	Newport parkrun # 457	2020-01-01
761334	Victoria Watkins	2020	V40	W	parkrun	23:49	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 122	2020-01-01
50764	Russell Whiting	2020	V50	M	parkrun	26:06	Hove Promenade	Hove Promenade parkrun # 226	2020-01-04
71990	David O Williams	2020	V55	M	6. 25MXC	39:44	Northop	North Wales Regional Championships	2020-01-04

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928365	Mark Williams	2020	V60	M	parkrun	19:21	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
928365	Mark Williams	2020	V60	M	parkrun	19:52	Penallta	Penallta parkrun # 232	2020-01-04