

## Power of 10 Athlete Data

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
25672	Lee Aherne	2019	V50	M	parkrun	16:54	Bryn Bach	Bryn Bach parkrun # 359	2019-10-19
25672	Lee Aherne	2019	V50	M	parkrun	18:09	Bryn Bach	Bryn Bach parkrun # 360	2019-10-26
25672	Lee Aherne	2019	V50	M	8KXC	27:55	Aintree	British & Irish Masters' International	2019-11-16
25672	Lee Aherne	2019	V50	M	9.6KXC	35:24	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
25672	Lee Aherne	2019	V50	M	9.9KXC	34:15	Pembrey Park	Start Fitness Gwent League	2019-11-09
25672	Lee Aherne	2019	V50	M	10K	35:09	Cwmavon	Richard Burton 10K	2019-11-03
25672	Lee Aherne	2019	V50	M	HM	75:47	Cardiff	Cardiff Half Marathon	2019-10-06
23113	Paul Allen	2019	V70	M	6KXCL	32:19	Wolverhampton	Midland Counties Relay Championships	2019-10-19
111056	Eirian Arwyn	2019	V65	W	parkrun	28:09	Aberystwyth	Aberystwyth parkrun # 381	2019-11-16
111056	Eirian Arwyn	2019	V65	W	parkrun	28:18	Brynaman	Brynaman parkrun # 3	2019-10-05
111056	Eirian Arwyn	2019	V65	W	parkrun	28:42	Riverfront	Riverfront parkrun # 144	2019-10-26
111056	Eirian Arwyn	2019	V65	W	parkrun	29:12	Barry Island	Barry Island parkrun # 230	2019-10-19
111056	Eirian Arwyn	2019	V65	W	parkrun	31:07	Tremorfa	Tremorfa parkrun # 2	2019-11-02
111056	Eirian Arwyn	2019	V65	W	6.4KXC	37:34	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
111056	Eirian Arwyn	2019	V65	W	7.2KXC	41:03	Pembrey Park	Start Fitness Gwent League	2019-11-09
25295	Brenda Avery	2019	V65	W	parkrun	24:39	Severn Bridge	Severn Bridge parkrun # 53	2019-10-05
25295	Brenda Avery	2019	V65	W	parkrun	26:56	Mallards Pike	Mallards Pike parkrun # 8	2019-10-19
25295	Brenda Avery	2019	V65	W	5M	40:51	Sutton Benger	Sutton Benger Flyer 5	2019-11-17
25295	Brenda Avery	2019	V65	W	10M	94:54	Rhayader	Elan Valley 10	2019-11-09
349414	Chris Baldwin	2019	V60	M	parkrun	25:05	Pont y Bala	Pont y Bala parkrun # 32	2019-11-16
349414	Chris Baldwin	2019	V60	M	ZXC	30:19	Wrexham	North Wales Senior League	2019-10-05
349414	Chris Baldwin	2019	V60	M	ZXC	33:59	Colwyn Bay	North Wales Senior League	2019-10-19

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
717331	Lloyd Bevan	2019	V55	M	parkrun	22:18	Victoria Dock	Victoria Dock parkrun # 78	2019-11-16
717331	Lloyd Bevan	2019	V55	M	parkrun	22:43	Sheffield Hallam	Sheffield Hallam parkrun # 458	2019-11-02
717331	Lloyd Bevan	2019	V55	M	parkrun	22:53	Northala Fields	Northala Fields parkrun # 281	2019-10-26
717331	Lloyd Bevan	2019	V55	M	parkrun	23:07	Richmond Park	Richmond Park parkrun # 634	2019-10-05
717331	Lloyd Bevan	2019	V55	M	parkrun	23:35	Canons Park	Canons Park parkrun # 160	2019-10-19
717331	Lloyd Bevan	2019	V55	M	5MXC	38:33	Epsom Downs	Sport Systems Surrey Men's League Division 3/4	2019-11-09
717331	Lloyd Bevan	2019	V55	M	5.2MXC	41:39	Richmond Park	Sport Systems Surrey Men's League Division 3/4	2019-10-12
717331	Lloyd Bevan	2019	V55	M	10M	77:25	Portsmouth	Simplyhealth Great South Run 10	2019-10-20
717331	Lloyd Bevan	2019	V55	M	SHORT10M	73:51	Preston	Preston 10 (200m short)	2019-11-17
118461	Christine Birch	2019	V70	W	6KXC	31:27	Aintree	British & Irish Masters' International	2019-11-16
118461	Christine Birch	2019	V70	W	4.25MNAD	35:12	Deeside	Borders League	2019-11-10
118461	Christine Birch	2019	V70	W	5M	41:00	Abergele	Abergele 5 (inc North Wales Championships)	2019-11-03
118461	Christine Birch	2019	V70	W	10K	51:32	Caernarfon	Borders League - Caernarfon 10K	2019-10-13
118461	Christine Birch	2019	V70	W	ZXC	32:00	Wrexham	North Wales Senior League	2019-10-05
118461	Christine Birch	2019	V70	W	ZXC	34:59	Colwyn Bay	North Wales Senior League	2019-10-19
726647	Scott Browne	2019	V40	M	9.53KXC	36:53	Brecon	Welsh Inter-Regional Championships	2019-11-16
726647	Scott Browne	2019	V40	M	9.6KXC	36:40	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
399109	Angela Bryant	2019	V55	W	parkrun	32:18	Gloucester City	Gloucester City parkrun # 81	2019-11-09
7443	Ken Buckle	2019	V75	M	6.4KXC	36:03	Wotton Under Edge	Gloucestershire League	2019-10-13
566499	Ben Butler-Madden	2019	V35	M	parkrun	17:20	Cardiff	Cardiff parkrun # 621	2019-11-02
566499	Ben Butler-Madden	2019	V35	M	parkrun	17:23	Penrhyn	Penrhyn parkrun # 244	2019-10-26

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
566499	Ben Butler-Madden	2019	V35	M	parkrun	17:37	Delamere	Delamere parkrun # 333	2019-11-09
566499	Ben Butler-Madden	2019	V35	M	8KXC	27:16	Aintree	British & Irish Masters' International	2019-11-16
566499	Ben Butler-Madden	2019	V35	M	9.6KXC	33:43	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
566499	Ben Butler-Madden	2019	V35	M	HM	74:10	Cardiff	Cardiff Half Marathon	2019-10-06
372760	Kevin Challinor	2019	V55	M	4.25MNAD	31:07	Deeside	Borders League	2019-11-10
372760	Kevin Challinor	2019	V55	M	9.53KXC	44:54	Brecon	Welsh Inter-Regional Championships	2019-11-16
372760	Kevin Challinor	2019	V55	M	10K	45:53	Caernarfon	Borders League - Caernarfon 10K	2019-10-13
607758	Ania Ciolek	2019	V35	W	parkrun	23:06	Dabrowka, POL	Dabrowka parkrun # 114	2019-10-12
607758	Ania Ciolek	2019	V35	W	parkrun	23:22	Swansea Bay	Swansea Bay parkrun # 202	2019-11-16
607758	Ania Ciolek	2019	V35	W	parkrun	23:26	Swansea Bay	Swansea Bay parkrun # 200	2019-11-02
607758	Ania Ciolek	2019	V35	W	parkrun	24:05	Brynaman	Brynaman parkrun # 7	2019-11-09
607758	Ania Ciolek	2019	V35	W	parkrun	26:58	Ashton Court	Ashton Court parkrun # 429	2019-10-26
199713	Lisa Cleary	2019	V50	W	parkrun	23:29	Grangemoor	Grangemoor parkrun # 205	2019-10-19
199713	Lisa Cleary	2019	V50	W	parkrun	23:42	Cardiff	Cardiff parkrun # 617	2019-10-05
199713	Lisa Cleary	2019	V50	W	parkrun	25:34	Tremorfa	Tremorfa parkrun # 2	2019-11-02
199713	Lisa Cleary	2019	V50	W	6.09KXC	30:38	Brecon	Welsh Inter-Regional Championships	2019-11-16
199713	Lisa Cleary	2019	V50	W	6.4KXC	31:55	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
199713	Lisa Cleary	2019	V50	W	7.2KXC	35:18	Pembrey Park	Start Fitness Gwent League	2019-11-09
199713	Lisa Cleary	2019	V50	W	10K	51:35	Cwmavon	Richard Burton 10K	2019-11-03
199713	Lisa Cleary	2019	V50	W	HM	2:02:18	Cardiff	Cardiff Half Marathon	2019-10-06
199713	Lisa Cleary	2019	V50	W	Mar	4:38:59	Llanberis	Snowdonia Marathon Eryri	2019-10-26
15877	Peter Coles	2019	V55	M	8KXC	29:59	Aintree	British & Irish Masters' International	2019-11-16

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15877	Peter Coles	2019	V55	M	9.6KXC	37:42	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
15877	Peter Coles	2019	V55	M	9.9KXC	37:08	Pembrey Park	Start Fitness Gwent League	2019-11-09
293585	Maggie Collingborn	2019	V50	W	parkrun	22:05	Aberystwyth	Aberystwyth parkrun # 379	2019-11-02
293585	Maggie Collingborn	2019	V50	W	parkrun	22:09	Edinburgh	Edinburgh parkrun # 519	2019-10-26
293585	Maggie Collingborn	2019	V50	W	parkrun	23:34	Foro Italico, ITA	Foro Italico parkrun # 77	2019-11-16
293585	Maggie Collingborn	2019	V50	W	parkrun	27:54	Aberystwyth	Aberystwyth parkrun # 376	2019-10-12
293585	Maggie Collingborn	2019	V50	W	parkrun	30:05	Aberystwyth	Aberystwyth parkrun # 375	2019-10-05
293585	Maggie Collingborn	2019	V50	W	10M	80:00	Rhayader	Elan Valley 10	2019-11-09
81143	Emma Collins	2019	V55	W	parkrun	22:32	Conwy	Conwy parkrun # 248	2019-10-26
81143	Emma Collins	2019	V55	W	6KXC	25:49	Aintree	British & Irish Masters' International	2019-11-16
81143	Emma Collins	2019	V55	W	4.25MNAD	30:44	Deeside	Borders League	2019-11-10
81143	Emma Collins	2019	V55	W	5M	35:03	Abergele	Abergele 5 (inc North Wales Championships)	2019-11-03
81143	Emma Collins	2019	V55	W	10K	45:20	Caernarfon	Borders League - Caernarfon 10K	2019-10-13
81143	Emma Collins	2019	V55	W	ZXC	27:21	Colwyn Bay	North Wales Senior League	2019-10-19
36008	Peter Crane	2019	V55	M	7KXC	28:33	Llanmadoc	West Glamorgan League	2019-10-20
36008	Peter Crane	2019	V55	M	9.53KXC	41:15	Brecon	Welsh Inter-Regional Championships	2019-11-16
36008	Peter Crane	2019	V55	M	9.9KXC	40:22	Pembrey Park	Start Fitness Gwent League	2019-11-09
36008	Peter Crane	2019	V55	M	Mar	3:47:46	Llanberis	Snowdonia Marathon Eryri	2019-10-26
5677	Stephen Davies	2019	V60	M	parkrun	24:11	Sherwood Pines	Sherwood Pines parkrun # 205	2019-11-16
5677	Stephen Davies	2019	V60	M	parkrun	25:06	Sherwood Pines	Sherwood Pines parkrun # 199	2019-10-05
5677	Stephen Davies	2019	V60	M	8KXC	31:44	Aintree	British & Irish Masters' International	2019-11-16
5677	Stephen Davies	2019	V60	M	9.6KXC	46:35	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross	2019-10-12

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Challenge)	
5677	Stephen Davies	2019	V60	M	10K	47:55	Derby	Shelton Striders 10K	2019-10-06
5677	Stephen Davies	2019	V60	M	10KXC	46:42	Corby	North Midlands League	2019-11-09
14897	Brett Davis	2019	V55	M	parkrun	21:31	Riverfront	Riverfront parkrun # 144	2019-10-26
14897	Brett Davis	2019	V55	M	parkrun	21:35	Newport	Newport parkrun # 445	2019-10-12
14897	Brett Davis	2019	V55	M	parkrun	22:22	Brockwell	Brockwell parkrun # 442	2019-11-02
14897	Brett Davis	2019	V55	M	parkrun	22:23	Newport	Newport parkrun # 444	2019-10-05
14897	Brett Davis	2019	V55	M	parkrun	22:30	Newport	Newport parkrun # 446	2019-10-19
14897	Brett Davis	2019	V55	M	parkrun	22:35	Newport	Newport parkrun # 449	2019-11-16
14897	Brett Davis	2019	V55	M	parkrun	28:26	Riverfront	Riverfront parkrun # 146	2019-11-09
748895	Susan Davis	2019	V55	W	parkrun	33:07	Brockwell	Brockwell parkrun # 442	2019-11-02
198671	Paul Edwards	2019	V40	M	parkrun	23:34	Cannock Chase	Cannock Chase parkrun # 142	2019-11-02
198671	Paul Edwards	2019	V40	M	parkrun	23:37	Cardiff	Cardiff parkrun # 617	2019-10-05
198671	Paul Edwards	2019	V40	M	9.6KXC	49:52	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
386856	Jason Elworthy	2019	V45	M	parkrun	49:45	Barry Island	Barry Island parkrun # 233	2019-11-16
386856	Jason Elworthy	2019	V45	M	parkrun	54:04	Barry Island	Barry Island parkrun # 232	2019-11-09
386856	Jason Elworthy	2019	V45	M	HM	4:37:07	Cardiff	Cardiff Half Marathon	2019-10-06
2079	Huw Evans	2019	V45	M	9.53KXC	33:27	Brecon	Welsh Inter-Regional Championships	2019-11-16
2079	Huw Evans	2019	V45	M	9.6KXC	34:30	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
2079	Huw Evans	2019	V45	M	9.9KXC	32:57	Pembrey Park	Start Fitness Gwent League	2019-11-09
2079	Huw Evans	2019	V45	M	HM	82:49	Cardiff	Cardiff Half Marathon	2019-10-06
656064	Matthew Evans	2019	V35	M	parkrun	17:19	Penallta	Penallta parkrun # 218	2019-10-05
656064	Matthew Evans	2019	V35	M	9.53KXC	34:56	Brecon	Welsh Inter-Regional Championships	2019-11-16
656064	Matthew	2019	V35	M	9.6KXC	35:22	Cardiff	Start Fitness	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Evans							Gwent League (Inc British Athletics Cross Challenge)	10-12
140387	Paul Evans	2019	V40	M	HM	2:47:20	Cardiff	Cardiff Half Marathon	2019-10-06
387047	Sarah Everitt	2019	V50	W	parkrun	21:19	Eastville	Eastville parkrun # 97	2019-10-26
387047	Sarah Everitt	2019	V50	W	7.2KXC	29:24	Pembrey Park	Start Fitness Gwent League	2019-11-09
387047	Sarah Everitt	2019	V50	W	10K	42:03	Cwmavon	Richard Burton 10K	2019-11-03
73041	Chris Fulcher	2019	V50	M	7KXC	27:55	Llanmadoc	West Glamorgan League	2019-10-20
73041	Chris Fulcher	2019	V50	M	9.53KXC	40:17	Brecon	Welsh Inter-Regional Championships	2019-11-16
73041	Chris Fulcher	2019	V50	M	9.6KXC	39:56	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
73041	Chris Fulcher	2019	V50	M	9.9KXC	38:23	Pembrey Park	Start Fitness Gwent League	2019-11-09
73041	Chris Fulcher	2019	V50	M	Mar	3:10:52	Llanberis	Snowdonia Marathon Eryri	2019-10-26
433542	John Gardener	2019	V75	M	parkrun	29:12	Haverfordwest	Haverfordwest parkrun # 109	2019-10-12
433542	John Gardener	2019	V75	M	parkrun	30:39	Haverfordwest	Haverfordwest parkrun # 108	2019-10-05
550	Lee Garland	2019	V40	M	4MXC	25:04	Delancey	FNB Guernsey League	2019-11-09
95471	Sian Gifford	2019	V45	W	parkrun	23:49	Gloucester City	Gloucester City parkrun # 78	2019-10-19
44187	David Glendower	2019	V50	M	SP6K	7.36	Walton	SECTA Weight Pentathlon	2019-11-03
44187	David Glendower	2019	V50	M	WT11.34K	8.18	Walton	SECTA Weight Pentathlon	2019-11-03
44187	David Glendower	2019	V50	M	DT1.5K	20.58	Walton	SECTA Weight Pentathlon	2019-11-03
44187	David Glendower	2019	V50	M	HT6K	17.70	Walton	SECTA Weight Pentathlon	2019-11-03
44187	David Glendower	2019	V50	M	JT700	NM	Walton	SECTA Weight Pentathlon	2019-11-03
44187	David Glendower	2019	V50	M	PenWtM50	1274	Walton	SECTA Weight Pentathlon	2019-11-03
4323	Jon Grainger	2019	V50	M	parkrun	20:33	Mountbatten School	Mountbatten School parkrun # 33	2019-11-16
4323	Jon Grainger	2019	V50	M	ZXCL	11:30	Long Eaton	British Masters Relay Championships	2019-10-26
181389	Martin	2019	V40	M	parkrun	17:24	Conwy	Conwy parkrun	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Green							# 247	10-19
181389	Martin Green	2019	V40	M	parkrun	24:04	Conwy	Conwy parkrun # 250	2019-11-09
181389	Martin Green	2019	V40	M	4.25MNAD	23:52	Deeside	Borders League	2019-11-10
181389	Martin Green	2019	V40	M	8KXC	27:52	Aintree	British & Irish Masters' International	2019-11-16
181389	Martin Green	2019	V40	M	10K	32:55	Caernarfon	Borders League - Caernarfon 10K	2019-10-13
181389	Martin Green	2019	V40	M	HM	74:47	Conwy	Conwy Half Marathon	2019-11-17
181389	Martin Green	2019	V40	M	26.2K	93:35	Chester	MBNA Chester Metric Marathon 26.2K	2019-10-06
181389	Martin Green	2019	V40	M	Mar	2:41:19	Llanberis	Snowdonia Marathon Eryri	2019-10-26
181389	Martin Green	2019	V40	M	ZXC	30:45	Wrexham	North Wales Senior League	2019-10-05
812062	Donald Hale	2019	V65	M	parkrun	23:21	Conwy	Conwy parkrun # 246	2019-10-12
812062	Donald Hale	2019	V65	M	parkrun	23:26	Conwy	Conwy parkrun # 247	2019-10-19
812062	Donald Hale	2019	V65	M	parkrun	23:40	Conwy	Conwy parkrun # 248	2019-10-26
812062	Donald Hale	2019	V65	M	parkrun	23:58	Conwy	Conwy parkrun # 250	2019-11-09
812062	Donald Hale	2019	V65	M	5M	38:42	Abergele	Abergele 5 (inc North Wales Championships)	2019-11-03
812062	Donald Hale	2019	V65	M	HM	1:58:34	Conwy	Conwy Half Marathon	2019-11-17
812062	Donald Hale	2019	V65	M	26.2K	2:45:13	Chester	MBNA Chester Metric Marathon 26.2K	2019-10-06
369398	Annette Hames	2019	V60	W	parkrun	21:47	Newcastle	Newcastle parkrun # 482	2019-10-05
369398	Annette Hames	2019	V60	W	parkrun	22:09	Newcastle	Newcastle parkrun # 483	2019-10-12
369398	Annette Hames	2019	V60	W	parkrun	22:24	Newcastle	Newcastle parkrun # 486	2019-11-02
369398	Annette Hames	2019	V60	W	parkrun	22:30	Newcastle	Newcastle parkrun # 487	2019-11-16
369398	Annette Hames	2019	V60	W	parkrun	22:45	Newcastle	Newcastle parkrun # 485	2019-10-26
369398	Annette Hames	2019	V60	W	parkrun	23:01	Didcot	Didcot parkrun # 237	2019-11-09
369398	Annette Hames	2019	V60	W	parkrun	23:18	Clapham Common	Clapham Common parkrun # 72	2019-10-19
66755	Haydn Hartnell	2019	V55	M	parkrun	19:48	Aberbeeg	Aberbeeg parkrun # 49	2019-10-19
66755	Haydn	2019	V55	M	8KXC	NT	Parc Bryn Bach	Gwent Leisure	2019-

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66755	Hartnell Haydn Hartnell	2019	V55	M	9.53KXC	42:13	Brecon	Centre League Welsh Inter-Regional Championships	10-20 2019-11-16
66755	Haydn Hartnell	2019	V55	M	9.6KXC	42:01	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
66755	Haydn Hartnell	2019	V55	M	9.9KXC	40:47	Pembrey Park	Start Fitness Gwent League	2019-11-09
66755	Haydn Hartnell	2019	V55	M	7MMT	64:23	Risca	Twmbarlwm Terror 7	2019-11-03
66755	Haydn Hartnell	2019	V55	M	HM	92:39	Cardiff	Cardiff Half Marathon	2019-10-06
66755	Haydn Hartnell	2019	V55	M	ZXC	NT	Pontypool Park	Gwent Leisure Centre League	2019-11-17
86646	Warwick Helps	2019	V40	M	3MXC	18:13	L'ancresse Stonecrusher	FNB Guernsey League	2019-10-19
86646	Warwick Helps	2019	V40	M	HM	81:42	Manchester	Manchester Half Marathon	2019-10-13
861141	John Horsman	2019	V65	M	parkrun	26:14	Milford Waterfront	Milford Waterfront parkrun # 7	2019-10-19
861141	John Horsman	2019	V65	M	parkrun	26:16	Milford Waterfront	Milford Waterfront parkrun # 10	2019-11-16
861141	John Horsman	2019	V65	M	parkrun	26:21	Milford Waterfront	Milford Waterfront parkrun # 9	2019-11-09
861141	John Horsman	2019	V65	M	parkrun	26:47	Milford Waterfront	Milford Waterfront parkrun # 6	2019-10-12
861141	John Horsman	2019	V65	M	HM	2:29:01	Cardiff	Cardiff Half Marathon	2019-10-06
446783	Mark Horsman	2019	V40	M	9.53KXC	34:43	Brecon	Welsh Inter-Regional Championships	2019-11-16
446783	Mark Horsman	2019	V40	M	9.6KXC	35:13	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
446783	Mark Horsman	2019	V40	M	9.9KXC	33:29	Pembrey Park	Start Fitness Gwent League	2019-11-09
446783	Mark Horsman	2019	V40	M	10K	33:59	Leeds	Age UK Leeds Abbey Dash 10K	2019-10-27
446783	Mark Horsman	2019	V40	M	10K	34:31	Mold	Flintshire 10K	2019-10-20
446783	Mark Horsman	2019	V40	M	HM	76:42	Cardiff	Cardiff Half Marathon	2019-10-06
50041	Geran Hughes	2019	V50	M	parkrun	18:56	Conwy	Conwy parkrun # 250	2019-11-09
50041	Geran	2019	V50	M	5M	30:30	Abergele	Abergele 5 (inc	2019-



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	Hughes							North Wales Championships)	11-03
50041	Geran Hughes	2019	V50	M	9.53KXC	36:54	Brecon	Welsh Inter-Regional Championships	2019-11-16
50041	Geran Hughes	2019	V50	M	ZXC	34:51	Wrexham	North Wales Senior League	2019-10-05
50041	Geran Hughes	2019	V50	M	ZXC	41:35	Colwyn Bay	North Wales Senior League	2019-10-19
69166	Ian Humphreys	2019	V55	M	parkrun	22:22	Burnham and Highbridge	Burnham and Highbridge parkrun # 228	2019-11-09
69166	Ian Humphreys	2019	V55	M	parkrun	23:02	Burnham and Highbridge	Burnham and Highbridge parkrun # 225	2019-10-19
69166	Ian Humphreys	2019	V55	M	parkrun	23:19	Burnham and Highbridge	Burnham and Highbridge parkrun # 224	2019-10-12
69166	Ian Humphreys	2019	V55	M	parkrun	23:56	Burnham and Highbridge	Burnham and Highbridge parkrun # 226	2019-10-26
69166	Ian Humphreys	2019	V55	M	parkrun	24:39	Burnham and Highbridge	Burnham and Highbridge parkrun # 227	2019-11-02
102508	Tim Iveson	2019	V35	M	8KXC	26:53	Aintree	British & Irish Masters' International	2019-11-16
102508	Tim Iveson	2019	V35	M	9.6KXC	33:37	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
102508	Tim Iveson	2019	V35	M	10K	32:56	Leeds	Age UK Leeds Abbey Dash 10K	2019-10-27
102508	Tim Iveson	2019	V35	M	HM	72:34	Cardiff	Cardiff Half Marathon	2019-10-06
102508	Tim Iveson	2019	V35	M	Mar	2:38:44	York	Asda Foundation Yorkshire Marathon	2019-10-20
102508	Tim Iveson	2019	V35	M	ZXC	38:16	Fforest Fields	Herefordshire League	2019-10-13
554362	Richard Jackson-Hookins	2019	V35	M	9.6KXC	35:19	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
554362	Richard Jackson-Hookins	2019	V35	M	HM	74:51	Valencia, ESP	Valencia Half Marathon	2019-10-27
313721	Jeanette Jenkins	2019	V55	W	parkrun	24:04	Pontypridd	Pontypridd parkrun # 280	2019-10-05
313721	Jeanette Jenkins	2019	V55	W	parkrun	25:21	Pontypool	Pontypool parkrun # 298	2019-10-19

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
313721	Jeanette Jenkins	2019	V55	W	parkrun	25:39	Pontypool	Pontypool parkrun # 300	2019-11-02
313721	Jeanette Jenkins	2019	V55	W	parkrun	26:06	Pontypool	Pontypool parkrun # 299	2019-10-26
313721	Jeanette Jenkins	2019	V55	W	6.09KXC	31:38	Brecon	Welsh Inter-Regional Championships	2019-11-16
313721	Jeanette Jenkins	2019	V55	W	7.2KXC	35:17	Pembrey Park	Start Fitness Gwent League	2019-11-09
313721	Jeanette Jenkins	2019	V55	W	8KXC	NT	Parc Bryn Bach	Gwent Leisure Centre League	2019-10-20
313721	Jeanette Jenkins	2019	V55	W	ZXC	NT	Pontypool Park	Gwent Leisure Centre League	2019-11-17
237338	Gary John	2019	V60	M	parkrun	24:02	Cardiff	Cardiff parkrun # 623	2019-11-16
237338	Gary John	2019	V60	M	parkrun	24:29	Cardiff	Cardiff parkrun # 617	2019-10-05
237338	Gary John	2019	V60	M	10K	59:05	Cwmavon	Richard Burton 10K	2019-11-03
56658	Keri Jones	2019	V45	W	6.09KXC	29:25	Brecon	Welsh Inter-Regional Championships	2019-11-16
48190	Lee Jones	2019	V45	M	5M	26:45	Abergele	Abergele 5 (inc North Wales Championships)	2019-11-03
522737	Llinos Jones	2019	V35	W	6KXC	23:47	Aintree	British & Irish Masters' International	2019-11-16
522737	Llinos Jones	2019	V35	W	6.4KXC	25:47	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
522737	Llinos Jones	2019	V35	W	7.2KXC	28:17	Pembrey Park	Start Fitness Gwent League	2019-11-09
522737	Llinos Jones	2019	V35	W	10K	41:50	Cwmavon	Richard Burton 10K	2019-11-03
522737	Llinos Jones	2019	V35	W	HM	87:06	Cardiff	Cardiff Half Marathon	2019-10-06
522737	Llinos Jones	2019	V35	W	Mar	3:07:29	Amsterdam, NED	TCS Amsterdam Marathon	2019-10-20
658483	Richard Jones	2019	V45	M	parkrun	17:04	Riverfront	Riverfront parkrun # 146	2019-11-09
658483	Richard Jones	2019	V45	M	HM	75:24	Cardiff	Cardiff Half Marathon	2019-10-06
95639	Tegid Jones	2019	V40	M	parkrun	16:42	Oxford	Oxford parkrun # 411	2019-11-09
95639	Tegid Jones	2019	V40	M	parkrun	16:59	Harcourt Hill	Harcourt Hill parkrun # 258	2019-11-16
95639	Tegid Jones	2019	V40	M	parkrun	22:39	Witney	Witney parkrun # 79	2019-10-05
95639	Tegid Jones	2019	V40	M	5M	26:32	East Hanney	Hanney 5	2019-10-06

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
95639	Tegid Jones	2019	V40	M	8.5KXC	31:01	Bicester	Oxfordshire Cross Country League	2019-11-03
95639	Tegid Jones	2019	V40	M	8.8KXC	30:34	Shottover Hill	Chiltern League	2019-10-12
95639	Tegid Jones	2019	V40	M	HM	74:11	Stroud	Stroud Half Marathon	2019-10-27
453541	Edward Land	2019	V35	M	parkrun	18:02	Aberystwyth	Aberystwyth parkrun # 381	2019-11-16
453541	Edward Land	2019	V35	M	parkrun	19:29	Aberystwyth	Aberystwyth parkrun # 375	2019-10-05
453541	Edward Land	2019	V35	M	parkrun	20:06	Swansea Bay	Swansea Bay parkrun # 198	2019-10-19
453541	Edward Land	2019	V35	M	parkrun	22:08	Aberystwyth	Aberystwyth parkrun # 379	2019-11-02
453541	Edward Land	2019	V35	M	10M	59:55	Rhayader	Elan Valley 10	2019-11-09
453541	Edward Land	2019	V35	M	HM	87:37	Cardiff	Cardiff Half Marathon	2019-10-06
453541	Edward Land	2019	V35	M	Mar	2:55:16	Llanberis	Snowdonia Marathon Eryri	2019-10-26
10787	Sharon Leech	2019	V45	W	parkrun	20:05	Llanelli Coast	Llanelli Coast parkrun # 142	2019-10-05
10787	Sharon Leech	2019	V45	W	parkrun	20:12	Cardiff	Cardiff parkrun # 618	2019-10-12
10787	Sharon Leech	2019	V45	W	7.2KXC	29:04	Pembrey Park	Start Fitness Gwent League	2019-11-09
10787	Sharon Leech	2019	V45	W	10K	42:22	Cwmavon	Richard Burton 10K	2019-11-03
66357	Elio Lepore	2019	V60	M	6KXC	24:12	Aintree	British & Irish Masters' International	2019-11-16
66357	Elio Lepore	2019	V60	M	6.4KXC	26:43	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
66357	Elio Lepore	2019	V60	M	7.2KXC	29:16	Pembrey Park	Start Fitness Gwent League	2019-11-09
599005	Adrian Lewis	2019	V45	M	parkrun	18:01	Aberdare	Aberdare parkrun # 66	2019-10-19
599005	Adrian Lewis	2019	V45	M	parkrun	18:41	Aberdare	Aberdare parkrun # 67	2019-11-02
599005	Adrian Lewis	2019	V45	M	parkrun	19:26	Newent	Newent parkrun # 336	2019-10-05
599005	Adrian Lewis	2019	V45	M	9.53KXC	38:03	Brecon	Welsh Inter-Regional Championships	2019-11-16
599005	Adrian Lewis	2019	V45	M	9.6KXC	37:34	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
599005	Adrian	2019	V45	M	9.9KXC	36:16	Pembrey Park	Start Fitness	2019-

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
	Lewis							Gwent League	11-09
690191	Sion Lewis	2019	V35	M	8.1KXC	29:15	Claybury Park	Start Fitness Metropolitan League	2019-10-12
690191	Sion Lewis	2019	V35	M	HM	78:08	Cardiff	Cardiff Half Marathon	2019-10-06
77971	Margaret Ludden	2019	V55	W	6.09KXC	31:14	Brecon	Welsh Inter-Regional Championships	2019-11-16
77971	Margaret Ludden	2019	V55	W	4.25MNAD	34:02	Deeside	Borders League	2019-11-10
77971	Margaret Ludden	2019	V55	W	10K	49:37	Caernarfon	Borders League - Caernarfon 10K	2019-10-13
360439	Helen Lutley	2019	V65	W	parkrun	27:51	Llanerchaeron	Llanerchaeron parkrun # 88	2019-11-16
360439	Helen Lutley	2019	V65	W	parkrun	28:38	Llanerchaeron	Llanerchaeron parkrun # 85	2019-10-19
360439	Helen Lutley	2019	V65	W	parkrun	28:45	Llanerchaeron	Llanerchaeron parkrun # 87	2019-11-09
360439	Helen Lutley	2019	V65	W	parkrun	28:53	Llanerchaeron	Llanerchaeron parkrun # 86	2019-11-02
360439	Helen Lutley	2019	V65	W	parkrun	29:06	Llanerchaeron	Llanerchaeron parkrun # 84	2019-10-12
360439	Helen Lutley	2019	V65	W	HM	2:36:54	Cardiff	Cardiff Half Marathon	2019-10-06
18470	Sean McCormack	2019	V55	M	HM	1:43:02	Bangor	Bangor Half Marathon	2019-10-06
9472	Jeremy Mower	2019	V50	M	5M	29:19	Tewkesbury	Guy Fawkes 5	2019-11-03
9472	Jeremy Mower	2019	V50	M	HM	80:42	Stroud	Stroud Half Marathon	2019-10-27
9472	Jeremy Mower	2019	V50	M	Mar	2:53:25	York	Asda Foundation Yorkshire Marathon	2019-10-20
249610	Gillian Murphy	2019	V65	W	6.4KXC	37:45	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
249610	Gillian Murphy	2019	V65	W	7.2KXC	42:18	Pembrey Park	Start Fitness Gwent League	2019-11-09
249610	Gillian Murphy	2019	V65	W	HM	2:21:34	Cardiff	Cardiff Half Marathon	2019-10-06
23532	Mike Murphy	2019	V65	M	parkrun	21:48	Cardiff	Cardiff parkrun # 623	2019-11-16
23532	Mike Murphy	2019	V65	M	6.4KXC	29:00	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
23532	Mike Murphy	2019	V65	M	7.2KXC	31:11	Pembrey Park	Start Fitness Gwent League	2019-11-09

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
462645	Doug Nicholls	2019	V35	M	parkrun	16:45	Cardiff	Cardiff parkrun # 617	2019-10-05
462645	Doug Nicholls	2019	V35	M	parkrun	17:25	Cardiff	Cardiff parkrun # 620	2019-10-26
462645	Doug Nicholls	2019	V35	M	9.6KXC	36:28	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
462645	Doug Nicholls	2019	V35	M	9.9KXC	33:42	Pembrey Park	Start Fitness Gwent League	2019-11-09
462645	Doug Nicholls	2019	V35	M	10K	35:55	Cwmavon	Richard Burton 10K	2019-11-03
224418	Charlie Northey	2019	V50	M	9.6KXC	43:43	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
327361	Catherine Olivant	2019	V45	W	6.09KXC	29:58	Brecon	Welsh Inter-Regional Championships	2019-11-16
327361	Catherine Olivant	2019	V45	W	6.4KXC	31:22	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
327361	Catherine Olivant	2019	V45	W	HM	1:53:31	Cardiff	Cardiff Half Marathon	2019-10-06
25923	Derek Osborne	2019	V55	M	9.6KXC	46:25	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
25923	Derek Osborne	2019	V55	M	9.9KXC	44:31	Pembrey Park	Start Fitness Gwent League	2019-11-09
42374	Clive Osmond	2019	V55	M	9.6KXC	49:45	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
42374	Clive Osmond	2019	V55	M	9.9KXC	46:28	Pembrey Park	Start Fitness Gwent League	2019-11-09
42374	Clive Osmond	2019	V55	M	7MMT	75:01	Risca	Twmbarlwm Terror 7	2019-11-03
2433	Georgie Parnell	2019	V35	W	parkrun	19:29	Severn Bridge	Severn Bridge parkrun # 55	2019-10-19
2433	Georgie Parnell	2019	V35	W	6.09KXC	24:48	Brecon	Welsh Inter-Regional Championships	2019-11-16
2433	Georgie Parnell	2019	V35	W	6.4KXC	27:16	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
2433	Georgie Parnell	2019	V35	W	7.2KXC	28:44	Pembrey Park	Start Fitness Gwent League	2019-11-09

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
374890	Andy Peet	2019	V50	M	parkrun	18:41	Leicester Victoria	Leicester Victoria parkrun # 203	2019-11-02
374890	Andy Peet	2019	V50	M	10K	36:35	Cambridge	Cambridge Town & Gown 10K	2019-10-20
377409	John Peters	2019	V40	M	8KXC	28:52	Goodwood	Sussex League	2019-10-12
34938	Jenny Phillips	2019	V50	W	6.4KXC	31:56	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
34938	Jenny Phillips	2019	V50	W	7KXC	34:10	Llanmadoc	West Glamorgan League	2019-10-20
48461	Robert Prady	2019	V35	M	parkrun	18:56	Gnoll	Gnoll parkrun # 199	2019-10-19
48461	Robert Prady	2019	V35	M	parkrun	19:46	Normanby Hall	Normanby Hall parkrun # 100	2019-10-26
48461	Robert Prady	2019	V35	M	9.53KXC	36:20	Brecon	Welsh Inter-Regional Championships	2019-11-16
48461	Robert Prady	2019	V35	M	9.9KXC	35:12	Pembrey Park	Start Fitness Gwent League	2019-11-09
48461	Robert Prady	2019	V35	M	10KNAD	37:29	Anlaby	Dave MacDonald Haltemprice 10K	2019-10-27
193879	Renate Prells	2019	V60	W	WT12.5K	6.23	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	WT10K	6.29	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	WT9.08K	7.80	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	WT7.5K	7.09	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	WT5K	8.42	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	HT4K	22.32	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	HT3.5K	23.62	Derby	Midland Masters Throws Group Series	2019-10-04

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Open	
193879	Renate Prells	2019	V60	W	HT3K	27.39	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	HT2.5K	29.03	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	HT2K	30.87	Derby	Midland Masters Throws Group Series Open	2019-10-04
193879	Renate Prells	2019	V60	W	DecHTW65	3790	Derby	Midland Masters Throws Group Series Open	2019-10-04
1322	Sean Price	2019	V55	M	parkrun	20:53	Cardiff	Cardiff parkrun # 622	2019-11-09
1322	Sean Price	2019	V55	M	parkrun	21:04	Aberbeeg	Aberbeeg parkrun # 51	2019-11-16
1322	Sean Price	2019	V55	M	parkrun	21:56	Cardiff	Cardiff parkrun # 621	2019-11-02
1322	Sean Price	2019	V55	M	HM	1:45:43	Cardiff	Cardiff Half Marathon	2019-10-06
42370	David Proffitt	2019	V65	M	parkrun	33:00	Riverfront	Riverfront parkrun # 147	2019-11-16
42370	David Proffitt	2019	V65	M	10K	51:44	Cwmavon	Richard Burton 10K	2019-11-03
42370	David Proffitt	2019	V65	M	10M	87:42	Rhayader	Elan Valley 10	2019-11-09
42370	David Proffitt	2019	V65	M	HM	1:46:53	Cardiff	Cardiff Half Marathon	2019-10-06
9649	Steven Rees	2019	V40	M	8KXC	28:10	Aintree	British & Irish Masters' International	2019-11-16
9649	Steven Rees	2019	V40	M	10K	34:54	Cwmavon	Richard Burton 10K	2019-11-03
4894	Mike Robbins	2019	V55	M	parkrun	22:19	Wepre	Wepre parkrun # 181	2019-11-02
4894	Mike Robbins	2019	V55	M	parkrun	22:30	Wepre	Wepre parkrun # 180	2019-10-26
4894	Mike Robbins	2019	V55	M	parkrun	24:05	Wepre	Wepre parkrun # 182	2019-11-09
4894	Mike Robbins	2019	V55	M	4.25MNAD	28:10	Deeside	Borders League	2019-11-10
4894	Mike Robbins	2019	V55	M	5M	31:53	Abergele	Abergele 5 (inc North Wales Championships)	2019-11-03
4894	Mike Robbins	2019	V55	M	9.53KXC	40:30	Brecon	Welsh Inter-Regional Championships	2019-11-16
4894	Mike Robbins	2019	V55	M	10K	39:43	Caernarfon	Borders League - Caernarfon 10K	2019-10-13

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
4894	Mike Robbins	2019	V55	M	ZXC	46:05	Colwyn Bay	North Wales Senior League	2019-10-19
72835	Barrie Roberts	2019	V75	M	parkrun	30:23	Cannon Hill	Cannon Hill parkrun # 466	2019-11-16
22339	Huw Roberts	2019	V60	M	parkrun	21:56	Cardiff	Cardiff parkrun # 623	2019-11-16
22339	Huw Roberts	2019	V60	M	parkrun	22:44	Cardiff	Cardiff parkrun # 622	2019-11-09
895411	Mark Roberts	2019	V55	M	parkrun	20:33	Bryn Bach	Bryn Bach parkrun # 357	2019-10-05
895411	Mark Roberts	2019	V55	M	9.53KXC	42:40	Brecon	Welsh Inter-Regional Championships	2019-11-16
895411	Mark Roberts	2019	V55	M	9.6KXC	43:26	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
895411	Mark Roberts	2019	V55	M	9.9KXC	40:47	Pembrey Park	Start Fitness Gwent League	2019-11-09
5388	Paul Ross-Davies	2019	V65	M	parkrun	20:37	Dulwich	Dulwich parkrun # 401	2019-10-26
5388	Paul Ross-Davies	2019	V65	M	6KXC	26:07	Aintree	British & Irish Masters' International	2019-11-16
363515	Rebecca Selvey	2019	V45	W	6.5KXC	30:22	Coundon Park	Midland Women's League Division 2	2019-11-09
15337	Rob Sheen	2019	V55	M	8KXC	31:33	Aintree	British & Irish Masters' International	2019-11-16
15337	Rob Sheen	2019	V55	M	10KXC	39:24	Derby	North Midlands League	2019-10-12
15337	Rob Sheen	2019	V55	M	ZXCL	12:36	Long Eaton	British Masters Relay Championships	2019-10-26
31762	Clare St. John-Coleman	2019	V55	W	parkrun	35:04	Henley Wood	Henley Wood, Oswestry parkrun # 51	2019-10-12
340051	Ian Swanson	2019	V65	M	parkrun	30:22	Swansea Bay	Swansea Bay parkrun # 196	2019-10-05
340051	Ian Swanson	2019	V65	M	6.4KXC	41:30	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
340051	Ian Swanson	2019	V65	M	7.2KXC	44:03	Pembrey Park	Start Fitness Gwent League	2019-11-09
340051	Ian Swanson	2019	V65	M	10K	68:52	Cwmavon	Richard Burton 10K	2019-11-03
1602	James Thie	2019	V40	M	parkrun	16:23	Pontypridd	Pontypridd parkrun # 286	2019-11-16
1602	James Thie	2019	V40	M	5.848KL	18:44	Sutton Park	ERRA Men's National 6-	2019-10-06



ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
								Stage Relays	
1602	James Thie	2019	V40	M	9.9KXC	31:43	Pembrey Park	Start Fitness Gwent League	2019-11-09
10863	Joe Thomas	2019	V40	M	9.53KXC	36:20	Brecon	Welsh Inter-Regional Championships	2019-11-16
10863	Joe Thomas	2019	V40	M	HM	78:04	Cardiff	Cardiff Half Marathon	2019-10-06
11377	Daniel Thorogood	2019	V55	M	parkrun	20:36	Aberystwyth	Aberystwyth parkrun # 375	2019-10-05
11377	Daniel Thorogood	2019	V55	M	parkrun	20:36	Aberystwyth	Aberystwyth parkrun # 377	2019-10-19
11377	Daniel Thorogood	2019	V55	M	parkrun	20:39	Aberystwyth	Aberystwyth parkrun # 380	2019-11-09
11377	Daniel Thorogood	2019	V55	M	parkrun	20:39	Aberystwyth	Aberystwyth parkrun # 381	2019-11-16
11377	Daniel Thorogood	2019	V55	M	parkrun	20:46	Aberystwyth	Aberystwyth parkrun # 378	2019-10-26
11377	Daniel Thorogood	2019	V55	M	parkrun	21:00	Exeter Riverside	Exeter Riverside parkrun # 272	2019-11-02
894665	Jane Thorogood	2019	V50	W	parkrun	28:29	Aberystwyth	Aberystwyth parkrun # 381	2019-11-16
894665	Jane Thorogood	2019	V50	W	parkrun	28:45	Aberystwyth	Aberystwyth parkrun # 375	2019-10-05
894665	Jane Thorogood	2019	V50	W	parkrun	28:56	Aberystwyth	Aberystwyth parkrun # 376	2019-10-12
894665	Jane Thorogood	2019	V50	W	parkrun	28:57	Aberystwyth	Aberystwyth parkrun # 378	2019-10-26
894665	Jane Thorogood	2019	V50	W	parkrun	29:21	Aberystwyth	Aberystwyth parkrun # 377	2019-10-19
894665	Jane Thorogood	2019	V50	W	parkrun	29:27	Aberystwyth	Aberystwyth parkrun # 380	2019-11-09
894665	Jane Thorogood	2019	V50	W	parkrun	31:07	Exeter Riverside	Exeter Riverside parkrun # 272	2019-11-02
42328	Steve Wadley	2019	V55	M	parkrun	24:18	Tremorfa	Tremorfa parkrun # 4	2019-11-16
42328	Steve Wadley	2019	V55	M	parkrun	24:36	Riverfront	Riverfront parkrun # 145	2019-11-02
42328	Steve Wadley	2019	V55	M	parkrun	25:05	Newport	Newport parkrun # 448	2019-11-09
42328	Steve Wadley	2019	V55	M	parkrun	25:41	Newport	Newport parkrun # 447	2019-10-26
42328	Steve Wadley	2019	V55	M	parkrun	26:04	Newport	Newport parkrun # 446	2019-10-19
42328	Steve Wadley	2019	V55	M	parkrun	26:34	Newport	Newport parkrun # 445	2019-10-12
42328	Steve Wadley	2019	V55	M	parkrun	26:48	Newport	Newport parkrun # 444	2019-10-05
51847	Peter Watkeys	2019	V35	M	parkrun	17:39	Newbury	Newbury parkrun # 412	2019-10-05
51847	Peter Watkeys	2019	V35	M	10K	35:48	Fleet	Fleet Peter Driver Memorial 10K	2019-10-20

ID	Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
761334	Victoria Watkins	2019	V35	W	6.09KXC	27:44	Brecon	Welsh Inter-Regional Championships	2019-11-16
761334	Victoria Watkins	2019	V35	W	6.4KXC	29:25	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
761334	Victoria Watkins	2019	V35	W	HM	1:46:02	Cardiff	Cardiff Half Marathon	2019-10-06
766506	David John Williams	2019	V35	M	parkrun	17:02	Cardiff	Cardiff parkrun # 619	2019-10-19
5905	David John Williams	2019	V45	M	parkrun	18:43	Pontypridd	Pontypridd parkrun # 280	2019-10-05
928365	Mark Williams	2019	V60	M	parkrun	20:06	Aberbeeg	Aberbeeg parkrun # 49	2019-10-19
928365	Mark Williams	2019	V60	M	parkrun	20:16	Aberdare	Aberdare parkrun # 69	2019-11-16
928365	Mark Williams	2019	V60	M	parkrun	20:26	Bryn Bach	Bryn Bach parkrun # 362	2019-11-09
928365	Mark Williams	2019	V60	M	9.6KXC	43:23	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	2019-10-12
928365	Mark Williams	2019	V60	M	9.9KXC	43:38	Pembrey Park	Start Fitness Gwent League	2019-11-09
928365	Mark Williams	2019	V60	M	10K	43:09	Cwmavon	Richard Burton 10K	2019-11-03
928365	Mark Williams	2019	V60	M	10KMT	49:30	Worcester	Cob House Halloween 10K	2019-11-17
928365	Mark Williams	2019	V60	M	HM	91:46	Cardiff	Cardiff Half Marathon	2019-10-06