

WMAL Results 1st Jan to 31st Jan 2020

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Lee Aherne	2020	V50	M	parkrun	17:30	Bryn Bach	Bryn Bach parkrun # 374	2020-01-25
Henrietta Anstey	2020	V45	W	200	32.11	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Henrietta Anstey	2020	V45	W	400	74.77	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Eirian Arwyn	2020	V65	W	parkrun	31:10	Tremorfa	Tremorfa parkrun # 13	2020-01-25
Eirian Arwyn	2020	V65	W	parkrun	39:20	Cosmeston Lakes	Cosmeston Lakes parkrun # 7	2020-01-18
Eirian Arwyn	2020	V65	W	parkrun	42:19	Cheltenham	Cheltenham parkrun # 360	2020-01-01
Eirian Arwyn	2020	V65	W	parkrun	42:41	King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01
Brenda Avery	2020	V65	W	5K	25:18	Bristol	Pomphrey 5K	2020-01-28
Brenda Avery	2020	V65	W	parkrun	25:13	Severn Bridge	Severn Bridge parkrun # 66	2020-01-04
Brenda Avery	2020	V65	W	parkrun	26:16	Severn Bridge	Severn Bridge parkrun # 67	2020-01-11
Brenda Avery	2020	V65	W	10KNAD	60:26	Stratford-upon-Avon	Tempo 10K Series	2020-01-19
Brenda Avery	2020	V65	W	8M	70:18	Newport	Lliswerry 8	2020-01-26
Mark Baker	2020	V55	M	parkrun	22:50	Brueton	Brueton parkrun # 493	2020-01-01
Mark Baker	2020	V55	M	6.4MXC	54:01	Trentham	Birmingham League Division 3	2020-01-11
Chris Baldwin	2020	V65	M	3.75MXC	29:31	Northop	North Wales Regional Championships	2020-01-04
Chris Baldwin	2020	V65	M	ZXC	30:47	Shrewsbury	North Wales Senior League	2020-01-11
Christine Birch	2020	V70	W	5MNAD	40:40	Pensarn	Borders League	2020-01-12
Amanda Broadhurst	2020	V45	W	60	9.75	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Amanda Broadhurst	2020	V45	W	200	32.33	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Amanda Broadhurst	2020	V45	W	TJ	8.95	Connah's Quay	North Wales Regional Championships	2020-01-12
Amanda Broadhurst	2020	V45	W	SP4K	8.15	Connah's Quay	North Wales Regional Championships	2020-01-12
Ian Broadhurst	2020	V65	M	60	8.72	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Ian Broadhurst	2020	V65	M	200	27.75	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Angela Bryant	2020	V55	W	60	9.65	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Angela Bryant	2020	V55	W	200	34.54	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Angela Bryant	2020	V55	W	400	89.93	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Angela Bryant	2020	V55	W	parkrun	43:06	King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01
Angela Bryant	2020	V55	W	parkrun	47:02	Cheltenham	Cheltenham parkrun # 360	2020-01-01
Ben Butler-Madden	2020	V35	M	parkrun	16:00	Cardiff	Cardiff parkrun # 632	2020-01-04
Ben Butler-Madden	2020	V35	M	parkrun	16:52	Bushy Park	Bushy Park parkrun # 825	2020-01-11
Ben Butler-Madden	2020	V35	M	parkrun	21:33	Barry Island	Barry Island parkrun # 245	2020-01-25
Ben Butler-Madden	2020	V35	M	10K	32:16	Beachley	Speedway 10K	2020-01-19
Ben Butler-Madden	2020	V35	M	8M	43:24	Newport	Lliswerry 8	2020-01-26
Kevin Challinor	2020	V55	M	5MNAD	38:37	Pensarn	Borders League	2020-01-12
Kay Chapman	2020	V50	W	parkrun	22:34	Cardiff	Cardiff parkrun # 634	2020-01-18
Kay Chapman	2020	V50	W	parkrun	23:15	Penallta	Penallta parkrun # 231	2020-01-01
Kay Chapman	2020	V50	W	parkrun	27:31	Cardiff	Cardiff parkrun # 631	2020-01-01
Owen Chesher	2020	V35	M	HJ	1.83	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Ania Ciolek	2020	V35	W	parkrun	23:11	Swansea Bay	Swansea Bay parkrun # 210	2020-01-04

Ania Ciolek	2020 V35	W	parkrun 23:43	Newborough Forest	Newborough Forest parkrun # 78	2020-01-01
Ania Ciolek	2020 V35	W	parkrun 24:28	Gnoll	Gnoll parkrun # 211	2020-01-11
Ania Ciolek	2020 V35	W	parkrun 24:28	Llanelli Coast	Llanelli Coast parkrun # 158	2020-01-25
Ania Ciolek	2020 V35	W	parkrun 25:39	Nant y Pandy	Nant y Pandy parkrun # 69	2020-01-01
Ania Ciolek	2020 V35	W	10KMT 57:34	Pontrhydyfen	Buff Trail 10K	2020-01-11
Lisa Cleary	2020 V55	W	parkrun 24:29	Cosmeston Lakes	Cosmeston Lakes parkrun # 6	2020-01-11
Lisa Cleary	2020 V55	W	parkrun 25:15	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
Lisa Cleary	2020 V55	W	parkrun 25:41	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
Lisa Cleary	2020 V55	W	parkrun 25:42	Barry Island	Barry Island parkrun # 242	2020-01-04
Lisa Cleary	2020 V55	W	parkrun 25:51	Cosmeston Lakes	Cosmeston Lakes parkrun # 7	2020-01-18
Lisa Cleary	2020 V55	W	8M 61:39	Newport	Lliswerry 8	2020-01-26
Martyn Cole	2020 V60	M	400 67.60	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Martyn Cole	2020 V60	M	800 2:29.79	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Martyn Cole	2020 V60	M	1500 5:05.13	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Maggie Collingborn	2020 V55	W	parkrun 21:26	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
Maggie Collingborn	2020 V55	W	parkrun 23:26	Chester	Chester parkrun # 180	2020-01-01
Maggie Collingborn	2020 V55	W	parkrun 23:28	Aberystwyth	Aberystwyth parkrun # 393	2020-01-25
Maggie Collingborn	2020 V55	W	parkrun 25:33	Ellesmere Port	Ellesmere Port parkrun # 270	2020-01-01
Maggie Collingborn	2020 V55	W	HMMT 2:22:35	Coed Y Brenin	Buff Winter Trail Half Marathon	2020-01-18
Emma Collins	2020 V55	W	parkrun 22:13	Nova Prestatyn	Nova Prestatyn parkrun # 7	2020-01-25
Emma Collins	2020 V55	W	parkrun 23:49	Wepre	Wepre parkrun # 190	2020-01-01
Emma Collins	2020 V55	W	ZXC 25:05	Shrewsbury	North Wales Senior League	2020-01-11
Helen-Marie Davies	2020 V40	W	5.6MMT 35:20	Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc West Glamc	2020-01-12
Neil Davies	2020 V50	M	400 67.42	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Neil Davies	2020 V50	M	HJ 1.40	Connah's Quay	North Wales Regional Championships	2020-01-12
Neil Davies	2020 V50	M	LJ 4.47	Connah's Quay	North Wales Regional Championships	2020-01-12
Neil Davies	2020 V50	M	SP6K 9.67	Connah's Quay	North Wales Regional Championships	2020-01-12
Roderick Davies	2020 V60	M	60 9.32	Swansea	West Wales Championships	2020-01-12
Roderick Davies	2020 V60	M	60 9.38	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Roderick Davies	2020 V60	M	200 31.97	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Roderick Davies	2020 V60	M	LJ 3.70	Swansea	West Wales Championships	2020-01-11
Stephen Davies	2020 V60	M	parkrun 24:34	Sherwood Pines	Sherwood Pines parkrun # 214	2020-01-18
Stephen Davies	2020 V60	M	parkrun 24:36	Brierley Forest	Brierley Forest parkrun # 170	2020-01-25
Stephen Davies	2020 V60	M	parkrun 24:46	Poolsbrook	Poolsbrook parkrun # 200	2020-01-11
Stephen Davies	2020 V50	M	5.6MMT 39:07	Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc West Glamc	2020-01-12
Stephen Davies	2020 V50	M	6.4MMT 65:07	Penarth	CF64 Winter 6.4	2020-01-19
Brett Davis	2020 V55	M	400 60.02	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Brett Davis	2020 V55	M	800 2:17.69	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Brett Davis	2020 V55	M	parkrun 21:02	Riverfront	Riverfront parkrun # 157	2020-01-11
Brett Davis	2020 V55	M	parkrun 21:17	Barnstaple	Barnstaple parkrun # 364	2020-01-04
Brett Davis	2020 V55	M	parkrun 21:30	Newport	Newport parkrun # 457	2020-01-01

Susan Davis	2020 V55	W	parkrun	29:28	Riverfront	Riverfront parkrun # 157	2020-01-11
Brian Dias	2020 V35	M	200	31.73	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Brian Dias	2020 V35	M	400	72.36	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Brian Dias	2020 V35	M	800	2:41.99	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Brian Dias	2020 V35	M	1500	5:34.92	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Brian Dias	2020 V35	M	parkrun	20:56	Porthcawl	Porthcawl parkrun # 348	2020-01-04
Brian Dias	2020 V35	M	parkrun	21:05	Cardiff	Cardiff parkrun # 631	2020-01-01
Brian Dias	2020 V35	M	parkrun	21:26	Riverfront	Riverfront parkrun # 155	2020-01-01
Brian Dias	2020 V35	M	parkrun	21:29	Porthcawl	Porthcawl parkrun # 349	2020-01-11
Elizabeth Driver	2020 V60	W	Mar	3:39:07	Dubai, UAE	Standard Chartered Dubai Marathon	2020-01-24
Paul Edwards	2020 V45	M	parkrun	23:18	Pontypridd	Pontypridd parkrun # 296	2020-01-25
Paul Edwards	2020 V45	M	parkrun	24:03	Cardiff	Cardiff parkrun # 634	2020-01-18
Paul Edwards	2020 V45	M	parkrun	24:33	Cardiff	Cardiff parkrun # 633	2020-01-11
Paul Edwards	2020 V45	M	parkrun	25:16	Cardiff	Cardiff parkrun # 632	2020-01-04
Mark Ellery	2020 V55	M	60	8.47	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Mark Ellery	2020 V55	M	200	28.72	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Jason Elworthy	2020 V45	M	SP7.26K	5.48	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Jason Elworthy	2020 V45	M	parkrun	57:30	Barry Island	Barry Island parkrun # 244	2020-01-18
Jason Elworthy	2020 V45	M	parkrun	1:01:13	Barry Island	Barry Island parkrun # 242	2020-01-04
Jason Elworthy	2020 V45	M	parkrun	1:11:24	Barry Island	Barry Island parkrun # 241	2020-01-01
Huw Evans	2020 V45	M	1500	4:41.00	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Huw Evans	2020 V45	M	parkrun	16:50	Aberbeeg	Aberbeeg parkrun # 61	2020-01-25
Huw Evans	2020 V45	M	10KXC	37:24	Rendcombe College	Gloucestershire County Championships	2020-01-04
John Evans	2020 V85	M	60	11.63	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
John Evans	2020 V85	M	200	45.28	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Matthew Evans	2020 V35	M	parkrun	16:59	Bryn Bach	Bryn Bach parkrun # 372	2020-01-04
Paul Evans	2020 V40	M	5K	30:53	Llanelwedd	Builth Wells Resolution 5K	2020-01-19
Sarah Everitt	2020 V50	W	parkrun	20:20	Eastville	Eastville parkrun # 107	2020-01-01
Sarah Everitt	2020 V50	W	5.7KXC	24:20	Yeovil	South West Inter County Championships	2020-01-05
Paul Flynn	2020 V50	M	4MMT	23:24	Kenfig	Prince of Wales New Years Day 4	2020-01-01
Paul Flynn	2020 V50	M	5.6MMT	33:37	Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc West Glamc	2020-01-12
Steven Forsyth	2020 V40	M	parkrun	16:21	Wolverhampton	Wolverhampton parkrun # 354	2020-01-01
Steven Forsyth	2020 V40	M	parkrun	17:08	Penrhyn	Penrhyn parkrun # 256	2020-01-25
Steven Forsyth	2020 V40	M	parkrun	17:31	Nova Prestatyn	Nova Prestatyn parkrun # 5	2020-01-04
Steven Forsyth	2020 V40	M	5MNAD	26:46	Pensarn	Borders League	2020-01-12
Steven Forsyth	2020 V40	M	10K	33:04	Llandudno	Twin Piers 10K	2020-01-18
Lisa Franklin	2020 V50	W	SP4K	7.36	Swansea	West Wales Championships	2020-01-12
Dorothy Fraser	2020 V80	W	60	15.03	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Dorothy Fraser	2020 V80	W	200	57.12	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Joanne Frost	2020 V40	W	60	8.10	Birmingham (PB)	Midland Counties Open Series	2020-01-19
Joanne Frost	2020 V40	W	60	8.26	Loughborough	Loughborough Students AC Open	2020-01-11

Joanne Frost	2020 V40	W	60	8.26	Loughborough	Loughborough Students AC Open	2020-01-11
Joanne Frost	2020 V40	W	LJ	5.13	Birmingham (PB)	Midland Counties Open Series	2020-01-18
Chris Fulcher	2020 V50	M	parkrun	21:01	Gnoll	Gnoll parkrun # 210	2020-01-04
Melanie Garland	2020 V55	W	60	9.04	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Melanie Garland	2020 V55	W	200	31.24	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Melanie Garland	2020 V55	W	LJ	4.55	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
David George	2020 V50	M	parkrun	21:40	East Park	East Park parkrun # 11	2020-01-25
David George	2020 V50	M	parkrun	23:06	Swansea Bay	Swansea Bay parkrun # 211	2020-01-11
David George	2020 V50	M	parkrun	23:09	Llanelli Coast	Llanelli Coast parkrun # 157	2020-01-18
David George	2020 V50	M	parkrun	23:13	Cardiff	Cardiff parkrun # 632	2020-01-04
David George	2020 V50	M	parkrun	24:22	King George V Playing Field	King George V Playing Field parkrun # 17	2020-01-01
David George	2020 V50	M	parkrun	25:26	Cheltenham	Cheltenham parkrun # 360	2020-01-01
David Glendower	2020 V50	M	SP7.26K	7.34	Lee Valley	Lee Valley New Year Open	2020-01-01
Jon Grainger	2020 V55	M	400	63.11	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Jon Grainger	2020 V55	M	800	2:17.45	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Jon Grainger	2020 V55	M	parkrun	18:16	Southampton	Southampton parkrun # 394	2020-01-11
Jon Grainger	2020 V55	M	12KXC	47:15	Curdridge	Hampshire County Championships	2020-01-04
Michael Graz	2020 V45	M	400	66.80	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Michael Graz	2020 V45	M	800	2:35.15	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Michael Graz	2020 V45	M	parkrun	20:52	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
Michael Graz	2020 V45	M	parkrun	21:52	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Michael Graz	2020 V45	M	parkrun	21:56	Brueton	Brueton parkrun # 496	2020-01-25
Michael Graz	2020 V45	M	4.5MXC	32:14	Wimbledon Common	Veterans AC Masters Open 4.5	2020-01-18
Martin Green	2020 V45	M	parkrun	17:05	Hasenheide, GER	Hasenheide parkrun # 110	2020-01-25
Martin Green	2020 V45	M	parkrun	17:39	Conwy	Conwy parkrun # 257	2020-01-11
Martin Green	2020 V45	M	5MNAD	27:47	Pensarn	Borders League	2020-01-12
Martin Green	2020 V45	M	10K	32:32	Llandudno	Twin Piers 10K	2020-01-18
Martin Green	2020 V45	M	6.25MXC	36:27	Northop	North Wales Regional Championships	2020-01-04
Donald Hale	2020 V65	M	60	11.32	Connah's Quay	North Wales Regional Championships	2020-01-12
Donald Hale	2020 V65	M	5KMT	23:18	Deganwy	NYD Resolution Run 5K	2020-01-01
Donald Hale	2020 V65	M	parkrun	23:45	Conwy	Conwy parkrun # 259	2020-01-25
Donald Hale	2020 V65	M	parkrun	23:59	Conwy	Conwy parkrun # 257	2020-01-11
Donald Hale	2020 V65	M	3.75MXC	29:38	Northop	North Wales Regional Championships	2020-01-04
Donald Hale	2020 V65	M	10K	49:15	Llandudno	Twin Piers 10K	2020-01-18
Annette Hames	2020 V60	W	parkrun	22:22	Leazes	Leazes parkrun # 20	2020-01-11
Annette Hames	2020 V60	W	parkrun	22:25	Newcastle	Newcastle parkrun # 497	2020-01-25
Annette Hames	2020 V60	W	parkrun	22:42	Riverside	Riverside parkrun # 382	2020-01-01
Annette Hames	2020 V60	W	parkrun	22:54	Newcastle	Newcastle parkrun # 496	2020-01-18
Annette Hames	2020 V60	W	parkrun	23:02	Herrington Country	Herrington Country parkrun # 26	2020-01-01
Haydn Hartnell	2020 V55	M	8M	54:14	Newport	Lliswerry 8	2020-01-26
Haydn Hartnell	2020 V55	M	ZXC	NT	Penallt	Gwent Leisure Centre League	2020-01-05

Warwick Helps	2020 V40	M	4.75MXC	32:38	L'Ancrese	Guernsey New Years Open	2020-01-01
Warwick Helps	2020 V40	M	12KXC	49:31	Curdrige	Hampshire County Championships	2020-01-04
Iris Holder	2020 V75	W		60	11.39 Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Iris Holder	2020 V75	W	LJ		2.58 Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
John Horsman	2020 V65	M	parkrun	25:30	Milford Waterfront	Milford Waterfront parkrun # 21	2020-01-18
John Horsman	2020 V65	M	parkrun	27:12	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
John Horsman	2020 V65	M	parkrun	27:21	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
John Horsman	2020 V65	M	parkrun	28:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
John Horsman	2020 V65	M	10K	52:39	Valencia, ESP	10K Valencia Ibercaja	2020-01-12
Mark Horsman	2020 V40	M	parkrun	17:29	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
Mark Horsman	2020 V40	M	parkrun	17:51	Cardiff	Cardiff parkrun # 632	2020-01-04
Mark Horsman	2020 V40	M	parkrun	18:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
Mark Horsman	2020 V40	M	10K	33:14	Beachley	Speedway 10K	2020-01-19
Mark Horsman	2020 V40	M	10K	33:25	Valencia, ESP	10K Valencia Ibercaja	2020-01-12
Geran Hughes	2020 V50	M	10K	38:09	Llandudno	Twin Piers 10K	2020-01-18
Geran Hughes	2020 V50	M	6.25MXC	39:52	Northop	North Wales Regional Championships	2020-01-04
Geran Hughes	2020 V50	M	ZXC	32:46	Shrewsbury	North Wales Senior League	2020-01-11
Ian Humphreys	2020 V55	M	parkrun	27:55	Burnham and Highbridge	Burnham and Highbridge parkrun # 237	2020-01-11
Ian Humphreys	2020 V55	M	parkrun	27:58	Burnham and Highbridge	Burnham and Highbridge parkrun # 238	2020-01-18
Steve Ingram	2020 V45	M	HJ		1.55 Swansea	West Wales Championships	2020-01-11
Steve Ingram	2020 V45	M	SP7.26K		9.06 Swansea	West Wales Championships	2020-01-12
Tim Iveson	2020 V35	M	5K	17:05	Llanelwedd	Builth Wells Resolution 5K	2020-01-19
Tim Iveson	2020 V35	M	parkrun	17:19	Groe	Groe parkrun # 41	2020-01-01
Richard Jackson-Hookins	2020 V35	M	parkrun	15:56	Cardiff	Cardiff parkrun # 632	2020-01-04
Richard Jackson-Hookins	2020 V35	M	parkrun	15:56	Cardiff	Cardiff parkrun # 633	2020-01-11
Richard Jackson-Hookins	2020 V35	M	parkrun	16:48	Grangemoor	Grangemoor parkrun # 220	2020-01-25
Richard Jackson-Hookins	2020 V35	M	10K	32:06	Beachley	Speedway 10K	2020-01-19
Mel James	2020 V75	M		60	10.07 Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Mel James	2020 V75	M		200	34.82 Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Jeanette Jenkins	2020 V55	W	parkrun	23:03	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
Jeanette Jenkins	2020 V55	W	parkrun	23:25	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Jeanette Jenkins	2020 V55	W	parkrun	24:17	Pontypool	Pontypool parkrun # 310	2020-01-04
Jeanette Jenkins	2020 V55	W	parkrun	25:49	Pontypool	Pontypool parkrun # 311	2020-01-11
Jeanette Jenkins	2020 V55	W	parkrun	28:44	Pontypool	Pontypool parkrun # 313	2020-01-25
Jeanette Jenkins	2020 V55	W	8M	60:02	Newport	Lliswerry 8	2020-01-26
Jeanette Jenkins	2020 V55	W	ZXC	NT	Penallt	Gwent Leisure Centre League	2020-01-05
Gary John	2020 V65	M	parkrun	23:55	Riverfront	Riverfront parkrun # 158	2020-01-25
Gary John	2020 V65	M	parkrun	26:14	Cosmeston Lakes	Cosmeston Lakes parkrun # 7	2020-01-18
Eleri Jones	2020 V35	W		60	8.48 Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Eleri Jones	2020 V35	W		200	29.35 Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Lee Jones	2020 V50	M	6.25MXC	37:02	Northop	North Wales Regional Championships	2020-01-04

Llinos Jones	2020 V35	W	1500	5:07.89	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Llinos Jones	2020 V35	W	parkrun	19:21	Llanelli Coast	Llanelli Coast parkrun # 157	2020-01-18
Llinos Jones	2020 V35	W	parkrun	19:26	Cardiff	Cardiff parkrun # 631	2020-01-01
Llinos Jones	2020 V35	W	parkrun	19:27	Brynaman	Brynaman parkrun # 17	2020-01-25
Llinos Jones	2020 V35	W	parkrun	19:30	Swansea Bay	Swansea Bay parkrun # 211	2020-01-11
Llinos Jones	2020 V35	W	parkrun	19:55	Penallta	Penallta parkrun # 231	2020-01-01
Llinos Jones	2020 V35	W	parkrun	20:48	Brynaman	Brynaman parkrun # 15	2020-01-04
Richard Jones	2020 V45	M	parkrun	16:17	Riverfront	Riverfront parkrun # 156	2020-01-04
Richard Jones	2020 V45	M	8M	43:49	Newport	Lliswerry 8	2020-01-26
Tegid Jones	2020 V40	M	parkrun	17:01	Oxford	Oxford parkrun # 416	2020-01-01
Louise Kirby	2020 V50	W	60	9.58	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Louise Kirby	2020 V50	W	200	32.22	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Louise Kirby	2020 V50	W	400	74.06	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Louise Kirby	2020 V50	W	parkrun	27:51	Bryn Bach	Bryn Bach parkrun # 371	2020-01-01
Louise Kirby	2020 V50	W	parkrun	28:36	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Edward Land	2020 V40	M	parkrun	17:21	Aberystwyth	Aberystwyth parkrun # 389	2020-01-01
Edward Land	2020 V40	M	parkrun	19:15	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
Edward Land	2020 V40	M	parkrun	19:18	Aberystwyth	Aberystwyth parkrun # 393	2020-01-25
Edward Land	2020 V40	M	parkrun	19:57	Aberystwyth	Aberystwyth parkrun # 391	2020-01-11
Edward Land	2020 V40	M	HMMT	96:56	Coed Y Brenin	Buff Winter Trail Half Marathon	2020-01-18
Sharon Leech	2020 V45	W	parkrun	20:10	Llanelli Coast	Llanelli Coast parkrun # 155	2020-01-04
Elio Lepore	2020 V65	M	1500	5:24.12	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Elio Lepore	2020 V65	M	parkrun	19:46	Cardiff	Cardiff parkrun # 633	2020-01-11
Elio Lepore	2020 V65	M	parkrun	19:59	Cardiff	Cardiff parkrun # 635	2020-01-25
Adrian Lewis	2020 V45	M	800	2:19.05	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Adrian Lewis	2020 V45	M	parkrun	17:58	Cardiff	Cardiff parkrun # 631	2020-01-01
Adrian Lewis	2020 V45	M	parkrun	18:11	Aberdare	Aberdare parkrun # 76	2020-01-04
Adrian Lewis	2020 V45	M	parkrun	18:23	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Adrian Lewis	2020 V45	M	parkrun	18:59	Aberdare	Aberdare parkrun # 77	2020-01-11
Adrian Lewis	2020 V45	M	parkrun	19:12	Hereford	Hereford parkrun # 264	2020-01-25
Adrian Lewis	2020 V45	M	parkrun	35:02	Pontypridd	Pontypridd parkrun # 295	2020-01-18
Sion Lewis	2020 V35	M	parkrun	16:49	Aberystwyth	Aberystwyth parkrun # 389	2020-01-01
Sion Lewis	2020 V35	M	8.1KXC	30:45	Alexandra Palace	Start Fitness Metropolitan League	2020-01-11
Margaret Ludden	2020 V55	W	3.75MXC	29:23	Northop	North Wales Regional Championships	2020-01-04
Margaret Ludden	2020 V55	W	5MNAD	39:02	Pensarn	Borders League	2020-01-12
Margaret Ludden	2020 V55	W	10K	46:41	Llandudno	Twin Piers 10K	2020-01-18
Helen Lutley	2020 V70	W	1500	7:16.56	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Helen Lutley	2020 V70	W	parkrun	27:23	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
Helen Lutley	2020 V70	W	parkrun	27:35	Llanerchaeron	Llanerchaeron parkrun # 95	2020-01-11
Helen Lutley	2020 V70	W	parkrun	27:47	Llanerchaeron	Llanerchaeron parkrun # 97	2020-01-25
David Marginson	2020 V60	M	60	8.68	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19

David Marginson	2020 V60	M	200	28.70	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Richard Marks	2020 V70	M	parkrun	23:03	Llanerchaeron	Llanerchaeron parkrun # 96	2020-01-18
Richard Marks	2020 V70	M	parkrun	23:23	Llanerchaeron	Llanerchaeron parkrun # 94	2020-01-04
Rachel Matthews	2020 V45	W	parkrun	25:53	Coed Cefn-pwll-du	Coed Cefn-pwll-du parkrun # 2	2020-01-25
Kieran McDonnell	2020 V60	M	60	8.89	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Kieran McDonnell	2020 V60	M	200	28.90	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Alison McLellan	2020 V35	W	60	8.69	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Alison McLellan	2020 V35	W	60	8.73	Connah's Quay	North Wales Regional Championships	2020-01-12
Alison McLellan	2020 V35	W	200	28.48	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Jeremy Mower	2020 V50	M	5K	17:40	Bristol	Pomphrey 5K	2020-01-28
Jeremy Mower	2020 V50	M	5M	28:22	Cheltenham	Linda Franks 5	2020-01-19
Jeremy Mower	2020 V50	M	10KXC	37:09	Coventry	Birmingham League Division 2	2020-01-11
Jeremy Mower	2020 V50	M	10KXC	41:17	Rendcombe College	Gloucestershire County Championships	2020-01-04
Jeremy Mower	2020 V50	M	10M	59:13	Staverton	Staverton 10	2020-01-26
Gillian Murphy	2020 V65	W	parkrun	26:38	Cardiff	Cardiff parkrun # 635	2020-01-25
Gillian Murphy	2020 V65	W	parkrun	28:27	Cardiff	Cardiff parkrun # 632	2020-01-04
Gillian Murphy	2020 V65	W	parkrun	29:42	Cardiff	Cardiff parkrun # 631	2020-01-01
Gillian Murphy	2020 V65	W	6.4MMT	68:01	Penarth	CF64 Winter 6.4	2020-01-19
Mike Murphy	2020 V65	M	parkrun	20:24	Cardiff	Cardiff parkrun # 632	2020-01-04
Mike Murphy	2020 V65	M	parkrun	20:38	Cardiff	Cardiff parkrun # 633	2020-01-11
Mike Murphy	2020 V65	M	parkrun	24:54	Cardiff	Cardiff parkrun # 631	2020-01-01
Mike Murphy	2020 V65	M	6.4MMT	48:53	Penarth	CF64 Winter 6.4	2020-01-19
Alison Murray	2020 V50	W	HJ	1.30	Carshalton	South London Athletic Network Open Meeting	2020-01-04
Doug Nicholls	2020 V40	M	1500	4:27.65	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Doug Nicholls	2020 V40	M	parkrun	17:05	Cardiff	Cardiff parkrun # 632	2020-01-04
Doug Nicholls	2020 V40	M	parkrun	17:17	Cardiff	Cardiff parkrun # 634	2020-01-18
Charlie Northey	2020 V50	M	5K	20:56	Llanelwedd	Builth Wells Resolution 5K	2020-01-19
Charlie Northey	2020 V50	M	parkrun	21:15	Eastbourne	Eastbourne parkrun # 425	2020-01-01
Derek Osborne	2020 V55	M	parkrun	21:28	Aberbeeg	Aberbeeg parkrun # 60	2020-01-18
Derek Osborne	2020 V55	M	parkrun	21:30	Groe	Groe parkrun # 41	2020-01-01
Clive Osmond	2020 V55	M	4.2MMT	44:56	Monmouth	Kymin Winter Race 4.2	2020-01-04
Clive Osmond	2020 V55	M	HM	1:46:35	Gloucester	Gloucester Winter Half Marathon	2020-01-19
Georgie Parnell	2020 V35	W	400	64.37	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Georgie Parnell	2020 V35	W	800	2:27.82	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Georgie Parnell	2020 V35	W	parkrun	18:34	Whiteley	Whiteley parkrun # 149	2020-01-25
Stuart Pearce	2020 V40	M	60	8.12	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Stuart Penny	2020 V55	M	parkrun	19:45	Haverfordwest	Haverfordwest parkrun # 120	2020-01-01
Stuart Penny	2020 V55	M	parkrun	19:46	Milford Waterfront	Milford Waterfront parkrun # 18	2020-01-01
Stuart Penny	2020 V55	M	parkrun	28:25	Severn Bridge	Severn Bridge parkrun # 66	2020-01-04
John Peters	2020 V45	M	5MXC	28:39	Lancing	Sussex County Masters' Championships	2020-01-18
Jenny Phillips	2020 V50	W	parkrun	22:55	Brynaman	Brynaman parkrun # 17	2020-01-25

Jenny Phillips	2020 V50	W	parkrun 23:00		Llyn Llech Owain	Llyn Llech Owain parkrun # 352	2020-01-04
Jenny Phillips	2020 V50	W	5.6MMT 40:42		Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc West Glamc	2020-01-12
Keith Powell	2020 V55	M	60	8.59	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Keith Powell	2020 V55	M	200	30.01	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Keith Powell	2020 V55	M	LJ	NM	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Glyn Price	2020 V50	M	PV	3.86	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Glyn Price	2020 V50	M	PV	3.85	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Sean Price	2020 V55	M	parkrun 20:27		Cardiff	Cardiff parkrun # 635	2020-01-25
Sean Price	2020 V55	M	parkrun 22:14		Pontypridd	Pontypridd parkrun # 293	2020-01-04
Sean Price	2020 V55	M	parkrun 28:35		Riverfront	Riverfront parkrun # 155	2020-01-01
Sean Price	2020 V55	M	parkrun 29:18		Pontypridd	Pontypridd parkrun # 294	2020-01-11
David Proffitt	2020 V65	M	parkrun 29:59		Riverfront	Riverfront parkrun # 156	2020-01-04
Lee Richards	2020 V35	M	200	25.50	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Mike Robbins	2020 V55	M	parkrun 20:57		Chester	Chester parkrun # 180	2020-01-01
Mike Robbins	2020 V55	M	parkrun 22:07		Wepre	Wepre parkrun # 194	2020-01-25
Mike Robbins	2020 V55	M	parkrun 22:13		Wepre	Wepre parkrun # 192	2020-01-11
Mike Robbins	2020 V55	M	parkrun 22:20		Wepre	Wepre parkrun # 190	2020-01-01
Mike Robbins	2020 V55	M	5MNAD 32:32		Pensarn	Borders League	2020-01-12
Mike Robbins	2020 V55	M	10K 39:19		Llandudno	Twin Piers 10K	2020-01-18
Mike Robbins	2020 V55	M	6.25MXC 43:21		Northop	North Wales Regional Championships	2020-01-04
Barrie Roberts	2020 V75	M	parkrun 28:25		Cannon Hill	Cannon Hill parkrun # 477	2020-01-25
Barrie Roberts	2020 V75	M	parkrun 28:57		Cannon Hill	Cannon Hill parkrun # 475	2020-01-11
Barrie Roberts	2020 V75	M	parkrun 29:21		Cannon Hill	Cannon Hill parkrun # 476	2020-01-18
Barrie Roberts	2020 V75	M	parkrun 29:46		Cannon Hill	Cannon Hill parkrun # 474	2020-01-04
Huw Roberts	2020 V60	M	parkrun 21:38		Cardiff	Cardiff parkrun # 635	2020-01-25
Huw Roberts	2020 V60	M	parkrun 21:54		Pontypridd	Pontypridd parkrun # 293	2020-01-04
Paul Ross-Davies	2020 V65	M	parkrun 19:53		Dulwich	Dulwich parkrun # 414	2020-01-11
Rebecca Selvey	2020 V45	W	400	69.36	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Rebecca Selvey	2020 V45	W	parkrun 22:07		Belton House	Belton House parkrun # 188	2020-01-11
Juliet Sidney	2020 V50	W	60	8.65	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Juliet Sidney	2020 V50	W	60	8.79	Cardiff	Welsh Athletics Senior Championships	2020-01-25
Juliet Sidney	2020 V50	W	200	29.41	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Clare St. John-Coleman	2020 V55	W	LJ	3.48	Lee Valley	London U20 / Senior Games	2020-01-18
Dave Stokes	2020 V55	M	PV	2.13	Connah's Quay	North Wales Regional Championships	2020-01-12
Dave Stokes	2020 V55	M	LJ	3.44	Connah's Quay	North Wales Regional Championships	2020-01-12
Dave Stokes	2020 V55	M	SP6K	8.04	Connah's Quay	North Wales Regional Championships	2020-01-12
Glyn Sutton	2020 V70	M	200	28.74	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Ian Swanson	2020 V65	M	parkrun 29:18		Swansea Bay	Swansea Bay parkrun # 209	2020-01-01
Ian Swanson	2020 V65	M	parkrun 30:30		Porthcawl	Porthcawl parkrun # 348	2020-01-04
Ian Swanson	2020 V65	M	5.6MMT 58:50		Eglwys Nunydd	Tata Steel Round the Reservoir 5.6 (Inc West Glamc	2020-01-12
James Thie	2020 V40	M	parkrun 16:58		Tremorfa	Tremorfa parkrun # 13	2020-01-25

James Thie	2020 V40	M	parkrun 17:28	Cosmeston Lakes	Cosmeston Lakes parkrun # 7	2020-01-18
James Thie	2020 V40	M	4MMT 21:00	Kenfig	Prince of Wales New Years Day 4	2020-01-01
Joe Thomas	2020 V40	M	4MMT 21:37	Kenfig	Prince of Wales New Years Day 4	2020-01-01
Daniel Thorogood	2020 V55	M	800 2:35.21	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Daniel Thorogood	2020 V55	M	1500 5:31.57	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Daniel Thorogood	2020 V55	M	parkrun 20:27	Exmouth	Exmouth parkrun # 105	2020-01-01
Daniel Thorogood	2020 V55	M	parkrun 21:27	Aberystwyth	Aberystwyth parkrun # 393	2020-01-25
Daniel Thorogood	2020 V55	M	parkrun 21:38	Dolgellau	Dolgellau parkrun # 203	2020-01-11
Daniel Thorogood	2020 V55	M	parkrun 26:22	Haldon Forest	Haldon Forest parkrun # 44	2020-01-01
Jane Thorogood	2020 V50	W	parkrun 30:59	Dolgellau	Dolgellau parkrun # 203	2020-01-11
Jane Thorogood	2020 V50	W	parkrun 32:05	Aberystwyth	Aberystwyth parkrun # 393	2020-01-25
Jane Thorogood	2020 V50	W	parkrun 33:18	Exmouth	Exmouth parkrun # 105	2020-01-01
Jane Thorogood	2020 V50	W	parkrun 36:26	Haldon Forest	Haldon Forest parkrun # 44	2020-01-01
Jane Thorogood	2020 V50	W	parkrun 49:51	Aberystwyth	Aberystwyth parkrun # 390	2020-01-04
Martin Tucker	2020 V50	M	SP6K 10.43	Connah's Quay	North Wales Regional Championships	2020-01-12
Steve Wadley	2020 V55	M	parkrun 24:11	Riverfront	Riverfront parkrun # 158	2020-01-25
Steve Wadley	2020 V55	M	parkrun 24:24	Riverfront	Riverfront parkrun # 157	2020-01-11
Steve Wadley	2020 V55	M	parkrun 24:38	Newport	Newport parkrun # 458	2020-01-04
Steve Wadley	2020 V55	M	parkrun 24:46	Newport	Newport parkrun # 457	2020-01-01
Steve Wadley	2020 V55	M	parkrun 25:16	Newport	Newport parkrun # 460	2020-01-18
Victoria Watkins	2020 V40	W	parkrun 23:49	Worcester Pitchcroft	Worcester Pitchcroft parkrun # 122	2020-01-01
Victoria Watkins	2020 V40	W	6.2KXC 31:06	Coventry	Midland Women's League Division 2	2020-01-11
Russell Whiting	2020 V50	M	60 7.93	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Russell Whiting	2020 V50	M	200 26.41	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Russell Whiting	2020 V50	M	parkrun 26:06	Hove Promenade	Hove Promenade parkrun # 226	2020-01-04
David John Williams	2020 V35	M	800 2:00.71	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
David John Williams	2020 V35	M	1500 4:09.86	Cardiff	Welsh Athletics Senior Championships	2020-01-25
David John Williams	2020 V35	M	parkrun 16:56	Cardiff	Cardiff parkrun # 633	2020-01-11
David O Williams	2020 V55	M	5MXC 32:26	Beckenham	Sport Systems Surrey Men's League Division 1	2020-01-11
David O Williams	2020 V55	M	6.25MXC 39:44	Northop	North Wales Regional Championships	2020-01-04
David O Williams	2020 V55	M	HM 82:23	Farnborough	Farnborough Winter Half Marathon	2020-01-26
Mark Williams	2020 V60	M	800 2:46.24	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Mark Williams	2020 V60	M	1500 5:32.12	Cardiff	Non Thomas New Year Open inc. South West Engla	2020-01-19
Mark Williams	2020 V60	M	parkrun 19:21	Aberbeeg	Aberbeeg parkrun # 57	2020-01-01
Mark Williams	2020 V60	M	parkrun 19:45	Aberbeeg	Aberbeeg parkrun # 61	2020-01-25
Mark Williams	2020 V60	M	parkrun 19:52	Penallta	Penallta parkrun # 232	2020-01-04
Mark Williams	2020 V60	M	parkrun 20:05	Aberdare	Aberdare parkrun # 77	2020-01-11
Robin Wood	2020 V50	M	HJ 1.20	Swansea	West Wales Championships	2020-01-11
Robin Wood	2020 V50	M	LJ 4.63	Swansea	West Wales Championships	2020-01-11
Robin Wood	2020 V50	M	TJ 9.41	Swansea	West Wales Championships	2020-01-11
Robin Wood	2020 V50	M	SP7.26K 7.34	Swansea	West Wales Championships	2020-01-12