

WELSH MASTERS OUTDOOR RECORDS

MEN

July-2026

All Records below show age records by age group and by distance/discipline
Records Show members of the **Welsh Masters (WMA) RED** and Welsh athletes not affiliated to Welsh Masters (OTH)
All times are electronic with the exceptions of those which are hand times showing **(HT)**
Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category		Performance	Athlete	Country /Club	Venue	Date
100 Metres						
M35		10.50	Ron Jones	Enfield	Welsh Rankings	02.05.1970
M35		10.99	WMA Chris Millard	North Somerset	San Sebastian	26.08.2005
M40		11.10	WMA Chris Millard	North Somerset	Yeovil	19.08.2007
M45		11.50	WMA Chris Millard	North Somerset	Gloucester	12.07.2015
M45		11.50	WMA Glyn Sutton	Newport Harriers	Cwmbran	08.05.1991
M50		11.50	WMA Glyn Sutton	Newport Harriers	Newport Harriers	17.09.1995
M55		11.93	WMA Russell Whiting	Worthing	Brighton	30.07.2025
M60		11.90	WMA Glyn Sutton	Newport Harriers	Cwmbran	13.05.2007
M65	BR	12.44	WMA Glyn Sutton	Newport Harriers	Solihill	21.07.2013
M70		12.79	WMA Glyn Sutton	Newport Harriers	Exeter	21.06.2015
M70	BR	12.99	WMA Glyn Sutton	Newport Harriers	Lyon	07.08.2015
M75		15.40	OTH Len Tew	Port Talbot Harriers	Cardiff	05.05.2010
M75		15.80	WMA Mel James	Les Croupiers RC	Nuneaton	09.07.2019
M80		16.70	WMA John Evans	Rugby & Northampton	Brecon	14.06.2015
M80		16.7 [HT]	WMA Mel James	Les Croupiers RC	Much Wenlock	14.07.2024
M85		20.16	WMA John Evans	Rugby & Northampton	Nuneaton	05.09.2021
200 Metres						
M35		22.15	WMA Chris Millard	Bristol & West AC	San Sebastian, ESP	29.08.2005
M40		22.50	WMA Darrell Maynard	Abertillery	Tidworth	21.09.2002
M40		22.50	WMA Chris Millard	North Somerset	Ljubljana, SLO	02.08.2008
M45		23.38	WMA Glyn Sutton	Newport Harriers	Birmingham	06.07.1991
M50		23.90	WMA Glyn Sutton	Newport Harriers	Brecon	04.06.1995
M55		24.58	WMA Russell Whiting	Worthing	Derby	14.09.2025
M60		24.65	WMA Glyn Sutton	Newport Harriers	San Sebastian, ESP	29.08.2005
M65		24.93	WMA Les Williams	Vets AC	Verona	29.08.1988
M70	BR	26.47	WMA Glyn Sutton	Newport Harriers	Lyon	10.08.2015
M75		32.50	WMA Len Tew	Port Talbot Harriers	Cardiff	28.07.2010
M80		35.98	WMA Mel James	Les Croupiers	Yate	21.07.2024
300 Metres						
M40		41.74	WMA James Morgan	Newport Harriers	Yate	01.09.2013
M50		44.22	WMA James Morgan	Newport Harriers	Nuneaton	10.09.2023
M60		65.78	WMA Jon Clarke	West Cheshire	Exeter	27.03.2018
400 Metres						
M35		48.01	OTH Iwan Thomas	Newham Essex Beagles	Copthall Barnet	08.08.2009
M35		51.91	WMA Jonathan Williams	Lanelli AC	Nuneaton	06.08.2023
M40		48.74	WMA Darrell Maynard	Abertillery	Potsdam	21.08.2002
M45		53.40	OTH Roy Austin	Swansea Harriers	Wolverhampton	01.08.1987
M45		53.90	WMA Sean Price	Les Croupiers RC	Cardiff	02.08.2009
M50		53.90	OTH Roy Austin	Swansea Harriers	Norway	11.07.1992
M50		56.20	WMA Dave Harries	Swindon Harriers	Hemel Hempstead	10.08.2008
M55		55.30	OTH Ian Broadhurst	Wrexham AAC	Wrexham	14.08.2011
M55		57.20	WMA Ian Broadhurst	Wrexham AAC	Stoke	25.08.2013
M60		59.06	WMA Ian Broadhurst	Wrexham AAC	Lyon, FRA	15.08.2015
M65		62.73	WMA Kieran McDonnell	Les Croupiers RC	Newport Harriers	26.06.2021
M70		69.60	WMA Len Tew	Port Talbot Harriers	Cardiff	10.08.2005
M75		73.50	WMA Len Tew	Port Talbot Harriers	Solihull	08.08.2010
600 Metres						
M40		1:30.06	WMA Brett Davis	Newport Harriers	Cheltenham	05.05.2008
M45		1:33.10	WMA Brett Davis	Newport Harriers	Cheltenham	11.07.2012
M50		1:36.40	WMA Brett Davis	Newport Harriers	Cheltenham	09.07.2014
M55		1:38.30	WMA Brett Davis	Newport Harriers	Cheltenham	17.07.2019
M60		1:40.10	WMA Brett Davis	Newport Harriers	Gloucester	03.09.2024

WELSH MASTERS OUTDOOR RECORDS

MEN

July-2026

All Records below show age records by age group and by distance/discipline
Records Show members of the **Welsh Masters (WMA) RED** and Welsh athletes not affiliated to Welsh Masters (OTH)
All times are electronic with the exceptions of those which are hand times showing **(HT)**
Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category	Performance		Athlete	Country /Club	Venue	Date
800 Metres						
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	1:59.75	WMA	James Thie	Pontypridd [Roadents]	Gillingham	01.09.2024
M50	2:06.2 (HT)	WMA	Bilal Namani	Rhondda AC	Aberdare	06.08.2006
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	2:39.23	WMA	Kieran McDonnell	Les Croupiers RC	Yate	28.06.2026
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
1000 Metres						
M35	2:26.52	WMA	Darrell Maynard	Abertillery	Loughborough	18.05.1997
M40	2:49.40	WMA	Gareth Robbins	Run4All Neath	Swindon	12.04.2026
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
M60	3:13.70	WMA	Steven Gardner	North Wales RR	Deeside	04.04.2025
M65	3:47.69	WMA	Barrie Roberts	Bournville Harriers	Cheltenham	06.05.2013
1500 Metres						
M35	3:46.36	OTH	Glen Grant	Cambridge	Koblenz	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	4:07.40	WMA	James Thie	Pontypridd [Roadents]	Tooting Bec	04.09.2024
M50	4:17.3 (HT)	OTH	Hugh Morten	Blackheath & Bromley	Enfiled	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
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
2000 Metres						
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
3000 Metres						
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	11:58.20	WMA	David Cundy	Les Croupiers RC	Bristol	21.08.2024
M80	15:45.74	WMA	William Davies	Winchester AC	Exeter	17.06.2012

WELSH MASTERS OUTDOOR RECORDS

MEN

July-2026

All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA) RED** and Welsh athletes not affiliated to Welsh Masters (OTH)

All times are electronic with the exceptions of those which are hand times showing **(HT)**

Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category	Performance		Athlete	Country /Club	Venue	Date
5000 Metres						
M35	14:18.62	OTH	Steve Jones	Newport Harriers	Newport Harriers	10.07.1993
M35	15:22.1 (HT)	WMA	Huw Evans	Tonbridge	Tonbridge	01.08.2009
M40	14:20.7 (HT)	OTH	Martin Rees	Swansea Harriers	Watford	06.07.1996
M40	16:01.00	WMA	Huw Evans	Les Croupiers RC	Birmingham	15.09.2013
M45	14:51.6 (HT)	OTH	Martin Rees	Swansea Harriers	Cardiff	02.06.2001
M45	16:06.0 (HT)	WMA	Rob Sheen	Leicester Coritanian AC	Solihull	08.06.2008
M50	14:47.8 (HT)	OTH	Alun Roper	Swansea Harriers	Street	06.05.1996
M50	16:29.65	WMA	Lee Aherne	Parc Bryn Bach RC	Birmingham	11.08.2019
M55	16:38.9 (HT)	OTH	Evan Williams	Shrewsbury	Solihull	07.09.1991
M55	17:33.32	WMA	David Williams	Guildford & Godalming	Wimbledon	07.08.2021
M60	17:15.03	WMA	Ifan Lloyd	Swansea Harriers	Swansea Harriers	26.09.2021
M65	18:43.97	WMA	Richard Marks	Sarn Helen	Birmingham	26.07.2015
M70	20:12.08	OTH	Bob Brierley	Carmarthen Harriers	Eugene	01.08.1989
M70	20:17.27	WMA	Gordon Orme	Birchfield Harriers	Birmingham	15.09.2013
M75	20:44.81	WMA	Dave Cundy	Les Croupiers RC	Hobart, AUS	29.03.2024
M80	25:58.71	OTH	Len Jones	Ilford AC	Exeter	10.08.1996
10000 Metres						
M35	29:55.73	OTH	Steve Brace	Bridgend AC	Cwmbran	21.06.1997
M35	32:25.19	WMA	Huw Evans	Tonbridge AC	Horspath	13.09.2009
M40	31:02.6 (HT)	OTH	Ron Franklin	Thames Valley Harriers	Welsh Rankings	09.08.1969
M40	33:25.69	WMA	Lee Aherne	Parc Bryn Bach RC	Birmingham	29.07.2007
M45	31:55.1 (HT)	OTH	Jim O'Brien	Port Talbot Harriers	Port Talbot Harriers	15.05.1983
M45	34:55.85	WMA	Mike Weedall	Wrexham AAC	Birmingham	09.07.2006
M50	32:16.5 (HT)	OTH	Cyril Leigh	Wigan Phoenix	Blackburn	30.10.1988
M50	35:19.03	WMA	Rob Sheen	Leicester Coritanian AC	Horspath	05.08.2012
M55	35:22.5 (HT)	OTH	David Voyle	Lancaster & Morecambe	Bolton	05.10.1997
M55	36:58.79	WMA	David Williams	Guildford & Godalming	Wimbledon	15.09.2021
M60	35:22.7 (HT)	OTH	Ron Franklin	Thames Valley Harriers	Copthall Barnet	11.06.1989
M60	39:53.7 (HT)	WMA	Ken Buckle	Cheltenham & County AC	Cheltenham	09.07.2003
M65	40:04.0 (HT)	OTH	George Phipps	Leamington	Stretford	11.09.1991
M65	41:15.12	WMA	Ken Buckle	Cheltenham & County AC	Horspath	25.05.2008
M70	41:37.10	WMA	Gordon Orme	Birchfield Harriers	Birmingham	21.09.2014
M75	44:47.23	WMA	David Cundy	Les Croupiers	Hobart,AUS	01.02.2026
M80	52:28.90	WMA	William Davies	Winchester AC	Exeter	19.06.2011
1000 Metres Walk						
M40	10:48.85	WMA	Jason Elworthy	Barry & Vale Harriers	Cardiff	11.12.2016
M45	5:20.4 (HT)	OTH	Colin Bradley	Newport Harriers	Newport Harriers	15.05.2005
M60	6:29.10	WMA	Howard Brown	Les Croupiers RC	Deeside AAC	28.08.2011
M65	7:48.36	OTH	Peter Walton	Neath Harriers	Deeside AAC	28.08.2011
M70	6:53.43	WMA	John Collins	Swansea Harriers	Cardiff	29.08.2010
M75	6:51.11	WMA	John Collins	Swansea Harriers	Neath	24.05.2015
2000 Metres Walk						
M40	8:13.9 (HT)	OTH	Mark Williams	Tamworth AC	Sutton Coldfield	11.07.2006
M40	9:39.6 (HT)	WMA	Phil Williams	Enfield & Haringey	Battersea Park	03.09.2006
M45	8:57.7 (HT)	OTH	Mark Williams	Tamworth	Nuneaton	01.06.2011
M45	10:51.4	WMA	Colin Bradley	Newport Harriers	Cardiff	26.06.2005
M50	9:11.5 (HT)	OTH	Mark Williams	Tamworth AC	Solihull	29.07.2015
M50	12:00.71	WMA	Paul Flynn	Swansea Harriers	Solihull	08.07.2018
M55	13:03.1 (HT)	WMA	John Collins	Swansea Harriers	Solihull	28.09.1997
M60	12:43.3 (HT)	WMA	Howard Brown	Les Croupiers RC	Solihull	07.08.2011
M65	10:57.4 (HT)	WMA	Kenneth Bobbett	Hillingdon AC	Battersea Park	09.05.2011
M70	11:22.5 (HT)	WMA	Kenneth Bobbett	Hillingdon AC	Brecon	14.06.2015
M75	13:53.81	WMA	John Collins	Swansea Harriers	Brecon	31.05.2015
M80	15:35.1 (HT)	WMA	John Evans	Rugby & Northampton	Rugby	17.06.2015

WELSH MASTERS OUTDOOR RECORDS

MEN

July-2026

All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA) RED** and Welsh athletes not affiliated to Welsh Masters (OTH)

All times are electronic with the exceptions of those which are hand times showing **(HT)**

Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category	Performance		Athlete	Country /Club	Venue	Date
3000 Metres Walk						
M40	12:30.3 (HT)	OTH	Mark Williams	Tamworth AC	Leicester	13.05.2007
M40	30:35.4	WMA	Jason Elworthy	Barry & Vale Harriers	Newport Harriers	15.06.2013
M45	14:05.10	WMA	Colin Bradley	Newport Harriers	Eton	23.06.2001
M50	16:58.27	WMA	Steve Walker	Wrexham AAC	Carmarthen	28.06.2008
M55	16:06.58	OTH	Bob Dobson	Ilford AC	Newport Harriers	11.07.1998
M60	19:07.7 (HT)	WMA	Howard Brown	Les Croupiers RC	Cardiff	05.06.2011
M65	16:56.7 (HT)	WMA	Kenneth Bobbett	Hillingdon AC	Lee Valley	17.01.2010
M70	17:42.8 (HT)	WMA	Kenneth Bobbett	Hillingdon AC	Birmingham	25.07.2015
M75	22:13.52	WMA	John Collins	Swansea Harriers	Birmingham	09.08.2014

5000 Metres Walk						
M40	21:46.9 (HT)	OTH	Mark Williams	Tamworth AC	Solihull	10.06.2007
M45	24:23.3 (HT)	WMA	Colin Bradley	Newport Harriers	Eton	24.06.2001
M50	30:34.8 (HT)	WMA	John Collins	Swansea Harriers	Cardiff	20.08.1992
M65	28:51.44	WMA	Kenneth Bobbett	Hillingdon AC	Hendon	24.08.2013
M70	29:24.8 (HT)	WMA	Kenneth Bobbett	Hillingdon AC	Hendon	01.08.2015

10000 Metres Walk						
M40	46:00.0 (HT)	OTH	Mark Williams	Tamworth AC	Oxford	25.05.2008
M45	51:37.47	OTH	Mark Williams	Tamworth AC	Horspath	05.06.2011
M50	1:04:56	WMA	Colin Bradley	Newport Harriers	Solihull	21.05.2006
M65	1:54:35	WMA	Kenneth Bobbett	Hillingdon AC	Horspath	23.06.2013
M70	1:03:02	WMA	Kenneth Bobbett	Hillingdon AC	Lyon, FRA	09.08.2015

High Hurdles							
M35	110H (99cm) BR	13.11	OTH	Colin Jackson	Brecon AC	Munich	10.08.2002
M40	110H (99cm)	16.25	OTH	Phil Harries	Derby Athletic Club	Kingston	03.06.2006
M40	110H (99cm)	18.46	WMA	Derek Osborne	Brecon AC	Horspath	13.08.2006
M40	110H (99cm)	16.52	OTH	Mike Guest	Bridgend AC	Sheffield	10.09.2000
M45	110H (99cm)	18.31	OTH	Phil Harries	Derby Athletic Club	Leigh	02.07.2011
M45	110H (99cm)	18.69	WMA	Derek Osborne	Brecon AC	Lahti	28.07.2009
M50	100H (91cm)	15.80	WMA	John Howe	Rhondda AC	Newport Harriers	01.06.1996
M55	100H (91cm)	16.18	WMA	John Howe	Rhondda AC	Blackpool	29.06.1997
M60	100H (91cm)	15.78	WMA	John Howe	Rhondda AC	Potsdam, GER	23.08.2002
M65	100H (91cm)	17.90	OTH	Les Williams	Vets AC	Sheffield	13.09.1987
M65	100H (91cm)	18.30	WMA	Iain Moody	Pitreavie AAC	Nuneaton	14.06.2026
M70	80H(76.2cm)	14.73	OTH	Les Williams	Vets AC	Kristiansand	26.09.1992
M75	80H(76.2cm)	17.10	OTH	Les Williams	Vets AC	Exeter	21.06.1998

300 Metres Hurdles							
M55		46.35	WMA	Ian Broadhurst	Wrexham AAC	Birmingham	09.08.2014
M60	(76.2cm)	45.40	WMA	Ian Broadhurst	Wrexham AAC	Lyon, FRA	11.08.2015
M65	(76.2cm) BR	47.41	WMA	Ian Broadhurst	Wrexham AAC	Jesolo,ITA	09.06.2019
M70	(69cm)	55.77	OTH	Les Williams	Vets AC	Kristiansand	02.07.1992
M70	(69cm)	68.67	WMA	Trefor Pugh	Maldwyn Harriers	Birmingham	28.07.2007
M75	(69cm)	69.86	OTH	Les Williams	Vets AC	Cesenatico	12.09.1998

400 Metres Hurdles							
M35	(91.4cm)	54.17	OTH	Paul Gray	Cardiff AAC	Stoke	30.07.2005
M40	(91.4cm)	65.60	WMA	Derek Osborne	Brecon AC	Cardiff	25.06.2006
M40	(91.4cm)	56.60	OTH	Phil Harries	Derby	Rugby	06.05.2006
M45	(91.4cm)	66.49	WMA	Neil Davies	Wrexham AAC	Lyon, FRA	10.08.2015
M45	(91.4cm)	62.30	OTH	Ian Broadhurst	Wrexham AAC	Eton	24.06.2001
M50	(84cm)	60.77	OTH	Ian Broadhurst	Wrexham AAC	Ljubljana	26.07.2008
M50	(84cm)	70.60	WMA	Darryn McAtee	Newport Harriers	Burton	03.07.2011
M50	(84cm)	70.60	WMA	Derek Osborne	Brecon AC	Brecon	20.07.2014
M55	(84cm)	64.72	OTH	Ian Broadhurst	Wrexham AAC	Birmingham	25.06.2011
M55	(84cm)	83.22	OTH	Darryn McAtee	Newport Harriers	Brecon	26.08.2017

WELSH MASTERS OUTDOOR RECORDS

MEN

July-2026

All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA) RED** and Welsh athletes not affiliated to Welsh Masters (OTH)

All times are electronic with the exceptions of those which are hand times showing **(HT)**

Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category	Performance	Athlete	Country /Club	Venue	Date
1500m STEEPLECHASE					
M35	(91.4cm) 4:53.43	WMA Matthew Evans	Aberdare VAAC Valley	Cardiff	24.07.2019
M45	(91.4cm) 4:53.87	WMA Lee Garland	Guernsey	St Peter Port	06.08.2020
M55	(91.4cm) 5:36.97	WMA Ifan Lloyd	Swansea Harriers	Swansea Harriers	31.07.2016
M60	(76.2cm) 5:22.00	WMA Steven Gardner	North Wales RR	Deeside	09.05.2026
2000m STEEPLECHASE					
M35	(91.4cm) 6:28.5 (HT)	OTH Richard Phillips	Serpentine	Battersea	02.07.2014
M35	(91.4cm) 6:43.7 (HT)	WMA Matthew Evans	Aberdare VAAC	Swansea Harriers	11.05.2019
M40	(91.4cm) 6:24.00	OTH Lee Garland	Guernsey	St. Peter Port	07.08.2015
M45	(91.4cm) 6:43.6 (HT)	OTH Bernie Jones	Wrexham AAC	Newport Harriers	31.07.2004
M45	(91.4cm) 7:24.9 (HT)	WMA Jeremy Mower	Gloucester AC	Stoke Gifford	04.07.2015
M50	(91.4cm) 7:14.1 (HT)	OTH Jeremy Mower	Gloucester AC	Tipton	16.07.2017
M50	(91.4cm) 7:24.9 (HT)	WMA Jeremy Mower	Gloucester AC	Gloucester	19.05.2019
M55	(91.4cm) 7:46.0 (HT)	WMA Jeremy Mower	Gloucester AC	Cheltenham	11.07.2021
M60	(76.2cm) 7:17.09	WMA Steven Gardner	North Wales RR	Ribeira Brava, POR	11.10.2025
M65	(76.2cm) 12:05.09	WMA Eric Hughes	Bridgend AC	Birmingham	10.08.2014
M75	(76.2cm) 8:57.99	WMA Dave Cundy	Les Croupiers	Derby	28.07.2024
3000m STEEPLECHASE					
M35	(91.4cm) 8:28.35	OTH Justin Chaston	Belgrave Harriers	Athens	21.08.2004
M35	(91.4cm) 10:38.90	WMA Matthew Evans	Aberdare VAAC	Birmingham	11.08.2019
M40	(91.4cm) 9:03.5 (HT)	OTH Tecwyn Davies	Aldershot Farnham & District	Hanover	01.08.1979
M40	(91.4cm) 10:53.68	WMA Geran Hughes	GOG Tri	Birmingham	29.07.2007
M45	(91.4cm) 9:03.5 (HT)	OTH Tecwyn Davies	Aldershot Farnham & District	Crawley	22.08.1984
M45	(91.4cm) 10:49.0 (HT)	WMA Lee Garland	Guernsey	St. Peter Port	13.09.2020
M50	(91.4cm) 10:10.6 (HT)	OTH Brian Griffiths	Swansea Harriers	Barry	21.07.1991
M50	(91.4cm) 11:09.41	WMA Ifan Lloyd	Swansea Harriers	Cardiff	03.07.2010
M55	(91.4cm) 11:12.9 (HT)	OTH Brian Griffiths	Swansea Harriers	Barry	29.06.1997
M60	(91.4cm) 11:59.5 (HT)	OTH Brian Griffiths	Swansea Harriers	Carmarthen	09.07.2000
High Jump					
M35	1.84	WMA Owen Chesher	Brecon AC	Cardiff	14.07.2019
M35	1.86	OTH Geoff Ward	Wrexham AAC	Cardiff	26.05.1990
M40	1.86	OTH Geraint Griffiths	Leicester Coritanian	Eugene	05.08.1989
M40	1.80	WMA Sean Power	Cardiff AAC	Corby	12.07.1987
M45	1.75	WMA Sean Power	Cardiff AAC	Miyazaki, Japan	31.07.1988
M50	1.76	WMA Sean Power	Cardiff AAC	Bedford	17.07.1994
M55	1.70	WMA Sean Power	Cardiff AAC	Calais	20.06.1998
M60	1.60	WMA Sean Power	Cardiff AAC	Cardiff	11.07.2004
M65	1.36	WMA David Murrie	Welsh Masters/Northern Masters	Yate	08.06.2025
M70	1.35	WMA Sean Power	Cardiff AAC	Newport	24.07.2013
M75	1.21	OTH Les Williams	Vet AC	Sheffield	13.09.1997
M75	1.15	WMA Trefor Pugh	Maldwyn Harriers	Cardiff	02.06.2012
Pole Vault					
M35	4.71	OTH Egryn Jones	Windsor Slough Eaton & Hounslow	Cardiff	10.06.2009
M35	4.30	WMA Glyn Price	Swansea Harriers	Newport	15.05.2005
M35	4.20	WMA Glyn Price	Swansea Harriers	Cardiff	09.01.2005
M40	4.20	WMA Glyn Price	Swansea Harriers	Cardiff	08.05.2010
M45	4.40	WMA Glyn Sutton	Newport Harriers	Swansea Harriers	16.06.1990
M50	4.15	WMA Glyn Sutton	Newport Harriers	Exeter	10.08.1996
M55	3.81	WMA Glyn Price	Swansea Harriers	Yate	03.07.2021
M60	3.45	WMA Glyn Sutton	Newport Harriers	Hereford	08.08.2005
M65	2.70	WMA Glyn Sutton	Newport Harriers	Brecon	21.08.2013
M70	2.50	WMA John Howe	Vets AC	Lyon, FRA	10.08.2015
M75	2.30	WMA John Howe	Rhondda AC	Birmingham	25.07.2017

WELSH MASTERS OUTDOOR RECORDS

MEN

July-2026

All Records below show age records by age group and by distance/discipline
Records Show members of the **Welsh Masters (WMA) RED** and Welsh athletes not affiliated to Welsh Masters (OTH)
All times are electronic with the exceptions of those which are hand times showing **(HT)**
Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category	Performance		Athlete	Country /Club	Venue	Date
Long Jump						
M35	6.67	WMA	Navid Childs	Thames Valley	Aarhus, DEN	06.08.2017
M40	6.96	OTH	Colin Wright	Wrexham AAC	Copthall Barnet	18.07.1992
M40	6.13	WMA	Sean Power	Cardiff AAC	Verona,ITA	28.06.1988
M45	6.13	WMA	Sean Power	Cardiff AAC	Verona	28.06.1988
M50	5.73	WMA	Sean Power	Cardiff AAC	Miyazaki	09.10.1993
M55	5.13	WMA	Sean Power	Cardiff AAC	Cardiff	11.08.1999
M60	5.05	OTH	Geoff Ward	Wrexham AAC	Colwyn Bay	25.08.2013
M60	4.41	WMA	Wynn Howe	SC Vets	Canterbury	13.06.2019
M65	4.85	WMA	Allan Cheers	Battersea	Battersea	04.09.2005
M70	4.14	OTH	Les Williams	Vet AC	Sheffield	24.09.1994
M70	4.06	WMA	Allan Cheers	Battersea	Birmingham	09.08.2014
M75	3.80	WMA	John Evans	Rugby & Northampton	Nyiegyhaza	18.07.2010
M80	3.26	WMA	John Evans	Rugby & Northampton	Nuneaton	05.06.2016

Triple Jump							
M35		15.27	WMA	Sean Power	Cardiff AAC	Wolverhampton	27.06.1978
M35		14.71	WMA	Sean Power	Cardiff AAC	Cosford	28.01.1978
M40		14.63	WMA	Sean Power	Cardiff AAC	Portsmouth	10.05.1986
M45		13.81	WMA	Sean Power	Cardiff AAC	Swansea Harriers	14.05.1988
M45		13.10	WMA	Sean Power	Cardiff AAC	Cosford	26.03.1988
M50	BR	13.34	WMA	Sean Power	Cardiff AAC	Bedford	17.07.1994
M55		12.81	WMA	Sean Power	Cardiff AAC	Newport	12.07.1998
M60		12.41	WMA	Sean Power	Cardiff AAC	Warrington	21.09.2003
M65		10.75	WMA	Sean Power	Cardiff AAC	Twickenham	14.09.2008
M70		9.68	WMA	Sean Power	Cardiff AAC	Par	07.09.2013
M75		7.96	WMA	John Evans	Rugby & Northampton	Exeter	20.06.2010
M80		7.23	WMA	John Evans	Rugby & Northampton	Rugby	17.06.2015

Shot							
M35	7.26kg	20.45	OTH	Shaun Pickering	Haringey	Crystal Palace	17.08.1997
M35	7.26kg	11.92	WMA	Graham Holder	Bexley	Bedford	30.07.2011
M40	7.26kg	14.68	WMA	Andrew Turner	Bournemouth	Eton	20.08.2005
M45	7.26kg	13.10	WMA	Andrew Turner	Bournemouth	Eton	05.07.2009
M50	6.00kg	13.10	OTH	Phil Davies	Deeside AAC	Birmingham	26.06.2011
M50	6.00kg	12.51	WMA	Andrew Turner	Bournemouth	Bournemouth	23.05.2015
M55	6.00kg	12.53	OTH	John Walters	Cardiff AAC	Bedford	17.07.1994
M55	6.00kg	11.64	WMA	Terry Lalley	Coventry Godiva	Nice,FRA	18.06.2009
M60	5.00kg	12.41	WMA	John Howe	Rhondda AC	Neath	07.05.2002
M65	5.00kg	10.87	OTH	Terry Lalley	Montauban	Obernai, France	13.06.2015
M65	5.00kg	10.45	WMA	Mark Wyndham-Jones	City of Norwich AC	Norwich	11.05.2019
M70	4.00kg	11.90	WMA	Tony Richards	Highgate Harriers	Aberdare	04.09.2022
M75	4.00kg	11.32	WMA	Mark Wyndham-Jones	City of Norwich AC	Horspath	30.05.2026
M80	3.00kg	8.62	WMA	Ian Bowles	Swansea Harriers	Horspath	24.05.2025
M85	3.00kg	7.19	WMA	David Gardner	Noth Wales RR	Deeside	04.04.2025

Discus							
M35	2.00kg	49.60	OTH	Shaun Pickering	Haringey	Cwmbran	21.06.1997
M35	2.00kg	48.00	WMA	Andrew Turner	Bournemouth	Bournemouth	07.04.2004
M40	2.00kg	46.86	WMA	Lee Newman	Worcester	Lee Valley	10.03.2018
M45	2.00kg	41.16	OTH	John Walters	Cardiff AAC	Wolverhampton	27.06.1984
M45	2.00kg	40.23	WMA	Andrew Turner	Bournemouth	Bournemouth	09.05.2009
M50	1.50kg	42.30	OTH	John Walters	Cardiff AAC	Bournemouth	24.06.1989
M50	1.50kg	39.18	WMA	Andrew Turner	Bournemouth	Lee Valley	08.03.2014
M55	1.50kg	40.06	OTH	Terry Lalley	Rhondda AC	La Seyne-sur-Mer, FRA	15.04.2006
M55	1.50kg	32.47	WMA	Phil Olsen	Cardiff AAC	Cardiff	03.07.2010
M60	1.00kg	43.18	WMA	John Howe	Rhondda AC	Hendon	27.07.2002
M65	1.00kg	39.56	OTH	Terry Lalley	Rhondda AC	Castres, FRA	17.05.2017
M65	1.00kg	38.84	WMA	Mark Wyndham-Jones	City of Norwich	Brecon	21.07.2019
M70	1.00kg	37.95	WMA	Mark Wyndham-Jones	City of Norwich	Swansea	26.09.2021
M75	1.00kg	36.90	WMA	Mark Wyndham-Jones	City of Norwich	Horspath	30.05.2026
M80	1.00kg	26.04	WMA	Ian Bowles	Swansea Harriers	Yate	21.07.2024

WELSH MASTERS OUTDOOR RECORDS

MEN

July-2026

All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA) RED** and Welsh athletes not affiliated to Welsh Masters (OTH)

All times are electronic with the exceptions of those which are hand times showing **(HT)**

Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category		Performance		Athlete		Country /Club	Venue	Date
Hammer								
M35	7.26kg	60.03	WMA	Graham Holder	Bexley	Crystal Palace	17.06.2007	
M40	7.26kg	55.89	WMA	Graham Holder	Bexley	Eton	05.05.2012	
M45	7.26kg	54.05	WMA	Graham Holder	Bexley	Grays	15.04.2017	
M50	6.00kg	56.37	WMA	Graham Holder	Bexley	Derby	28.07.2024	
M55	6.00kg	45.75	OTH	Terry Lalley	Swansea Harriers	Nice, FRA	11.07.2007	
M55	6.00kg	45.44	WMA	Terry Lalley	Coventry Godiva	Nice, FRA	18.06.2009	
M60	5.00kg	42.97	OTH	David Maggs	Gateshead	Jarrow	04.07.2016	
M60	5.00kg	34.19	WMA	Dave Stokes	Deeside AAC	Horspath	09.03.2025	
M65	5.00kg	43.25	WMA	Terry Lalley	Rhondda AC	Graulhet, FRA	25.05.2017	
M70	4.00kg	35.55	WMA	Mark Wyndham-Jones	City of Norwich	Yate	21.07.2024	
M75	4.00kg	37.37	WMA	Mark Wyndham-Jones	City of Norwich	Horspath	30.05.2026	
M80	3.00kg	27.96	WMA	Ian Bowles	Swansea Harriers	Bjorlanda, SWE	25.08.2024	
Javelin								
M35	800g	63.66	OTH	Jonathan Powell	SC Muhl	Erkelenz	28.07.2001	
M35	800g	34.82	WMA	Graham Holder	Bexley	Dartford	18.04.2011	
M40	800g	59.02	OTH	Jonathan Powell	SC Muhl	Erkelenz	16.05.2003	
M40	800g	58.93	WMA	Jonathan Powell	SC Muhl	Schweinfurt, GER	10.07.2005	
M45	800g	57.43	OTH	Colin Mackenzie	N & E Beagles	Ashford	05.06.2011	
M45	800g	43.95	WMA	Jonathan Powell	SC Muhl	Solihull	08.08.2010	
M50	700g	53.11	OTH	Tim Newenham	City of Norwich	Great Yarmouth	09.05.2010	
M50	700g	44.52	WMA	Jonathan Powell	SC Muhl	Brecon	14.06.2015	
M55	700g	42.17	WMA	Martin Tucker	Wrexham AAC	Ellesmere Port	26.03.2022	
M60	600g	38.89	WMA	Wynn Howe	SC Vets	Canterbury	13.06.2019	
M65	600g	33.40	WMA	Wynn Howe	SC Vets	Gillingham	17.09.2023	
M70	500g	34.17	WMA	Tony Richards	Highgate Harriers	Aberdare	04.09.2022	
M75	500g	30.22	WMA	Mark Wyndham-Jones	City of Norwich	Horspath	31.05.2026	
M80	400g	17.76	WMA	David Gardner	North Wales RR	Yate	21.07.2024	
M85	400g	16.13	WMA	David Gardner	North Wales RR	Yate	05.08.2025	
Weight Throw								
M35	15.88kg	15.96	WMA	Graham Holder	Bexley	Lee Valley	27.02.2011	
M40	15.88kg	15.40	WMA	Gary Halpin	Brecon AC	Cardiff	04.07.2010	
M40	15.88kg	15.40	WMA	Graham Holder	Bexley	Derby	22.07.2012	
M45	12.50kg	9.75	WMA	David Glendower	Invicta	Derby	14.10.2017	
M45	10.00kg	11.78	WMA	David Glendower	Invicta	Derby	14.10.2017	
M45	25.40kg	3.62	WMA	David Glendower	Invicta	Derby	01.10.2016	
M45	15.88kg	15.09	WMA	Gary Halpin	Brecon AC	Brecon	14.06.2015	
M45	11.34kg	14.40	WMA	Andrew Turner	Bournemouth	Birmingham	15.09.2013	
M50	11.34kg	18.57	WMA	Graham Holder	Bexley	Derby	02.09.2023	
M50	10.00kg	11.56	WMA	Gwynn Wallace	Radley AC	Derby	16.06.2018	
M55	9.08kg	16.51	OTH	Terry Lalley	Rhondda AC	Tata, HUN	21.08.2009	
M55	11.34kg	16.03	OTH	Terry Lalley	Rhondda AC	Ljubljana, SLO	25.07.2008	
M55	11.34kg	11.37	WMA	Dave Stokes	Deeside AAC	Birmingham	11.08.2019	
M55	11.34kg	13.05i	WMA	Glyndwr Pugh	Rhondda AC	Lee Valley	12.03.2017	
M60	9.08kg	15.17	OTH	Terry Lalley	Rhondda AC	Cenon, FRA	20.04.2013	
M60	9.08kg	11.41	WMA	Duncan Steward	Clevedon	Brecon	21.07.2019	
M65	9.08kg	15.42	WMA	Terry Lalley	Rhondda AC	Cenon, FRA	10.06.2017	
M65	9.08kg	9.51i	WMA	John Howe	Rhondda AC	Lee Valley	23.02.2008	
M70	7.26kg	13.23	WMA	Mark Wyndham-Jones	City of Norwich	Horspath	27.06.2021	
M75	7.26kg	13.26	WMA	Mark Wyndham-Jones	City of Norwich	Horspath	30.05.2026	
M80	5.45kg	11.63	WMA	Ian Bowles	Swansea Harriers	Horspath	24.05.2025	
Decathlon								
M35		5966	OTH	Geoff Ward	Wrexham AAC	Woking	10.07.1988	
M40		5060	WMA	Derek Osborne	Brecon AC	Horspath	13.08.2006	
M45		7217	OTH	Glyn Price	Swansea Harriers	Yeovil	23.09.2012	
M45		5750	WMA	Derek Osborne	Brecon AC	Lahti, FIN	29.07.2009	
M50		5414	WMA	Derek Osborne	Brecon AC	Birmingham	20.09.2015	
M55		5894	WMA	John Howe	Rhondda AC	BVAF	13.09.1997	
M60		6610	WMA	John Howe	Rhondda AC	Sheffield	20.07.2002	
M65		5532	WMA	Mark Wyndham-Jones	City of Norwich	Sheffield	15.07.2018	
Pentathlon								
M35		946	WMA	Paul Evans	Brecon AC	Brecon	15.06.2014	
M50		2985	WMA	Derek Osborne	Brecon AC	Ancona, ITA	30.03.2016	
M75		2766	WMA	John Evans	Rugby & Northampton	Horspath	23.05.2010	

WELSH MASTERS OUTDOOR RECORDS

MEN

July-2026

All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA) RED** and Welsh athletes not affiliated to Welsh Masters (OTH)

All times are electronic with the exceptions of those which are hand times showing **(HT)**

Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category	Performance		Athlete	Country /Club	Venue	Date
Decathlon Weight Throw						
M45	3791	WMA	David Glendower	Radley AC	Derby	14.10.2017
M55	6094	OTH	Terry Lalley	Rhondda AC	Milton Keynes	24.09.2006
Throws Pentathlon						
M35	3088	WMA	Graham Holder	Bexley	Milton Keynes	20.06.2010
M40	3407	WMA	Andrew Turner	Bournemouth	Bournemouth	30.08.2004
M45	3401	WMA	Graham Holder	Bexley	Hull	29.06.2019
M50	3299	WMA	Graham Holder	Bexley	Horspath	20.08.2023
M55	3659	OTH	Terry Lalley	Rhondda AC	Milton Keynes	01.07.2007
M65	3507	OTH	Terry Lalley	Rhondda AC	Derby	17.05.2017
M65	3484	WMA	Terry Lalley	Rhondda AC	Canon, FRA	10.06.2017
M70	2668	WMA	Ian Bowles	Swansea Harriers	Birmingham	30.07.2016
M75	3830	WMA	Mark Wyndham-Jones	City of Norwich	Horspath	30.05.2026
M80	2467	WMA	William Kingsbury	Rhondda AC	Milton Keynes	15.06.2008
M80	New Specification 2456	WMA	Ian Bowles	Swansea Harriers	Horspath	24.05.2025
4x100 Metres Relay						
M35	48.20	WMA	Welsh Masters V35 Team		Solihull	02.07.2017
M50	52.40	WMA	Welsh Masters V50 Team		Solihull	02.07.2017
M60	54.62	WMA	Welsh Masters V60 Team		Solihull	08.07.2018
M70	75.20	WMA	Welsh Masters V70 Team		Solihull	02.07.2017
M35+	48.80	OTH	Newport Harriers		Neath	08.05.2001
M50+	51.30	OTH	Newport Harriers		Cardiff	22.06.2011
4x400 Metres Relay						
M35+	3:49.1 (HT)	OTH	Swansea Harriers	Swansea Harriers	Cardiff	15.08.1989
M50+	4:39.3 (HT)	OTH	Port Talbot Harriers	Port Talbot Harriers	Cardiff	07.06.2000