

# WELSH MASTERS OUTDOOR RECORDS

## MEN

November-2025

All Records below show age records by age group and by distance/discipline  
Records Show members of the **Welsh Masters (WMA)** and Welsh athletes not affiliated to Welsh Masters  
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            |    | 11.98       | WMA     | Russell Whiting   | Worthing             | Derbt              | 02.09.2023 |
| 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            |    | 24.90       | WMA     | Glyn Sutton       | Newport Harriers     | Luton              | 18.09.2004 |
| M55            |    | 25.51       | WMA     | Ian Broadhurst    | Wrexham AAC          | San Sebastian, ESP | 23.03.2013 |
| 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 |

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|--------------------|--------------|-----|------------------|-----------------------|------------------|------------|
| <b>800 Metres</b>  |              |     |                  |                       |                  |            |
| <b>M35</b>         | 1:50.8 (HT)  | WMA | Darrell Maynard  | Abertillery           | Swindon          | 07.08.1997 |
| <b>M40</b>         | 1:52.70      | WMA | Darrell Maynard  | Abertillery           | Potsdam, GER     | 24.08.2002 |
| <b>M45</b>         | 1:59.75      | WMA | James Thie       | Pontypridd [Roadents] | Gillingham       | 01.09.2024 |
| <b>M50</b>         | 2:06.2 (HT)  | WMA | Bilal Namani     | Rhondda AC            | Aberdare         | 06.08.2006 |
| <b>M50</b>         | 2:09.56      | WMA | Bilal Namani     | Rhondda AC            | Clermont-Ferrand | 18.03.2008 |
| <b>M55</b>         | 2:08.2 (HT)  | WMA | Bilal Namani     | Rhondda AC            | Brecon           | 11.08.2007 |
| <b>M60</b>         | 2:20.92      | WMA | Steven Gardner   | North Wales RR        | Corby            | 07.09.2024 |
| <b>M65</b>         | 2:34.10      | WMA | Richard Marks    | Sarn Helen            | Solihull         | 19.07.2015 |
| <b>M65</b>         | 2:34.61      | WMA | Richard Marks    | Sarn Helen            | Lee Valley       | 28.02.2016 |
| <b>M70</b>         | 2:40.82      | WMA | Kieran McDonnell | Les Croupiers RC      | Derby            | 13.09.2025 |
| <b>M75</b>         | 2:52.0 (HT)  | WMA | Len Tew          | Port Talbot Harriers  | Cardiff          | 28.07.2010 |
| <b>M80</b>         | 3:26.3 (HT)  | WMA | William Davies   | Winchester            | Cardiff          | 15.08.2010 |
| <b>1000 Metres</b> |              |     |                  |                       |                  |            |
| <b>M35</b>         | 2:26.52      | WMA | Darrell Maynard  | Abertillery           | Loughborough     | 18.05.1997 |
| <b>M40</b>         | 2:52.3 (HT)  | WMA | Brett Davis      | Newport Harriers      | Cheltenham       | 26.07.2006 |
| <b>M45</b>         | 2:59.1 (HT)  | OTH | Andy Peet        | Wigston               | Corby            | 19.04.2016 |
| <b>M45</b>         | 2:59.8 (HT)  | WMA | Adrian Lewis     | Aberdare Valley AAC   | Dartford         | 06.08.2021 |
| <b>M50</b>         | 3:16.64      | WMA | Derek Osborne    | Brecon AC             | Ancona, ITA      | 30.03.2016 |
| <b>M60</b>         | 3:13.70      | WMA | Steven Gardner   | North Wales RR        | Deeside          | 04.04.2025 |
| <b>M65</b>         | 3:47.69      | WMA | Barrie Roberts   | Bournville Harriers   | Cheltenham       | 06.05.2013 |
| <b>1500 Metres</b> |              |     |                  |                       |                  |            |
| <b>M35</b>         | 3:46.36      | OTH | Glen Grant       | Cambridge             | Koblenz          | 23.08.1989 |
| <b>M35</b>         | 3:47.12      | WMA | James Thie       | Cardiff AAC           | Belfast          | 02.07.2014 |
| <b>M40</b>         | 3:51.5 (HT)  | OTH | Glen Grant       | Cambridge Harriers    | Cardiff          | 01.09.1993 |
| <b>M40</b>         | 4:02.44      | WMA | James Thie       | Cardiff AAC           | Stretford        | 10.08.2019 |
| <b>M45</b>         | 4:00.98      | OTH | Glen Grant       | Cambridge Harriers    | Valkaeskoski     | 30.05.1999 |
| <b>M45</b>         | 4:07.40      | WMA | James Thie       | Pontypridd [Roadents] | Tooting Bec      | 04.09.2024 |
| <b>M50</b>         | 4:17.3 (HT)  | OTH | Hugh Morten      | Blackheath & Bromley  | Enfiled          | 04.07.1998 |
| <b>M50</b>         | 4:23.2 (HT)  | WMA | Phil Crane       | Neath Harriers        | Solihull         | 09.09.2012 |
| <b>M55</b>         | 4:30.97      | OTH | Evan Williams    | Shrewsbury            | Birmingham       | 06.07.1991 |
| <b>M55</b>         | 4:39.76      | WMA | Jon Grainger     | Southampton           | Southampton      | 09.05.2020 |
| <b>M60</b>         | 4:49.13      | OTH | David Williams   | Guildford & Godalming | Tooting Bec      | 31.08.2024 |
| <b>M65</b>         | 5:04.7 (HT)  | WMA | Richard Marks    | Sarn Helen            | Brecon           | 14.06.2015 |
| <b>M70</b>         | 5:33.99      | WMA | Richard Marks    | Sarn Helen            | Swansea Harriers | 26.09.2021 |
| <b>M75</b>         | 5:39.29      | WMA | Dave Cundy       | Les Croupiers         | Hobart, AUS      | 29.03.2024 |
| <b>M80</b>         | 6:52.0 (HT)  | WMA | William Davies   | Winchester AC         | Cardiff          | 15.08.2010 |
| <b>2000 Metres</b> |              |     |                  |                       |                  |            |
| <b>M35</b>         | 6:16.8 (HT)  | OTH | Robert Prady     | Neath Harriers        | Corby            | 17.03.2015 |
| <b>M40</b>         | 6:23.3 (HT)  | OTH | Andy Peet        | Wigston               | Corby            | 16.04.2013 |
| <b>M45</b>         | 6:38.3 (HT)  | OTH | Andy Peet        | Wigston               | Corby            | 19.04.2016 |
| <b>3000 Metres</b> |              |     |                  |                       |                  |            |
| <b>M35</b>         | 8:13.18      | OTH | Glen Grant       | Cambridge Harriers    | Crystal Palace   | 06.05.1992 |
| <b>M35</b>         | 8:33.32      | WMA | James Thie       | Cardiff AAC           | Sport city       | 09.08.2014 |
| <b>M40</b>         | 8:29.4 (HT)  | OTH | Alun Roper       | Swansea Harriers      | Cwmbran          | 19.04.1989 |
| <b>M40</b>         | 9:16.4 (HT)  | OTH | Phil Crane       | Neath Harriers        | Neath            | 01.06.2002 |
| <b>M45</b>         | 8:47.22      | OTH | Martin Rees      | Swansea Harriers      | Cardiff          | 26.08.2002 |
| <b>M45</b>         | 9:33.91      | WMA | Lee Aherne       | Parc Bryn Bach RC     | Solihull         | 19.07.2015 |
| <b>M50</b>         | 8:53.25      | OTH | Martin Rees      | Swansea Harriers      | Aberdare         | 09.04.2003 |
| <b>M50</b>         | 9:37.41      | WMA | Lee Aherne       | Parc Bryn Bach RC     | Coventry         | 06.07.2019 |
| <b>M55</b>         | 11:12.9      | OTH | Brian Griffiths  | Swansea Harriers      | Barry            | 29.06.1997 |
| <b>M55</b>         | 10:02.87     | WMA | David Williams   | Guildford & Godalming | Watford          | 11.08.2021 |
| <b>M60</b>         | 10:00.87     | WMA | Ifan Lloyd       | Swansea Harriers      | Newport Harriers | 26.06.2021 |
| <b>M65</b>         | 10:51.7 (HT) | WMA | Richard Marks    | Sarn Helen            | Brecon           | 19.08.2015 |
| <b>M70</b>         | 11:47.0 (HT) | WMA | Gordon Orme      | Birchfield Harriers   | Cardiff          | 01.05.2013 |
| <b>M75</b>         | 11:58.20     | WMA | David Cundy      | Les Croupiers RC      | Bristol          | 21.08.2024 |
| <b>M80</b>         | 15:45.74     | WMA | William Davies   | Winchester AC         | Exeter           | 17.06.2012 |

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

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

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

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

| 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)    | 20.80 | WMA | Mark Wyndham-Jones | City of Norwich AC  | Norfolk Champs   | 12.05.2018 |
| 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 |

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|--------------------|----------|--------------|-----|--------------------|---------------------------------|--------------------|------------|
| 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) | 5:23.83      | WMA | Steven Gardner     | North Wales RR                  | Bury St. Edmunds   | 26.04.2025 |
| 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                |          | 1.35         | WMA | Mark Wyndham-Jones | City Of Norwich AC              | Norwich            | 12.05.2019 |
| M65                |          | 1.35         | OTH | Les Williams       | Vet AC                          | Split              | 30.05.1987 |
| 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 |

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|----------------|--------|--|-------------|--|---------|--------------------|---------------|---------------------|-------|-----------------------|------------|
| 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 |  | 10.13       |  | OTH     | Matt Cullen        |               | Swansea Harriers    |       | Swansea Harriers      | 31.05.1905 |
| M75            | 4.00kg |  | 9.61        |  | WMA     | Ian Bowles         |               | Swansea Harriers    |       | Brecon                | 09.06.2019 |
| 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 Harriers      | 26.09.2021 |
| M75            | 1.00kg |  | 32.71       |  | WMA     | Ian Bowles         |               | Swansea Harriers    |       | Nuneaton              | 06.09.2019 |
| M80            | 1.00kg |  | 26.04       |  | WMA     | Ian Bowles         |               | Swansea Harriers    |       | Yate                  | 21.07.2024 |

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|---------------------|---------|-------------|-----|--------------------|-------------------|------------------|------------|
| <b>Hammer</b>       |         |             |     |                    |                   |                  |            |
| 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  | 31.93       | WMA | Ian Bowles         | Swansea Harriers  | Brecon           | 21.07.2019 |
| M80                 | 3.00kg  | 27.96       | WMA | Ian Bowles         | Swansea Harriers  | Bjorlanda, SWE   | 25.08.2024 |
| <b>Javelin</b>      |         |             |     |                    |                   |                  |            |
| 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    | 20.87       | WMA | Ian Bowles         | Swansea Harriers  | Brecon           | 21.07.2019 |
| 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 |
| <b>Weight Throw</b> |         |             |     |                    |                   |                  |            |
| 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  | 12.19       | WMA | Ian Bowles         | Swansea Harriers  | Caorle, ITA      | 13.09.2019 |
| M75                 | 5.45kg  | 8.78        | WMA | Derek Harper       | WMAA              | Birmingham       | 06.07.2008 |
| M80                 | 5.45kg  | 11.63       | WMA | Ian Bowles         | Swansea Harriers  | Horspath         | 24.05.2025 |
| <b>Multi Events</b> |         |             |     |                    |                   |                  |            |
| <b>Decathlon</b>    |         |             |     |                    |                   |                  |            |
| 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 |

# WELSH MASTERS OUTDOOR RECORDS

## MEN

November-2025

All Records below show age records by age group and by distance/discipline  
Records Show members of the **Welsh Masters (WMA)** and Welsh athletes not affiliated to Welsh Masters  
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       |
|--------------------------------|-------------------|-------------|---------|------------------------|----------------------|---------------|------------|
| <b>Pentathlon</b>              |                   |             |         |                        |                      |               |            |
| <b>M35</b>                     |                   | 946         | WMA     | Paul Evans             | Brecon AC            | Brecon        | 15.06.2014 |
| <b>M50</b>                     |                   | 2985        | WMA     | Derek Osborne          | Brecon AC            | Ancona, ITA   | 30.03.2016 |
| <b>M75</b>                     |                   | 2766        | WMA     | John Evans             | Rugby & Northampton  | Horspath      | 23.05.2010 |
| <b>Decathlon Weight Throw</b>  |                   |             |         |                        |                      |               |            |
| <b>M45</b>                     |                   | 3791        | WMA     | David Glendower        | Radley AC            | Derby         | 14.10.2017 |
| <b>M55</b>                     |                   | 6094        | OTH     | Terry Lalley           | Rhondda AC           | Milton Keynes | 24.09.2006 |
| <b>Pentathlon Weight Throw</b> |                   |             |         |                        |                      |               |            |
| <b>M35</b>                     |                   | 3088        | WMA     | Graham Holder          | Bexley               | Milton Keynes | 20.06.2010 |
| <b>M40</b>                     |                   | 3407        | WMA     | Andrew Turner          | Bournemouth          | Bournemouth   | 30.08.2004 |
| <b>M45</b>                     |                   | 3401        | WMA     | Graham Holder          | Bexley               | Hull          | 29.06.2019 |
| <b>M50</b>                     |                   | 3299        | WMA     | Graham Holder          | Bexley               | Horspath      | 20.08.2023 |
| <b>M55</b>                     |                   | 3659        | OTH     | Terry Lalley           | Rhondda AC           | Milton Keynes | 01.07.2007 |
| <b>M65</b>                     |                   | 3507        | OTH     | Terry Lalley           | Rhondda AC           | Derby         | 17.05.2017 |
| <b>M65</b>                     |                   | 3484        | WMA     | Terry Lalley           | Rhondda AC           | Cenon, FRA    | 10.06.2017 |
| <b>M70</b>                     |                   | 2668        | WMA     | Ian Bowles             | Swansea Harriers     | Birmingham    | 30.07.2016 |
| <b>M75</b>                     |                   | 3154        | WMA     | Ian Bowles             | Swansea Harriers     | Hull          | 29.06.2019 |
| <b>M80</b>                     |                   | 2467        | WMA     | William Kingsbury      | Rhondda AC           | Milton Keynes | 15.06.2008 |
| <b>M80</b>                     | New Specification | 2456        | WMA     | Ian Bowles             | Swansea Harriers     | Horspath      | 24.05.2025 |
| <b>4x100 Metres Relay</b>      |                   |             |         |                        |                      |               |            |
| <b>M35</b>                     |                   | 48.20       | WMA     | Welsh Masters V35 Team |                      | Solihull      | 02.07.2017 |
| <b>M50</b>                     |                   | 52.40       | WMA     | Welsh Masters V50 Team |                      | Solihull      | 02.07.2017 |
| <b>M60</b>                     |                   | 54.62       | WMA     | Welsh Masters V60 Team |                      | Solihull      | 08.07.2018 |
| <b>M70</b>                     |                   | 75.20       | WMA     | Welsh Masters V70 Team |                      | Solihull      | 02.07.2017 |
| <b>M35+</b>                    |                   | 48.80       | OTH     | Newport Harriers       |                      | Neath         | 08.05.2001 |
| <b>M50+</b>                    |                   | 51.30       | OTH     | Newport Harriers       |                      | Cardiff       | 22.06.2011 |
| <b>4x400 Metres Relay</b>      |                   |             |         |                        |                      |               |            |
| <b>M35+</b>                    |                   | 3:49.1 (HT) | OTH     | Swansea Harriers       | Swansea Harriers     | Cardiff       | 15.08.1989 |
| <b>M50+</b>                    |                   | 4:39.3 (HT) | OTH     | Port Talbot Harriers   | Port Talbot Harriers | Cardiff       | 07.06.2000 |