

WELSH MASTERS INDOOR RECORDS

MEN

July-2026

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Event/Category	Performance		Athlete	Country /Club	Venue	Date
60 Metres						
M35	7.23	WMA	Michael Dickens	Telford AC	Torun, POL	27.03.2023
M40	7.42	WMA	Samson Chinaka		N.I.A.C	24.01.2026
M45	7.42	WMA	Chris Millard	North Somerset	Lee Valley	17.03.2012
M50	7.62	WMA	Chris Millard	North Somerset	N.I.A.C	04.02.2018
M55	7.65	WMA	Russel Whiting	Worthing	Gainesville FL USA	24.03.2025
M60	7.90	WMA	Glyn Sutton	Newport Harriers	Carshalton	05.02.2006
M65	BR 7.95	WMA	Glyn Sutton	Newport Harriers	San Sebastian, ESP	21.03.2013
M70	BR 8.09	WMA	Glyn Sutton	Newport Harriers	Ancona, ITA	30.03.2016
M75	9.30	WMA	Mark Wyndham-Jones	City of Norwich AC	N.I.A.C	24.01.2026
M80	10.23	WMA	John Evans	Rugby & Northampton	Torun, POL	24.03.2015
M85	11.51	WMA	John Evans	Rugby & Northampton	Lee Valley	23.02.2020
200 Metres						
M35	20.59	OTH	Doug Turner	Cardiff AAC	Birmingham	02.02.2017
M35	23.23	WMA	Chris Millard	Bristol & West AC	N.I.A.C	20.02.2005
M40	23.56	WMA	Darrell Maynard	Abertillery	Glasgow	12.02.2005
M45	23.63	WMA	Darrell Maynard	Birchfield Harriers	Lee Valley	23.02.2008
M50	24.93	WMA	Ian Broadhurst	Wrexham AAC	Glasgow	19.02.2006
M55	27.64	WMA	Russell Whiting	Worthing	N.I.A.C	24.01.2026
M60	26.52	WMA	Ian Broadhurst	Wrexham AAC	N.I.A.C	10.01.2016
M65	27.75	WMA	Ian Broadhurst	Wrexham AAC	N.I.A.C	19.01.2020
M70	BR 27.08	WMA	Glyn Sutton	Newport Harriers	Ancona	01.04.2016
M75	34.15	WMA	Mel James	Les Croupiers RC	Braga, POR	24.02.2022
M80	36.19	WMA	John Evans	Rugby & Northampton	Lee Valley	08.03.2015
M85	42.74	WMA	John Evans	Rugby & Northampton	Lee Valley	23.02.2020
300 Metres						
M35	38.77	WMA	Jonathan Williams	Llanelli	Cardiff	21.01.2024
M50	45.82	WMA	Neil Davies	Wrexham AAC	Sport City	10.12.2023
M55	40.70	WMA	Ian Broadhurst	Wrexham AAC	Sport City	04.12.2011
M60	44.14	WMA	Brett Davis	Newport Harriers	Cardiff	21.01.2024
400 Metres						
M35	54.51	WMA	Jonathan Williams	Llanelli AC	Lea Valley	26.02.2023
M40	49.99	WMA	Darrell Maynard	Abertillery	Glasgow	16.03.2002
M45	51.11	WMA	Darrell Maynard	Abertillery	Lee Valley	23.02.2008
M50	55.80	OTH	Ian Broadhurst	Wrexham AAC	Lee Valley	03.03.2007
M50	57.99	WMA	Paul Bevan	Cardiff AAC	N.I.A.C	02.02.2014
M55	57.63	WMA	Ian Broadhurst	Wrexham AAC	N.I.A.C	19.02.2012
M60	59.50	WMA	Ian Broadhurst	Wrexham AAC	Lee Valley	07.03.2015
M65	62.17	WMA	Kieran McDonnell	Les Croupiers RC	Lee Valley	01.03.2020
M70	67.28	WMA	Kieran McDonnell	Les Croupiers RC	N.I.A.C	24.01.2026
M75	78.88	WMA	William Davies	Winchester AC	N.I.A.C	05.03.2006
M80	87.44	WMA	Len Tew	Port Talbot Harriers	Lee Valley	28.02.2016
600 Metres						
M35	1:27.20	WMA	Oliver Williams	Les Croupiers RC	Cardiff	17.12.2023
M45	1:28.93	WMA	Sean Price	Les Croupiers RC	N.I.A.C	11.12.2010
M50	1:36.73	WMA	Brett Davis	Newport Harriers	N.I.A.C	14.12.2014
M55	1:37.44	WMA	Brett Davis	Newport Harriers	N.I.A.C	08.12.2019
M65	1:39.40	WMA	Brett Davis	Newport Harriers	N.I.A.C	17.12.2023
800 Metres						
M35	1:53.56	WMA	James Thie	Cardiff AAC	Budapest	28.03.2014
M40	1:55.75	WMA	Darrell Maynard	Abertillery	N.I.A.C	12.01.2003
M45	2:04.81	WMA	James Thie	Pontypridd Roadents AC	Lea Valley	21.02.2026
M50	2:38.11	WMA	Adrian Lewis	Aberdare Valley	Cardiff	28.01.2024
M55	2:09.93	WMA	Steve Toogood	Buckley	Sheffield	28.01.2018
M60	2:19.14	WMA	Steven Gardner	North Wales RR	Lea Valley	22.02.2025
M70	2:36.27	WMA	Kieran McDonnell	Les Croupiers RC	N.I.A.C	24.01.2026
M75	3:08.57	WMA	William Davies	Winchester AC	Lee Valley	04.03.2007
M80	3:35.39	WMA	Len Tew	Port Talbot Harriers	N.I.A.C	10.01.2016

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1000 Metres							
M55		3:26.98	WMA	Derek Osborne	Brecon AC	Lee Valley	17.02.2019
1500 Metres							
M35		3:54.38	WMA	James Thie	Cardiff AAC	Budapest	30.03.2014
M40		4:07.33	WMA	James Thie	Cardiff AAC	Torun	30.03.2019
M45		4:16.67	WMA	James Thie	Pontypridd Roadents AC	Lea Valley	22.02.2026
M50		4:28.63	WMA	Phil Crane	Neath Harriers	Lee Valley	17.03.2012
M55		4:43.47	WMA	Jon Grainger	Southampton	Lee Valley	01.03.2020
M60		4:42.44	WMA	David Williams	Guildford & Godalming	N.I.A.C	09.02.2025
M65		5:12.03	WMA	Richard Marks	Sarn Helen	Lee Valley	28.02.2016
M70		5:32.46	WMA	Len Tew	Port Talbot Harriers	Lee Valley	03.03.2007
M75		6:19.60	WMA	John Gardener	Pembroke	N.I.A.C	05.02.2017
M80		6:54.67	WMA	William Davies	Winchester AC	Lee Valley	26.02.2011
2000 Metres							
M50		7:10.28	WMA	Huw Roberts	Bridgend AC	N.I.A.C	2010-02-14
3000 Metres							
M35		8:20.84	WMA	James Thie	Cardiff AAC	Budapest	27.03.2014
M40		9:12.13	WMA	Oliver Williams		N.I.A.C	25.01.2026
M45		9:13.55	OTH	Bernie Jones	Wrexham AAC	N.I.A.C	20.02.2005
M45		9:24.94	WMA	James Thie		N.I.A.C	25.01.2026
M50		9:27.77	OTH	Ron Elliott	North Wales RR	Birmingham	02.03.1997
M50		9:45.65	WMA	Lee Aherne	Parc Bryn Bach RC	Lee Valley	26.02.2017
M55		10:08.79	WMA	Geoff Brimble	Newport Harriers	Cardiff	15.12.2024
M60		10:21.35	WMA	Ifan Lloyd	Swansea Harriers	Cardiff	17.12.2023
M65		11:04.77	WMA	Richard Marks	Sarn Helen	Lee Valley	26.02.2017
M70		11:57.88	WMA	Dave Oxland		N.I.A.C	25.01.2026
M75		13:40.13	WMA	William Davies	Winchester AC	Lee Valley	04.03.2007
M80		19:58.03	WMA	Barrie Roberts		N.I.A.C	25.01.2026
M80		19:42.68		Ron Franklin	Barnet	Clermont-Ferrand	19.03.2008
2000 Metres Walk							
M50		13:35.90	WMA	Paul Flynn	Swansea Harriers	Lee Valley	04.03.2018
3000 Metres Walk							
M40		13:49.6 (HT)	WMA	Colin Bradley	Newport Harriers	Birmingham	26.02.2000
M45		13:48.1 (HT)	WMA	Colin Bradley	Newport Harriers	N.I.A.C	17.02.2001
M60		19:39.07	WMA	Howard Brown	Les Croupiers RC	Lee Valley	28.03.2010
5000 Metres Walk							
M35		23:11.4 (HT)	WMA	Colin Bradley	Newport Harriers	Birmingham	26.02.1994
High Hurdles							
M35	(99.1cm)	11.70	WMA	Steven Thomas-Spires	Wrexham AAC	Lea Valley	18.02.2007
M40	(99.1cm)	10.47	WMA	Neil Davies	Wrexham AAC	Lee Valley	13.02.2011
M45	(99.1cm)	11.01	WMA	Derek Osborne	Brecon AC	Jyvaskyla, FIN	04.04.2012
M50	(91.4cm)	10.52	WMA	Derek Osborne	Brecon AC	Lee Valley	14.02.2016
M55	(91.4cm)	10.97	WMA	Derek Osborne	Brecon AC	Lee Valley	17.02.2019
M60	(91.4cm)	9.63	WMA	John Howe	Rhondda AC	Glasgow	16.03.2002
M65	(83.8cm)	12.49	WMA	Mark Wyndham-Jones	City of Norwich AC	Lee Valley	25.02.2018

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High Jump						
M35	1.83	WMA	Owen Chesher	Brecon AC	Brecon AC	25.01.2020
M40	1.79	WMA	Sean Power	Cardiff AAC	Cosford	28.03.1987
M45	1.71	WMA	Sean Power	Cardiff AAC	Cosford	26.03.1988
M50	1.47	WMA	Keith Powell	Newport Harriers	Lee Valley	13.02.2011
M55	1.60	WMA	Sean Power	Cardiff AAC	N.I.A.C.	17.02.2001
M60	BR 1.61	WMA	Sean Power	Cardiff AAC	N.I.A.C.	26.03.2003
M65	1.37	WMA	David Murrie	Welsh Masters/Northern Masters	Lee Valley	22.02.2026
M70	1.36	WMA	Sean Power	Cardiff AAC	Birmingham	15.09.2013
M75	1.27	WMA	Mark Wyndham-Jones	City of Norwich AC	N.I.A.C.	24.01.2026
Pole Vault						
M35	4.80	OTH	Egryn Jones	Windsor Slough Eaton & Hounslow	Lee Valley	01.02.2009
M40	4.30	OTH	Egryn Jones	Windsor Slough Eaton & Hounslow	Uxbridge	23.03.2013
M40	4.10	WMA	Glyn Price	Swansea Harriers	N.I.A.C.	07.03.2010
M45	4.20	WMA	Glyn Price	Swansea Harriers	Birmingham	25.03.2012
M50	4.10	WMA	Glyn Price	Swansea Harriers	Ancona	30.03.2016
M55	3.75	WMA	Glyn Price	Swansea Harriers	Cardiff	21.01.2024
M60	3.70	WMA	Glyn Price	Swansea Harriers	Torun, POL	01.04.2026
M65	2.80	WMA	John Howe	Rhondda AC AC	N.I.A.C.	13.01.2007
M70	2.60	WMA	John Howe	Rhondda AC AC	Torun, POL	26.03.2015
M75	2.36	WMA	John Howe	Rhondda AC AC	N.I.A.C.	02.09.2017
Long Jump						
M35	6.65	WMA	Navid Childs	Thames Valley	N.I.A.C	28.01.2017
M40	6.18	WMA	Sean Power	Cardiff AAC	Cosford	15.03.1986
M45	5.88	WMA	Sean Power	Cardiff AAC	Cosford	25.03.1988
M50	5.34	WMA	Geoff Miller	Newport Harriers	N.I.A.C	04.03.2006
M55	4.97	OTH	Geoff Ward	Wrexham AAC	Lee Valley	26.02.2011
M55	4.93	WMA	Brian Williamson	Cardiff AAC	N.I.A.C	19.02.2005
M60	5.15	WMA	Robin Wood	Swansea Harriers	Swansea	31.01.2026
M65	4.14	WMA	Brian Williamson	Rhondda AC AC	N.I.A.C	10.01.2016
M70	3.95	WMA	John Evans	Rugby & Northampton	Eskilstuna	10.03.2005
M75	3.65	WMA	John Evans	Rugby & Northampton	Lee Valley	26.02.2011
M80	3.39	WMA	John Evans	Rugby & Northampton	Torun	24.03.2015
M85	BR 2.75	WMA	John Evans	Rugby & Northampton	Rugby	23.02.2020
Triple Jump						
M40	14.15	WMA	Sean Power	Cardiff AAC	Cosford	11.01.1986
M45	10.11	WMA	Robin Wood	Swansea Harriers	NIAC	26.01.2015
M50	BR 12.54	WMA	Sean Power	Cardiff AAC	Birmingham	01.03.1997
M55	BR 12.45	WMA	Sean Power	Cardiff AAC	Birmingham	10.01.1999
M60	BR 11.93	WMA	Sean Power	Cardiff AAC	Sindelfingen	12.03.2004
M65	10.70	WMA	Sean Power	Cardiff AAC	Lee Valley	07.03.2009
M70	9.41	WMA	Sean Power	Cardiff AAC	N.I.A.C.	02.02.2014
M75	8.32	WMA	Sean Power	Cardiff AAC	Swansea	10.02.2019
M80	BR 7.64	WMA	John Evans	Rugby & Northampton	N.I.A.C.	11.01.2015
M85	BR 5.83	WMA	John Evans	Rugby & Northampton	Lee Valley	23.02.2020

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Shot							
M35	7.26kg	13.38i		OTH Dean Bolt	Unattached	N.I.A.C.	26.01.2014
M35	7.26kg	11.56i	WMA	Graham Holder	Bexley	Lee Valley	27.02.2011
M40	7.26kg	15.33i	WMA	Andrew Turner	Bournemouth	Sindelfingen, GER	12.03.2004
M45	7.26kg	13.32i	WMA	Andrew Turner	Bournemouth	N.I.A.C.	24.01.2009
M50	6.00kg	14.05i		OTH Phil Davies	Deeside	Connah's Quay	09.01.2011
M50	6.00kg	12.47i	WMA	Andrew Turner	Bournemouth	Lee Valley	16.02.2014
M55	6.00kg	10.68i		OTH Geoff Ward	Wrexham AAC	Connah's Quay	09.01.2011
M55	6.00kg	10.38i	WMA	Glyndwr Pugh	Rhondda AC	Lee Valley	12.03.2017
M60	5.00kg	12.02i		OTH John Walters	Cardiff	Birmingham	27.02.1999
M60	5.00kg	11.18i	WMA	Geoff Ward	Wrexham AAC	Lee Valley	10.03.2013
M65	5.00kg	9.92i	WMA	John Howe	Rhondda AC	Lee Valley	03.03.2007
M70	4.00kg	10.19	WMA	Peter Hawney	Bexley	Lee Valley	25.02.2024
M75	4.00kg	10.87	WMA	Mark Wyndham Jones	City of Norwich	N.I.A.C.	24.01.2026
M80	3.00kg	6.59	WMA	Phil Rees	Rhondda AC	Lee Valley	18.02.2024
M80	3.00kg	6.36		OTH David Gardner	North Wales RR	Connah's Quay	09.12.2023
M85	3.00kg	7.26	WMA	David Gardner	North Wales RR	Deeside	11.01.2025

Weight Throw						
M55	11.34kg	13.05i	WMA Glyndwr Pugh	Rhondda	Lee Valley	12.03.2017
M65	9.08kg	9.51i	WMA John Howe	Rhondda	Lee Valley	23.02.2008

Pentathlon						
M55	2843.00		WMA Neil Davies	Wrexham	Torun, POL	30.03.2026

4x200 Metres Relay						
M35	1:43.8 (HT)		WMA Welsh Masters V35 Team		Lee Valley	26.02.2017
M50	1:51.21		WMA Welsh Masters V50 Team		Lee Valley	28.02.2016
M60	1:55.69		WMA Welsh Masters V60 Team		Lee Valley	01.03.2020
M70	2:41.71		WMA Welsh Masters V70 Team		Lee Valley	28.02.2016
M35+	1:45.40		OTH Newport Harriers		Newport Harriers	13.07.2011