

# WELSH MASTERS OUTDOOR RECORDS

**MEN**

**October-2023**

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>100 Metres</b>					
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	<b>BR 12.44</b>	<b>WMA Glyn Sutton</b>	<b>Newport Harriers</b>	<b>Solihull</b>	<b>21.07.2013</b>
M70	12.79	WMA Glyn Sutton	Newport Harriers	Exeter	21.06.2015
M70	<b>BR 12.99</b>	<b>WMA Glyn Sutton</b>	<b>Newport Harriers</b>	<b>Lyon</b>	<b>07.08.2015</b>
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
M85	20.16	WMA John Evans	Rugby & Northampton	Nuneaton	05.09.2021
<b>200 Metres</b>					
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	<b>BR 26.47</b>	<b>WMA Glyn Sutton</b>	<b>Newport Harriers</b>	<b>Lyon</b>	<b>10.08.2015</b>
M75	32.50	WMA Len Tew	Port Talbot Harriers	Cardiff	28.07.2010
M80	36.60	WMA John Evans	Rugby & Northampton	Leicester	20.05.2015
<b>300 Metres</b>					
M40	41.74	WMA James Morgan	Newport Harriers	Yate	01.09.2013
M60	65.78	WMA Jon Clarke	West Cheshire	Exeter	27.03.2018
<b>400 Metres</b>					
M35	48.01	OTH Iwan Thomas	Newham Essex Beagles	Copthall Barnet	08.08.2009
M35	53.94	WMA Jonathan Williams	Lanelli AC	Swansea	26.09.2021
M40	48.74	WMA Darrell Maynard	Abertillery	Potsdam	21.08.2002
M45	53.40	OTH Roy Austin	Swansea Harriers	Wolverhampton	##.08.87
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	2015-08-15
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
M70	74.91	WMA Mel James	Les Croupiers RC	Lee Valley	07.03.2015
M75	73.50	WMA Len Tew	Port Talbot Harriers	Solihull	08.08.2010
<b>600 Metres</b>					
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>					
M35	1:50.8 (HT)	WMA Darrell Maynard	Abertillery	Swindon	07.08.1997
M45	2:03.0 (HT)	WMA Sean Price	Rhondda AC	Aarhus	31.07.2004
M50	2:06.2 (HT)	WMA Bilal Namani	Rhondda AC	Aberdare	06.08.2006
M40	1:52.70	WMA Darrell Maynard	Abertillery	Potsdam	24.08.2002
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	2:25.4 (HT)	OTH Richard Marks	Sarn Helen	Cardiff	11.05.2011
M60	2:30.2 (HT)	WMA Kieran McDonnell	Les Croupiers RC	Aberdare	10.07.2019
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	2:41.41	WMA Richard Marks	Sarn Helen	Swansea	26.09.2021
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
<b>1000 Metres</b>					
M35	2:26.52	WMA Darrell Maynard	Abertillery	Loughborough	18.05.1997
M40	2:52.3 (HT)	WMA Brett Davis	Newport Harriers	Cheltenham	26.07.2006
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
M65	3:47.69	WMA Barrie Roberts	Bournville Harriers	Cheltenham	06.05.2013
<b>1500 Metres</b>					
M35	3:46.36	OTH Glen Grant	Cambridge	Koblentz	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	4:20.8 (HT)	WMA Phil Crane	Neath Harriers	Cardiff	25.06.2006
M50	4:17.3 (HT)	OTH Hugh Morten	Blackheath & Bromley	Enfield	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	4:51.84	WMA Richard Marks	Sarn Helen	Derby	21.07.2012
M65	5:04.7 (HT)	WMA Richard Marks	Sarn Helen	Brecon	14.06.2015
M70	5:33.99	WMA Richard Marks	Sarn Helen	Swansea	26.09.2021
M75	6:18.6 (HT)	WMA John Gardener	Pembrokeshire Harriers	Solihull	02.07.2017
M80	6:52.0 (HT)	WMA William Davies	Winchester AC	Cardiff	15.08.2010
<b>2000 Metres</b>					
M35	6:16.8 (HT)	OTH Robert Prady	Neath Harriers	Corby	2015-03-17
M40	6:23.3 (HT)	OTH Andy Peet	Wigston	Corby	2013-04-16
M45	6:38.3 (HT)	OTH Andy Peet	Wigston	Corby	2016-04-19
<b>3000 Metres</b>					
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	13:21.98	WMA John Gardener	Pembrokeshire Harriers	Brecon	04.06.2017
M80	15:45.74	WMA William Davies	Winchester AC	Exeter	17.06.2012

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<b>5000 Metres</b>						
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	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	24:35.34	WMA	William Davies	Winchester AC	Birmingham	06.07.2008
M80	25:58.71	OTH	Len Jones	Ilford AC	Exeter	10.08.1996
<b>10000 Metres</b>						
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	47:13.88	OTH	Len Jones	Ilford AC	Turku	01.07.1991
M75	49:43.9 (HT)	WMA	William Davies	Winchester AC	Exeter	18.06.2006
M80	52:28.90	WMA	William Davies	Winchester AC	Exeter	19.06.2011
<b>1000 Metres Walk</b>						
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	28.08.2011
M65	7:48.36	OTH	Peter Walton	Neath Harriers	Deeside	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
<b>2000 Metres Walk</b>						
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

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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>	21:4.0 (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>	4:56.00	WMA Colin Bradley	Newport Harriers	Solihull	21.05.2006	
<b>M65</b>	54:35.00	WMA Kenneth Bobbett	Hillingdon AC	Horspath	23.06.2013	
<b>M70</b>	3:02.00	WMA Kenneth Bobbett	Hillingdon AC	Lyon, FRA	09.08.2015	
<b>High Hurdles</b>						
<b>M35</b>	<b>110H (99cm) BR</b>	<b>13.11</b>	OTH Colin Jackson	Brecon AC	Munich	10.08.2002
<b>M40</b>	110H (99cm)	16.25	OTH Phil Harries	Derby Athletic Club	Kingston	03.06.2006
<b>M40</b>	110H (99cm)	18.46	WMA Derek Osborne	Brecon AC	Horspath	13.08.2006
<b>M40</b>	110H (99cm)	16.52	OTH Mike Guest	Bridgend AC	Sheffield	10.09.2000
<b>M45</b>	110H (99cm)	18.31	OTH Phil Harries	Derby Athletic Club	Leigh	02.07.2011
<b>M45</b>	110H (99cm)	18.69	WMA Derek Osborne	Brecon AC	Lahti	28.07.2009
<b>M50</b>	100H (91cm)	15.80	WMA John Howe	Rhondda AC	Newport Harriers	01.06.1996
<b>M55</b>	100H (91cm)	16.18	WMA John Howe	Rhondda AC	Blackpool	29.06.1997
<b>M60</b>	100H (91cm)	15.78	WMA John Howe	Rhondda AC	Potsdam, GER	23.08.2002
<b>M65</b>	100H (91cm)	17.90	OTH Les Williams	Vets AC	Sheffield	13.09.1987
<b>M65</b>	100H (91cm)	20.80	WMA Mark Wyndham-Jones	City of Norwich AC	Norfolk Champs	12.05.2018
<b>M70</b>	80H(76.2cm)	14.73	OTH Les Williams	Vets AC	Kristiansand	26.09.1992
<b>M75</b>	80H(76.2cm)	17.10	OTH Les Williams	Vets AC	Exeter	21.06.1998
<b>300 Metres Hurdles</b>						
<b>M55</b>		46.35	WMA Ian Broadhurst	Wrexham AAC	Birmingham	09.08.2014
<b>M60</b>	(76.2cm)	45.40	WMA Ian Broadhurst	Wrexham AAC	Lyon, FRA	11.08.2015
<b>M65</b>	<b>(76.2cm) BR</b>	<b>47.48</b>	WMA Ian Broadhurst	Wrexham AAC	Jesolo,ITA	09.06.2019
<b>M70</b>	(69cm)	55.77	OTH Les Williams	Vets AC	Kristiansand	02.07.1992
<b>M70</b>	(69cm)	68.67	WMA Trefor Pugh	Maldwyn Harriers	Birmingham	28.07.2007
<b>M75</b>	(69cm)	69.86	OTH Les Williams	Vets AC	Cesenatico	12.09.1998
<b>400 Metres Hurdles</b>						
<b>M35</b>	(91.4cm)	54.17	OTH Paul Gray	Cardiff AAC	Stoke	30.07.2005
<b>M40</b>	(91.4cm)	65.60	WMA Derek Osborne	Brecon AC	Cardiff	25.06.2006
<b>M40</b>	(91.4cm)	56.60	OTH Phil Harries	Derby	Rugby	06.05.2006
<b>M45</b>	(91.4cm)	66.49	WMA Neil Davies	Wrexham AAC	Lyon, FRA	10.08.2015
<b>M45</b>	(91.4cm)	62.30	OTH Ian Broadhurst	Wrexham AAC	Eton	24.06.2001
<b>M50</b>	(84cm)	60.77	OTH Ian Broadhurst	Wrexham AAC	Ljubljana	26.07.2008
<b>M50</b>	(84cm)	70.60	WMA Darryn McAtee	Newport Harriers	Burton	03.07.2011
<b>M50</b>	(84cm)	70.60	WMA Derek Osborne	Brecon AC	Brecon	20.07.2014
<b>M55</b>	(84cm)	64.72	OTH Ian Broadhurst	Wrexham AAC	Birmingham	25.06.2011
<b>M55</b>	(84cm)	83.22	OTH Darryn McAtee	Newport Harriers	Brecon	26.08.2017
<b>1500m STEEPLECHASE</b>						
<b>M35</b>	(91.4cm)	4:53.43	WMA Matthew Evans	Aberdare VAAC Valley	Cardiff	24.07.2019
<b>M45</b>	(91.4cm)	4:53.87	WMA Lee Garland	Guernsey	St Peter Port	06.08.2020
<b>M55</b>	(91.4cm)	5:36.97	WMA Ifan Lloyd	Swansea Harriers	Swansea	31.07.2016

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<b>2000m STEEPLECHASE</b>					
<b>M35</b>	(91.4cm) 6:28.5 (HT)	OTH Richard Phillips	Serpentine	Battersea	02.07.2014
<b>M35</b>	(91.4cm) 6:43.7 (HT)	WMA Matthew Evans	Aberdare VAAC	Swansea	11.05.2019
<b>M40</b>	(91.4cm) 6:24.00	OTH Lee Garland	Guernsey	St. Peter Port	07.08.2015
<b>M45</b>	(91.4cm) 6:43.6 (HT)	OTH Bernie Jones	Wrexham AAC	Newport Harriers	31.07.2004
<b>M45</b>	(91.4cm) 7:24.9 (HT)	WMA Jeremy Mower	Gloucester AC	Stoke Gifford	04.07.2015
<b>M50</b>	(91.4cm) 7:14.1 (HT)	OTH Jeremy Mower	Gloucester AC	Tipton	16.07.2017
<b>M50</b>	(91.4cm) 7:24.9 (HT)	WMA Jeremy Mower	Gloucester AC	Gloucester	19.05.2019
<b>M55</b>	(91.4cm) 7:46.0 (HT)	WMA Jeremy Mower	Gloucester AC	Cheltenham	11.07.2021
<b>M60</b>	(76.2cm) 8:32.73	OTH David Rosser	Amman Valley Harriers	Gateshead	08.08.1999
<b>M65</b>	(76.2cm) 12:05.09	WMA Eric Hughes	Bridgend AC	Birmingham	10.08.2014
<b>3000m STEEPLECHASE</b>					
<b>M35</b>	(91.4cm) 8:28.35	OTH Justin Chaston	Belgrave	Athens	21.08.2004
<b>M35</b>	(91.4cm) 10:38.90	WMA Matthew Evans	Aberdare VAAC	Birmingham	11.08.2019
<b>M40</b>	(91.4cm) 9:03.5 (HT)	OTH Tecwyn Davies	Aldershot	Hanover	01.08.1979
<b>M40</b>	(91.4cm) 10:53.68	WMA Geran Hughes	GOG Tri	Birmingham	29.07.2007
<b>M45</b>	(91.4cm) 9:03.5 (HT)	OTH Tecwyn Davies	Aldershot Farnham & District	Crawley	22.08.1984
<b>M45</b>	(91.4cm) 10:49.0 (HT)	WMA Lee Garland	Guernsey	St. Peter Port	13.09.2020
<b>M50</b>	(91.4cm) 10:10.6 (HT)	OTH Brian Griffiths	Swansea Harriers	Barry	21.07.1991
<b>M50</b>	(91.4cm) 11:09.41	WMA Ifan Lloyd	Swansea Harriers	Cardiff	03.07.2010
<b>M55</b>	(91.4cm) 11:12.9 (HT)	OTH Brian Griffiths	Swansea Harriers	Barry	29.06.1997
<b>M60</b>	(91.4cm) 11:59.5 (HT)	OTH Brian Griffiths	Swansea Harriers	Carmarthen	09.07.2000

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<b>High Jump</b>					
<b>M35</b>	1.84	WMA Owen Chesher	Brecon AC	Cardiff	14.07.2019
<b>M35</b>	1.86	OTH Geoff Ward	Wrexham AAC	Cardiff	26.05.1990
<b>M40</b>	1.86	OTH Geraint Griffiths	Leicester Coritanian	Eugene	05.08.1989
<b>M40</b>	1.80	WMA Sean Power	Cardiff AAC	Corby	12.07.1987
<b>M45</b>	1.75	WMA Sean Power	Cardiff AAC	Miyazaki, Japan	31.07.1988
<b>M50</b>	1.76	WMA Sean Power	Cardiff AAC	Bedford	17.07.1994
<b>M55</b>	1.70	WMA Sean Power	Cardiff AAC	Calais	20.06.1998
<b>M60</b>	1.60	WMA Sean Power	Cardiff AAC	Cardiff	11.07.2004
<b>M65</b>	1.35	WMA Mark Wyndham-Jones	City Of Norwich AC	Norwich	12.05.2019
<b>M65</b>	1.35	OTH Les Williams	Vet AC	Split	30.05.1987
<b>M70</b>	1.35	WMA Sean Power	Cardiff AAC	Newport	24.07.2013
<b>M75</b>	1.21	OTH Les Williams	Vet AC	Sheffield	13.09.1997
<b>M75</b>	1.15	WMA Trefor Pugh	Maldwyn Harriers	Cardiff	02.06.2012
<b>Pole Vault</b>					
<b>M35</b>	4.71	OTH Egryn Jones	Windsor Slough Eaton & Hounslow	Cardiff	10.06.2009
<b>M35</b>	4.30	WMA Glyn Price	Swansea Harriers	Newport	15.05.2005
<b>M35</b>	4.20	WMA Glyn Price	Swansea Harriers	Cardiff	09.01.2005
<b>M40</b>	4.20	WMA Glyn Price	Swansea Harriers	Cardiff	08.05.2010
<b>M45</b>	4.40	WMA Glyn Sutton	Newport Harriers	Swansea	16.06.1990
<b>M50</b>	4.15	WMA Glyn Sutton	Newport Harriers	Exeter	10.08.1996
<b>M55</b>	3.81	WMA Glyn Price	Swansea Harriers	Yate	03.07.2021
<b>M60</b>	3.45	WMA Glyn Sutton	Newport Harriers	Hereford	08.08.2005
<b>M65</b>	2.70	WMA Glyn Sutton	Newport Harriers	Brecon	21.08.2013
<b>M70</b>	2.50	WMA John Howe	Vets AC	Lyon, FRA	10.08.2015
<b>M75</b>	2.30	WMA John Howe	Rhondda AC	Birmingham	25.07.2017
<b>Long Jump</b>					
<b>M35</b>	6.67	WMA Navid Childs	Thames Valley	Aarhus, DEN	06.08.2017
<b>M40</b>	6.96	OTH Colin Wright	Wrexham AAC	Copthall Barnet	18.07.1992
<b>M40</b>	6.13	WMA Sean Power	Cardiff AAC	Verona,ITA	28.06.1988
<b>M45</b>	6.13	WMA Sean Power	Cardiff AAC	Verona	28.06.1988
<b>M50</b>	5.73	WMA Sean Power	Cardiff AAC	Miyazaki	09.10.1993
<b>M55</b>	5.13	WMA Sean Power	Cardiff AAC	Cardiff	11.08.1999
<b>M60</b>	5.05	OTH Geoff Ward	Wrexham AAC	Colwyn Bay	25.08.2013
<b>M60</b>	4.41	WMA Wynn Howe	SC Vets	Canterbury	13.06.2019
<b>M65</b>	4.85	WMA Allan Cheers	Battersea	Battersea	04.09.2005
<b>M70</b>	4.14	OTH Les Williams	Vet AC	Sheffield	24.09.1994
<b>M70</b>	4.06	WMA Allan Cheers	Battersea	Birmingham	09.08.2014
<b>M75</b>	3.80	WMA John Evans	Rugby & Northampton	Nyiegyhaza	18.07.2010
<b>M80</b>	3.26	WMA John Evans	Rugby & Northampton	Nuneaton	05.06.2016
<b>Triple Jump</b>					
<b>M35</b>	15.27	WMA Sean Power	Cardiff AAC	Wolverhampton	27.06.1978
<b>M35</b>	14.71	WMA Sean Power	Cardiff AAC	Cosford	28.01.1978
<b>M40</b>	14.63	WMA Sean Power	Cardiff AAC	Portsmouth	10.05.1986
<b>M45</b>	13.81	WMA Sean Power	Cardiff AAC	Swansea	14.05.1988
<b>M45</b>	13.10	WMA Sean Power	Cardiff AAC	Cosford	26.03.1988
<b>M50</b>	<b>BR 13.34</b>	<b>WMA Sean Power</b>	<b>Cardiff AAC</b>	<b>Bedford</b>	<b>17.07.1994</b>
<b>M55</b>	12.81	WMA Sean Power	Cardiff AAC	Newport	12.07.1998
<b>M60</b>	12.41	WMA Sean Power	Cardiff AAC	Warrington	21.09.2003
<b>M65</b>	10.75	WMA Sean Power	Cardiff AAC	Twickenham	14.09.2008
<b>M70</b>	9.68	WMA Sean Power	Cardiff AAC	Par	07.09.2013
<b>M75</b>	7.96	WMA John Evans	Rugby & Northampton	Exeter	20.06.2010
<b>M80</b>	7.23	WMA John Evans	Rugby & Northampton	Rugby	17.06.2015

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<b>Shot</b>							
<b>M35</b>	7.26kg	20.45	OTH	Shaun Pickering	Haringey	Crystal Palace	17.08.1997
<b>M35</b>	7.26kg	11.92	WMA	Graham Holder	Bexley	Bedford	30.07.2011
<b>M40</b>	7.26kg	14.68	WMA	Andrew Turner	Bournemouth	Eton	20.08.2005
<b>M45</b>	7.26kg	13.10	WMA	Andrew Turner	Bournemouth	Eton	05.07.2009
<b>M50</b>	6.00kg	13.10	OTH	Phil Davies	Deeside	Birmingham	26.06.2011
<b>M50</b>	6.00kg	12.51	WMA	Andrew Turner	Bournemouth	Bournemouth	23.05.2015
<b>M55</b>	6.00kg	12.53	OTH	John Walters	Cardiff	Bedford	17.07.1994
<b>M55</b>	6.00kg	11.64	WMA	Terry Lalley	Coventry Godiva	Nice,FRA	18.06.2009
<b>M60</b>	5.00kg	12.41	WMA	John Howe	Rhondda AC	Neath	07.05.2002
<b>M65</b>	5.00kg	10.87	OTH	Terry Lalley	Montauban	Obernai, France	13.06.2015
<b>M65</b>	5.00kg	10.45	WMA	Mark Wyndham-Jones	City Of Norwich AC	Norwich	11.05.2019
<b>M70</b>	4.00kg	11.90	WMA	Tony Richards	Highgate Harriers	Aberdare	04.09.2022
<b>M75</b>	4.00kg	10.13	OTH	Matt Cullen	Swansea Harriers	Swansea	31.05.1905
<b>M75</b>	4.00kg	9.61	WMA	Ian Bowles	Swansea Harriers	Brecon	09.06.2019
<b>M85</b>	4.00kg	5.05	WMA	John Evans	Rugby & Northampton	Nuneaton	05.09.2021
<b>Discus</b>							
<b>M35</b>	2.00kg	49.60	OTH	Shaun Pickering	Haringey	Cwmbran	21.06.1997
<b>M35</b>	2.00kg	48.00	WMA	Andrew Turner	Bournemouth	Bournemouth	07.04.2004
<b>M40</b>	2.00kg	46.86	WMA	Lee Newman	Worcester	Lee Valley	10.03.2018
<b>M45</b>	2.00kg	41.16	OTH	John Walters	Cardiff	Wolverhampton	27.06.1984
<b>M45</b>	2.00kg	40.23	WMA	Andrew Turner	Bournemouth	Bournemouth	09.05.2009
<b>M50</b>	1.50kg	42.30	OTH	John Walters	Cardiff	Bournemouth	24.06.1989
<b>M50</b>	1.50kg	39.18	WMA	Andrew Turner	Bournemouth	Lee Valley	08.03.2014
<b>M55</b>	1.50kg	40.06	OTH	Terry Lalley	Rhondda	La Seyne-sur-Mer, FRA	15.04.2006
<b>M55</b>	1.50kg	32.47	WMA	Phil Olsen	Cardiff	Cardiff	03.07.2010
<b>M60</b>	1.00kg	43.18	WMA	John Howe	Rhondda	Hendon	27.07.2002
<b>M65</b>	1.00kg	39.56	OTH	Terry Lalley	Rhondda	Castres, FRA	17.05.2017
<b>M65</b>	1.00kg	38.84	WMA	Mark Wyndham-Jones	Norwich	Brecon	21.07.2019
<b>M70</b>	1.00kg	37.95	WMA	Mark Wyndham-Jones	Norwich	Swansea	26.09.2021
<b>M75</b>	1.00kg	32.71	WMA	Ian Bowles	Swansea	Nuneaton	06.09.2019
<b>Hammer</b>							
<b>M35</b>	7.26kg	60.03	WMA	Graham Holder	Bexley	Crystal Palace	17.06.2007
<b>M40</b>	7.26kg	55.89	WMA	Graham Holder	Bexley	Eton	05.05.2012
<b>M45</b>	7.26kg	54.05	WMA	Graham Holder	Bexley	Grays	15.04.2017
<b>M50</b>	6.00kg	53.36	OTH	Nigel Winchcombe	Notts	Lee valley	27.03.2010
<b>M50</b>	6.00kg	41.72	WMA	Andrew Turner	Bournemouth	Bournemouth	29.03.2014
<b>M55</b>	6.00kg	45.75	OTH	Terry Lalley	Swansea	Nice, FRA	11.07.2007
<b>M55</b>	6.00kg	45.44	WMA	Terry Lalley	Coventry	Nice, FRA	18.06.2009
<b>M60</b>	5.00kg	42.97	OTH	David Maggs	Gateshead	Jarrow	04.07.2016
<b>M60</b>	5.00kg	32.00	WMA	Phil James	Newport	Swansea	08.07.2015
<b>M65</b>	5.00kg	43.25	WMA	Terry Lalley	Rhondda	Graulhet, FRA	25.05.2017
<b>M70</b>	4.00kg	35.38	WMA	William Kingsbury	Rhondda	Carmarthen	13.05.1998
<b>M75</b>	4.00kg	31.93	WMA	Ian Bowles	Swansea	Brecon	21.07.2019
<b>M80</b>	4.00kg	25.39	WMA	William Kingsbury	Rhondda	Aberdare	10.05.2008
<b>Javelin</b>							
<b>M35</b>	800g	63.66	OTH	Jonathan Powell	SC Muhl	Erkelenz	28.07.2001
<b>M35</b>	800g	34.82	WMA	Graham Holder	Bexley	Dartford	18.04.2011
<b>M40</b>	800g	59.02	OTH	Jonathan Powell	SC Muhl	Erkelenz	16.05.2003
<b>M40</b>	800g	58.93	WMA	Jonathan Powell	SC Muhl	Schweinfurt, GER	10.07.2005
<b>M45</b>	800g	57.43	OTH	Colin Mackenzie	N & E Beagles	Ashford	05.06.2011
<b>M45</b>	800g	43.95	WMA	Jonathan Powell	SC Muhl	Solihull	08.08.2010
<b>M50</b>	700g	53.11	OTH	Tim Newenham	Norwich	Great Yarmouth	09.05.2010
<b>M50</b>	700g	44.52	WMA	Jonathan Powell	SC Muhl	Brecon	14.06.2015
<b>M55</b>	700g	42.17	WMA	Martin Tucker	Wrexham	Ellesmere Port	26.03.2022
<b>M60</b>	600g	38.89	WMA	Wynn Howe	SC Vets	Canterbury	13.06.2019
<b>M65</b>	600g	31.92	WMA	Christopher Pruski	Swansea	Derby	11.06.2022
<b>M70</b>	500g	34.17	WMA	Tony Richards	Highgate	Aberdare	04.09.2022
<b>M75</b>	500g	20.87	WMA	Ian Bowles	Swansea	Brecon	21.07.2019
<b>M80</b>	400g	16.07	OTH	Derek Harper	Swansea	Newport	20.07.2008
<b>M80</b>	400g	7.54	WMA	William Kingsbury	Rhondda	Milton Keynes	21.06.2009

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<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 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 Brecon	14.06.2015
M45	11.34kg	14.40	WMA Andrew Turner	Bournemouth Birmingham	15.09.2013
M50	11.34kg	15.65	OTH Terry Lalley	Rhondda Hendon	26.09.2004
M50	11.34kg	15.64	WMA Graham Holder	Bexley Aberdare	04.09.2022
M50	10.00kg	11.56	WMA Gwynn Wallace	Radley Derby	16.06.2018
M55	9.08kg	16.51	OTH Terry Lalley	Rhondda Tata, HUN	21.08.2009
M55	11.34kg	16.03	OTH Terry Lalley	Rhondda Ljubljana, SLO	25.07.2008
M55	11.34kg	11.37	WMA Dave Stokes	Deeside Birmingham	11.08.2019
M55	11.34kg	13.05i	WMA Glyndwr Pugh	Rhondda Lee Valley	12.03.2017
M60	9.08kg	15.17	OTH Terry Lalley	Rhondda 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 Cenon, FRA	10.06.2017
M65	9.08kg	9.51i	WMA John Howe	Rhondda Lee Valley	23.02.2008
M70	7.26kg	13.23	WMA Mark Wyndham-Jones	Norwich Horspath	27.06.2021
M75	7.26kg	12.19	WMA Ian Bowles	Swansea Caorle, ITA	13.09.2019
M75	5.45kg	8.78	WMA Derek Harper	WMAA Birmingham	06.07.2008
M80	5.45kg	11.19	WMA William Kingsbury	Rhondda Aberdare	10.05.2008

## Multi Events

<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

<b>Pentathlon</b>					
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

<b>Decathlon Weight Throw</b>					
M45	3791	WMA David Glendower	Radley	Derby	14.10.2017
M55	6094	OTH Terry Lalley	Rhondda	Milton Keynes	24.09.2006

<b>Pentathlon Weight Throw</b>					
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	2427	WMA Gwynn Wallace	Radley	Sheffield	23.06.2018
M55	3659	OTH Terry Lalley	Rhondda	Milton Keynes	01.07.2007
M65	3507	OTH Terry Lalley	Rhondda	Derby	17.05.2017
M65	3484	WMA Terry Lalley	Rhondda	Cenon, FRA	10.06.2017
M70	2668	WMA Ian Bowles	Swansea	Birmingham	30.07.2016
M75	3154	WMA Ian Bowles	Swansea	Hull	29.06.2019
M80	2467	WMA William Kingsbury	Rhondda	Milton Keynes	15.06.2008

<b>4x100 Metres Relay</b>					
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

<b>4x400 Metres Relay</b>					
M35+	3:49.1 (HT)	OTH Swansea	Swansea Harriers	Cardiff	15.08.1989
M50+	4:39.3 (HT)	OTH Port Talbot Harriers	Port Talbot Harriers	Cardiff	07.06.2000