

## Welsh Masters League 2019-1 - 2019-04-24 Results

### Table of Contents

Event	Page
Hammer Throw	2
Pole Vault	4
800 metres	5
200 metres	6
Triple Jump	7
3000 metres	8
Discus Throw	9
Shot Putt	11
400 metres	12
4x100 metres relay	13

## RESULTS

### 1 - Hammer Throw (HT)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 18:45

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	246	Glyn Pugh	RHONA	M55	27.74	31.46	30.55				31.46
2	240	Derek Osborne	BRECA	M55	27.21	x	30.38				30.38
3	205	Ian Bowles	SWAN	M70	30.07	29.93	x				30.07
4	213	Julie Driscoll	BRECA	W50	x	28.84	29.08				29.08
5	201	Cath Alford	RHONA	W45	28.70	x	x				28.70
6	243	Renate Prells	SWAN	W60	25.75	26.45	28.65				28.65
7	252	Peter Roberts	SWAN	M45	26.05	27.44	24.80				27.44
8	204	Chris Berry	SWAN	M60	x	x	25.91				25.91
9	253	Sasha Spottiswoode	BRIW	W45	x	x	25.54				25.54
10	228	Graeme Knowles	CWMB	M60	x	25.43	x				25.43
11	230	Karen Llewelin	PEMB	W55	x	24.16	25.25				25.25
12	226	David Jones	SWAN	M70	15.31	x	18.04				18.04
13	248	Phil Rees	RHONA	M75	15.95	x	17.00				17.00
14	245	Chris Pruski	SWAN	M60	x	15.66	x				15.66
15	202	Eirian Arwyn	CROUP	W65	x	x	13.15				13.15
16	233	Daphne Marler	SWAN	W70	10.93	x	x				10.93

## RESULTS

### 2 - Pole Vault (PV)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 18:45

Pos	Bib	Name	Club	Age	2.00	2.40	2.90	3.10	3.40	Result
1	244	Glyn Price	SWAN	M50	o	-	-	-	x o	3.40
2	234	Neal Mason	SWVAC	M70	-	-	x o	x x x		2.90
3	240	Derek Osborne	BRECA	M55	o	x x x				2.00

**RESULTS**  
**3 - 800 metres (800)**  
 Welsh Masters League 2019-1 - 2019-04-24 START TIME: 19:00

**Heat 1**

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	261	David Williams	CROUP	M35	1		2:02.60
2	206	Scott Browne	CROUP	M40	1		2:16.00
3	242	Robert Prady	SWAN	M35	2		2:17.10
4	229	Adrian Lewis	ABERV	M45	1		2:23.30
5	203	Paul Barlow	GLOS	M45	2		2:27.60
6	259	Dean Webster	3M	M40	2		2:37.50
7	208	Sarah Coote	PBBR	W35	1		2:39.50
	214	Paul Edwards	CARD	M40	3		DNF

**Heat 2**

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	212	Brett Davis	NEWPH	M55	1		2:35.40
2	262	Mark Williams	PBBR	M60	1		2:53.30
3	218	Jeffrey Hanson	RHONA	M55	2		3:12.20
4	209	Michael H Davies	CROUP	M65	1		3:13.50
5	239	Christopher Norton	RHONA	M60	2		3:29.10
6	211	Clare Davies	BRECA	W50	1		3:45.10
7	202	Eirian Arwyn	CROUP	W65	1		4:13.30
8	255	Ian Swanson	PTH	M65	2		4:19.00

## RESULTS

### 4 - 200 metres (200)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 19:20

#### Heat 1

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	223	Elin James	Guest	SW	1		29.50
2	217	Melanie Garland	WORC	W55	1		30.40
3	227	Louise Kirby	PBBR	W50	1		31.50
4	221	Mel James	CROUP	M75	1		33.80
5	211	Clare Davies	BRECA	W50	2		39.00
6	202	Eirian Arwyn	CROUP	W65	1		48.10
7	248	Phil Rees	RHONA	M75	2		54.50

#### Heat 2

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	232	Chris Lloyd	Guest	SM	1		24.30
2	206	Scott Browne	CROUP	M40	1		27.60
3	263	Martin Willis	WAL	M45	1		28.60
4	229	Adrian Lewis	ABERV	M45	2		28.90
5	214	Paul Edwards	CARD	M40	2		31.00

#### Heat 3

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	264	Robin Wood	SWAN	M50	1		28.70
2	241	Keith Powell	NEWPH	M55	1		29.60
3	240	Derek Osborne	BRECA	M55	2		30.10
4	218	Jeffrey Hanson	RHONA	M55	3		37.90

#### Heat 4

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	235	Kieran McDonnell	CROUP	M60	1		28.70
2	210	Roderick Davies	SWAN	M60	2		30.40
3	228	Graeme Knowles	CWMB	M60	3		31.70
4	239	Christopher Norton	RHONA	M60	4		34.70
5	209	Michael H Davies	CROUP	M65	1		37.90

## RESULTS

### 5 - Triple Jump (TJ)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 19:30

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result (wind)
1	240	Derek Osborne	BRECA	M55	9.98 ( )						<b>9.98</b> ( )
2	232	Chris Lloyd	Guest	SM	x ( )	9.68 ( )	9.45 ( )				<b>9.68</b> ( )
3	264	Robin Wood	SWAN	M50	8.82 ( )	x ( )	9.42 ( )				<b>9.42</b> ( )
4	217	Melanie Garland	WORC	W55	9.29 ( )	9.07 ( )	9.28 ( )				<b>9.29</b> ( )
5	244	Glyn Price	SWAN	M50	9.01 ( )	8.60 ( )	9.08 ( )				<b>9.08</b> ( )
6	220	Steven Ingram	SWAN	M45	8.41 ( )	x ( )	x ( )				<b>8.41</b> ( )
7	228	Graeme Knowles	CWMB	M60	7.31 ( )	6.53 ( )					<b>7.31</b> ( )
8	203	Paul Barlow	GLOS	M45	6.81 ( )	7.25 ( )	x ( )				<b>7.25</b> ( )
9	211	Clare Davies	BRECA	W50	6.45 ( )	6.82 ( )					<b>6.82</b> ( )
10	202	Eirian Arwyn	CROUP	W65	5.07 ( )						<b>5.07</b> ( )
11	248	Phil Rees	RHONA	M75	4.49 ( )	4.50 ( )	4.60 ( )				<b>4.60</b> ( )
	241	Keith Powell	NEWPH	M55	x ( )						<b>NM</b> ( )
	233	Daphne Marler	SWAN	W70	x ( )	x ( )	x ( )				<b>NM</b> ( )

## RESULTS

### 6 - 3000 metres (3000)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 19:40

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	215	Matthew Evans	ABERV	M35	1		9:30.40
2	247	Steven Rees	NEATH	M40	1		9:38.30
3	256	Joe Thomas	BRIDE	M40	2		9:43.20
4	225	Richard Jones	Llisw	M45	1		9:48.40
5	242	Robert Prady	SWAN	M35	2		10:22.80
6	229	Adrian Lewis	ABERV	M45	2		10:28.10
7	206	Scott Browne	CROUP	M40	3		10:29.20
8	224	Llinos Jones	SWAN	W35	1		11:17.60
9	207	Claire Bruce	CROUP	W40	1		11:56.60
10	259	Dean Webster	3M	M40	4		12:00.10
11	262	Mark Williams	PBBR	M60	1		12:13.50
12	251	Huw Roberts	BRIDE	M60	2		13:25.10
13	202	Eirian Arwyn	CROUP	W65	1		17:27.70
14	255	Ian Swanson	PTH	M65	1		18:45.60



## RESULTS

### 7 - Discus Throw (DT)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 19:45

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	252	Peter Roberts	SWAN	M45	33.25	x	34.33				34.33
2	205	Ian Bowles	SWAN	M70	x	26.63	27.04				27.04
3	245	Chris Pruski	SWAN	M60	22.26	25.42	22.81				25.42
4	246	Glyn Pugh	RHONA	M55	x	x	24.55				24.55
5	204	Chris Berry	SWAN	M60	x	22.07	x				22.07
6	201	Cath Alford	RHONA	W45	x	21.03	21.95				21.95
7	213	Julie Driscoll	BRECA	W50	21.03	21.49	21.67				21.67
8	217	Melanie Garland	WORC	W55	20.17	21.15	20.95				21.15
9	248	Phil Rees	RHONA	M75	17.17	19.06	19.66				19.66
10	230	Karen Llewelin	PEMB	W55	17.84	18.96	18.30				18.96
11	214	Paul Edwards	CARD	M40	17.63	17.87	18.77				18.77
12	243	Renate Prells	SWAN	W60	x	17.20	16.03				17.20
13	216	Lisa Franklin	LLANA	W50	15.09	15.04	15.39				15.39
14	226	David Jones	SWAN	M70	13.32	x	13.29				13.32
	253	Sasha Spottiswoode	BRIW	W45	x	x	x				NM
	202	Eirian Arwyn	CROUP	W65	x	x	x				NM

## RESULTS

### 8 - Shot Putt (SP)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 19:45

Place	Bib	Name	Club	Age	1	2	3	4	5	6	Result
1	252	Peter Roberts	SWAN	M45	10.06	9.73	9.99				<b>10.06</b>
2	204	Chris Berry	SWAN	M60	7.97	8.80	9.43				<b>9.43</b>
3	220	Steven Ingram	SWAN	M45	8.39	8.96	8.23				<b>8.96</b>
4	264	Robin Wood	SWAN	M50	8.51	8.82					<b>8.82</b>
5	246	Glyn Pugh	RHONA	M55	8.26	8.00	8.69				<b>8.69</b>
6	244	Glyn Price	SWAN	M50	8.37	8.17	x				<b>8.37</b>
7	245	Chris Pruski	SWAN	M60	7.92	x	8.18				<b>8.18</b>
8	240	Derek Osborne	BRECA	M55	8.10	8.14					<b>8.14</b>
9	201	Cath Alford	RHONA	W45	7.86	x	x				<b>7.86</b>
10	263	Martin Willis	WAL	M45	6.91	7.65	7.67				<b>7.67</b>
11	211	Clare Davies	BRECA	W50	7.57						<b>7.57</b>
12	216	Lisa Franklin	LLANA	W50	6.90	6.44	6.29				<b>6.90</b>
13	214	Paul Edwards	CARD	M40	6.12	6.65	6.58				<b>6.65</b>
14	222	Jennifer James	NEATH	W50	4.84	4.74	4.91				<b>4.91</b>
15	229	Adrian Lewis	ABERV	M45	4.87						<b>4.87</b>

## RESULTS

### 9 - 400 metres (400)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 20:10

#### Heat 1

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	235	Kieran McDonnell	CROUP	M60	1		1:04.00
2	227	Louise Kirby	PBBR	W50	1		1:15.50
3	218	Jeffrey Hanson	RHONA	M55	1		1:24.00
4	239	Christopher Norton	RHONA	M60	2		1:25.70
5	209	Michael H Davies	CROUP	M65	1		1:27.30
6	211	Clare Davies	BRECA	W50	2		1:34.00
7	202	Eirian Arwyn	CROUP	W65	1		2:04.10

#### Heat 2

Rank	Bib	Name	Club	Category	Cat Pos	Lane	Result
1	261	David Williams	CROUP	M35	1		55.80
2	206	Scott Browne	CROUP	M40	1		1:00.80
3	212	Brett Davis	NEWPH	M55	1		1:03.60
4	229	Adrian Lewis	ABERV	M45	1		1:04.70
5	240	Derek Osborne	BRECA	M55	2		1:06.10
6	203	Paul Barlow	GLOS	M45	2		1:06.60
7	263	Martin Willis	WAL	M45	3		1:06.80
8	264	Robin Wood	SWAN	M50	1		1:10.30

## RESULTS

## 10 - 4x100 metres relay (4x100)

Welsh Masters League 2019-1 - 2019-04-24 START TIME: 20:30

Lane	Bib	NOC Name	Result
	G	Guests	56.40
	LC	Les Croupiers RC	56.10
	SH	Swansea Harriers AC	57.60