

Welsh Masters Ladies			2019 season's best known performances																				
Club	1st Name	Surname	P of 10 Profile	60 Indoors	100	200	400	800	1500	3000	5000	2k Walk	60H	100H	PV	Shot	Discus	Jav	Hammer	L J	T J	H J	
AGE GROUP 35-39																							
Nuneaton /Welsh Masters	Cheryl	Devonish	Show		14.1	29.2																	
Bridgend / Welsh Masters	Leigh	James	Show								19'28.2												
Builth / Welsh Masters	Donna	Morris	Show					2'47.95	5'46.3														
Parc Bryn Bach / Welsh Masters	Sarah	Coote	Show					2'30.4	1 mile 5.55														
Liswerry Runners /Welsh Masters	Vicky	Fear	Show		14.9	31.8	75.5	3'19.9															
Deeside / Welsh Masters	Ali	McLellan	Show	8,79	13.53	27.54															4.66	9.72	
Newport / Welsh Masters	Eleri	Jones	Show	8,60		29.12																	
Finch Coasters / Welsh Masters	Clare	Bryant	Show			30.47								18.72		7,20							1.33
Swansea / Welsh Masters	Llinos	Jones	Show					2'40.19	5'11.50	11'17.6	20'06.91												
Worcester/ Welsh Masters	Georgie	Parnell	Show				67.7	2'22.5	5'05.1														
Worcester/ Welsh Masters	Victoria	Watkins	Show		15.3	31.06	68.58	2'43.9								(400h) 82,0							

Club	1 st Name	Surname	P of 10 Profile	60 Indoors	100	200	400	800	1500	3000	5000	2k Walk	60H	80H	PV	Shot	Discus	Jav	Hammer	L J	T J	H J
AGE GROUP 40-49																						
Bromsgrove & Redd /Welsh Masters	Joanne	Frost	Show	8,11	12.8															5.42		
3M Gorseinon / Welsh Masters	Michelle	Cole	Show				76.6			11'41.7												
Wrexham /Welsh Masters	Amanda	Cook	Show	8,78	13.87								9.93	12.74			22.83			4.73	9.48	
Wrexham /Welsh Masters	Emma	Crowe	Show							10'48.46	19'05.7											
Portsmouth / Welsh Masters	Claudia	Cubbage	Show		17.8										2,20	9.38	21.97	20.65	18.52		8.08	1,30
Swansea / Welsh Masters	Helen-Marie	Davies	Show							10'59.89												
Rhondda / Welsh Masters	Catherine	Alford	Show													7.86	21.95	12.61	28,70			
Les Croupier /Welsh Masters	Jannek	van Beijnum	Show						5'39.0													
Les Croupier /Welsh Masters	Claire	Bruce	Show						5'36.6	11.56.6												
Rhondda / Welsh Masters	Ruth	Jansen	Show													9.42		25,50				
Lliswerry /Welsh Masters	Keri (Keri-Lyn)	Jones	Show						6'07.48	13'00.57												
Brecon / Welsh Masters	Catherine	Olivant	Show					3'11.46	6'29.67	13'17.47	23'08.66											
Worcester/ Welsh Masters	Becky	Selvey	Show			32.3	67.36	2'32.1	5'21.2	11.56.3						5.73						
Bristol & West / Welsh Masters	Sasha	Spottiswoode	Show		17.82												23.86	26.09	30.65			
Birchfield / Welsh Masters	Michelle	Thomas	Show	8,05	13.09	26.33										8,30						
Wrexham /Welsh Masters	Amanda	Broadhurst	Show	9,55	15.4	31.59	70.37	2'56.30					10.44	14.18		8.42		25.62		4,10	9.16	1.31

Copy of WMAA Ladies SB's (14 10 19) for circulation(26029)

Club	1 st Name	Surname	P of 10 Profile	60 Indoors	100	200	400	800	1500	3000	5000	2k Walk	60H	80/100H	PV	Shot	Discus	Jav	Hammer	L J	T J	H J
AGE GROUP 50-59																						
Forest of Dene/ Welsh Masters	Angela	Bryant	Show	9,36	14.97	31.38	87.72															
Welsh Masters	Susan	Davis	Show		19.9	43.8	1'42.5		1 mile 8.11													
Brecon / Welsh Masters	Clare	Davies	Show		18.2	37.9	92.0	3'45.1								7.98	10.80	14.96	14.34	3.30	7.74	1.15
Wrecsam Tri / Welsh Masters	Helen	Davies	Show				75.87			11.18.97												
Brecon / Welsh Masters	Julie	Driscoll	Show		21.8	49.9										7.71	22.96	16.20	29.08			
Bristol & West /Welsh Masters	Sarah	Everitt	Show					2'30.13	5'16.76	11'13.31	19'38.95											
Llanelli / Welsh Masters	Lisa	Franklin	Show													7.27	16.86	21.44				
Worcester/ Welsh Masters	Melanie	Garland	Show	8,97	14.1	29.9										7.63	21.73			4.73	9.72	1.36
Newport / Welsh Masters	Louise	Kirby	Show	9,30	15.16	31.5	71.39					15'37.48		18.96	(300h) 65,90							
Pembrokeshire /Welsh Masters	Karen	Llewelin	Show													8.15	21.85	13.78	29.47			
Wimbledon Hercules /Welsh Masters	Alison	Murray	Show											28,0	3.02					3,50		1.41
Llanelli / Welsh Masters	Jenny	Phillips	Show					2'43.13														
Bristol & West / Welsh Masters	Heather	Ross	Show			37.18							11.11	15.32								
Bromsgrove & Redd /Welsh Masters	Sharon	Samuel	Show	8,83	14,3	29.48																
Newport / Welsh Masters	Juliet	Sidney	Show	8,58	13.97	28.97		2'57.2														
Chelmsford /Welsh Masters	Clare	St. John-Coleman	Show	9,59	15.3	35.2									1,60					3,72	7,80	
Worcester/ Welsh Masters	Jan	Timberlake	Show	9,68	16.4								11.82	16.68		7.52	24.57			4.52	9.05	1.32
Woking / Welsh Masters	Kay	Trinder	Show						5'54.3	11'50.4	20'15.5				2,10							
Fairlands Valley / Welsh Masters(lapsed)	Alison	Wood	Show					2'42.5	5,26.6	11'57.88												

Club	1 st Name	Surname	P of 10 Profile	60 Indoors	100	200	400	800	1500	3000	5000	2k Walk	60H	80/100H	PV	Shot	Discus	Jav	Hammer	L J	T J	H J				
AGE GROUP 60-69																										
Les Croupier /Welsh Masters	Eirian	Arwyn	Show		18.43	42.1	1'53.0	4'04.65	7'47.25	16'52.00						5.82	15.18	14.82	13.74	2.29	6.00	0.95				
Welsh Masters	Annette	Hames	Show					3'18.9	6'14.8	12.51.7	21'30.9															
Emlyn Runners /Welsh Masters	Helen	Lutley	Show						7'07.42																	
Ottley / Welsh Masters	Caroline	Marler	Show		16.15	33.45	74.79																			
Swansea / Welsh Masters	Renate	Prells	Show													7.48	21.17		30.13							
Les Croupier /Welsh Masters	Julie	Scholey	Show					3'25.45	6'29.5																	
Worcester/ Welsh Masters	Ros	Townsend-Hope	Show		17.9	36.50	80.11	3'03.51								2.70	10.19					1.00				
Les Croupier /Welsh Masters	Andrea	Webster	Show							14'08.25																
Bromsgrove & Redd /Welsh Masters	Julie	Wakelam	Show		17.1											7.32	20.81	22.33	31.75	3.67	7.56	1.18				
AGE GROUP 70+																										
Yate / Westbury /Welsh Masters	Pat	Gallagher	Show					3'51.8	7'55.94																	
Worcester/ Welsh Masters	Iris	Holder	Show	11.38	18.35	41.9										5.47		6.57		3.00	6.42					
Rhondda / Welsh Masters	Helen	Cole	Show													6.22	10.52	12.05	13.45	1.25						
Swansea / Welsh Masters	Daphne	Marler	Show	14.23	25.27												10.74	7.81	10.96	2.02	4.95					
Ashford / Welsh Masters	Pat	Oakes	Show															13.49			5.52	0.90				
AGE GROUP 80+																										
Lincoln Wellington /Welsh Masters	Dorothy	Fraser	Show	13.21	22.14	49.95										5.07										
RELAYS					4x100	4x200																Stat's Updated 14/10/2019 Roger Garland				
Welsh Masters Ladies Team W35-49			Show		56.46	1'57.04																				
Welsh Masters Ladies Team W50-59			Show		60.97	2'01.99																				
Welsh Masters Ladies Team W60-69			Show		72.09	2'56.46																				

