


Welsh Masters Ladies			Best known performances this year																		
Club	1st Name	Surname	P of 10 Profile	60 Indoors	100	200	400	800	1500	3000	2k Walk	60H	80/100H	PV	Shot	Discus	Jav	Hammer	L J	T J	H J
AGE GROUP 35-39																					
Parc Bryn Bach / Welsh Masters	Sarah	Coote	Show					2'34.08													
Deeside / Welsh Masters	Ali	McLellan	Show	8,79	13,93	28,60													4,66		
Newport / Welsh Masters	Eleri	Jones	Show	8,60		29,12															
Swansea / Welsh Masters	Llinos	Jones	Show					2'40.19	5'14.02	11'46.83											
Worcester/ Welsh Masters	Georgie	Parnell (Prior)	Show					2'23.24													
Worcester/ Welsh Masters	Victoria	Watkins	Show			31,06	69,74														
AGE GROUP 40-49																					
Bromsgrove & Redd /Welsh Masters	Joanne	Frost	Show	8,11															5,38		
Wrexham /Welsh Masters	Amanda	Cook	Show	8,78								9,93							4,51	9,20	
Portsmouth / Welsh Masters	Claudia	Cubbage	Show										2,20	9,15	19,19	20,08	17,77				1,30
Swansea / Welsh Masters	Helen-Marie	Davies	Show							10'59.89											
Rhondda / Welsh Masters	Ruth	Jansen	Show											9,42							
Lliswerry /Welsh Masters	Keri (Keri-Lyn)	Jones	Show					6'07.48													
Birchfield/Cardiff Met /Welsh Masters	Michelle	Thomas	Show	8,05		26,33															
Wrexham /Welsh Masters	Amanda	Broadhurst	Show	9,55		31,87		3'01.35				10,44		8,38					4,10	8,84	1,27

MTandFL Athletes

Club	1 st Name	Surname	P of 10 Profile	60 Indoors	100	200	400	800	1500	3000	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	16.4	31.38	87.72															
Bristol & West /Welsh Masters	Sarah	Everitt	Show					2'32.83	5'16.98	11'13.31												
Llanelli / Welsh Masters	Lisa	Franklin	Show												7.27							
Worcester/ Welsh Masters	Melanie	Garland	Show	8,97	14.6	30.42													4.73	9.72	1.36	
Newport / Welsh Masters	Louise	Kirby	Show	9,30	15.4	31.53	71.39				15'37.48											
Pembrokeshire /Welsh Masters	Karen	Llewelin	Show												8.15	21.28		26.97				
Wimbledon Hercules /Welsh Masters	Alison	Murray	Show											3.02							1.41	
Bromsgrove & Redd /Welsh Masters	Sharon	Samuel	Show	8,83		29.48																
Newport / Welsh Masters	Juliet	Sidney	Show	8,58		28.97																
Chelmsford /Welsh Masters	Clare	St. John-Coleman	Show	9,59	15.75															3.72		
Worcester/ Welsh Masters	Jan	Timberlake	Show	9,68								11.82								4.27	9.05	1,30
AGE GROUP 60-69																						
Emlyn Runners /Welsh Masters	Helen	Lutley	Show						7'07.42													
Swansea / Welsh Masters	Renate	Prells	Show												7.48	20.08		30.13				
Worcester/ Welsh Masters	Ros	Townsend-Hope	Show			36,80	80.69	3'08.99														
Les Croupier /Welsh Masters	Andrea	Webster	Show							14'08.25												
Bromsgrove & Redd /Welsh Masters	Julie	Wakelam	Show													18.83	21.14	25.85	3.58	7.39	1.14	

MTandFL Athletes

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AGE GROUP 70+																					
Worcester/ Welsh Masters	Iris	Holder	Show	11,38											5.43				2.95	6.25	
Swansea / Welsh Masters	Daphne	Marler	Show	14,23															2.02	4.95	
AGE GROUP 80+																					
Lincoln Wellington /Welsh Masters	Dorothy	Fraser	Show	13,21		52.68															
RELAYS																					
Welsh Masters Ladies Team W35-49			Show			1'57.04															
Welsh Masters Ladies Team W50-59			Show			2'01.99															
Welsh Masters Ladies Team W60-69			Show			2'56.46															
																			Stat's Updated 19/4/2019 Roger Garland		

