

Welsh Masters Ladies			2019 season's best known performances																		
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 35-39																					
Nuneaton /Welsh Masters	Cheryl	Devonish	Show		14.8	30.2															
Parc Bryn Bach / Welsh Masters	Sarah	Coote	Show					2'34.08	1 mile 6.15												
Liswerry Runners /Welsh Masters	Vicky	Fear	Show		14.9	31.8	75.5	3'19.9													
Deeside / Welsh Masters	Ali	McLellan	Show	8,79	13.6	28.1													4.66	9.72	
Newport / Welsh Masters	Eleri	Jones	Show	8,60		29.12															
Swansea / Welsh Masters	Llinos	Jones	Show					2'40.19	5'14.02	11'17.6											
Worcester/ Welsh Masters	Georgie	Parnell (Prior)	Show				67.7	2'23.24	5'05.1												
Worcester/ Welsh Masters	Victoria	Watkins	Show		15.7	31.06	68.9								(400h) 82,0						

MTandFL Athletes

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AGE GROUP 40-49																					
Bromsgrove & Redd /Welsh Masters	Joanne	Frost	Show	8,11															5.38		
Wrexham /Welsh Masters	Amanda	Cook	Show	8,78	14.4							9.93	13,10						4.73	9,30	
Portsmouth / Welsh Masters	Claudia	Cubbage	Show		17.8									2,20	9.15	21.66	20.65	18.01		8.08	1,30
Swansea / Welsh Masters	Helen-Marie	Davies	Show							10'59.89											
3M Gorseinon / Welsh Masters	Michelle	Cole	Show				76.6			11'41.7											
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						
Lliswerry /Welsh Masters	Keri (Keri-Lyn)	Jones	Show						6'07.48												
Burnden Runners /Welsh Masters	Sarah	Kearney	Show							10.58.91											
Brecon / Welsh Masters	Catherine	Olivant	Show					3'11.46	6'29.67												
Worcester/ Welsh Masters	Becky	Selvey	Show				68.62	2'35.9	5'21.2	11.56.3											
Bristol & West / Welsh Masters	Sasha	Spottiswoode	Show													23.86	26.09	28,45			
Birchfield / Welsh Masters	Michelle	Thomas	Show	8,05		26.33															
Wrexham /Welsh Masters	Amanda	Broadhurst	Show	9,55	15.4	31.87	70.37	3'01.35				10.44	14.18		8.38		22.88		4,10	9,08	1,27

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AGE GROUP 50-59																					
Forest of Dene/ Welsh Masters	Angela	Bryant	Show	9,36	15.8	31.38	87.72														
Brecon / Welsh Masters	Clare	Davies	Show		18.2	37.9	92.0	3'45.1							7.98		14.96	14.34	3,30	7.74	1.15
Welsh Masters	Susan	Davis	Show			43.8	1'42.5														
Wrecsam Tri / Welsh Masters	Helen	Davies	Show							11.31.7											
Brecon / Welsh Masters	Julie	Driscoll	Show			49.9									7.71	21.67	14.52	29.08			
Bristol & West /Welsh Masters	Sarah	Everitt	Show					2'30.13	5'16.98	11'13.31											
Llanelli / Welsh Masters	Lisa	Franklin	Show												7.27	15.39	20.95				
Worcester/ Welsh Masters	Melanie	Garland	Show	8,97	14.24	30.02									7.63	21.15			4.73	9.72	1.36
Newport / Welsh Masters	Louise	Kirby	Show	9,30	15.4	31.5	71.39				15'37.48		18.96								
Pembrokeshire /Welsh Masters	Karen	Llewelin	Show												8.15	21.28		27.43			
Wimbledon Hercules /Welsh Masters	Alison	Murray	Show											3.02							1.41
Llanelli / Welsh Masters	Jenny	Phillips	Show					2'43.13													
Bristol & West / Welsh Masters	Heather	Ross	Show			37.18						11.11									
Bromsgrove & Redd /Welsh Masters	Sharon	Samuel	Show	8,83	14.6	29.48															
Les Croupier /Welsh Masters	Julie	Scholey	Show						6'29.5												
Newport / Welsh Masters	Juliet	Sidney	Show	8,58		28.97															
Chelmsford /Welsh Masters	Clare	St. John-Coleman	Show	9,59	15.3 W														3.72	7,80	
Worcester/ Welsh Masters	Jan	Timberlake	Show	9,68								11.82	16.79			21.78			4.27	9.05	1,30
Woking / Welsh Masters	Kay	Trinder	Show							11'55.4				2,10							

MTandFL Athletes

<i>Fairlands Valley / Welsh Masters</i>	<i>Alison</i>	<i>Wood</i>	<u>Show</u>																			

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AGE GROUP 60-69																					
Les Croupier /Welsh Masters	Eirian	Arwyn	Show		19.3	43.5	1'53.0	4'13.3	8'10.8	17'14.3					5.82		14.82	13.74	2.29	5.07	0.90
Worcester/ Welsh Masters	Liz	Bowers	Show							13'19.1	13'26.1										
Welsh Masters	Annette	Hames	Show					3'18.9	6'14.8	12.51.7											
Emlyn Runners /Welsh Masters	Helen	Lutley	Show						7'07.42												
Ottley / Welsh Masters	Caroline	Marler	Show		16.9	35.5															
Swansea / Welsh Masters	Renate	Prells	Show												7.48	21.17		30.13			
Worcester/ Welsh Masters	Ros	Townsend-Hope	Show		18.5	36.50	80.69	3'08.99													
Les Croupier /Welsh Masters	Andrea	Webster	Show							14'08.25											
Bromsgrove & Redd /Welsh Masters	Julie	Wakelam	Show		17.1										7.22	18.99	21.14	27.57	3.65	7.56	1.15
AGE GROUP 70+																					
Worcester/ Welsh Masters	Iris	Holder	Show	11.38	18.58	42.5									5.43		6.57		2.95	6.25	
Emlyn Runners / Welsh Masters	Helen	Lutley	Show																		
Rhondda / Welsh Masters	Helen	Cole	Show												6.22		12.00		1.25		
Swansea / Welsh Masters	Daphne	Marler	Show	14.23													7.81	10.96	2.02	4.95	
Ashford / Welsh Masters	Pat	Oakes	Show														11.43				
AGE GROUP 80+																					
Lincoln Wellington /Welsh Masters	Dorothy	Fraser	Show	13.21	23.1	52.68									5.07						
RELAYS						4x100	4x200														
Welsh Masters Ladies Team W35-49							1'57.04														
Welsh Masters Ladies Team W50-59							2'01.99														
Welsh Masters Ladies Team W60-69							2'56.46														
																			Stat's Updated 15/6/2019 Roger Garland		

