

WMAL Women's Rankings 1st September 2021



100m							
Eleri Jones	2021	V35	13.1	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Michelle Thomas	2021	V45	12.96	Kettering	Kettering Open Meeting		2021-05-31
Henrietta Anstey	2021	V45	14.9	Yate	Avon Track & Field League		2021-06-13
Juliet Sidney	2021	V50	13.9	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Louise Kirby	2021	V50	14.7	Gloucester	Gloucester June Open		2021-06-15
Jan Timberlake	2021	V50	16.6	Gloucester	Gloucester June Open		2021-06-15
Angela Bryant	2021	V60	15.29	Derby	BMAF - British Masters Championships		2021-08-21
Clare St. John-Coleman	2021	V60	15.46	Chelmsford	Chelmsford Sport & Athletics Centre		2021-05-26
Julie Wakelam	2021	V60	16.8	Stratford upon Avon	Midland Veterans League		2021-07-21
Nicola Buckwell	2021	V65	17.6	Cheltenham	Cheltenham Restart Open		2021-05-29
Caroline Marler	2021	V70	16.98	Lee Valley	British Masters AF Regional Challenge (South)		2021-08-01
Iris Holder	2021	V75	19.5	Gloucester	Gloucestershire County Championships		2021-05-23
Dorothy Fraser	2021	V80	23.32	Derby	BMAF - British Masters Championships		2021-08-21

200m							
Eleri Jones	2021	V35	27.7	Gloucester	Gloucester June Open		2021-06-15
Victoria Watkins	2021	V40	31.9	Redditch	Midland Veterans League		2021-06-23
Michelle Thomas	2021	V45	27.48	Nuneaton	Midland Masters Championships		2021-06-06
Henrietta Anstey	2021	V45	32.20	Yate	Midland League - Gloucs		2021-06-20
Juliet Sidney	2021	V50	29.4	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Louise Kirby	2021	V50	31.55	Nuneaton	Midland Masters Championships		2021-06-06
Angela Bryant	2021	V60	32.4	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Julie Wakelam	2021	V60	35.5	Redditch	Midland Veterans League		2021-08-11
Nicola Buckwell	2021	V65	35.16	Tonbridge	Tonbridge AC Meeting		2021-05-03
Caroline Marler	2021	V70	35.81	Derby	BMAF - British Masters Championships		2021-08-21
Dorothy Fraser	2021	V80	54.19	Derby	BMAF - British Masters Championships		2021-08-21

400m							
Georgie Parnell	2021	V35	63.8	Cheltenham	Cheltenham Restart Open		2021-05-29
Victoria Watkins	2021	V40	73	Cheltenham	Cheltenham Restart Open		2021-05-29
Michelle Thomas	2021	V45	63.7	Telford	Midlands Veterans T&F League		2021-05-26
Henrietta Anstey	2021	V45	73	Yate	Avon Track & Field League		2021-06-13
Rebecca Selvey	2021	V45	73.8	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Louise Kirby	2021	V50	73.6	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Clare St. John-Coleman	2021	V60	103.9	Southend	Eastern Masters League Southern		2021-07-28
Angela Bryant	2021	V60	77.14	Nuneaton	Midland Masters Championships		2021-06-06
Annette Hames	2021	V60	88.5	Jarrow	North East Masters AA League		2021-07-05
Ros Townsend-Hope	2021	V65	82.8	Stratford upon Avon	Midland Veterans League		2021-07-21

800m							
Georgie Parnell	2021	V35	2:19.9	Stourport	Midland League - Worcs/Here/West	2021-06-20	
Katy Roy	2021	V35	2:20.9	Cheltenham	Midland League - Gloucs	2021-07-11	
Victoria Watkins	2021	V40	2:48.7	Redditch	Midland Veterans League	2021-08-11	
Rebecca Selvey	2021	V45	2:50.7	Redditch	Midland Veterans League	2021-06-23	
Sarah Everitt	2021	V50	2:35.1	Yate	Avon Track & Field League	2021-07-04	
Jenny Phillips	2021	V50	2:53.00	Derby	BMAF - British Masters Championships	2021-08-21	
Annette Hames	2021	V60	3:22.0	Jarrow	North East Masters AA League	2021-07-19	
Ros Townsend-Hope	2021	V65	3:12.9	Redditch	Midland Veterans League	2021-08-11	
Nicola Buckwell	2021	V65	3:42.9	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27	

1500m							
Katy Roy	2021	V35	4:48.70	Yate	National Athletics League Premier West	2021-06-06	
Julie Chamberlain	2021	V35	5:37.04	Newport	Welsh Athletics Event Specific - Endurance	2021-06-26	
Sarah Everitt	2021	V50	5:17.4	Yate	Avon Track & Field League	2021-06-13	
Jenny Phillips	2021	V50	5:45.67	Derby	BMAF - British Masters Championships	2021-08-21	
Annette Hames	2021	V60	6:30.5	Nuneaton	England Masters AA Inter Area Match	2021-07-18	

Mile							
Katy Roy	2021	V35	5:19.4	Cheltenham	Cheltenham Midsummer Open	2021-07-07	
Victoria Watkins	2021	V40	6:16.1	Stratford upon Avon	Midland Veterans League	2021-07-21	
Annette Hames	2021	V60	6:57.1	Jarrow	North East Masters AA League	2021-07-19	
Ros Townsend-Hope	2021	V65	7:05.1	Stratford upon Avon	Midland Veterans League	2021-07-21	

3000m							
Katy Roy	2021	V35	10:43.77	Yate	National Athletics League Premier West	2021-08-28	
Julie Chamberlain	2021	V35	12:06.8	Nuneaton	England Masters AA Inter Area Match	2021-07-18	
Annette Hames	2021	V60	13:28.9	Jarrow	North East Masters AA League	2021-05-18	
Annette Hames	2021	V60	13:41.3	Jarrow	North East Masters AA League	2021-07-05	
Ros Townsend-Hope	2021	V65	13:57.9	Redditch	Midland Veterans League	2021-06-23	

5000m							
Helen-Marie Davies	2021	V40	19:26.52	Carmarthen	Welsh Endurance Meeting 1	2021-05-26	
Llinos Jones	2021	V40	19:56.31	Carmarthen	Welsh Endurance Meeting 1	2021-05-26	
Rebecca Selvey	2021	V45	23:48.97	Nuneaton	Midland Masters Championships	2021-06-06	
Sarah Everitt	2021	V50	19:50.7	Cheltenham	Midland League - Gloucs	2021-07-11	
Annette Hames	2021	V60	23:03.78	Jarrow	North East Masters AA Championships	2021-06-19	

100HW							
Dash Newington	2021	V35	20.77	Belfast	Northern Ireland Masters Association Championships	2021-06-26	

400HW							
Henrietta Anstey	2021	V45	84.32	Yate	National Athletics League Premier West	2021-08-28	

80HW40							
Dash Newington	2021	V35	16.3	Nuneaton	England Masters AA Inter Area Match	2021-07-18	
Henrietta Anstey	2021	V45	17.21	Swindon	Swindon Harriers - Mark Cawte Spring Open Meeting	2021-05-09	

80HW50							
Pamie Murray	2021	V50	18	Nuneaton	England Masters AA Inter Area Match	2021-07-18	
Jan Timberlake	2021	V50	17.7	Nuneaton	England Masters AA Inter Area Match	2021-07-18	

80HW60							
Nicola Buckwell	2021	V65	17.7	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27	

2000W							
Dash Newington	2021	V35	14:00.46	Nuneaton	Midland Masters Championships	2021-06-06	

HJ							
Dash Newington	2021	V35	1.40	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Michelle Thomas	2021	V45	1.20	Telford	Midlands Veterans T&F League		2021-05-26
Claudia Cubbage	2021	V45	1.10	Portsmouth	Southern Athletics League - Hampshire		2021-07-11
Alison Murray	2021	V50	1.30	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Jan Timberlake	2021	V50	1.15	Cheltenham	Cheltenham Midsummer Open		2021-07-14
Julie Wakelam	2021	V60	1.15	Stratford upon Avon	Midland Veterans League		2021-07-21
Nicola Buckwell	2021	V65	1.06	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W		2021-06-27
LJ							
Dash Newington	2021	V35	4.65	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Jan Timberlake	2021	V50	4.01	Nuneaton	Midland Counties Athletic Association Senior & U20 Championships		2021-06-13
Amanda Broadhurst	2021	V50	3.80	Derby	BMAF - British Masters Championships		2021-08-22
Louise Kirby	2021	V50	3.74	Derby	BMAF - British Masters Championships		2021-08-22
Clare St. John-Coleman	2021	V60	3.97	Chelmsford	Essex County Championships		2021-07-31
Julie Wakelam	2021	V60	3.56	Redditch	Midland Veterans League		2021-08-11
Nicola Buckwell	2021	V65	3.24	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W		2021-06-27
Caroline Marler	2021	V70	3.27	Nuneaton	England Masters AA Inter Area Match		2021-07-18
Daphne Marler	2021	V70	1.90	Swansea	Swansea HJ & LJ Open		2021-06-28
Iris Holder	2021	V75	2.86	Gloucester	Gloucestershire County Championships		2021-05-16
TJ							
Dash Newington	2021	V35	9.22	Kilmarnock	Scottish Athletics Combined Events & Masters Championships & F		2021-07-10
Amanda Broadhurst	2021	V50	8.87	Stretford	British Masters AF Regional Challenge (North)		2021-07-24
Jan Timberlake	2021	V50	8.53	Derby	BMAF - British Masters Championships		2021-08-21
Clare St. John-Coleman	2021	V60	7.43	Chelmsford	Southern Athletics League - Essex		2021-07-11
Julie Wakelam	2021	V60	7.03	Stratford upon Avon	Midland Veterans League		2021-07-21
Iris Holder	2021	V75	5.91	Nuneaton	Midland Masters Championships		2021-06-06
PV							
Dash Newington	2021	V35	2.20	Jarrow	North East Grand Prix		2021-06-30
Claudia Cubbage	2021	V45	1.80	Winchester	Southern Athletics League - Hampshire		2021-08-14
Alison Murray	2021	V50	2.60	Nuneaton	England Masters AA Inter Area Match		2021-07-18

HT4k							
Dash Newington	2021	V35	22.91	Jarrow	North East Masters AA League	2021-07-05	
Catherine Alford	2021	V45	29.52	Nuneaton	England Masters AA Inter Area Match	2021-07-18	
Claudia Cabbage	2021	V45	17.01	Brighton	Southern Athletics League - Sussex Coast	2021-06-20	
Julie Wakelam	2021	V60	23.94	Solihull	Midland League - West Mids (Central/East)	2021-07-11	

HT3K							
Jan Timberlake	2021	V50	23.19	Cheltenham	Cheltenham Midsummer Open	2021-07-14	
Julie Wakelam	2021	V60	31.05	Sheffield	Master Grand Prix 2021	2021-07-18	

JT500							
Amanda Broadhurst	2021	V50	24.06	Derby	BMAF - British Masters Championships	2021-08-22	
Jan Timberlake	2021	V50	23.07	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27	
Lisa Franklin	2021	V50	21.41	Nuneaton	England Masters AA Inter Area Match	2021-07-18	
Julie Wakelam	2021	V60	21.47	Sheffield	Master Grand Prix 2021	2021-07-18	
Nicola Buckwell	2021	V65	16.08	Derby	BMAF - British Masters Championships	2021-08-21	

JT600							
Dash Newington	2021	V35	16.84	Jarrow	North East Masters AA Championships	2021-06-19	
Claudia Cabbage	2021	V45	17.85	Portsmouth	Southern Athletics League - Hampshire	2021-07-11	
Julie Wakelam	2021	V60	18.46	Redditch	Midland Veterans League	2021-08-11	

DT1k							
Dash Newington	2021	V35	17.14	Nuneaton	Midland Masters Championships	2021-06-06	
Claudia Cabbage	2021	V45	22.54	Winchester	Southern Athletics League - Hampshire	2021-08-14	
Catherine Alford	2021	V45	22.27	Nuneaton	England Masters AA Inter Area Match	2021-07-18	
Jan Timberlake	2021	V50	25.07	Stratford upon Avon	Midland Veterans League	2021-07-21	
Julie Wakelam	2021	V60	19.74	Stourport	Worcestershire County Championships	2021-07-31	

SP3k							
Amanda Broadhurst	2021	V50	9.81	Nuneaton	England Masters AA Inter Area Match	2021-07-18	
Julie Wakelam	2021	V60	6.71	Sheffield	Master Grand Prix 2021	2021-07-18	
Nicola Buckwell	2021	V65	7.70	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27	

SP4k							
Dash Newington	2021	V35	6.32	Jarrow	North East Masters AA Championships	2021-06-19	
Catherine Alford	2021	V45	8.66	Cardiff	Welsh Senior Open & Run With the Wind	2021-07-11	
Claudia Cabbage	2021	V45	8.14	Brighton	Southern Athletics League - Sussex Coast	2021-06-20	
Michelle Thomas	2021	V45	7.93	Telford	Midlands Veterans T&F League	2021-05-26	
Jan Timberlake	2021	V50	7.78	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27	
Caroline Marler	2021	V70	7.90	Nuneaton	England Masters AA Inter Area Match	2021-07-18	

WT5.45K							
Julie Wakelam	2021	V60	11.75	Sheffield	Master Grand Prix 2021	2021-07-18	

WT7.26K							
Jan Timberlake	2021	V50	6.12	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27	

WT9.08K							
Dash Newington	2021	V35	9.61	Jarrow	North East Masters AA League	2021-07-05	

PenWtW55							
Jan Timberlake	2021	V50	2456	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27	

PenWtW60							
Julie Wakelam	2021	V60	3219	Sheffield	Master Grand Prix 2021	2021-07-18	

PenW65							
Nicola Buckwell	2021	V65	3226	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27	