

Women's WMAL Rankings to 1st Feb

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Rhiannon Jenkins	2023	V35	W	60	9.35	Cardiff	Cardiff Met Grand Prix	22/01/2023
Eleri Jones	2023	V40	W	60	8.49	Cardiff	Cardiff Met Grand Prix	22/01/2023
Louise Kirby	2023	V55	W	60	9.59	Cardiff	Cardiff Met Grand Prix	22/01/2023
Angela Bryant	2022	V60	W	60	9.74	Sheffield	Northern Athletics Indoor Open	20/11/2022
Angela Bryant	2022	V60	W	60	9.74	Sheffield	Northern Athletics Indoor Open	10/12/2022
Caroline Marler	2023	V70	W	60	10.70	Sportcity	Manchester Indoor Open Meetings	29/01/2023
Angela Bryant	2022	V60	W	150	24.14	Sheffield	Northern Athletics Indoor Open	20/11/2022
Eleri Jones	2023	V40	W	200	29.56	Cardiff	Cardiff Met Grand Prix	22/01/2023
Angela Bryant	2023	V60	W	200	34.92	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Nicola Buckwell	2023	V65	W	200	35.47	Cardiff	Cardiff Met Grand Prix	22/01/2023
Caroline Marler	2023	V70	W	200	37.33	Sportcity	Manchester Indoor Open Meetings	29/01/2023
Angela Bryant	2022	V60	W	300	56.26	Cardiff	Cardiff Met Grand Prix	18/12/2022
Angela Bryant	2022	V60	W	400	82.72	Sheffield	Run Jump Throw & Master GP	29/12/2022
Donna Morris	2023	V35	W	3000	10:35.67	Cardiff	Cardiff Met Grand Prix	22/01/2023
Dash Newington	2023	V35	W	3000W	19:24.44	Dubbo, AUS	New South Wales Country Championships	20/01/2023
Caroline Marler	2023	V70	W	60HW70	13.24	Sportcity	Manchester Indoor Open Meetings	08/01/2023
Dash Newington	2022	V35	W	DT1K	26.35	Wellington, NZL	New Zealand Masters Track & Field Championships	02/12/2022
Dash Newington	2023	V35	W	HJ	1.48	Brisbane, AUS	Queensland Masters Athletics Brisbane Regional Meet	14/01/2023
Caroline Marler	2023	V70	W	HJ	1.10	Sportcity	Manchester Indoor Open Meetings	29/01/2023
Dash Newington	2022	V35	W	HT4K	29.95	Wellington, NZL	New Zealand Masters Track & Field Championships	02/12/2022
Dash Newington	2023	V35	W	JT600	21.13	Brisbane, AUS	Norma Croker Shield	07/01/2023
Dash Newington	2023	V35	W	LJ	4.52	Brisbane, AUS	Norma Croker Shield	07/01/2023
Nicola Buckwell	2023	V65	W	LJ	3.01	Cardiff	Cardiff Met Grand Prix	22/01/2023
Caroline Marler	2023	V70	W	LJ	3.05	Sheffield	Run Jump Throw & Master GP	21/01/2023
Dash Newington	2022	V35	W	PenWtW35	1996	Wellington, NZL	New Zealand Masters Track & Field Championships	02/12/2022
Dash Newington	2023	V35	W	PV	2.90	Brisbane, AUS	Cathy Freeman Shield	14/01/2023
Claudia Cabbage	2022	V45	W	PV	2.12	Lee Valley	Vault London	11/12/2022
Caroline Marler	2023	V70	W	SP3K	7.60	Sheffield	Run Jump Throw & Master GP	21/01/2023
Lesley Brown	2023	V45	W	SP4K	9.43	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Dash Newington	2023	V35	W	TJ	10.19	Brisbane, AUS	Queensland Masters Athletics Brisbane Regional Meet	14/01/2023