


Welsh Masters Ladies			2018 season's best known performances																			
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																						
Nuneaton /Welsh Masters	Cheryl	Devonish	Show		14.3	29.79																
Pembrokeshire /Welsh Masters	Tracy	Thomas	Show												7.23	24.52	17.91	23.41				
Liswerry Runners /Welsh Masters	Vicky	Fear	Show	9,06	15.4	30,86		3'00.88														
Bromsgrove & Redd /Welsh Masters	Joanne	Frost	see next age group	8,08	13,0	27.4												9.88	5.44			
Amman Valley / Welsh Masters	Llinos	Jones	Show					2'30.4	5'02.19	10'46.01												
Worcester/ Welsh Masters	Georgie	Parnell (Prior)	Show				65,19	2'25.5														
Worcester/ Welsh Masters	Victoria	Watkins	Show			30.7	66.32	2'36.69	6'01.3				20.4									
AGE GROUP 40-49																						
Bromsgrove & Redd /Welsh Masters	Joanne	Frost	Show		12.89	27.4	64.2											9.88	5.45			
Wrexham /Welsh Masters	Amanda	Cook	Show	8,87																4.71		
Portsmouth / Welsh Masters	Claudia	Cubbage	Show										25.7	2,40	9.33	22.05	21.27	18.34				1,30
Swansea / Welsh Masters	Helen-Marie	Davies	Show					2'49.94	5'28.70	11'41.8												
Rhondda / Welsh Masters	Catherine	Alford	Show												8.86	24,80		31.39				
Brecon / Welsh Masters	Julie	Driscoll	Show												6.85	23.33	14.36	27.26				
Rhondda / Welsh Masters	Ruth	Jansen	Show												10.38		29.21					
Lliswerry /Welsh Masters	Keri (Keri-Lyn)	Jones	Show						5'49.30													

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Amman Valley /Welsh Masters	Sharon	Leech	Show						5'25.89	11'30.01											
Brecon / Welsh Masters	Catherine	Olivant	Show					3'11.22	6'37.56	13'14.77											
Newport / Welsh Masters	Juliet	Sidney	see next age group	8,65		29,96															
Birchfield/Cardiff Met /Welsh Masters	Michelle	Thomas	Show	8,18	13,01	27,09															
Wrexham /Welsh Masters	Amanda	Wale	Show	9,35		31,02							13,97		8,71		25,92		4,03	8,88	1,28
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 50-59																					
Worcester/ Welsh Masters	Wendy	Bennett	Show								11'08.9										
Brecon / Welsh Masters	Clare	Davies	Show												6,82				3,18		
Bristol & West /Welsh Masters	Sarah	Everitt	Show					2,26.37	5'03.19	11'23'27											
LLanelli / Welsh Masters	Lisa	Franklin	Show												6,58	17,41	22,08				
Worcester/ Welsh Masters	Melanie	Garland	Show	9,06	14,37	30,34						11,98			8,36	22,79	17,95		4,67	9,42	1,40
Newport / Welsh Masters	Louise (Sharon)	Kirby	Show	9,31	15,02	31,21	69,09	3'03.36											3,20		
Pembrokeshire /Welsh Masters	Karen	Llewelin	Show												8,75	21,70	16,18	30,50			
Wimbledon Hercules /Welsh Masters	Alison	Murray	Show											3,01						5,55	1,35
Bromsgrove & Redd /Welsh Masters	Sharon	Samuel	Show	9,09	14,06	29,25	71,9														
Les Croupier /Welsh Masters	Julie	Scholey	Show							13'06,10											
Newport / Welsh Masters	Juliet	Sidney	Show	8,65	13,60	29,12										15,93		4,38			
Forest of Dene/ Welsh Masters	Angela	Sonn	Show	9,22	14,6	30,99	74,51										5,17				
Chelmsford /Welsh Masters	Clare	St. John-Coleman	Show		15,2	35,76													3,53	7,61	

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Worcester/ Welsh Masters	Jan (Janice)	Timberlake	Show									(80H) 16.07	22.9						4.36	8.83 (9.98)	1,30
Fairlands Valley / Welsh Masters	Alison	Wood	Show			91.4	2'40.1	5'15.7	11'19.7												
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 60-69																					
Medway & M'stone /Welsh Masters	Fiona	Argent	Show												6.01	12.87	11.22				
Worcester/ Welsh Masters	Liz (Elizabeth)	Bowers	Show			38.7	85.99	3'02.90	6'02.3	13'18.7	13'21.9								2.15		
Otley / Welsh Masters	Caroline	Marler	Show		16.3	31.93	72.27								8.32						
Swansea / Welsh Masters	Renate	Prells	Show												7.34	20.15	7.25	29.78			
Worcester/ Welsh Masters	Ros (Rosalind)	Townsend-Hope	Show		17.61	36.55	79.02	3'01.4													0.99
Lliswerry /Welsh Masters	Gill	Williams	Show								16'34.42										
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 70+																					
Rhondda / Welsh Masters	Helen	Cole	Show												3k 5.09						
Yate / Westbury /Welsh Masters	Pat	Gallagher	Show					3'23.04	7'09.55												
Worcester/ Welsh Masters	Iris	Holder	Show	11.16	19.00										5.50		7.16		3.07	6.50	
Swansea / Welsh Masters	Daphne	Marler	Show	14.16	25.49														2.00	4.84	
Ashford / Welsh Masters	Pat	Oakes	Show	11.97	19.93	45.0						15.10	22.2		6.72				2.89	6.17	0.99
AGE GROUP 80+																					
Lincoln Wellington /Welsh Masters	Dorothy	Fraser	Show	11.91	21.88	45.97	1'58.86														
RELAYS				4x100	4x200																
Welsh Masters Ladies Team		W35-49	Show	55.80	x																
Welsh Masters Ladies Team		W50-59	Show	59.32	2'08.05																
Welsh Masters Ladies Team		W60+	Show	75.16	2'56.86																
																Stat's Updated 1/10/2018 Roger Garland					