

**WMAL - Women's Performances up to 23rd July 2021 - from P10**

Name	Year	AG	Event	Performance	Venue	Meeting	Date
Dash Newington	2021	V35	2000W	14:00.46	Nuneaton	Midland Masters Championships	2021-06-06
Dash Newington	2021	V35	80HW40	16.3	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Dash Newington	2021	V35	100HW	20.77	Belfast	Northern Ireland Masters Association Championships	2021-06-26
Dash Newington	2021	V35	HJ	1.40	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Dash Newington	2021	V35	PV	2.20	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Dash Newington	2021	V35	LJ	4.65	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Dash Newington	2021	V35	TJ	9.22	Kilmarnock	Edinburgh Scottish Athletics Combined Events & Masters Championships & Hurdles	2021-07-10
Dash Newington	2021	V35	WT9.08K	9.61	Jarrow	North East Masters AA League	2021-07-05
Dash Newington	2021	V35	SP4K	6.32	Jarrow	North East Masters AA Championships	2021-06-19
Dash Newington	2021	V35	DT1K	17.14	Nuneaton	Midland Masters Championships	2021-06-06
Dash Newington	2021	V35	HT4K	22.91	Jarrow	North East Masters AA League	2021-07-05
Dash Newington	2021	V35	JT600	16.84	Jarrow	North East Masters AA Championships	2021-06-19
Eleri Jones	2021	V35	100	13.1	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Eleri Jones	2021	V35	200	27.7	Gloucester	Gloucester June Open	2021-06-15
Georgie Parnell	2021	V35	400	63.8	Cheltenham	Cheltenham Restart Open	2021-05-29
Georgie Parnell	2021	V35	800	2:19.9	Stourport	Midland League - Worcs/Here/West	2021-06-20
Georgie Parnell	2021	V35	LJ	3.96	Hornchurch	Havering AC Warm Up Meeting	2021-05-02
Helen-Marie Davies	2021	V40	5000	19:26.52	Carmarthen	Welsh Endurance Meeting 1	2021-05-26
Llinos Jones	2021	V40	5000	19:56.31	Carmarthen	Welsh Endurance Meeting 1	2021-05-26
Victoria Watkins	2021	V40	200	31.9	Redditch	Midland Veterans League	2021-06-23
Victoria Watkins	2021	V40	800	2:54.5	Redditch	Midland Veterans League	2021-06-23
Victoria Watkins	2021	V40	3000	11:43.91	Nuneaton	Nuneaton Summer Special Open Event	2021-07-04
Victoria Watkins	2021	V40	400	73.00	Cheltenham	Cheltenham Restart Open	2021-05-29
Catherine Alford	2021	V45	SP4K	8.66	Cardiff	Welsh Senior Open & Run With the Wind	2021-07-11
Catherine Alford	2021	V45	DT1K	22.27	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Catherine Alford	2021	V45	HT4K	29.52	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Henrietta Anstey	2021	V45	100	14.9	Yate	Avon Track & Field League	2021-06-13
Henrietta Anstey	2021	V45	200	32.20	Yate	Midland League - Gloucs	2021-06-20
Henrietta Anstey	2021	V45	400	73	Yate	Avon Track & Field League	2021-06-13
Henrietta Anstey	2021	V45	400HW	85.43	Yate	Midland League - Gloucs	2021-06-20
Henrietta Anstey	2021	V45	80HW40	17.21	Swindon	Swindon Harriers	2021-05-09
Claudia Cabbage	2021	V45	SP4K	8.14	Brighton	Southern Athletics League - Sussex Coast	2021-06-20
Claudia Cabbage	2021	V45	HJ	1.10	Portsmouth	Southern Athletics League - Hampshire	2021-07-11
Claudia Cabbage	2021	V45	SP4K	7.54	Portsmouth	Southern Athletics League - Hampshire	2021-07-11
Claudia Cabbage	2021	V45	DT1K	19.83	Brighton	Southern Athletics League - Sussex Coast	2021-06-20
Claudia Cabbage	2021	V45	HT4K	17.01	Brighton	Southern Athletics League - Sussex Coast	2021-06-20
Claudia Cabbage	2021	V45	JT600	17.85	Portsmouth	Southern Athletics League - Hampshire	2021-07-11
Claudia Cabbage	2021	V45	PV	1.55	Portsmouth	Southern Athletics League - Hampshire	2021-07-11
Michelle Thomas	2021	V45	200	27.48	Nuneaton	Midland Masters Championships	2021-06-06
Michelle Thomas	2021	V45	100	12.96	Kettering	Kettering Open Meeting	2021-05-31
Michelle Thomas	2021	V45	400	63.7	Telford	Midlands Veterans T&F League	2021-05-26
Michelle Thomas	2021	V45	HJ	1.20	Telford	Midlands Veterans T&F League	2021-05-26
Michelle Thomas	2021	V45	SP4K	7.93	Telford	Midlands Veterans T&F League	2021-05-26
Rebecca Selvey	2021	V45	5000	23:48.97	Nuneaton	Midland Masters Championships	2021-06-06
Rebecca Selvey	2021	V45	400	73.8	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Rebecca Selvey	2021	V45	800	2:50.7	Redditch	Midland Veterans League	2021-06-23

Amanda Broadhurst	2021	V50	SP3K	9.81	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Lisa Franklin	2021	V50	JT500	21.41	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Jan Timberlake	2021	V50	HJ	1.15	Cheltenham	Cheltenham Midsummer Open	2021-07-14
Jan Timberlake	2021	V50	80HW50	17.7	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Jan Timberlake	2021	V50	TJ	8.47	Stourport	Midland League - Worcs/Here/West	2021-06-20
Jan Timberlake	2021	V50	JT500	23.07	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Jan Timberlake	2021	V50	HT3K	23.19	Cheltenham	Cheltenham Midsummer Open	2021-07-14
Jan Timberlake	2021	V50	WT7.26K	6.12	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Jan Timberlake	2021	V50	PenWtW55	2456	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Jan Timberlake	2021	V50	SP3K	7.78	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Jan Timberlake	2021	V50	LJ	4.01	Nuneaton	Midland Counties Athletic Association Senior & U20 Championships	2021-06-13
Jan Timberlake	2021	V50	DT1K	24.40	Nuneaton	Midland Counties Athletic Association Senior & U20 Championships	2021-06-13
Sarah Everitt	2021	V50	800	2:35.1	Yate	Avon Track & Field League	2021-07-04
Sarah Everitt	2021	V50	5000	19:50.7	Cheltenham	Midland League - Gloucs	2021-07-11
Sarah Everitt	2021	V50	1500	5:17.4	Yate	Avon Track & Field League	2021-06-13
Alison Murray	2021	V50	HJ	1.30	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Alison Murray	2021	V50	PV	2.60	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Pamie Murray	2021	V50	80HW50	18	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Jenny Phillips	2021	V50	800	2:53.6	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Jenny Phillips	2021	V50	1500	5:58.2	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Juliet Sidney	2021	V50	100	13.9	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Juliet Sidney	2021	V50	200	29.4	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Louise Kirby	2021	V50	400	73.6	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Louise Kirby	2021	V50	100	14.7	Gloucester	Gloucester June Open	2021-06-15
Louise Kirby	2021	V50	200	31.55	Nuneaton	Midland Masters Championships	2021-06-06
Angela Bryant	2021	V60	100	15.3	Yate	Avon Track & Field League	2021-06-13
Angela Bryant	2021	V60	200	32.4	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Angela Bryant	2021	V60	400	77.14	Nuneaton	Midland Masters Championships	2021-06-06
Annette Hames	2021	V60	5000	23:03.78	Jarrow	North East Masters AA Championships	2021-06-19
Annette Hames	2021	V60	800	3:22.0	Jarrow	North East Masters AA League	2021-07-19
Annette Hames	2021	V60	1500	6:30.5	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Annette Hames	2021	V60	Mile	6:57.1	Jarrow	North East Masters AA League	2021-07-19
Annette Hames	2021	V60	400	88.5	Jarrow	North East Masters AA League	2021-07-05
Annette Hames	2021	V60	3000	13:28.9	Jarrow	North East Masters AA League	2021-05-18
Clare St. John-Coleman	2021	V60	100	15.46	Chelmsford	Chelmsford Sport & Athletics Centre	2021-05-26
Clare St. John-Coleman	2021	V60	LJ	3.96	Hornchurch	Havering AC Warm Up Meeting	2021-05-02
Clare St. John-Coleman	2021	V60	TJ	7.43	Chelmsford	Southern Athletics League - Essex	2021-07-11
Julie Wakelam	2021	V60	200	36.1	Redditch	Midland Veterans League	2021-06-23
Julie Wakelam	2021	V60	SP3K	6.71	Sheffield	Master Grand Prix 2021	2021-07-18
Julie Wakelam	2021	V60	WT5.45K	11.75	Sheffield	Master Grand Prix 2021	2021-07-18
Julie Wakelam	2021	V60	DT1K	19.62	Sheffield	Master Grand Prix 2021	2021-07-18
Julie Wakelam	2021	V60	PenWtW60	3219	Sheffield	Master Grand Prix 2021	2021-07-18
Julie Wakelam	2021	V60	HT4K	23.94	Solihull	Midland League - West Mids (Central/East)	2021-07-11
Julie Wakelam	2021	V60	HT3K	31.05	Sheffield	Master Grand Prix 2021	2021-07-18
Julie Wakelam	2021	V60	LJ	3.48	Solihull	Midland League - West Mids (Central/East)	2021-07-11
Julie Wakelam	2021	V60	JT500	21.47	Sheffield	Master Grand Prix 2021	2021-07-18
Julie Wakelam	2021	V60	TJ	7.00	Redditch	Midland Veterans League	2021-06-23

Ros Townsend-Hope	2021	V65	800	3:14.5	Redditch	Midland Veterans League	2021-06-23
Ros Townsend-Hope	2021	V65	3000	13:57.9	Redditch	Midland Veterans League	2021-06-23
Nicola Buckwell	2021	V65	800	3:42.9	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Nicola Buckwell	2021	V65	80HW60	17.7	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Nicola Buckwell	2021	V65	HJ	1.06	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Nicola Buckwell	2021	V65	LJ	3.24	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Nicola Buckwell	2021	V65	SP3K	7.70	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Nicola Buckwell	2021	V65	PenW65	3226	Horspath	BMAF Pentathlon, Throws Pentathlon plus 5000m & 5000W	2021-06-27
Nicola Buckwell	2021	V65	100	17.6	Cheltenham	Cheltenham Restart Open	2021-05-29
Nicola Buckwell	2021	V65	200	35.16	Tonbridge	Tonbridge AC Meeting	2021-05-03
Nicola Buckwell	2021	V65	JT500	15.82	Tonbridge	Tonbridge AC Meeting	2021-05-03
Caroline Marler	2021	V70	100	17.2	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Caroline Marler	2021	V70	LJ	3.27	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Caroline Marler	2021	V70	SP3K	7.90	Nuneaton	England Masters AA Inter Area Match	2021-07-18
Daphne Marler	2021	V70	LJ	1.90	Swansea	Swansea HJ & LJ Open	2021-06-28
Iris Holder	2021	V75	LJ	2.86	Gloucester	Gloucestershire County Championships	2021-05-16
Iris Holder	2021	V75	100	19.5	Gloucester	Gloucestershire County Championships	2021-05-23
Iris Holder	2021	V75	TJ	5.91	Nuneaton	Midland Masters Championships	2021-06-06
Dorothy Fraser	2021	V80	100	25.30	Nuneaton	Midland Masters Championships	2021-06-06
Dorothy Fraser	2021	V80	200	59.01	Nuneaton	Midland Masters Championships	2021-06-06