

Welsh Masters Ladies					
Track & Field Rankings 2018					
60 metres					
Club	First Name	Surname	Age Category	P of 10 Profile	60m Indoors
Bromsgrove & Redd / Welsh Masters	Joanne	Frost	W35	Show	8.08
Birchfield/Cardiff Met / Welsh Masters	Michelle	Thomas	W45	Show	8.18
Newport / Welsh Masters	Juliet	Sidney	W45	Show	8.65
Wrexham / Welsh Masters	Amanda	Cook	W40	Show	8.87
Liswerry Runners / Welsh Masters	Vicky	Fear	W35	Show	9.06
Worcester / Welsh Masters	Melanie	Garland	W55	Show	9.06
Bromsgrove & Redd / Welsh Masters	Sharon	Samuel	W50	Show	9.09
Forest of Dene / Welsh Masters	Angela	Sonn	W55	Show	9.22
Newport / Welsh Masters	Louise (Sharon)	Kirby	W50	Show	9.31
Wrexham / Welsh Masters	Amanda	Wale	W45	Show	9.35
Worcester / Welsh Masters	Iris	Holder	W75	Show	11.16
Ashford / Welsh Masters	Pat	Oakes	W70	Show	11.97
Lincoln Wellington / Welsh Masters	Dorothy	Fraser	W80	Show	12.91
Swansea / Welsh Masters	Daphne	Marler	W70	Show	14.16
100 metres					
Club	First Name	Surname	Age Category	P of 10 Profile	100m
Bromsgrove & Redd / Welsh Masters	Joanne	Frost	W40	Show	12.89
Birchfield/Cardiff Met / Welsh Masters	Michelle	Thomas	W45	Show	13.01
Newport / Welsh Masters	Juliet	Sidney	W50	Show	13.60
Bromsgrove & Redd / Welsh Masters	Sharon	Samuel	W50	Show	14.06
Nuneaton / Welsh Masters	Cheryl	Devonish	W35	Show	14.3
Worcester / Welsh Masters	Melanie	Garland	W55	Show	14.37
Forest of Dene / Welsh Masters	Angela	Sonn	W55	Show	14.6
Newport / Welsh Masters	Louise (Sharon)	Kirby	W50	Show	15.02
Chelmsford / Welsh Masters	Clare	St. John-Coleman	W55	Show	15.2
Liswerry Runners / Welsh Masters	Vicky	Fear	W35	Show	15.4
Ortley / Welsh Masters	Caroline	Marler	W65	Show	16.3
Worcester / Welsh Masters	Ros (Rosalind)	Townsend-Hope	W60	Show	17.61
Worcester / Welsh Masters	Iris	Holder	W75	Show	19.00
Ashford / Welsh Masters	Pat	Oakes	W70	Show	19.93
Lincoln Wellington / Welsh Masters	Dorothy	Fraser	W80	Show	21.88
Swansea / Welsh Masters	Daphne	Marler	W70	Show	25.49
200 metres					
Club	First Name	Surname	Age Category	P of 10 Profile	200m
Birchfield/Cardiff Met / Welsh Masters	Michelle	Thomas	W45	Show	27.09
Bromsgrove & Redd / Welsh Masters	Joanne	Frost	W40	Show	27.4
Newport / Welsh Masters	Juliet	Sidney	W50	Show	29.12
Bromsgrove & Redd / Welsh Masters	Sharon	Samuel	W50	Show	29.25
Nuneaton / Welsh Masters	Cheryl	Devonish	W35	Show	29.79
Worcester / Welsh Masters	Melanie	Garland	W55	Show	30.34
Worcester / Welsh Masters	Victoria	Watkins	W35	Show	30.7
Liswerry Runners / Welsh Masters	Vicky	Fear	W35	Show	30.86
Forest of Dene / Welsh Masters	Angela	Sonn	W55	Show	30.99
Wrexham / Welsh Masters	Amanda	Wale	W45	Show	31.02
Newport / Welsh Masters	Louise (Sharon)	Kirby	W50	Show	31.21
Ortley / Welsh Masters	Caroline	Marler	W65	Show	31.93
Chelmsford / Welsh Masters	Clare	St. John-Coleman	W55	Show	35.76
Worcester / Welsh Masters	Ros (Rosalind)	Townsend-Hope	W60	Show	36.55
Worcester / Welsh Masters	Liz (Elizabeth)	Bowers	W65	Show	38.7
Ashford / Welsh Masters	Pat	Oakes	W70	Show	45.0
Lincoln Wellington / Welsh Masters	Dorothy	Fraser	W80	Show	45.97
400 metres					
Club	First Name	Surname	Age Category	P of 10 Profile	400m
Bromsgrove & Redd / Welsh Masters	Joanne	Frost	W40	Show	64.2
Worcester / Welsh Masters	Georgie	Parnell (Prior)	W35	Show	65.19
Worcester / Welsh Masters	Victoria	Watkins	W35	Show	66.32
Newport / Welsh Masters	Louise (Sharon)	Kirby	W50	Show	69.09
Bromsgrove & Redd / Welsh Masters	Sharon	Samuel	W50	Show	71.9
Ortley / Welsh Masters	Caroline	Marler	W65	Show	72.27
Forest of Dene / Welsh Masters	Angela	Sonn	W55	Show	74.51
Worcester / Welsh Masters	Ros (Rosalind)	Townsend-Hope	W60	Show	79.02
Worcester / Welsh Masters	Liz (Elizabeth)	Bowers	W65	Show	85.99
Fairlands Valley / Welsh Masters	Alison	Wood	W50	Show	131.4
Lincoln Wellington / Welsh Masters	Dorothy	Fraser	W80	Show	158.86
800 metres					
Club	First Name	Surname	Age Category	P of 10 Profile	800m
Worcester / Welsh Masters	Georgie	Parnell (Prior)	W35	Show	2'25.5
Bristol & West / Welsh Masters	Sarah	Everitt	W50	Show	2'26.37

Amman Valley / Welsh Masters	Linos	Jones	W35	Show	2'30.4
Worcester / Welsh Masters	Victoria	Watkins	W35	Show	2'36.69
Fairlands Valley / Welsh Masters	Alison	Wood	W50	Show	2'40.1
Swansea / Welsh Masters	Helen-Marie	Davies	W40	Show	2'49.94
Liswerry Runners / Welsh Masters	Vicky	Fear	W35	Show	3'00.88
Worcester / Welsh Masters	Ros (Rosalind)	Townsend-Hope	W60	Show	3'01.4
Worcester / Welsh Masters	Liz (Elizabeth)	Bowers	W65	Show	3'02.90
Newport / Welsh Masters	Louise (Sharon)	Kirby	W50	Show	3'03.36
Brecon / Welsh Masters	Catherine	Olivant	W40	Show	3'11.22
Yale / Westbury Welsh Masters	Pat	Gallagher	W70	Show	3'23.04
1500 metres					
Club	First Name	Surname	Age Category	P of 10 Profile	1500m
Amman Valley / Welsh Masters	Linos	Jones	W35	Show	5'02.19
Bristol & West Welsh Masters	Sarah	Everitt	W50	Show	5'03.19
Fairlands Valley / Welsh Masters	Alison	Wood	W50	Show	5'15.7
Amman Valley / Welsh Masters	Sharon	Leech	W45	Show	5'25.89
Swansea / Welsh Masters	Helen-Marie	Davies	W40	Show	5'28.70
Liswerry / Welsh Masters	Keri (Keri-Lyn)	Jones	W45	Show	5'49.30
Worcester / Welsh Masters	Victoria	Watkins	W35	Show	6'01.3
Worcester / Welsh Masters	Liz (Elizabeth)	Bowers	W65	Show	6'02.3
Yale / Westbury Welsh Masters	Pat	Gallagher	W70	Show	7'09.55
3000 metres					
Club	First Name	Surname	Age Category	P of 10 Profile	3000m
Amman Valley / Welsh Masters	Linos	Jones	W35	Show	10'46.01
Fairlands Valley / Welsh Masters	Alison	Wood	W50	Show	11'19.7
Bristol & West Welsh Masters	Sarah	Everitt	W50	Show	11'23'27
Amman Valley / Welsh Masters	Sharon	Leech	W45	Show	11'30.01
Swansea / Welsh Masters	Helen-Marie	Davies	W40	Show	11'41.8
Les Crouper / Welsh Masters	Julie	Scholey	W55	Show	13'06.10
Brecon / Welsh Masters	Catherine	Olivant	W40	Show	13'14.77
Worcester / Welsh Masters	Liz (Elizabeth)	Bowers	W65	Show	13'18.7
2k Race Walk					
Club	First Name	Surname	Age Category	P of 10 Profile	2k Walk
Worcester / Welsh Masters	Wendy	Bennett	W50	Show	11'08.9
Worcester / Welsh Masters	Liz (Elizabeth)	Bowers	W65	Show	13'21.9
Liswerry / Welsh Masters	Gill	Williams	W60	Show	16'34.42
60m Hurdles					
Club	First Name	Surname	Age Category	P of 10 Profile	60H
Worcester / Welsh Masters	Melanie	Garland	W55	Show	11.98
Ashford / Welsh Masters	Pat	Oakes	W70	Show	15.10
80m Hurdles					
Club	First Name	Surname	Age Category	P of 10 Profile	80H
Wrexham / Welsh Masters	Amanda	Wale	W45	Show	13.97
Worcester / Welsh Masters	Jan (Janice)	Timbertake	W50	Show	16.07
Ashford / Welsh Masters	Pat	Oakes	W70	Show	22.2
100m Hurdles					
Club	First Name	Surname	Age Category	P of 10 Profile	100H
Worcester / Welsh Masters	Victoria	Watkins	W35	Show	20.4
Worcester / Welsh Masters	Jan (Janice)	Timbertake	W50	Show	22.9
Portsmouth / Welsh Masters	Claudia	Cubbage	W45	Show	25.7
Pole Vault					
Club	First Name	Surname	Age Category	P of 10 Profile	Pole Vault
Wimbedon Hercules Welsh Masters	Alison	Murray	W50	Show	3.01
Portsmouth / Welsh Masters	Claudia	Cubbage	W45	Show	3.40
Shot Put					
Club	First Name	Surname	Age Category	P of 10 Profile	Shot Put
Rhondda / Welsh Masters	Ruth	Jansen	W40	Show	10.38
Portsmouth / Welsh Masters	Claudia	Cubbage	W45	Show	9.33
Rhondda / Welsh Masters	Catherine	Alford	W45	Show	8.86
Pembrokeshire / Welsh Masters	Karen	Llewella	W50	Show	8.75
Wrexham / Welsh Masters	Amanda	Wale	W45	Show	8.71
Worcester / Welsh Masters	Melanie	Garland	W55	Show	8.36
Orley / Welsh Masters	Caroline	Marler	W65	Show	8.32
Swansea / Welsh Masters	Renate	Prells	W65	Show	7.34
Pembrokeshire / Welsh Masters	Tracy	Thomas	W35	Show	7.23
Brecon / Welsh Masters	Julie	Driscoll	W45	Show	6.85
Brecon / Welsh Masters	Clare	Davies	W50	Show	6.82
Ashford / Welsh Masters	Pat	Oakes	W70	Show	6.72
Llanelli / Welsh Masters	Lisa	Franklin	W50	Show	6.58
Medway & M'stone / Welsh Masters	Fiona	Argent	W65	Show	6.01
Worcester / Welsh Masters	Iris	Holder	W75	Show	5.50
Rhondda / Welsh Masters	Helen	Cole	W75	Show	5.09
Discus					
Club	First Name	Surname	Age Category	P of 10 Profile	Discus
Rhondda / Welsh Masters	Catherine	Alford	W45	Show	24.80

Pembrokeshire / Welsh Masters	Tracy	Thomas	W35	Show	24.52
Brecon / Welsh Masters	Julie	Driscoll	W45	Show	23.33
Worcester / Welsh Masters	Melanie	Garland	W55	Show	22.79
Portsmouth / Welsh Masters	Claudia	Cubbage	W45	Show	22.05
Pembrokeshire / Welsh Masters	Karen	Llewellyn	W50	Show	21.70
Swansea / Welsh Masters	Renate	Prelis	W65	Show	20.15
Llanelli / Welsh Masters	Lisa	Franklin	W50	Show	17.41
Newport / Welsh Masters	Juliet	Sidney	W50	Show	15.93
Medway & M Stone / Welsh Masters	Fiona	Argent	W65	Show	12.87
Javelin					
Club	First Name	Surname	Age Category	P of 10 Profile	Jav
Rhondda / Welsh Masters	Ruth	Jansen	W40	Show	29.21
Wrexham / Welsh Masters	Amanda	Wale	W45	Show	25.92
Llanelli / Welsh Masters	Lisa	Franklin	W50	Show	22.08
Portsmouth / Welsh Masters	Claudia	Cubbage	W45	Show	21.27
Worcester / Welsh Masters	Melanie	Garland	W55	Show	17.95
Pembrokeshire / Welsh Masters	Tracy	Thomas	W35	Show	17.91
Pembrokeshire / Welsh Masters	Karen	Llewellyn	W50	Show	16.18
Brecon / Welsh Masters	Julie	Driscoll	W45	Show	14.36
Medway & M Stone / Welsh Masters	Fiona	Argent	W65	Show	11.22
Swansea / Welsh Masters	Renate	Prelis	W65	Show	7.25
Worcester / Welsh Masters	Iris	Holder	W75	Show	7.16
Forest of Dene / Welsh Masters	Angela	Soun	W55	Show	5.17
Hammer					
Club	First Name	Surname	Age Category	P of 10 Profile	Hammer
Rhondda / Welsh Masters	Catherine	Alford	W45	Show	31.39
Pembrokeshire / Welsh Masters	Karen	Llewellyn	W50	Show	30.50
Swansea / Welsh Masters	Renate	Prelis	W65	Show	29.78
Brecon / Welsh Masters	Julie	Driscoll	W45	Show	27.26
Pembrokeshire / Welsh Masters	Tracy	Thomas	W35	Show	23.41
Portsmouth / Welsh Masters	Claudia	Cubbage	W45	Show	18.34
Bromsgrove & Redd / Welsh Masters	Jouane	Frost	W35	Show	9.88
Newport / Welsh Masters	Juliet	Sidney	W50	Show	4.38
Long Jump					
Club	First Name	Surname	Age Category	P of 10 Profile	Long Jump
Bromsgrove & Redd / Welsh Masters	Jouane	Frost	W40	Show	5.45
Wrexham / Welsh Masters	Amanda	Cook	W40	Show	4.71
Worcester / Welsh Masters	Melanie	Garland	W55	Show	4.67
Worcester / Welsh Masters	Jan (Janice)	Timberlake	W50	Show	4.36
Wrexham / Welsh Masters	Amanda	Wale	W45	Show	4.03
Chelmsford / Welsh Masters	Clare	St. John-Coleman	W55	Show	3.53
Newport / Welsh Masters	Louise (Sharon)	Kirby	W50	Show	3.20
Brecon / Welsh Masters	Clare	Davies	W50	Show	3.18
Worcester / Welsh Masters	Iris	Holder	W75	Show	3.07
Ashford / Welsh Masters	Pat	Oakes	W70	Show	2.89
Worcester / Welsh Masters	Liz (Elizabeth)	Bowers	W65	Show	2.15
Swansea / Welsh Masters	Daphne	Marler	W70	Show	2.00
Triple Jump					
Club	First Name	Surname	Age Category	P of 10 Profile	Triple Jump
Worcester / Welsh Masters	Melanie	Garland	W55	Show	9.42
Wrexham / Welsh Masters	Amanda	Wale	W45	Show	8.88
Worcester / Welsh Masters	Jan (Janice)	Timberlake	W50	Show	8.83
Chelmsford / Welsh Masters	Clare	St. John-Coleman	W55	Show	7.61
Worcester / Welsh Masters	Iris	Holder	W75	Show	6.50
Ashford / Welsh Masters	Pat	Oakes	W70	Show	6.17
Wimbedon Hercules / Welsh Masters	Alison	Murray	W50	Show	5.55
Swansea / Welsh Masters	Daphne	Marler	W70	Show	4.84
High Jump					
Club	First Name	Surname	Age Category	P of 10 Profile	H J
Worcester / Welsh Masters	Melanie	Garland	W55	Show	1.40
Wimbedon Hercules / Welsh Masters	Alison	Murray	W50	Show	1.35
Portsmouth / Welsh Masters	Claudia	Cubbage	W45	Show	1.30
Worcester / Welsh Masters	Jan (Janice)	Timberlake	W50	Show	1.30
Wrexham / Welsh Masters	Amanda	Wale	W45	Show	1.28
Worcester / Welsh Masters	Ros (Rosalind)	Townsend-Hope	W60	Show	0.99
Ashford / Welsh Masters	Pat	Oakes	W70	Show	0.99
Ranking Staffs Compiled by Roger Garland, Track and Field Team Manager October 2018					