

Welsh Masters Ladies			2019 season's best known performances																			
Club	1 st Name	Surname	P of 10 Profile	60 Indoors	100	200	400	800	1500	3000	5000	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		14.1	29.2																
Bridgend / Welsh Masters	Leigh	James	Show								19'28.2											
Builth / Welsh Masters	Donna	Morris	Show					2'47.95	5'46.3													
Parc Bryn Bach / Welsh Masters	Sarah	Coote	Show					2'30.4	1 mile 5.55													
Liswerry Runners /Welsh Masters	Vicky	Fear	Show		14.9	31.8	75.5	3'19.9														
Deeside / Welsh Masters	Ali	McLellan	Show	8.79	13.53	27.54														4.66	9.72	
Newport / Welsh Masters	Eleri	Jones	Show	8.60		29.12																
Swansea / Welsh Masters	Llinos	Jones	Show					2'40.19	5'14.02	11'17.6	20'06.91											
Worcester/ Welsh Masters	Georgie	Parnell	Show				67.7	2'22.5	5'05.1													
Worcester/ Welsh Masters	Victoria	Watkins	Show		15.3	31.06	68.58															

MTandFL Athletes

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AGE GROUP 40-49																						
Bromsgrove & Redd /Welsh Masters	Joanne	Frost	Show	8,11																5.38		
3M Gorseionon / Welsh Masters	Michelle	Cole	Show				76.6			11'41.7												
Wrexham /Welsh Masters	Amanda	Cook	Show	8,78	13.87								9.93	12.74			22.83			4.73	9.30	
Wrexham /Welsh Masters	Emma	Crowe	Show							10'48.46	19'05.7											
Portsmouth / Welsh Masters	Claudia	Cubbage	Show		17.8										2,20	9.15	21.97	20.65	18.52		8.08	1,30
Swansea / Welsh Masters	Helen-Marie	Davies	Show							10'59.89												
Rhondda / Welsh Masters	Catherine	Alford	Show													7.86	21.95	12.61	28,70			
Les Croupier /Welsh Masters	Jannek	van Beijnum	Show						5'39,0													
Les Croupier /Welsh Masters	Claire	Bruce	Show						5'36.6	11.56.6												
Rhondda / Welsh Masters	Ruth	Jansen	Show													9.42		25,50				
Llisbury /Welsh Masters	Keri (Keri-Lyn)	Jones	Show						6'07.48	13'00.57												
Brecon / Welsh Masters	Catherine	Olivant	Show					3'11.46	6'29.67	13'17.47	23'08.66											
Worcester/ Welsh Masters	Becky	Selvey	Show			32.3	68.62	2'33.2	5'21.2	11.56.3						5.73						
Bristol & West / Welsh Masters	Sasha	Spottiswoode	Show		17.82												23.86	26.09	30.65			
Birchfield / Welsh Masters	Michelle	Thomas	Show	8,05		26.33																
Wrexham /Welsh Masters	Amanda	Broadhurst	Show	9,55	15.4	31.59	70.37	2'56,30					10.44	14.18		8.42		25.62		4,10	9.08	1,31

MTandFL Athletes

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AGE GROUP 50-59																						
Forest of Dene/ Welsh Masters	Angela	Bryant	Show	9,36	14.97	31.38	87.72															
Welsh Masters	Susan	Davis	Show		19.9	43.8	1'42.5		1 mile 8.11													
Brecon / Welsh Masters	Clare	Davies	Show		18.2	37.9	92.0	3'45.1								7.98	10.80	14.96	14.34	3.30	7.74	1.15
Wrecsam Tri / Welsh Masters	Helen	Davies	Show							11.18.97												
Brecon / Welsh Masters	Julie	Driscoll	Show		21.8	49.9										7.71	22.96	16.20	29.08			
Bristol & West /Welsh Masters	Sarah	Everitt	Show					2'30.13	5'16.98	11'13.31												
Llanelli / Welsh Masters	Lisa	Franklin	Show													7.27	16.86	21.44				
Worcester/ Welsh Masters	Melanie	Garland	Show	8,97	14.1	29.9										7.63	21.73			4.73	9.72	1.36
Newport / Welsh Masters	Louise	Kirby	Show	9,30	15.16	31.5	71.39					15'37.48		18.96								
Pembrokeshire /Welsh Masters	Karen	Llewelin	Show													8.15	21.28	12.96	28.91			
Wimbledon Hercules /Welsh Masters	Alison	Murray	Show											28,0	3.02					3,50		1.41
Llanelli / Welsh Masters	Jenny	Phillips	Show					2'43.13														
Bristol & West / Welsh Masters	Heather	Ross	Show			37.18							11.11	15.32								
Bromsgrove & Redd /Welsh Masters	Sharon	Samuel	Show	8,83	14.6	29.48																
Newport / Welsh Masters	Juliet	Sidney	Show	8,58	13.98	28.97		2'57.2														
Chelmsford /Welsh Masters	Clare	St. John-Coleman	Show	9,59	15.3 W	35.2									1,60					3.72	7,80	
Worcester/ Welsh Masters	Jan	Timberlake	Show	9,68	16.4								11.82	16.79		7.52	21.78			4.52	9.05	1,30
Woking / Welsh Masters	Kay	Trinder	Show						11'50.4	20'15.5					2,10							
Fairlands Valley / Welsh Masters	Alison	Wood	Show					2'42.5	5,26.6	12'20.3												

MTandFL Athletes

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AGE GROUP 60-69																						
Les Croupier /Welsh Masters	Eirian	Arwyn	Show		18.43	42.1	1'53.0	4'04.65	7'47.25	16'52.00						5.82	15.18	14.82	13.74	2.29	6.00	0.95
Worcester	Liz	Bowers	Show					3'09.4	6'23.27	13'19.1		13'26.1										
Welsh Masters	Annette	Hames	Show					3'18.9	6'14.8	12.51.7	21'30.9											
Emlyn Runners /Welsh Masters	Helen	Lutley	Show						7'07.42													
Ottley / Welsh Masters	Caroline	Marler	Show		16.15	33.65	74.79															
West Cheshire	Catheryn	McGrath	Show													5.05	13.07	10.07		1.45		
Swansea / Welsh Masters	Renate	Prells	Show													7.48	21.17		30.13			
Les Croupier /Welsh Masters	Julie	Scholey	Show					3'25.45	6'29.5			16'27.42										
Worcester/ Welsh Masters	Ros	Townsend-Hope	Show		17.9	36.50	80.11	3'04.4														0.95
Les Croupier /Welsh Masters	Andrea	Webster	Show							14'08.25												
Bromsgrove & Redd /Welsh Masters	Julie	Wakelam	Show		17.1											7.32	19.68	21.89	31.75	3.67	7.56	1.18
AGE GROUP 70+																						
Yate / Westbury /Welsh Masters	Pat	Gallagher	Show					3'59.9														
Worcester/ Welsh Masters	Iris	Holder	Show	11,38	18.35	42.5										5.43		6.57		2.95	6.25	
Rhondda / Welsh Masters	Helen	Cole	Show													6.22	10.52	12.05	13.45	1.25		
Swansea / Welsh Masters	Daphne	Marler	Show	14,23	25.27												10.74	7.81	10.96	2.02	4.95	
Ashford / Welsh Masters	Pat	Oakes	Show															13.49			5.52	0.90
AGE GROUP 80+																						
Lincoln Wellington /Welsh Masters	Dorothy	Fraser	Show	13,21	23.1	52.68										5.07						
RELAYS					4x100	4x200																
Welsh Masters Ladies Team W35-49				Show		1'57.04																
Welsh Masters Ladies Team W50-59				Show		2'01.99																
Welsh Masters Ladies Team W60-69				Show		2'56.46																



Stat's Updated
25/7/2019
Roger Garland