

Women's WMAL Rankings to 3rd March NOT including Inter Area 26/02/23

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Rhiannon Jenkins	2023	V35	W	60	9.26	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Dash Newington	2023	V35	W	60	9.14	Campbelltown, AU	New South Wales Masters Athletics Championships	04/02/2023
Eleri Jones	2023	V40	W	60	8.49	Cardiff	Cardiff Met Grand Prix	22/01/2023
Michelle Thomas	2023	V50	W	60	8.40	Loughborough	Loughborough Indoor Open	04/02/2023
Juliet Sidney	2023	V50	W	60	8.76	CD da Madeira, PO	Master Athletics international Meeting	28/01/2023
Louise Kirby	2023	V55	W	60	9.51	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Jan Timberlake	2023	V55	W	60	9.87	Sportcity	Manchester Indoor Open Meetings	29/01/2023
Angela Bryant	2023	V60	W	60	9.60	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Clare St. John-Coleman	2023	V60	W	60	9.79	Lee Valley	London Indoor Games U20/Senior	22/01/2023
Caroline Marler	2023	V70	W	60	10.60	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Daphne Marler	2023	V75	W	60	15.84	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Dorothy Fraser	2023	V85	W	60	14.65	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Angela Bryant	2022	V60	W	150	24.14	Sheffield	Northern Athletics Indoor Open	20/11/2022
Rhiannon Jenkins	2023	V35	W	200	31.44	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Eleri Jones	2023	V40	W	200	28.76	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Michelle Thomas	2023	V50	W	200	27.72	Birmingham	Restricted Open Meeting	26/02/2023
Juliet Sidney	2023	V50	W	200	28.99	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Amanda Broadhurst	2023	V50	W	200	32.04	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Louise Kirby	2023	V55	W	200	31.78	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Angela Bryant	2023	V60	W	200	32.91	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Nicola Buckwell	2023	V65	W	200	34.90	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Caroline Marler	2023	V70	W	200	35.64	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Dorothy Fraser	2023	V85	W	200	61.37	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
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
Katy Roy	2023	V35	W	800	2:18.81	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	29/01/2023
Donna Morris	2023	V35	W	3000	10:35.67	Cardiff	Cardiff Met Grand Prix	22/01/2023
Dash Newington	Awaiting	Approval	W	60HW	11.20	Brisbane, AUS	Queensland Masters Athletics Championships	18/02/2023
Rhiannon Jenkins	2023	V35	W	60HW	12.28	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Amanda Broadhurst	2023	V50	W	60HW50	10.83	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Louise Kirby	2023	V55	W	60HW50	13.88	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Nicola Buckwell	2023	V65	W	60HW60	13.40	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Caroline Marler	2023	V70	W	60HW70	13.24	Sportcity	Manchester Indoor Open Meetings	08/01/2023
Dash Newington	2023	V35	W	100HW	18.58	Doncaster, AUS	Victorian Masters Athletics Championships	11/02/2023
Dash Newington	Awaiting	Approval	W	400HW	80.80	Brisbane, AUS	Queensland Masters Athletics Championships	18/02/2023
Dash Newington	Awaiting	Approval	W	1500W	8:40.00	Brisbane, AUS	Queensland Masters Athletics Championships	18/02/2023
Dash Newington	2023	V35	W	3000W	19:24.44	Dubbo, AUS	New South Wales Country Championships	20/01/2023
Dash Newington	Awaiting	Approval	W	5000W	32:56.66	Brisbane, AUS	Queensland Masters Athletics Championships	18/02/2023
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	2023	V35	W	JT600	21.13	Brisbane, AUS	Norma Croker Shield	07/01/2023
Dash Newington	2023	V35	W	LJ	4.76	Dubbo, AUS	New South Wales Country Championships	20/01/2023
Rhiannon Jenkins	2023	V35	W	LJ	3.94	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Jan Timberlake	2023	V55	W	LJ	3.89	Sportcity	Manchester Indoor Open Meetings	29/01/2023
Louise Kirby	2023	V55	W	LJ	3.57	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Clare St. John-Coleman	2023	V60	W	LJ	3.49	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Nicola Buckwell	2023	V65	W	LJ	3.22	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Caroline Marler	2023	V70	W	LJ	3.05	Sheffield	Run Jump Throw & Master GP	21/01/2023
Daphne Marler	2023	V75	W	LJ	1.57	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Dash Newington	2023	V35	W	TJ	10.41	Campbelltown, AU	New South Wales Masters Athletics Championships	04/02/2023
Amanda Broadhurst	2023	V50	W	TJ	8.97	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Daphne Marler	2023	V75	W	TJ	4.04	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
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
Dash Newington	Awaiting	Approval	W	DT1K	28.42	Brisbane, AUS	Queensland Masters Athletics Championships	18/02/2023
Dash Newington	2023	V35	W	DT1K	26.66	Doncaster, AUS	Victorian Masters Athletics Championships	11/02/2023
Dash Newington	2023	V35	W	JT600	21.13	Brisbane, AUS	Norma Croker Shield	07/01/2023
Lesley Brown	2023	V45	W	SP4K	9.43	Connah's Quay	North Wales Indoor T&F Championships	15/01/2023
Amanda Broadhurst	2023	V50	W	SP3K	9.91	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Jan Timberlake	2023	V55	W	SP3K	7.81	Sheffield	Run Jump Throw & Master GP	21/01/2023
Louise Kirby	2023	V55	W	SP3K	5.44	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Nicola Buckwell	2023	V65	W	SP3K	6.37	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Caroline Marler	2023	V70	W	SP3K	7.97	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Dash Newington	2022	V35	W	HT4K	29.95	Wellington, NZL	New Zealand Masters Track & Field Championships	02/12/2022
Dash Newington	2023	V35	W	WT9.08K	10.09	Doncaster, AUS	Victorian Masters Athletics Championships	11/02/2023