

Welsh Masters Athletics Limited - Women's Rankings 2023

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, AUS	New South Wales Masters Athletics Championships	04/02/2023
Emma Pengelly	2023	V35	W	60	8.66	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
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
Michelle Thomas	2023	V50	W	60	8.40	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Michelle Thomas	2023	V50	W	60	8.40	Eton	Windsor Slough Eton & Hounslow Winter Indoor Series	05/03/2023
Juliet Sidney	2023	V50	W	60	8.76	CD da Madeira, POR	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
Melanie Garland	2023	V60	W	60	9.30	Torun, POL	WMA - World Masters Championships	28/03/2023
Angela Bryant	2023	V60	W	60	9.60	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Melanie Garland	2023	V60	W	60	9.30	Torun, POL	WMA - World Masters Championships	28/03/2023
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	10.21	Torun, POL	WMA - World Masters Championships	28/03/2023
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	13.89	Torun, POL	WMA - World Masters Championships	29/03/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Samantha Gamble	2023	V35	W	100	13.21	Cardiff	Run With The Wind & Throws	10/05/2023
Emma Pengelly	2023	V35	W	100	13.50	Yate	Avon/Yate AC Masters Open	12/08/2023
Rhiannon Jenkins	2023	V35	W	100	15.00	Cardiff	Run With The Wind & Throws	10/06/2023
Dash Newington	2023	V35	W	100	15.16	Adelaide, AUS	Australian Masters Games	07/10/2023
Eleri Jones	2023	V40	W	100	13.17	Yate	Avon/Yate AC Masters Open	12/08/2023
Clare Bryant	2023	V40	W	100	14.4	Reading	Southern Counties VAC League - Western	02/07/2023
Eleri Jones	2023	V40	W	100	13.24	Aberdare	Welsh South & East Regional Championships	13/05/2023
Amanda Cook	2023	V45	W	100	14.7	Ashton-under-Lyne	Cheshire League	23/04/2023
Michelle Thomas	2023	V50	W	100	13.13	Loughborough	Charnwood AC Opens	12/07/2023
Michelle Thomas	2023	V50	W	100	13.13	Lee Valley	Be Fit Today Track Academy Outdoor Series	29/07/2023
Juliet Sidney	2023	V50	W	100	13.90	Yate	Avon/Yate AC Masters Open	12/08/2023
Amanda Broadhurst	2023	V50	W	100	15.32	Yate	Avon/Yate AC Masters Open	12/08/2023
Louise Kirby	2023	V55	W	100	15.01	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Melanie Garland	2023	V60	W	100	14.55	Yate	Avon/Yate AC Masters Open	12/08/2023
Angela Bryant	2023	V60	W	100	15.26	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Clare St. John-Coleman	2023	V60	W	100	15.40	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Clare St. John-Coleman	2023	V60	W	100	15.4	Bury St. Edmunds	Eastern Masters League	05/07/2023
Caroline Marler	2023	V70	W	100	17.73	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Daphne Marler	2023	V75	W	100	26.76	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Dorothy Fraser	2023	V85	W	100	24.51	Yate	Avon/Yate AC Masters Open	12/08/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Samantha Gamble	2023	V35	W	200	27.22	Aberdare	Inter Regional T&F Championships	16/07/2023
Katy Roy	2023	V35	W	200	28.37	Loughborough	Charnwood AC Opens	16/04/2023
Emma Pengelly	2023	V35	W	200	29.5	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Rhiannon Jenkins	2023	V35	W	200	30.95	Cardiff	Run With The Wind & Throws	10/06/2023
Rhiannon Jenkins	2023	V35	W	200	31.44i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Eleri Jones	2023	V40	W	200	27.70	Yate	Avon/Yate AC Masters Open	12/08/2023
Eleri Jones	2023	V40	W	200	28.76i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Clare Bryant	2023	V40	W	200	31.1	Abingdon	Southern Counties VAC League - Western	15/06/2023
Amanda Cook	2023	V45	W	200	31.94	Nuneaton	Midland Veterans League B Final	16/09/2023
Michelle Thomas	2023	V50	W	200	27.37	Birmingham	Midland Counties League Division 2	19/08/2023
Michelle Thomas	2023	V50	W	200	27.72i	Birmingham	Restricted Open Meeting	26/02/2023
Juliet Sidney	2023	V50	W	200	28.99i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Juliet Sidney	2023	V50	W	200	29.30	Yate	Avon/Yate AC Masters Open	12/08/2023
Amanda Broadhurst	2023	V50	W	200	31.69	Pescara, ITA	European Masters Athletics Championships	23/09/2023
Amanda Broadhurst	2023	V50	W	200	32.04i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Louise Kirby	2023	V55	W	200	31.4	Abingdon	Midland Counties League Division 3	09/09/2023
Louise Kirby	2023	V55	W	200	31.78i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Melanie Garland	2023	V60	W	200	30.8	Worcester	Worcester Athletic Club Open Meeting	22/06/2023
Angela Bryant	2023	V60	W	200	31.95	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Melanie Garland	2023	V60	W	200	32.06i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Angela Bryant	2023	V60	W	200	32.91i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Clare St. John-Coleman	2023	V60	W	200	33.8	Bedford	Eastern Masters League Final	09/09/2023
Clare St. John-Coleman	2023	V60	W	200	36.2	Grays	Eastern Masters League	07/06/2023
Nicola Buckwell	2023	V65	W	200	34.85	Nuneaton	Midland Masters Championships	11/06/2023
Nicola Buckwell	2023	V65	W	200	34.9i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Caroline Marler	2023	V70	W	200	35.64i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Caroline Marler	2023	V70	W	200	38.92	Sheffield	RJT & NMAC Series Sheffield 2023	04/07/2023
Dorothy Fraser	2023	V85	W	200	58.72	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Dorothy Fraser	2023	V85	W	200i	57.14i	Torun, POL	WMA - World Masters Championships	31/03/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Katy Roy	2023	V35	W	400	62.11	Bedford	National Athletics League Championship Division Fixture A	11/06/2023
Dash Newington	2023	V35	W	400i	71.30	Torun, POL	WMA - World Masters Championships	27/03/2023
Georgie Parnell	2023	V40	W	400	63.25	Nuneaton	Midland Counties League Technical Events	18/06/2023
Michelle Thomas	2023	V50	W	400	62.53	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Juliet Sidney	2023	V50	W	400	72.1	Newport	Midland Counties League Division 3	09/07/2023
Tracey Smedley	2023	V55	W	400	73.8	Bury St. Edmunds	Eastern Masters League	05/07/2023
Louise Kirby	2023	V55	W	400	74.29	Nuneaton	Midland Veterans League A Final	16/09/2023
Jenny Phillips	2023	V55	W	400	79.38	Carmarthen	West Wales Regional Championships	14/05/2023
Angela Bryant	2023	V60	W	400	84.88	Gloucester	Cheltenham Midsummer Opens	26/07/2023
Clare St. John-Coleman	2023	V60	W	400	101.8	Southend	Eastern Masters League	10/05/2023
Ros Townsend-Hope	2023	V65	W	400	90.7	Worcester	Midland Veterans League - South	10/05/2023
Caroline Marler	2023	V70	W	400	90.44	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Caroline Marler	2023	V70	W	400i	82.71	Torun, POL	WMA - World Masters Championships	28/03/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Katy Roy	2023	V35	W	600	1:40.69	Gloucester	Cheltenham Midsummer Opens	05/07/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Katy Roy	2023	V35	W	800	2:17.3	Gloucester	Gloucester AC Open	06/06/2023
Ewelina Ciesielska	2023	V35	W	800	2:28.72	Gloucester	Cheltenham Midsummer Opens	19/07/2023
Georgie Parnell	2023	V40	W	800	2:20.02	Exeter	BMC Regional Races	27/06/2023
Victoria Watkins	2023	V40	W	800	2:44.87	Nuneaton	Nuneaton Open Summer Special	24/06/2023
Sarah Cooto	2023	V40	W	800	2:35.3	Gloucester	Gloucestershire County Championships	29/04/2023
Isobel Dawson	2023	V40	W	800	2:53.12	Gloucester	St George's Day Open Graded Competition	23/04/2023
Isobel Dawson	2023	V40	W	800	3:00.53i	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Amanda Broadhurst	2023	V50	W	800	2:59.27	Pescara, ITA	European Masters Athletics Championships	24/09/2023
Amanda Broadhurst	2023	V50	W	800	3:01.74i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Joanne Hudson	2023	V50	W	800	3:04.76i	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Sarah Everitt	2023	V55	W	800	2:37.97	Yate	Avon League	17/09/2023
Jenny Phillips	2023	V55	W	800	3:03.21	Carmarthen	West Wales Regional Championships	14/05/2023
Louise Kirby	2023	V55	W	800	3:15.43i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Angela Bryant	2023	V60	W	800	4:30.3	Stratford-upon-Avon	Midland Veterans League - South	14/06/2023
Nicola Buckwell	2023	V65	W	800	3:25.76	Gloucester	Brewer Memorial Games	01/05/2023
Ros Townsend-Hope	2023	V65	W	800	3:30.64	Nuneaton	Midland Veterans League A Final	16/09/2023
Nicola Buckwell	2023	V65	W	800	3:33.19i	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Caroline Marler	2023	V70	W	800	3:32.07i	Torun, POL	WMA - World Masters Championships	31/03/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Katy Roy	2023	V35	W	1500	4:58.47	Gloucester	Cheltenham Midsummer Opens	05/07/2023
Ewelina Ciesielska	2023	V35	W	1500	5:00.09	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Ewelina Ciesielska	2023	V35	W	1500	5:06.06i	Cardiff	Welsh Athletics Senior & U15 Indoor Championships	28/01/2023
Georgie Parnell	2023	V40	W	1500	5:09.4	Leamington	Midland Counties League Division 3	20/05/2023
Isobel Dawson	2023	V40	W	1500	6:01.09	Yate	Avon/Yate AC Masters Open	12/08/2023
Isobel Dawson	2023	V40	W	1500	6:11.81i	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Amanda Cook	2023	V45	W	1500	5:57.3	Ashton-under-Lyne	Cheshire League	23/04/2023
Sarah Everitt	2023	V55	W	1500	5:20.34	Gloucester	Midland Counties League Division 1	20/05/2023
Annette Hames	2023	V65	W	1500	6:38.82i	Lee Valley	England Masters AA Inter Area Challenge	26/02/2023
Annette Hames	2023	V65	W	1500	6:40.1	Jarrow	North East Masters AA League	05/06/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Rebecca Selvey	2023	V50	W	Mile	7:05.5	Worcester	Midland Veterans League - South	10/05/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Donna Morris	2023	V35	W	3000	10:35.67i	Cardiff	Cardiff Met Grand Prix	22/01/2023
Ewelina Ciesielska	2023	V35	W	3000	10:47.17	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Victoria Watkins	2023	V40	W	3000	12:22.0	Stratford-upon-Avon	Midland Veterans League - South	14/06/2023
Isobel Dawson	2023	V40	W	3000	12:36.14	Carmarthen	West Wales Regional Championships	14/05/2023
Joanne Hudson	2023	V50	W	3000	12:11.80	Yate	Avon/Yate AC Masters Open	12/08/2023
Rebecca Selvey	2023	V50	W	3000	14:23.29	Nuneaton	Midland Veterans League A Final	16/09/2023
Annette Hames	2023	V65	W	3000	14:32.3	Jarrow	North East Masters AA League	31/07/2023
Donna Morris	2023	V35	W	5000	18:14.22	Newport	Welsh 3000m & 5000m Championships	31/05/2023
Katy Roy	2023	V35	W	5000	19:30.49	Rugby	Midland Counties League Division 1	19/08/2023
Victoria Watkins	2023	V40	W	5000	21:50.7	Worcester	Midland Counties League Division 4SW	20/05/2023
Annette Hames	2023	V65	W	5000	23:27.30	Jarrow	North East Masters AA Championships	17/06/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	60HW	11.21	Brisbane, AUS	Queensland Masters Athletics Championships	18/02/2023
Rhiannon Jenkins	2023	V35	W	60HW	12.28i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Amanda Broadhurst	2023	V50	W	60HW50	10.83i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Jan Timberlake	2023	V55	W	60HW50i	13.71i	Torun, POL	WMA - World Masters Championships	01/04/2023
Louise Kirby	2023	V55	W	60HW50i	13.74i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Nicola Buckwell	2023	V65	W	60HW60i	13.15i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Caroline Marler	2023	V70	W	60HW60i	12.94i	Torun, POL	WMA - World Masters Championships	31/03/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	80HW40	15.32	Townsville, AUS	Festival of Athletics	09/06/2023
Amanda Broadhurst	2023	V50	W	80HW50	14.42	Pescara, ITA	European Masters Athletics Championships	23/09/2023
Louise Kirby	2023	V55	W	80HW50	18.03	Yeovil	Bill Whistlecroft Spring Open Yeovil inc. South West Sapphire League	08/04/2023
Clare St. John-Coleman	2023	V60	W	80HW60	32.4	Grays	Eastern Masters League	07/06/2023
Nicola Buckwell	2023	V65	W	80HW60	17.73	Nuneaton	Midland Masters Championships	11/06/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	100HW	18.27	Mackay, AUS	Athletics North Queensland Championships	22/09/2023
Katherine Morgan	2023	V40	W	100HW	21.00	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Louise Kirby	2023	V55	W	300HW	60.15	Yeovil	Bill Whistlecroft Spring Open Yeovil inc. South West Sapphire League	08/04/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	400HW	80.70	Sydney, AUS	Australian Masters Athletics Championships	10/03/2023
Victoria Watkins	2023	V40	W	400HW	85.3	Tipton	Midland Counties League Division 4SW	20/08/2023
Louise Kirby	2023	V55	W	400HW	91.6	Abingdon	Midland Counties League Division 3	09/09/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Maggie Collingborn	2023	V55	W	1500SCW	7:41.67	Carmarthen	West Wales Regional Championships	14/05/2023
Victoria Watkins	2023	V40	W	2000SCW	9:40.2	Tipton	Midland Counties League Division 4SW	20/08/2023
Victoria Watkins	2023	V40	W	3000SCW	14:42.7	Stourport	Midland Counties League Division 4SW	23/07/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	1500W	8:44.20	Mackay, AUS	Mackay Track & Field Carnival	29/04/2023
Louise Kirby	2023	V55	W	MileW	12:05.9	Stratford-upon-Avon	Midland Veterans League - South	14/06/2023
Rhiannon Jenkins	2023	V35	W	2000W	22:09.08	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Louise Kirby	2023	V55	W	2000W	15:52.8	Nuneaton	Midland Veterans League A Final	16/09/2023
Melanie Garland	2023	V60	W	2000W	16:15.0	Redditch	Midland Veterans League - South	05/07/2023
Dash Newington	2023	V35	W	3000W	17:42.97	Torun, POL	WMA - World Masters Championships	28/03/2023
Dash Newington	2023	V35	W	5000W	32:56.66	Brisbane, AUS	Queensland Masters Athletics Championships	18/02/2023
Dash Newington	2023	V35	W	10000W	71:29	Sydney, AUS	Australian Masters Athletics Championships	10/03/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	DT1K	28.73	Mackay, AUS	Mackay Track & Field Carnival	29/04/2023
Lesley Brown	2023	V45	W	DT1K	25.35	Treborth	IG & Menai Track and Field Open	10/09/2023
Lesley Brown	2023	V45	W	DT1K	23.07	Ellesmere Port	West Cheshire AC 25th Anniversary Open Meeting	26/03/2023
Claudia Cabbage	2023	V50	W	DT1K	20.68	Southampton	Southern Counties VAC League - Hampshire Division	22/05/2023
Julie Driscoll	2023	V50	W	DT1K	19.69	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Catherine Alford	2023	V50	W	DT1K	19.16	Horspath	BMAF Winter Throws Championships	04/03/2023
Juliet Sidney	2023	V50	W	DT1K	15.46	Newport	Midland Counties League Division 3	09/07/2023
Michelle Thomas	2023	V50	W	DT1K	13.23	Yate	Midland Counties League Division 2	20/05/2023
Jan Timberlake	2023	V55	W	DT1K	22.17	Redditch	Midland Veterans League - South	05/07/2023
Karen Llewelin	2023	V55	W	DT1K	20.67	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Melanie Garland	2023	V60	W	DT1K	22.44	Gloucester	Gloucester AC Open	06/06/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	HT4K	31.78	Darwin, AUS	Northern Territory Track & Field Championships	07/09/2023
Lesley Brown	2023	V45	W	HT4K	42.19	Treborth	IG & Menai Track and Field Open	10/09/2023
Amanda Cook	2023	V45	W	HT4K	18.65	Birmingham	Midland Veterans League - North	17/05/2023
Claudia Cabbage	2023	V50	W	HT4K	22.26	Battersea Park	Southern Athletics League Division 2 South & West	09/07/2023
Karen Llewelin	2023	V55	W	HT4K	21.60	Carmarthen	West Wales Regional Championships	14/05/2023
Jan Timberlake	2023	V55	W	HT4K	16.91	Worcester	Midland Counties League Division 4SW	20/05/2023
Catherine Alford	2023	V50	W	HT3K	33.23	Aberdare	South Wales Throws 2	30/05/2023
Julie Driscoll	2023	V50	W	HT3K	25.84	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Catherine Alford	2023	V50	W	HT3K	33.23	Aberdare	South Wales Throws 2	30/05/2023
Claudia Cabbage	2023	V50	W	HT3K	21.06	Portsmouth	Southern Counties VAC League - Hampshire Division	24/04/2023
Karen Llewelin	2023	V55	W	HT3K	25.67	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Daphne Marler	2023	V75	W	HT2K	13.57	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	JT600	23.22	Townsville, AUS	Festival of Athletics	09/06/2023
Isobel Dawson	2023	V40	W	JT600	17.41	Carmarthen	West Wales Regional Championships	14/05/2023
Clare Bryant	2023	V40	W	JT600	17.52	Portsmouth	Southern Counties VAC League - Hampshire Division	24/04/2023
Isobel Dawson	2023	V40	W	JT600	17.41	Carmarthen	West Wales Regional Championships	14/05/2023
Lesley Brown	2023	V45	W	JT600	18.65	Ellesmere Port	West Cheshire AC 25th Anniversary Open Meeting	26/03/2023
Claudia Cabbage	2023	V50	W	JT600	19.76	Guildford	Southern Athletics League Division 2 South & West	19/08/2023
Juliet Sidney	2023	V50	W	JT600	8.47	Newport	Midland Counties League Division 3	09/07/2023
Sian Gifford	2023	V50	W	JT600	8.20	Chelmsford	Eastern Masters League	02/08/2023
Jan Timberlake	2023	V55	W	JT600	24.34	Worcester	Midland Counties League Division 4SW	20/05/2023
Melanie Garland	2023	V60	W	JT600	16.13	Stratford-upon-Avon	Midland Veterans League - South	14/06/2023
Amanda Broadhurst	2023	V50	W	JT500	25.07	Grangemouth	4J Studios scottishathletics Combined Events, Masters & Parallel Success Open	09/07/2023
Claudia Cabbage	2023	V50	W	JT500	18.14	Portsmouth	Southern Counties VAC League - Hampshire Division	24/04/2023
Julie Driscoll	2023	V50	W	JT500	12.06	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Jan Timberlake	2023	V55	W	JT500	24.40	Pescara, ITA	European Masters Athletics Championships	21/09/2023
Lisa Franklin	2023	V55	W	JT500	19.04	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Karen Llewellyn	2023	V55	W	JT500	12.63	Wrexham	The Final Fling	24/09/2023
Nicola Buckwell	2023	V65	W	JT500	17.39	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Caroline Marler	2023	V70	W	JT500	18.10	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Amanda Broadhurst	2023	V50	W	SP3K	10.34	Par	Newquay & Par AC Open Graded meeting (Incorporating the Sapphire League)	19/08/2023
Michelle Thomas	2023	V50	W	SP3K	10.08	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Amanda Broadhurst	2023	V50	W	SP3K	9.91i	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Catherine Alford	2023	V50	W	SP3K	9.41	Horspath	BMAF Winter Throws Championships	04/03/2023
Claudia Cubbage	2023	V50	W	SP3K	9.40	Portsmouth	City of Portsmouth Spring Open Meeting	02/04/2023
Julie Driscoll	2023	V50	W	SP3K	6.78	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Jan Timberlake	2023	V55	W	SP3K	7.81i	Sheffield	Run Jump Throw & Master GP	21/01/2023
Jan Timberlake	2023	V55	W	SP3K	7.44	Worcester	Worcester Athletic Club Open Meeting	22/06/2023
Karen Llewelin	2023	V55	W	SP3K	7.15	Wrexham	The Final Fling	24/09/2023
Louise Kirby	2023	V55	W	SP3K	5.44i	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Melanie Garland	2023	V60	W	SP3K	7.34	Redditch	Midland Veterans League - South	05/07/2023
Nicola Buckwell	2023	V65	W	SP3K	6.72	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Nicola Buckwell	2023	V65	W	SP3K	6.37i	Sheffield	British Masters AF Track & Field Indoor Championships	19/02/2023
Caroline Marler	2023	V70	W	SP3K	8.12i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Caroline Marler	2023	V70	W	SP3K	7.68	Leigh	Masters Grand Prix Including Northern Masters Championships	16/07/2023
Dash Newington	2023	V35	W	SP4K	7.29	Mackay, AUS	Mackay Track & Field Carnival	29/04/2023
Rhiannon Jenkins	2023	V35	W	SP4K	7.23	Yate	Avon/Yate AC Masters Open	12/08/2023
Clare Bryant	2023	V40	W	SP4K	7.53	Reading	Southern Counties VAC League - Western	02/07/2023
Lesley Brown	2023	V45	W	SP4K	9.32	Treborth	IG & Menai Track and Field Open	10/09/2023
Lesley Brown	2023	V45	W	SP4K	9.43i	Conna's Quay	North Wales Indoor T&F Championships	15/01/2023
Michelle Thomas	2023	V50	W	SP4K	9.33	Birmingham	Midland Counties League Division 2	19/08/2023
Claudia Cubbage	2023	V50	W	SP4K	8.59	Guildford	Southern Athletics League Division 2 South & West	19/08/2023
Juliet Sidney	2023	V50	W	SP4K	5.49	Newport	Midland Counties League Division 3	09/07/2023
Sian Gifford	2023	V50	W	SP4K	4.46	Southend	Eastern Masters League	10/05/2023
Jan Timberlake	2023	V55	W	SP4K	5.99	Worcester	Midland Counties League Division 4SW	20/05/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Catherine Alford	2023	V50	W	WT7.26K	10.08	Horspath	BMAF Winter Throws Championships	04/03/2023
Julie Driscoll	2023	V50	W	WT7.26K	5.99	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Karen Llewelin	2023	V55	W	WT7.26K	6.99	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Jan Timberlake	2023	V55	W	WT7.26K	6.59	Pescara, ITA	European Masters Athletics Championships	28/09/2023
Dash Newington	2023	V35	W	WT9.08K	11.27	Darwin, AUS	Northern Territory Track & Field Championships	07/09/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	HJ	1.48	Brisbane, AUS	Queensland Masters Athletics Brisbane Regional Meet	14/01/2023
Dash Newington	2023	V35	W	HJ	1.40i	Torun, POL	WMA - World Masters Championships	26/03/2023
Katherine Morgan	2023	V40	W	HJ	1.37	Yate	Avon/Yate AC Masters Open	12/08/2023
Clare Bryant	2023	V40	W	HJ	1.31	Abingdon	Southern Counties VAC League - Western	15/06/2023
Amanda Broadhurst	2023	V50	W	HJ	1.29i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Claudia Cubbage	2023	V50	W	HJ	1.28	Guildford	Southern Athletics League Division 2 South & West	19/08/2023
Amanda Broadhurst	2023	V50	W	HJ	1.24	Pescara, ITA	European Masters Athletics Championships	23/09/2023
Jan Timberlake	2023	V55	W	HJ	1.25	Nuneaton	Midland Masters Championships	11/06/2023
Jan Timberlake	2023	V55	W	HJ	1.25	Nuneaton	Midland Counties League Technical Events	18/06/2023
Louise Kirby	2023	V55	W	HJ	1.11i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Melanie Garland	2023	V60	W	HJ	1.35	Nuneaton	England Masters Inter Area Challenge	06/08/2023
Melanie Garland	2023	V60	W	HJ	1.35	Stourport	Kidderminster & Stourport Mike Lambert Open	28/08/2023
Melanie Garland	2023	V60	W	HJ	1.31i	Torun, POL	WMA - World Masters Championships	26/03/2023
Clare St. John-Coleman	2023	V60	W	HJ	1.00	Bury St. Edmunds	Eastern Masters League	05/07/2023
Nicola Buckwell	2023	V65	W	HJ	1.11i	Torun, POL	WMA - World Masters Championships	31/03/2023
Nicola Buckwell	2023	V65	W	HJ	1.10	Pescara, ITA	European Masters Athletics Championships	23/09/2023
Caroline Marler	2023	V70	W	HJ	1.11i	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Caroline Marler	2023	V70	W	HJ	1.06	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	PV	3.40	Mackay, AUS	Athletics North Queensland Championships	22/09/2023
Dash Newington	2023	V35	W	PV	3.40	Brisbane, AUS	Queensland Masters Athletics Meet	07/10/2023
Claudia Cubbage	2023	V50	W	PV	2.30	Eton	Southern Athletics League Division 2 South & West	20/05/2023
Clare St. John-Coleman	2023	V60	W	PV	1.40	Grays	Eastern Masters League	07/06/2023

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	LJ	4.90	Mackay, AUS	Athletics North Queensland Championships	22/09/2023
Dash Newington	2023	V35	W	LJ	4.59i	Torun, POL	WMA - World Masters Championships	27/03/2023
Rhiannon Jenkins	2023	V35	W	LJ	3.94	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Clare Bryant	2023	V40	W	LJ	4.48	Abingdon	Southern Counties VAC League - Western	15/06/2023
Katherine Morgan	2023	V40	W	LJ	4.37	Yate	Avon/Yate AC Masters Open	12/08/2023
Amanda Cook	2023	V45	W	LJ	4.52	Wrexham	North Wales Outdoor Championships	14/05/2023
Amanda Broadhurst	2023	V50	W	LJ	3.91	Grangemouth	4J Studios scottishathletics Combined Events, Masters & Parallel Success Open	09/07/2023
Jan Timberlake	2023	V55	W	LJ	4.00	Pescara, ITA	European Masters Athletics Championships	25/09/2023
Louise Kirby	2023	V55	W	LJ	3.90	Yate	Avon/Yate AC Masters Open	12/08/2023
Jan Timberlake	2023	V55	W	LJ	3.89i	Sportcity	Manchester Indoor Open Meetings	29/01/2023
Louise Kirby	2023	V55	W	LJ	3.57i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Melanie Garland	2023	V60	W	LJ	4.44i	Torun, POL	WMA - World Masters Championships	28/03/2023
Melanie Garland	2023	V60	W	LJ	4.40	Stourport	Kidderminster & Stourport Mike Lambert Open	28/08/2023
Clare St. John-Coleman	2023	V60	W	LJ	3.69	Lee Valley	Be Fit Today Track Academy Outdoor Series	27/05/2023
Clare St. John-Coleman	2023	V60	W	LJ	3.59i	Lee Valley	Eastern Master AC/Veterans AC Championships	26/03/2023
Nicola Buckwell	2023	V65	W	LJ	3.41	Nuneaton	Midland Masters Championships	11/06/2023
Nicola Buckwell	2023	V65	W	LJ	3.17i	Torun, POL	WMA - World Masters Championships	31/03/2023
Caroline Marler	2023	V70	W	LJ	3.17i	Torun, POL	WMA - World Masters Championships	31/03/2023
Caroline Marler	2023	V70	W	LJ	3.05	Sheffield	Run Jump Throw & Master GP	21/01/2023
Daphne Marler	2023	V75	W	LJ	1.65	Nuneaton	Midland Masters Championships	11/06/2023
Daphne Marler	2023	V75	W	LJ	1.57i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Dash Newington	2023	V35	W	TJ	10.45	Mackay, AUS	Mackay Track & Field Carnival	29/04/2023
Dash Newington	2023	V35	W	TJ	10.20i	Torun, POL	WMA - World Masters Championships	29/03/2023
Amanda Cook	2023	V45	W	TJ	9.18	Liverpool	Northern Track & Field League West 1S	18/06/2023
Amanda Broadhurst	2023	V50	W	TJ	8.97i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Amanda Broadhurst	2023	V50	W	TJ	8.71	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Siân Gifford	2023	V50	W	TJ	4.90	Southend	Eastern Masters League	10/05/2023
Jan Timberlake	2023	V55	W	TJ	8.43i	Torun, POL	WMA - World Masters Championships	30/03/2023
Jan Timberlake	2023	V55	W	TJ	8.28	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Melanie Garland	2023	V60	W	TJ	9.46i	Torun, POL	WMA - World Masters Championships	30/03/2023
Melanie Garland	2023	V60	W	TJ	9.23	Nuneaton	Midland Counties League Technical Events	18/06/2023
Clare St. John-Coleman	2023	V60	W	TJ	6.72	Bury St. Edmunds	Eastern Masters League	05/07/2023
Daphne Marler	2023	V75	W	TJ	4.11	Derby	BMAF - British Masters AF Track & Field Championships	02/09/2023
Daphne Marler	2023	V75	W	TJ	4.04i	Sheffield	British Masters AF Track & Field Indoor Championships	18/02/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Amanda Broadhurst	2023	V50	W	PenIW50	3027	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Louise Kirby	2023	V55	W	PenIW55	2129	Lee Valley	British Masters Pentathlon & 3000m Championships, inc Open Masters Events	11/03/2023
Nicola Buckwell	2023	V65	W	PenIW65i	2699	Torun, POL	WMA - World Masters Championships	31/03/2023
Caroline Marler	2023	V70	W	PenIW70i	3421	Torun, POL	WMA - World Masters Championships	31/03/2023
Julie Driscoll	2023	V50	W	PenWtW50	1218	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Karen Llewellyn	2023	V55	W	PenWtW55	1865	Horspath	BMAF Throws Pentathlon Championships	20/08/2023
Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Amanda Broadhurst	2023	V50	W	HepW50	4078	Grangemouth	4J Studios scottishathletics Combined Events, Masters & Parallel Success Open	09/07/2023
Nicola Buckwell	2023	V65	W	HepW65	3624	Pescara, ITA	European Masters Athletics Championships	24/09/2023