

WELSH MASTERS ATHLETICS ASSOCIATION

TRACK AND FIELD RANKINGS 2015 (FEMALE)

Last updated by Roger Garland 18 C Roger@minimarcos.plus.com

If you're aware of a performance that's not listed, please pass the details to Roger

WOMEN

	First Name	Surname	Club	Age Group	Venue	Date
60 Metres						
8.09 sec	Joanne	Frost	Bromsgrove/ Redditch	W35	Lee Valley	01-Mar
8.10 sec	Michelle	Thomas	Birchfield	W40	Poland	25-Mar
8.99 sec	Juliet	Sidney	Lliswerry	W45	Yate	06-Sep
9.21 sec	Amanda	Wale	Wrexham	W40	Cardiff	08-Feb
9.38 sec	Mel	Garland	Worcester	W50	Poland	24-Mar
9.68 sec	Jan	Timberlake	Worcester	W45	Cardiff	08-Feb
9.77 sec	Clare	Davies	Brecon	W45	Cardiff	08-Feb
10.71 sec	Iris	Holder	Worcester	W70	Poland	24-Mar
11.45 sec	Pat	Gallagher	Westbury	W65	Lee Valley	01-Mar
11.74 sec	Dorothy	Fraser	Lincoln Wellington	W75	Poland	25-Mar

100 Metres

12.19 sec	Joanne	Frost	Bromsgrove/ Redditch	W35	Worcester	30-Aug
13.8 sec	Ania	Ciolek	Brecon	W35	Barry	28-May
14.1 sec	Clare	Bryant	Finch Coasters	W35	Swindon	08-Jun
14.27 sec	Juliet	Sidney	Lliswerry	W45	Birmingham	25-Jul
14.4 sec	Amanda	Wale	Wrexham	W40	Brecon	14-Jun
14.6 sec	Pam	Murray	Worcester	W45	Stourport	30-Apr
14.7 sec	Nerys	Hurford	Outdoor Fitness	W35	Brecon	14-Jun
14.8 sec	Mel	Garland	Worcester	W50	Brecon	14-Jun
14.81 sec	Kate	Lerwill	Newport	W40	Cardiff	10-Jun
15.05 sec	Angela	Sonn	Forest of Dean	W50	Birmingham	25-Jul
15.07 sec (W)	Clare	St John- Coleman	Chelmsford	W50	Lee Valley	19-Aug
15.3 sec	Rachel	Matthews	Cardiff	W40	Cardiff	29-Apr
15.58 sec	Jan	Timberlake	Worcester	W45	Worcester	14-Apr
16.4 sec	Sarah-Lynn	Thompson	Les Croupiers	W40	Cardiff	29-Apr

16.8 sec	Clare	Davies	Brecon	W45	Brecon	19-Aug
17.5 sec	Iris	Holder	Worcester	W70	Stourport	30-Apr
17.5 sec	Sue	Collins	Rhondda	W45	Barry	28-May
17.6 sec	Ros	Townsend- Hope	Worcester	W60	Stourport	30-Apr
18.4 sec	Eirian	Arwyn	Les Croupiers	W60	Barry	28-May
18.97 sec	Pat	Gallagher	Westbury	W65	Solihull	19-Jul
19.38 sec (W)	Hazel	Wheeler	Run4All (Neath)	W40	Cardiff	26-Apr
19.5 sec	Dorothy	Fraser	Lincoln Wellington	W75	Brecon	14-Jun
19.7 sec	Brenda	Avery	Chepstow	W60	Brecon	14-Jun
19.7 sec	Julie	Scholey	Les Croupiers	W55	Cardiff	29-Apr
21.2 sec	Julie	Driscoll	Brecon	W45	Brecon	19-Aug
23.6 sec	Tracey	Newman	Les Croupiers	W45	Cardiff	29-Apr
23.72 sec	Daphne	Marler	Reading	W65	Exeter	21-Jun
24.2 sec	Rebecca	Hambrook	Worcester	W65	Leanington	17-Jun

200 Metres

26.4 sec	Joanne	Frost	Bromsgrove/ Redditch	W35	Redditch	29-Jul
26.85 sec	Michelle	Thomas	Birchfield	W40	Poland	26-Mar
28.8 sec	Ania	Ciolek	Brecon	W35	Barry	28-May
29.60 sec	Amanda	Wale	Wrexham	W40	Lyon	04-Aug
29.66 sec	Juliet	Sidney	Lliswerry	W45	Yate	06-Sep
31.0 sec	Pam	Murray	Worcester	W45	Brierley Hill	27-May
31.2 sec	Mel	Garland	Worcester	W50	Brierley Hill	27-May
31.53 sec	Clare	Bryant	Finch Coasters	W35	Birmingham	19-Sep
31.9 sec	Nerys	Hurford	Outdoor Fitness	W35	Barry	28-May
31.94 sec (W)	Kate	Lerwill	Newport	W40	Cardiff	10-Jun
32.84 sec	Angela	Sonn	Forest of Dean	W50	Solihull	19-Jul
33.80 sec	Clare	St John-Col.	Chelmsford	W50	Lee Valley	15-Feb
35.3 sec	Sarah-Lynn	Thompson	Les Croupiers	W40	Cardiff	29-Apr
35.4 sec	Clare	Davies	Brecon	W45	Swansea	08-Jul
35.9 sec	Emma	Brearley	Newport	W40	Newport	16-Apr
36.18 sec	Ros	Townsend- Hope	Worcester	W60	Worcester	30-Aug
38.2 sec	Linda	Woodland	Unattached	W55	Swansea	08-Jul
38.3 sec	Iris	Holder	Worcester	W70	Brierley Hill	27-May
39.5 sec	Susan	Collins	Rhondda	W45	Swansea	08-Jul

41.11 sec	Dorothy	Fraser	Lincoln Wellington	W75	Poland	27-Mar
41.2 sec	Eirian	Arwyn	Les Croupiers	W60	Brecon	14-Jun
43.0 sec	Julie	Scholey	Les Croupiers	W55	Cardiff	29-Apr
43.83 sec	Hazel	Wheeler	Run4All (Neath)	W40	Swansea	09-Aug
44.34 sec	Brenda	Avery	Chepstow	W60	Lee Valley	01-Mar
45.0 sec	Susan	Davis	Unattached	W50	Swansea	08-Jul
50.9 sec	Tracey	Newman	Les Croupiers	W45	Cardiff	29-Apr

400 Metres

64.7sec	Amanda	Wale	Wrexham	W40	Birmingham	25-Jul
66.3 sec	Pam	Murray	Worcester	W45	Lee Valley	01-Mar
68.3 sec	Ania	Ciolek	Brecon	W35	Brecon	19-Aug
68.9 sec	Juliet	Sidney	Lliswerry	W45	Brecon	14-Jun
70.1 sec	Jenny	Phillips	Llanelli	W45	Swansea	08-Jul
74.6sec	Becky	Freeman	Worcester	W35	Stourport	30-Apr
77.7 sec	Rachel	Ward	Worcester	W55	Leamington	17-Jun
80.6 sec	Clare	Davies	Brecon	W45	Swansea	08-Jul
80.7 sec	Linda	Woodland	Unattached	W55	Swansea	08-Jul
81.94sec	Ros	Townsend- Hope	Worcester	W60	Solihull	19-Jul
83.26 sec	Pat	Gallagher	Westbury	W65	Lee Valley	01-Mar
83.68sec	Emma	Brearley	Newport	W40	Birmingham	25-Jul
90.3 sec	Brenda	Avery	Chepstow	W60	Brecon	14-Jun
97.1 sec	Eirian	Arwyn	Les Croupiers	W60	Brecon	14-Jun
101.98sec	Hazel	Wheeler	Run4All (Neath)	W40	Newport	11-Jul
104.51sec	Susan	Davis	Unattached	W50	Solihull	19-Jul

800 Metres

2'29.92	Rachel	Matthews	Cardiff	W40	Cardiff	26-Apr
2'40.7	Jenny	Phillips	Llanelli	W45	Brecon	14-Jun
2'43.17	Rachel	Evans	Run4All (Neath)	W40	Swansea	09-Aug
2'43.5	Amanda	Wale	Wrexham	W40	Warrington	06-Sep
2'45.9	Claire	Beatty	Les Croupiers	W35	Swansea	08-Jul
2'45.97	Becky	Freeman	Worcester	W35	Worcester	30-Aug
2'47.0	Juliet	Sidney	Lliswerry	W45	Brecon	14-Jun
2'51.09	Rachel	Ward	Worcester	W55	Solihull	27-May
2'56.59	Emma	Collins	Denbigh	W50	Colwyn Bay	11-Jul
3'03.88	Clare	Bryant	Finch Coasters	W35	Oxford	17-Jun

3'04.2	Ros	Townsend- Hope	Worcester	W60	Redditch	29-Jul
3'10.53	Pat	Gallagher	Westbury	W65	Lee Valley	15-Mar
3'15.9	Anne	Follan	Rhondda	W45	Cardiff	29-Apr
3'18.1	Julie	Scholey	Les Croupier	W55	Cardiff	29-Apr
3'20.9	Clare	Davies	Brecon	W45	Brecon	19-Aug
3'31.75	Mel	Garland	Worcester	W50	Oxford	17-Jun
3'35.1	Shelagh	Adkins	Caerleon	W65	Cardiff	29-Apr
3'45.4	Eirian	Arwyn	Les Croupiers	W60	Swansea	08-Jul
3'46.5	Clare	St John- Coleman	Chelmsford	W50	Grays	06-May
4'02.3	Tracey	Newman	Les Croupiers	W45	Brecon	19-Aug
4'47.15	Dorothy	Fraser	Lincoln Wellington	W75	Lee Valley	01-Mar

1500 Metres

5'11.95	Rachel	Matthews	Cardiff	W40	Lee Valley	01-Mar
5'21.3	Claire	Beatty	Les Croupiers	W35	Street	04-May
5'25.63	Rachel	Evans	Run4All (Neath)	W40	Colwyn Bay	29-Aug
5'29.9	Becky	Freeman	Worcester	W35	Leamington	17-Jun
5'36.9	Rachel	Ward	Worcester	W55	Stourport	30-Apr
5'37.3	Jenny	Phillips	Llanelli	W45	Barry	28-May
5'48.8	Helen-Marie	Davies	Swansea	W35	Swansea	08-Jul
5'53.55	Emma	Collins	Denbigh	W50	Colwyn Bay	11-Jul
6'04.7	Sarah	Lauder	Lliswerry	W35	Barry	28-May
6'16.91	Pat	Gallagher	Westbury	W65	Cardiff	08-Feb
6'36.5	Brenda	Avery	Chepstow	W60	Brecon	14-Jun
6'52.4	Emma	Brearley	Newport	W40	Brecon	14-Jun
7'28.7	Eirian	Arwyn	Les Croupiers	W60	Barry	28-May
8'14.0	Tracey	Newman	Les Croupiers	W45	Brecon	14-Jun

One Mile

5'34.0	Rachel	Matthews	Cardiff	W40	Cardiff	01-May
5'57.5	Jenny	Phillips	Llanelli	W45	Solihull	19-Jul
5'59.7	Rachel	Ward	Worcester	W55	Solihull	19-Jul
6'11.0	Joanne	Tucker	Les Croupier	W40	Cardiff	01-May
6'17.0	Keri	Jones	Lliswerry	W40	Cardiff	03-Oct
6'45.0	Julie	Scholey	Les Croupier	W55	Cardiff	01-May
7'01.0	Juliet	Sidney	Lliswerry	W45	Cardiff	01-May
7'13.95	Christine	Birch	Abergele	W65	Solihull	19-Jul
8'28.73	Brenda	Jones	Bro Dysynni	W70	Solihull	19-Jul

3000 Metres

11'20.99	Rachel	Evans	Run4All (Neath)	W40	Swansea	09-Aug
11'29.4	Claire	Beatty	Les Croupiers	W35	Barry	28-May
11'44.3	Becky	Freeman	Worcester	W35	Solihull	09-Aug
12'16.2	Rachel	Ward	Worcester	W55	Redditch	29-Jul
12'17.9	Jenny	Phillips	Llanelli	W45	Brecon	19-Aug
12'24.6	Joanne	Tucker	Les Croupier	W40	Cardiff	29-Apr
12'32.6	Alison	Scrivens	Caerleon	W45	Cardiff	29-Apr
12'32.8	Keri	Jones	Lliswerry	W40	Brecon	14-Jun
12'47.27	Julie	Scholey	Les Croupier	W55	Solihull	19-Jul
13'09.0	Catherine	Olivant	Brecon	W40	Brecon	31-May
13'54.73	Christine	Birch	Abergele	W65	Solihull	19-Jul
14'07.56	Pat	Gallagher	Westbury	W65	Poland	23-Mar
14'11.7	Anne	Follan	Rhondda	W45	Cardiff	29-Apr
14'24.48	Brenda	Avery	Chepstow	W60	Lee Valley	01-Mar
14'34.2	Shelagh	Adkins	Caerleon	W65	Cardiff	29-Apr
15'16.3	Tracy	Newman	Les Croupiers	W45	Brecon	19-Aug
15'16.4	Eirian	Arwyn	Les Croupiers	W60	Brecon	19-Aug

5000 Metres

19'33.48	Claire	Beatty	Les Croupiers	W35	Birmingham	26-Jul
20'13.57	Becky	Freeman	Solihull	W35	Nuneaton	23-May
22'29.3	Catherine	Olivant	Brecon	W40	Brecon	14-Jun
28'05.9	Tracy	Newman	Les Croupiers	W45	Brecon	14-Jun

60 Metres

Hurdles

10.32 sec	Amanda	Wale	Wrexham	W40	Lee Valley	15-Feb
12.75 sec	Mel	Garland	Worcester	W50	Lee Valley	01-Mar

80 Metres

Hurdles

12.98 sec (W)	Amanda	Wale	Wrexham	W40	Lyon	04-Aug
17.41 sec	Mel	Garland	Worcester	W50	Oxford	17-Jun

100 Metres

Hurdles

17.70 sec	Clare	Bryant	Finch Coasters	W35	Birmingham	19-Sep
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400 Metres

Hurdles

80.0 sec	Pam	Murray	Worcester	W45	Brecon	14-Jun
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2000m Walk

10'58.1	Wendy	Bennett	Worcester	W45	Leamington	17-Jun
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15'32.6	Hazel	Wheeler	Run4All (Neath)	W40	Cardiff	26-Apr
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16'10.2	Rebecca	Hambrook	Worcester	W65	Leamington	17-Jun
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High Jump

1.39m	Amanda	Wale	Wrexham	W40	Lee Valley	15-Feb
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1.36m	Clare	Bryant	Finch Coasters	W35	Oxford	17-Jun
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1.35m	Alison	Murray	Wimbledon	W45	Wimbledon	20-Jun
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1.35m	Mel	Garland	Worcester	W50	Swansea	08-Jul
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1.30m	Jan	Timberlake	Worcester	W45	Brecon	14-Jun
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1.25m	Clare	Davies	Brecon	W45	Swansea	08-Jul
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1.20m	Ania	Ciolek	Brecon	W35	Barry	28-May
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1.09m	Clare	St John- Coleman	Chelmsford	W55	Bedford	13-Sep
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1.00m	Iris	Holder	Worcester	W75	Leamington	17-Jun
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0.95m	Eirian	Arwyn	Les Croupiers	W60	Barry	28-May
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Pole Vault

3.20m	Alison	Murray	Wimbledon	W45	Lyon	07-Aug
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2.10m	Ania	Ciolek	Brecon	W35	Solihull	19-Jul
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1.80m	Clare	St John- Coleman	Chelmsford	W50	Lee Valley	01-Mar
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Long Jump

5.91m	Joanne	Frost	Bromsgrove/ Redditch	W35	Lyon	11-Aug
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4.52m	Ania	Ciolek	Brecon	W35	Barry	28-May
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4.51m	Sarah	Rossiter	Forest of Dene	W35	Brecon	19-Aug
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4.49m	Clare	Bryant	Finch Coasters	W35	Swindon	08-Jun
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4.43m	Amanda	Wale	Wrexham	W40	Lyon	05-Aug
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4.42m	Mel	Garland	Worcester	W50	Bristol	04-Jul
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4.40m	Jan	Timberlake	Worcester	W45	Brecon	14-Jun
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3.93m	Clare	St John- Coleman	Chelmsford	W55	Southend	31-Aug
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3.74m	Lisa	Heywood	Rhondda	W45	Cardiff	11-Jan
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3.74m	Jenny	Phillips	Llanelli	W45	Brecon	14-Jun
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3.60m	Kate	Lerwill	Newport	W40	Cardiff	10-Jun
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3.51m	Clare	Davies	Brecon	W45	Brecon	19-Aug
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3.34m	Iris	Holder	Worcester	W70	Poland	24-Mar
3.22m	Sue	Collins	Rhondda	W45	Brecon	31-May
2.46m	Eirian	Arwyn	Les Croupiers	W60	Solihull	19-Jul
2.32m	Daphne	Marler	Reading	W65	Exeter	21-Jun
2.15m	Julie	Driscoll	Brecon	W45	Brecon	19-Aug

Triple Jump

10.42m	Joanne	Frost	Bromsgrove/ Redditch	W35	Leicester	05-Jul
10.19m	Amanda	Wale	Wrexham	W40	Lyon	15-Aug
10.04m	Ania	Ciolek	Brecon	W35	Birmingham	26-Jul
9.17m	Mel	Garland	Worcester	W50	Bristol	04-Jul
8.84m	Clare	Bryant	Finch Coasters	W35	Oxford	18-May
8.64m	Clare	St John- Coleman	Chelmsford	W50	Chelmsford	04-Jul
7.94m	Jenny	Phillips	Llanelli	W45	Brecon	14-Jun
7.94m	Clare	Davies	Brecon	W45	Swansea	09-Aug
7.11m	Iris	Holder	Worcester	W70	Lyon	06-Aug
6.30m	Sarah-Lynn	Thompson	Les Croupiers	W40	Cardiff	29-Apr
5.41m	Eirian	Arwyn	Les Croupiers	W60	Swansea	08-Jul
5.03m	Julie	Scholey	Les Croupiers	W55	Cardiff	29-Apr
4.95m	Daphne	Marler	Reading	W65	Abington	29-Jun

Shot 4kg (35-49)

9.80m	Ruth	Jansen	WMAA	W40	Brecon	14-Jun
9.75m	Lisa	Heywood	Rhondda	W45	Cardiff	08-Feb
9.21m	Catherine	Alford	Rhondda	W40	Lee Valley	07-Mar
9.08m	Michelle	Thomas	Birchfield	W40	Newport	05-Jul
9.07m	Leanne	Taylor	Rhondda	W35	Lee Valley	07-Mar
8.82m	Amanda	Wale	Wrexham	W40	Wigan	03-May
8.56m	Clare	Bryant	Finch Coasters	W35	Birmingham	19-Sep
7.19m	Julie	Driscoll	Brecon	W45	Connah's Quay	29-Aug
7.10m	Clare	Davies	Brecon	W45	Swansea	08-Jul
6.74m	Jan	Timberlake	Worcester	W45	Brierley Hill	27-May
6.00m	Susan	Collins	Rhondda	W45	Swansea	08-Jul
5.87m	Juliet	Sidney	Llswerry	W45	Barry	28-May
5.50m	Sue	Collins	Rhondda	W45	Barry	28-May
4.30m	Becky	Freeman	Worcester	W35	Leicester	05-Jul

Shot 3kg (50-74)

9.31m	Karen	Llewelin	Pembroke	W50	Lee Valley	01-Mar
9.03m	Beverley	Jones	Gloucester	W40	Berlin	20-Jun
7.64m	Mel	Garland	Worcester	W50	Oxford	17-Jun
7.54m	Renate	Prells	Swansea	W60	Cardiff	11-Jan
6.87m	Linda	Woodland	Unattached	W55	Swansea	08-Jul
6.65m	Eirian	Arwyn	Les Croupiers	W60	Swansea	08-Jul
5.56m	Clare	St John- Coleman	Chelmsford	W50	Chelmsford	01-Jul
5.21m	Iris	Holder	Worcester	W70	Solihull	19-Jul

**Shot 2kg
(75+)**

5.92m	Dorothy	Fraser	Lincoln Wellington	W75	Lee Valley	15-Feb
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Discus 1kg

26.24m	Beverley	Jones	Gloucester	W40	Birmingham	18-Jul
25.83m	Julie	Driscoll	Brecon	W45	Brecon	31-May
25.32m	Karen	Llewelin	Pembroke	W50	Brecon	31-May
24.86m	Catherine	Alford	Rhondda	W40	Loughborou gh	17-Sep
23.67m	Mel	Garland	Worcester	W50	Bristol	04-Jul
20.75m	Renate	Prells	Swansea	W60	Neath	24-May
19.94m	Eirian	Arwyn	Les Croupiers	W60	Cardiff	29-Apr
19.42m	Clare	Bryant	Finch Coasters	W35	Kingston	15-Aug
19.11m	Leanne	Taylor	Rhondda	W40	Cardiff	29-Apr
17.44m	Juliet	Sidney	Llswerry	W45	Cardiff	29-Apr
17.20m	Sarah-Lynn	Thompson	Les Croupiers	W40	Cardiff	29-Apr
17.01m	Ania	Ciolek	Brecon	W35	Brecon	19-Aug
14.58m	Clare	Davies	Brecon	W45	Brecon	19-Aug
10.99m	Becky	Freeman	Worcester	W35	Leicester	05-Jul
10.29m	Daphne	Marler	Reading	W65	Abington	29-Jun
9.48m	Julie	Scholey	Les Croupiers	W55	Cardiff	29-Apr

**Hammer
4kg (35-49)**

37.48m	Leanne	Taylor	Rhondda	W35	Cardiff	29-Apr
33.83m	Catherine	Alford	Rhondda	W40	Lee Valley	07-Mar
27.14m	Julie	Driscoll	Brecon	W45	Connah's Quay	29-Aug
22.91m	Ania	Ciolek	Brecon	W35	Swansea	09-Aug
15.35m	Clare	Davies	Brecon	W45	Swansea	08-Jul
14.60m	Susan	Collins	Rhondda	W45	Swansea	08-Jul
11.32m	Joanne	Frost	Bromsgrove/ Redditch	W35	Banbury	25-Apr

Hammer 3k**(50+)**

32.93m	Renate	Prells	Swansea	W60	Lyon	09-Aug
32.84m	Karen	Llewelin	Pembroke	W50	Wrexham	26-Sep
17.23m	Eirian	Arwyn	Les	W60	Swansea	08-Jul
11.45m	Julie	Scholey	Les Croupiers	W55	Cardiff	29-Apr
10.03m	Daphne	Marler	Reading	W65	Oxford	04-May

Weight**9.08k (35-49)**

11.18m	Leanne	Taylor	Rhondda	W40	Lee Valley	07-Mar
9.57m	Catherine	Alford	Rhondda	W40	Brecon	14-Jun
9.42m	Julie	Driscoll	Brecon	W45	Brecon	14-Jun

Weight**7.26k (50-59)**

10.10m	Karen	Llewelin	Pembroke	W50	Birmingham	25-Jul
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Weight**5.45k (60-69)**

11.65m	Renate	Prells	Swansea	W60	Birmingham	25-Jul
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Javelin 600g**(35-49)**

29.22m	Jan	Timberlake	Worcester	W45	Cardiff	10-Jun
28.41m	Ruth	Jansen	WMAA	W40	Brecon	14-Jun
26.06m	Lisa	Heywood	Rhondda	W45	Brecon	14-Jun
25.20m	Amanda	Wale	Wrexham	W40	Lyon, France	05-Aug
20.77m	Leanne	Taylor	Rhondda	W40	Brecon	31-May
18.12m	Ania	Ciolek	Brecon	W35	Brecon	19-Aug
16.64m	Clare	Davies	Brecon	W45	Barry	28-May
16.20m	Julie	Driscoll	Brecon	W45	Swansea	09-Aug
15.94m	Sue	Collins	Rhondda	W45	Brecon	31-May
13.56m	Catherine	Alford	Rhondda	W40	Brecon	31-May
8.11m	Hazel	Wheeler	Run4All (Neath)	W40	Newport	11-Jul

Javelin 500g**(50-74)**

19.10m	Karen	Llewelin	Pembroke	W50	Wrexham	26-Sep
10.07m	Eirian	Arwyn	Les Croupiers	W60	Brecon	19-Aug

9.45m	Renate	Prells	Swansea	W60	Solihull	19-Jul
7.24m	Iris	Holder	Worcester	W70	Brierley Hill	27-May
6.75m	Daphne	Marler	Reading	W65	Oxford	04-May

Pentathlon

3066 points	Amanda	Wale	Wrexham	W40	Lee Valley	15-Feb
2521 points	Mel	Garland	Worcester	W50	Oxford	21-Jun
2119 points	Clare	Bryant	Finch Coasters	W35	Oxford	21-Jun

Heptathlon

4064 points	Amanda	Wale	Wrexham	W40	Lyon	05-Aug
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4 x 100m Relay

59.19sec	WMAA	W35 team	Welsh Masters	W35+	Solihull	19-Jul
1'12.16	WMAA	W50 team	Welsh Masters	W50+	Solihull	19-Jul
1'12.82	WMAA	W60 team	Welsh Masters	W60+	Solihull	19-Jul

4 x 200m Relay

1'55.32	WMAA	W35 team	Welsh Masters	W35+	Lee Valley	01-Mar
2'40.89	WMAA	W50 team	Welsh Masters	W50+	Lee Valley	01-Mar
