

**Welsh Masters
Athletics
Association**

**Ladies Track and
Field Rankings
2016**

Compiled by Roger Garland for WMAA (Nov 2016)

EVENT 60mt (indoors)

First Name	Surname	Age Group	Club	60mt
Joanne	Frost	V35	B'grove + Redditch / Welsh Masters	7.91
Michelle	Thomas	V40	Birchfield / UWIC/ Welsh Masters	8.06
Ania	Ciolek	V35	Brecon / Welsh Masters	8.65
Juliet	Sidney	V45	Liswerry / Welsh Masters	8.83
Amanda	Wale	V45	Wrexham/ Welsh Masters	9.04
Melanie	Garland	V50	Worcester/ Welsh Masters	9.46
Jan	Timberlake	V45	Worcester/ Welsh Masters	9.52
Angela	Sonn	V55	Forest of Dean / Welsh Masters	9.6
Clare	St. John-Coleman	V55	Chelmsford/ Welsh Masters	9.68
Iris	Holder	V75	Worcester/ Welsh Masters	10.72
Dorothy	Fraser	V75	Lincoln Welligton / Welsh Masters	12.36

EVENT 100mt

First Name	Surname	Age Group	Club	100mt
Joanne	Frost	V35	B'grove + Redditch / Welsh Masters	12.7
Michelle	Thomas	V45	Birchfield / UWIC/ Welsh Masters	12.86
Juliet	Sidney	V45	Liswerry / Welsh Masters	13.89
Ania	Ciolek	V35	Brecon / Welsh Masters	14
Melanie	Garland	V50	Worcester/ Welsh Masters	14.8

Clare	St. John-Coleman	V55	Chelmsford/ Welsh Masters	14.88
Angela	Sonn	V55	Forest of Dean / Welsh Masters	14.9
Nerys	Hurford	V40	Outdoor Fitness/ Welsh Masters	15
Lucy	Wathan	V35	Brecon/ Welsh Masters	15.2
Emma	Brearley	V40	Run4All (Neath) / Welsh Masters	15.98
Jan	Timberlake	V45	Worcester/ Welsh Masters	16
Clare	Davies	V45	Brecon/ Welsh Masters	16.4
Helen-Marie	Davies	V40	Swansea / Welsh Masters	17.3
Iris	Holder	V75	Worcester/ Welsh Masters	17.55
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	17.84
Rachel	Evans	V40	Run4All (Neath) / Welsh Masters	18
Julie	Scholey	V55	Les Croupier / Welsh Masters	18.19
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	18.6
Veronica	Singleton-Lawley	V55	Les Croupier / Welsh Masters	19.3
Pat	Oakes	V70	Ashford / Welsh Masters	19.3
Dorothy	Fraser	V75	Lincoln Welligton / Welsh Masters	20.46
Daphne	Marler	V70	Swansea / Welsh Masters	25.3

EVENT 200mt

First Name	Surname	Age Group	Club	200mt
Michelle	Thomas	V45	Birchfield / UWIC/ Welsh Masters	26.56s
Joanne	Frost	V35	B'grove + Redditch / Welsh Masters	26.6s
Ania	Ciolek	V35	Brecon / Welsh Masters	28.42s
Juliet	Sidney	V45	Liswerry / Welsh Masters	29.44s

Amanda	Wale	V45	Wrexham/ Welsh Masters	29.57s
Melanie	Garland	V50	Worcester/ Welsh Masters	31.03s
Angela	Sonn	V55	Forest of Dean / Welsh Masters	32.2s
Jan	Timberlake	V50	Worcester/ Welsh Masters	32.32s
Emma	Brearley	V40	Run4All (Neath) / Welsh Masters	33.05s
Clare	St. John-Coleman	V55	Chelmsford/ Welsh Masters	34.06s
Rachel	Evans	V40	Run4All (Neath) / Welsh Masters	34.4s
Clare	Davies	V45	Brecon/ Welsh Masters	34.9s
Becky	Freeman	V35	Solihull/Worcester/ Welsh Masters	35.1s
Helen-Marie	Davies	V40	Swansea / Welsh Masters	35.2s
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	36.07s
Iris	Holder	V75	Worcester/ Welsh Masters	38.35s
Dorothy	Fraser	V75	Lincoln Welligton / Welsh Masters	42.90s
Pat	Oakes	V70	Ashford / Welsh Masters	45.2s
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	51.2s

EVENT 400mt

First Name	Surname	Age Group	Club	400
Joanne	Frost	V35	B'grove + Redditch / Welsh Masters	62.5s
Rachel	Matthews	V40	Cardiff / Welsh Masters	65.76s
Lucy	Wathan	V35	Brecon/ Welsh Masters	66.89s
Juliet	Sidney	V45	Liswerry / Welsh Masters	67.30s
Ania	Ciolek	V35	Brecon / Welsh Masters	70.6s
Rachel	Evans	V40	Run4All (Neath) / Welsh Masters	72.90s

Becky	Freeman	V35	Solihull/Worcester/ Welsh Masters	75.7s
Angela	Sonn	V55	Forest of Dean / Welsh Masters	77.3s
Emma	Brearley	V40	Run4All (Neath) / Welsh Masters	77.60s
Helen- Marie	Davies	V40	Swansea / Welsh Masters	78.78s
Rachel	Ward	V55	Worcester/ Welsh Masters	81.3s
Clare	Davies	V45	Brecon/ Welsh Masters	84.2s
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	87.20s
Julie	Scholey	V55	Les Croupier / Welsh Masters	90.40s
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	115.3s

EVENT 800mt

First Name	Surname	Age Group	Club	800mt
Rachel	Matthews	V40	Cardiff / Welsh Masters	2'27.48
Lucy	Wathan	V35	Brecon/ Welsh Masters	2'29.87
Alison	Wood	V50	Fairland Valley/ Welsh Masters	2'31.49
Sarah	Kearney	V40	Wirral / Welsh Masters	2'39.31
Ania	Ciolek	V35	Brecon / Welsh Masters	2'40.23
Rachel	Evans	V40	Run4All (Neath) / Welsh Masters	2'46.03
Becky	Freeman	V35	Solihull/Worcester/ Welsh Masters	2'46.6
Amanda	Wale	V45	Wrexham/ Welsh Masters	2'46.94
Claire	Bruce	V35	Les Croupiers / Welsh Masters	2'49.77
Joan	Howe	V60	Trafford / Welsh Masters	2'52.36
Helen- Marie	Davies	V40	Swansea / Welsh Masters	2'53.9
Juliet	Sidney	V45	Liswerry / Welsh Masters	2'55.2

Rachel	Ward	V55	Worcester/ Welsh Masters	2'59.0
Emma	Brearley	V40	Run4All (Neath) / Welsh Masters	3'05.82
Clare	Davies	V45	Brecon/ Welsh Masters	3'14.42
Pat	Gallagher	V70	Yate/Westbury / Welsh Masters	3'16.89
Christine	Birch	V65	Abergele/ Welsh Masters	3'17.53
Veronica	Singleton-Lawley	V55	Les Croupier / Welsh Masters	3'18.2
Julie	Scholey	V55	Les Croupier / Welsh Masters	3'18.8
Jan	Timberlake	V50	Worcester/ Welsh Masters	3'25.37
Melanie	Garland	V50	Worcester/ Welsh Masters	3'28.14
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	3'55.7
Tracey	Newman	V45	Les Croupier / Welsh Masters	4'10.6
Pat	Oakes	V70	Ashford / Welsh Masters	5'20.67

EVENT 1500mt

First Name	Surname	Age Group	Club	1500mt
Alison	Wood	V50	Fairland Valley/ Welsh Masters	5'04.6
Rachel	Matthews	V40	Cardiff / Welsh Masters	5'08.88
Sarah	Kearney	V40	Wirral / Welsh Masters	5'11.20
Lucy	Wathan	V35	Brecon / Welsh Masters	5'12.06
Claire	Bruce	V35	Les Croupiers / Welsh Masters	5'22.4
Angela	Jones	V45	Fairwater/ Welsh Masters	5'26.35
Sharon	Leech	V45	Carmarthen/ Welsh Masters	5'27.6
Rachel	Evans	V40	Run4All (Neath) / Welsh Masters	5'34.18
Becky	Freeman	V35	Solihull/Worcester/ Welsh Masters	5'34.7

Helen-Marie	Davies	V40	Swansea / Welsh Masters	5'34.75
Joan	Howe	V60	Trafford / Welsh Masters	5'54.59
Rachel	Ward	V55	Worcester/ Welsh Masters	6'03.3
Catherine	Olivant	V40	Brecon / Welsh Masters	6'19.27
Emma	Brearley	V40	Run4All (Neath) / Welsh Masters	6'22.20
Julie	Scholey	V55	Les Croupier / Welsh Masters	6'27.26
Pat	Gallagher	V70	Yate/Westbury / Welsh Masters	6'47.27
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	7'48.6
Tracey	Newman	V45	Les Croupier / Welsh Masters	7'54.3

EVENT 3000mt

First Name	Surname	Age Group	Club	3000mt
Angela	Jones	V50	Usk / Welsh Masters	11'25.8
Claire	Bruce	V35	Les Croupiers / Welsh Masters	11'32.2
Helen-Marie	Davies	V40	Swansea / Welsh Masters	11'34.66
Sharon	Leech	V45	Carmarthen/ Welsh Masters	11'36.8
Becky	Freeman	V35	Solihull/Worcester/ Welsh Masters	11'42.6
Rachel	Evans	V40	Run4All (Neath) / Welsh Masters	11'45.88
Lucy	Wathan	V35	Brecon / Welsh Masters	12'15.2
Keri	Jones	V45	Liswerry / Welsh Masters	12'28.3
Rachel	Ward	V55	Worcester/ Welsh Masters	12'35.8
Joan	Howe	V60	Trafford / Welsh Masters	13'00.09
Veronica	Singleton-Lawley	V55	Les Croupier / Welsh Masters	13'16.7
Catherine	Olivant	V40	Brecon / Welsh Masters	13'20.11

Julie	Scholey	V55	Les Croupier / Welsh Masters	13'25.18
Emma	Brearley	V40	Run4All (Neath) / Welsh Masters	14'45.2
Pat	Gallagher	V70	Yate/Westbury / Welsh Masters	15'04.74
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	15'55.5
Tracey	Newman	V45	Les Croupier / Welsh Masters	16'29.3

EVENT 5000mt

First Name	Surname	Age Group	Club	5000mt
Claire	Bruce	V35	Les Croupiers / Welsh Masters	20'09.24
Rachel	Evans	V40	Run4All (Neath) / Welsh Masters	20'22.4
Catherine	Olivant	V40	Brecon / Welsh Masters	23'24.7

EVENT 2k RACE WALK

First Name	Surname	Age Group	Club	2k Race Walk
Wendy	Bennett	V50	Worcester/ Welsh Masters	11'11.3

EVENT 60 HURDLES

First Name	Surname	Age Group	Club	60H
Amanda	Wale	V45	Wrexham/ Welsh Masters	10.14s
Ania	Ciolek	V35	Brecon / Welsh Masters	12.39s
Melanie	Garland	V50	Worcester/ Welsh Masters	13.30s
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	13.59s

EVENT 80 HURDLES

First Name	Surname	Age Group	Club	80/100H
Amanda	Wale	V45	Wrexham/ Welsh Masters	13.45s

Jan	Timberlake	V50	Worcester/ Welsh Masters	15.68s
Melanie	Garland	V50	Worcester/ Welsh Masters	16.64s
Clare	Davies	V45	Brecon/ Welsh Masters	16.90s
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	19.20s
Pat	Oakes	V70	Ashford / Welsh Masters	20.87s

EVENT 100 HURDLES

First Name	Surname	Age Group	Club	80/100H
Ania	Ciolek	V35	Brecon / Welsh Masters	22.12s

EVENT POLE VAULT

First Name	Surname	Age Group	Club	PV
Alison	Murray	V45	Hercules Wimbledon/ Welsh Masters	3.30m
Clare	St. John-Coleman	V55	Chelmsford/ Welsh Masters	1.80m

EVENT SHOT (3k / 4k)

First Name	Surname	Age Group	Club	Shot 3k/4k
Karen	Llewelin	V50	Pembrokeshire/ Welsh Masters	9.26m
Ruth	Jansen	V40	Welsh Masters/ Germany	9.19s
Amanda	Wale	V45	Wrexham/ Welsh Masters	9.11m
Catherine	Alford	V40	Rhondda/ Welsh Masters	8.97m
Leanne	Taylor	V40	Rhondda/ Welsh Masters	8.96m
Michelle	Thomas	V40	Birchfield / UWIC/ Welsh Masters	8.80m
Amanda	Cook	V35	Wrexham/ Welsh Masters	8.50m
Jan	Timberlake	V50	Worcester/ Welsh Masters	7.95m

Melanie	Garland	V50	Worcester/ Welsh Masters	7.80m
Clare	Davies	V45	Brecon/ Welsh Masters	7.70m
Julie	Driscoll	V45	Brecon/ Welsh Masters	7.17m
Renate	Prells	V60	Swansea/ Welsh Masters	7.02m
Ania	Ciolek	V35	Brecon / Welsh Masters	6.98m
Pat	Oakes	V70	Ashford / Welsh Masters	6.58m
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	6.34m
Iris	Holder	V75	Worcester/ Welsh Masters	6.14m
Rachel	Evans	V40	Run4All (Neath) / Welsh Masters	5.41m

EVENT DISCUS

First Name	Surname	Age Group	Club	Discus
Julie	Driscoll	V45	Brecon/ Welsh Masters	25.53m
Amanda	Cook	V35	Wrexham/ Welsh Masters	25.38m
Karen	Llewelin	V50	Pembrokeshire/ Welsh Masters	24.55m
Catherine	Alford	V40	Rhondda/ Welsh Masters	23.03m
Melanie	Garland	V50	Worcester/ Welsh Masters	20.88m
Renate	Prells	V60	Swansea/ Welsh Masters	19.70m
Juliet	Sidney	V45	Liswerry / Welsh Masters	19.26m
Ania	Ciolek	V35	Brecon / Welsh Masters	16.84m
Clare	Davies	V45	Brecon/ Welsh Masters	13.15m
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	13.03m
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	12.62m
Lucy	Wathan	V35	Brecon / Welsh Masters	11.87m

Daphne	Marler	V70	Swansea / Welsh Masters	11.13m
Pat	Oakes	V70	Ashford / Welsh Masters	10.94m
Veronica	Singleton-Lawley	V55	Les Croupier / Welsh Masters	9.28m

EVENT JAVELIN

First Name	Surname	Age Group	Club	Jav
Ruth	Jansen	V40	Welsh Masters/ Germany	27.17m
Jan	Timberlake	V50	Worcester/ Welsh Masters	27.16m
Jan	Timberlake	V45	Worcester/ Welsh Masters	26.09m
Amanda	Wale	V45	Wrexham/ Welsh Masters	25.43m
Amanda	Cook	V35	Wrexham/ Welsh Masters	20.20m
Karen	Llewelin	V50	Pembrokeshire/ Welsh Masters	19.43m
Lucy	Wathan	V35	Brecon / Welsh Masters	16.44m
Clare	Davies	V45	Brecon/ Welsh Masters	16.40m
Melanie	Garland	V50	Worcester/ Welsh Masters	16.04m
Julie	Driscoll	V45	Brecon/ Welsh Masters	15.64m
Pat	Oakes	V70	Ashford / Welsh Masters	15.43m
Ania	Ciolek	V35	Brecon / Welsh Masters	13.46m
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	12.79m
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	9.84m
Renate	Prells	V60	Swansea/ Welsh Masters	9.27m
Daphne	Marler	V70	Swansea / Welsh Masters	8.94m
Veronica	Singleton-Lawley	V55	Les Croupier / Welsh Masters	7.80m
Julie	Scholey	V55	Les Croupier / Welsh Masters	7.26m

Angela	Sonn	V55	Forest of Dean / Welsh Masters	5.04m
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EVENT HAMMER

First Name	Surname	Age Group	Club	Hammer
Leanne	Taylor	V40	Rhondda/ Welsh Masters	36.32m
Renate	Prells	V60	Swansea/ Welsh Masters	33.38m
Catherine	Alford	V40	Rhondda/ Welsh Masters	32.88m
Karen	Llewelin	V50	Pembrokeshire/ Welsh Masters	31.61m
Julie	Driscoll	V45	Brecon/ Welsh Masters	28.72m
Amanda	Cook	V35	Wrexham/ Welsh Masters	22.13m
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	16.23m
Clare	Davies	V45	Brecon/ Welsh Masters	15.32m
Pat	Oakes	V70	Ashford / Welsh Masters	14.86m
Daphne	Marler	V70	Swansea / Welsh Masters	10.82m

EVENT LONG JUMP

First Name	Surname	Age Group	Club	L J
Joanne	Frost	V35	B'grove + Redditch / Welsh Masters	5.79m
Amanda	Wale	V45	Wrexham/ Welsh Masters	4.62m
Jan	Timberlake	V45	Worcester/Welsh Masters	4.56m
Melanie	Garland	V50	Worcester/ Welsh Masters	4.46m
Ania	Ciolek	V35	Brecon / Welsh Masters	4.45m
Clare	St. John-Coleman	V55	Chelmsford/ Welsh Masters	3.99m
Clare	Davies	V45	Brecon/ Welsh Masters	3.68m
Iris	Holder	V75	Worcester/ Welsh Masters	3.22m

Amanda	Cook	V35	Wrexham/ Welsh Masters	3.19m
Pat	Oakes	V70	Ashford / Welsh Masters	2.94m
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	2.52m
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	2.35m
Angela	Sonn	V55	Forest of Dean / Welsh Masters	2.25m
Daphne	Marler	V70	Swansea / Welsh Masters	2.06m

EVENT TRIPLE JUMP

First Name	Surname	Age Group	Club	T J
Joanne	Frost	V35	B'grove + Redditch / Welsh Masters	10.92m
Ania	Ciolek	V35	Brecon / Welsh Masters	9.75m
Amanda	Wale	V45	Wrexham/ Welsh Masters	9.57m
Jan	Timberlake	V50	Worcester/ Welsh Masters	9.39m
Melanie	Garland	V50	Worcester/ Welsh Masters	9.30m
Amanda	Cook	V35	Wrexham/ Welsh Masters	9.25m
Clare	St. John-Coleman	V55	Chelmsford/ Welsh Masters	8.31m
Clare	Davies	V45	Brecon/ Welsh Masters	8.14m
Iris	Holder	V75	Worcester/ Welsh Masters	7.07m
Pat	Oakes	V70	Ashford / Welsh Masters	6.41m
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	5.70m
Julie	Scholey	V55	Les Croupier / Welsh Masters	5.24m
Daphne	Marler	V70	Swansea / Welsh Masters	4.47m

EVENT HIGH JUMP

First Name	Surname	Age Group	Club	H J
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Jan	Timberlake	V45	Worcester/ Welsh Masters	1.40m
Amanda	Wale	V45	Wrexham/ Welsh Masters	1.37m
Melanie	Garland	V50	Worcester/ Welsh Masters	1.33m
Alison	Murray	V45	Hercules Wimbledon/ Welsh Masters	1.30m
Lucy	Wathan	V35	Brecon / Welsh Masters	1.25m
Clare	Davies	V45	Brecon/ Welsh Masters	1.25m
Ania	Ciolek	V35	Brecon / Welsh Masters	1.23m
Pat	Oakes	V70	Ashford / Welsh Masters	1.06m
Fiona	Argent	V60	Medway+ M'stone/ Welsh Masters	1.01m
Clare	St. John-Coleman	V55	Chelmsford/ Welsh Masters	1.00m
Iris	Holder	V75	Worcester/ Welsh Masters	0.95m
Eirian	Arwyn	V60	Les Croupier/ Welsh Masters	0.94m