

# WELSH MASTERS OUTDOOR RECORDS

## WOMEN

April-2026

All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA)** and Welsh athletes not affiliated to Welsh Masters

All times are electronic with the exceptions of those which are hand times showing (HT)

Athletes who achieved a current **British Record** are indicated with **BR** alongside

Event/Category	Performance	Athlete	Country /Club	Venue	Date
<b>100 Metres</b>					
W35	12.19	WMA Joanne Frost	Bromsgrove & Redditch	Worcester AC	30.08.2015
W40	12.87	WMA Michelle Thomas	Birchfield Harriers	Loughborough	20.07.2016
W45	13.09	WMA Michelle Thomas	Birchfield Harriers	Loughborough	24.08.2019
W50	<b>BR 13.06</b>	<b>WMA Michelle Thomas</b>	<b>Birchfield Harriers</b>	<b>Tampere, FIN</b>	<b>30.06.2022</b>
W55	13.86	WMA Juliet Sidney	Newport Harriers	Nuneaton	23.06.2024
W60	14.55w	WMA Mel Garland	Worcester AC	Yate	12.08.2023
W60	14.61	WMA Mel Garland	Worcester AC	Nuneaton	06.08.2023
W65	16.15	WMA Caroline Marler	Otley	Hull	29.06.2019
W70	17.1 (HT)	WMA Iris Holder	Worcester AC	Stourport	01.05.2014
W75	<b>BR 17.81</b>	<b>WMA Iris Holder</b>	<b>Worcester AC</b>	<b>Perth, AUS</b>	<b>27.10.2016</b>
W80	20.60	WMA Iris Holder	Worcester AC	Yate	21.07.2024
W85	25.75	WMA Dorothy Fraser	Lincoln Wellington	Yate	21.07.2024
<b>200 Metres</b>					
W35	26.40	WMA Joanne Frost	Bromsgrove & Redditch	Redditch	29.07.2015
W40	26.30	OTH Amanda Broadhurst	Wrexham AAC	Wrexham	21.05.2011
W40	26.55	WMA Michelle Thomas	Birchfield Harriers	Izmir, TUR	30.08.2014
W45	26.56	WMA Michelle Thomas	Birchfield Harriers	Perth	01.11.2016
W50	27.09	WMA Michelle Thomas	Birchfield Harriers	Tampere, FIN	03.07.2022
W55	29.06	WMA Juliet Sidney	Newport Harriers	Nuneaton	23.06.2024
W60	30.80	WMA Mel Garland	Worcester AC	Worcester	16.05.2012
W60	42.95	WMA Rebecca Hambrook	Porthcawl Runners	Cardiff	13.01.2013
W65	33.45	WMA Caroline Marler	Otley	Caorle	12.09.2019
W70	38.3 (HT)	WMA Iris Holder	Worcester AC	Brierty Hill	27.05.2015
W75	41.9 (HT)	WMA Iris Holder	Worcester AC	Worcester	31.07.2019
W80	46.71	WMA Dorothy Fraser	Lincoln Wellington	Malaga	09.09.2018
W85	58.72	WMA Dorothy Fraser	Lincoln Wellington	Derby	02.09.2023
<b>400 Metres</b>					
W35	55.19	OTH Rachel Newcombe	Liverpool Harriers	Cwmbran	12.07.1992
W35	60.89	WMA Samantha Gamble	Cardiff AAC	Nuneaton	05.08.2025
W40	59.30	WMA Pat Gallagher	Westbury Harriers	TBC	01.07.1986
W45	62.90	WMA Pat Gallagher	Westbury Harriers	Birmingham	09.06.1991
W50	67.80	WMA Susan Hooper	Cardiff AAC	Swansea Harriers	08.08.2012
W55	73.30	WMA Angela Bryant	Forest of Dean	Aarhus	31.07.2017
W60	79.65	OTH Monica Shone	Clayton le Moors	Reading	08.07.1989
W60	90.30	WMA Brenda Avery	Chepstow Harriers	Brecon	14.06.2015
W65	74.79	WMA Caroline Marler	Otley	Hull	29.06.2019
W70	79.45	OTH Monica Shone	Clayton le Moors	Malmo	22.07.1996
W75	87.70	OTH Monica Shone	Clayton le Moors	Copthall Barnet	27.07.2002
W80	1:58.86	WMA Dorothy Fraser	Lincoln Wellington	Malaga	14.09.2018
<b>600 Metres</b>					
W35	1:40.25	WMA Katy Roy	Chepstow Harriers	Cheltenham & County AC	06.07.2022
<b>800 Metres</b>					
W35	2:04.69	OTH Rachel Newcombe	Liverpool Harriers	Watford	14.08.2002
W35	2:16.95	WMA Katy Roy	Chepstow Harriers	Yeovil	16.04.2022
W40	2:12.31	WMA Pat Gallagher	Westbury Harriers	Cwmbran	20.06.1987
W45	2:17.3 (HT)	WMA Pat Gallagher	Westbury Harriers	Cheltenham & County AC	21.07.1993
W50	2:22.0 (HT)	WMA Pat Gallagher	Westbury Harriers	Yate	15.06.1997
W55	2:37.97	WMA Sarah Everitt	Bristol & West	Yate	17.09.2023
W60	2:44.4 (HT)	WMA Pat Gallagher	Westbury Harriers	Cardiff AAC	25.06.2006
W65	2:50.63	WMA Pat Gallagher	Yate & District	Birmingham	26.06.2011
W70	3:17.13	WMA Pat Gallagher	Yate & District	Birmingham	18.09.2016
W75	4:47.15	WMA Dorothy Fraser	Lincoln Wellington	Lee Valley	01.03.2015
<b>1000 Metres</b>					
W35	2:56.0 (HT)	WMA Pat Gallagher	Yate & District	Cosford	06.06.1905

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<b>1500 Metres</b>					
<b>W35</b>	4:11.24	OTH Rachel Newcombe	Liverpool Harriers	Eton	03.07.2002
<b>W35</b>	4:48.70	WMA Katy Roy	Chepstow Harriers	Yate	06.06.2021
<b>W40</b>	4:26.24	OTH Andrea Whitcombe	Swansea Harriers	Sportcity	06.07.2013
<b>W40</b>	5:00.12	WMA Jenny Phillips	Llanelli AC	Tournai, BEL	23.06.2007
<b>W45</b>	4:40.97	WMA Pat Gallagher	Yate & District	Cardiff AAC	01.06.1991
<b>W50</b>	4:48.3 (HT)	WMA Pat Gallagher	Yate & District	Watford	30.04.1997
<b>W55</b>	4:54.87	WMA Pat Gallagher	Yate & District	Cardiff AAC	05.07.2000
<b>W60</b>	5:29.84	WMA Pat Gallagher	Yate & District	Cardiff AAC	25.06.2006
<b>W65</b>	5:45.05	WMA Pat Gallagher	Yate & District	Exeter	19.06.2011
<b>W70</b>	6:44.27	WMA Pat Gallagher	Yate & District	Perth, AUS	05.11.2016
<b>W75</b>	10:01.68	WMA Betty Norrish	Welsh Masters	Birmingham	08.07.2006
<b>2000 Metres</b>					
<b>W35</b>	7:12.2 (HT)	WMA Georgie Parnell	Worcester AC	Worcester AC	17.04.2018
<b>3000 Metres</b>					
<b>W35</b>	9:29.47	OTH Hayley Nash	Newport Harriers	Cardiff AAC	15.07.1998
<b>W35</b>	11:16.10	WMA Sharon Leech	Carmarthen Harriers	Cardiff AAC	29.08.2010
<b>W40</b>	9:26.8 (HT)	OTH Bronwen Cardy-Wise	Bromsgrove & Redditch	Redditch	29.04.1993
<b>W50</b>	10:24.0 (HT)	WMA Pat Gallagher	Westbury Harriers	Coventry	17.05.1998
<b>W55</b>	11:05.3 (HT)	WMA Pat Gallagher	Westbury Harriers	Derby	23.09.2001
<b>W60</b>	13:08.0 (HT)	WMA Pat Gallagher	Westbury Harriers	Taunton	25.11.2009
<b>W65</b>	12:35.8 (HT)	WMA Pat Gallagher	Yate & District	Aberdare	17.08.2011
<b>W75</b>	20:30.32	WMA Betty Norrish	Vets AC	Cardiff AAC	05.03.2006
<b>5000 Metres</b>					
<b>W35</b>	16:32.89	OTH Angharad Mair	Newport Harriers	Cardiff AAC	31.05.1997
<b>W35</b>	18:02.70	WMA Donna Morris	Brecon AC	Aberdare	04.09.2022
<b>W40</b>	16:19.66	OTH Andrea Whitcombe	Swansea Harriers	Cardiff AAC	29.06.2013
<b>W40</b>	18:53.62	WMA Satu Haikala	Brecon AC	Cardiff AAC	02.06.2012
<b>W45</b>	17:09.0 (HT)	OTH Bronwen Cardy	Bromsgrove & Redditch	Solihull	11.06.2000
<b>W45</b>	23:08.66	WMA Catherine Olivant	Brecon AC	Brecon	21.07.2019
<b>W50</b>	18:14.5 (HT)	WMA Pat Gallagher	Yate & District	Cwmbran	10.06.1998
<b>W55</b>	18:52.64	OTH Bronwen Cardy	Bromsgrove & Redditch	Hobart	06.04.2007
<b>W55</b>	20:14.6 (HT)	WMA Pat Gallagher	Yate & District	Cardiff AAC	30.06.2002
<b>W60</b>	21:26.48	OTH Myfanwy Loudon	Newport Harriers	Edmonton	05.08.1994
<b>W65</b>	22:08.06	OTH Myfanwy Loudon	Newport Harriers	Gateshead	31.07.1999
<b>W65</b>	22:09.0 (HT)	WMA Pat Gallagher	Yate & District	Cardiff AAC	11.05.2011
<b>W70</b>	32:01.31	WMA Betty Norrish	Vets AC	Birmingham	27.06.2004
<b>W75</b>	26:43.23	WMA Betty Norrish	Vets AC	Battersea Park	18.06.2006
<b>10000 Metres</b>					
<b>W35</b>	34:11.76	OTH Angharad Mair	Newport Harriers	Birmingham	14.06.1996
<b>W40</b>	41:47.38	WMA Satu Haikala	Brecon AC	Horspath	23.06.2013
<b>W45</b>	34:3.0 (HT)	OTH Bronwen Cardy-Wise	Bromsgrove & Redditch	Watford	22.07.2000
<b>W50</b>	41:00.82	OTH Bronwen Cardy	Bromsgrove & Redditch	Brisbane	25.03.2005
<b>W55</b>	37:50.93	OTH Bronwen Cardy	Bromsgrove & Redditch	Hobart	06.04.2007
<b>W60</b>	44:57.13	OTH Myfanwy Loudon	Newport Harriers	Buffalo	18.07.1995
<b>W65</b>	46:19.40	OTH Myfanwy Loudon	Newport Harriers	Gateshead	03.08.1999
<b>1000 Metres Walk</b>					
<b>W55</b>	7:01.94	WMA Renata Prells	Swasnea Harriers	Connah's Quay	28.08.2011
<b>2000 Metres Walk</b>					
<b>W35</b>	18:21.6 (HT)	OTH Sarah James	Rhondda AC	Solihull	07.08.2011
<b>W40</b>	13:31.2 (HT)	OTH Loretta Daley	Cardiff AAC	Solihull	16.08.2009
<b>W50</b>	11:08.9 (HT)	OTH Wendy Bennet	Worcester AC	Stourport	03.05.2018
<b>W50</b>	15:37.48	WMA Louise Kirby	Newport Harriers	Lee Valley	24.02.2019
<b>W55</b>	12:46.0 (HT)	OTH Jill York	WMAA	Derby	22.09.2001
<b>W60</b>	14:19.9 (HT)	WMA Rebecca Hambrook	Worcester AC	Leamington	25.06.2014

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<b>3000 Metres Walk</b>					
<b>W40</b>	20:32.2 (HT)	OTH Loretta Daley	Cardiff AAC	Cardiff AAC	02.08.2009
<b>W50</b>	17:08.7 (HT)	OTH Wendy Bennett	Worcester AC	Worcester AC	12.05.2018
<b>W55</b>	19:11.4 (HT)	OTH Cath Edge	West Cheshire	Cardiff AAC	02.08.2009
<b>W60</b>	<b>21:25.1 (HT)</b>	<b>WMA</b> Rebecca Hambrook	<b>Worcester AC</b>	<b>Brecon</b>	<b>15.06.2014</b>
<b>5000 Metres Walk</b>					
<b>W50</b>	35:33.3 (HT)	OTH Jill York	Erme Valley	Newport Harriers	12.07.1998
<b>W55</b>	36:25.11	OTH Jill York	WMAA	Derby	08.06.2003
<b>10000 Metres Walk</b>					
<b>W35</b>	<b>1:15.32</b>	<b>WMA</b> Dash Newington	<b>Gateshead</b>	<b>Madeira</b>	<b>29.10.2020</b>
<b>20000 Metres Walk</b>					
<b>W35</b>	<b>2:43:10</b>	<b>WMA</b> Dash Newington	<b>Gateshead</b>	<b>Madeira</b>	<b>31.10.2020</b>
<b>Sprint Hurdles</b>					
<b>W35</b>	100H (84cm) 15.1 (HT)	OTH Sarah Owen	Newport Harriers	Sheffield	12.09.1992
<b>W35</b>	<b>100H (84cm) 17.3 (HT)</b>	<b>WMA</b> Amanda Cook	<b>Wrexham AAC</b>	<b>Stretford</b>	<b>05.05.2012</b>
<b>W40</b>	100H (84cm) 16.6 (HT)	OTH Sarah Owen	Newport Harriers	Newport Harriers	17.06.1995
<b>W45</b>	<b>100H (84cm) 24.10</b>	<b>WMA</b> Alison Murray	<b>Hercules Wimbledon</b>	<b>Erith</b>	<b>17.05.2014</b>
<b>W35</b>	80H (76.2cm) 13.1 (HT)	OTH Amanda Broadhurst	Wrexham AAC	Solihull	08.08.2010
<b>W40</b>	80H (76.2cm) 12.6 (HT)	OTH Amanda Broadhurst	Wrexham AAC	Connah's Quay	14.05.2011
<b>W45</b>	<b>80H (76.2cm) 13.45</b>	<b>WMA</b> Amanda Broadhurst	<b>Wrexham AAC</b>	<b>Birmingham</b>	<b>30.07.2016</b>
<b>W50</b>	80H (76.2cm) 15.26	<b>WMA</b> Jan Timberlake	<b>Worcester AC</b>	<b>Aarhus, DEN</b>	<b>04.08.2017</b>
<b>W55</b>	80H (76.2cm) 17.42	<b>WMA</b> Louise Kirby	<b>Parc Bryn Bach RC</b>	<b>Yate</b>	<b>21.07.2024</b>
<b>W65</b>	80H (76.2cm) 17.16	<b>WMA</b> Nicola Buckwell	<b>Newport Harriers</b>	<b>Yate</b>	<b>21.07.2024</b>
<b>W70</b>	80H (76.2cm) 19.76	<b>WMA</b> Patricia Oakes	<b>Ashford AC</b>	<b>Sheffield</b>	<b>02.09.2017</b>
<b>300 Metres Hurdles</b>					
<b>W50</b>	(76.2cm) 65.90	<b>WMA</b> Louise Kirby	<b>Newport Harriers</b>	<b>Yeovil</b>	<b>20.04.2019</b>
<b>W55</b>	(76.2cm) 61.43	<b>WMA</b> Jenny Phillips	<b>Llanelli AC</b>	<b>Aberdare</b>	<b>04.09.2022</b>
<b>400 Metres Hurdles</b>					
<b>W35</b>	(72.6cm) 70.1 (HT)	OTH Sue Hooper	Cardiff AAC	Liverpool	06.07.1997
<b>W35</b>	(72.6cm) <b>75.6 (HT)</b>	<b>WMA</b> Victoria Watkins	<b>Black Pear Joggers</b>	<b>Leamington</b>	<b>06.05.2018</b>
<b>W40</b>	(72.6cm) 76.50	OTH Sharon Fletcher	Newport Harriers	Burton	03.07.2011
<b>W40</b>	(72.6cm) 78.60	<b>WMA</b> Sian Gifford	<b>Colchester</b>	<b>Colchester</b>	<b>20.04.2013</b>
<b>W45</b>	(72.6cm) 80.00	<b>WMA</b> Pamie Murray	<b>Worcester AC</b>	<b>Brecon</b>	<b>14.06.2015</b>
<b>2000m STEEPLECHASE</b>					
<b>W35</b>	(72.6cm) 8:02.76	<b>WMA</b> Emily Brown	<b>Cardiff AAC</b>	<b>Yate</b>	<b>06.06.2021</b>
<b>W40</b>	(72.6cm) 7:56.42	OTH Andrea Whitcombe	Swansea Harriers	Birmingham	12.07.2015
<b>W45</b>	(72.6cm) 10:18.54	<b>WMA</b> Sian Gifford	<b>Lee Valley</b>	<b>Southern League</b>	<b>15.04.2017</b>
<b>High Jump</b>					
<b>W35</b>	1.61	OTH Sarah Owen	Newport Harriers	Sheffield	12.09.1992
<b>W35</b>	<b>1.45</b>	<b>WMA</b> Ruth Jansen	<b>WMA</b>	<b>Cardiff AAC</b>	<b>09.09.2012</b>
<b>W40</b>	1.50	OTH Sarah Owen	Newport Harriers	Exeter	07.05.1995
<b>W40</b>	<b>1.45</b>	<b>WMA</b> Amanda Broadhurst	<b>Wrexham AAC</b>	<b>Zittau, GER</b>	<b>16.08.2012</b>
<b>W45</b>	1.39	<b>WMA</b> Mel Garland	<b>Wrexham AAC</b>	<b>Nuneaton</b>	<b>10.06.2012</b>
<b>W50</b>	1.40	<b>WMA</b> Mel Garland	<b>Worcester AC</b>	<b>Birmingham</b>	<b>24.06.2017</b>
<b>W55</b>	1.38	<b>WMA</b> Mel Garland	<b>Worcester AC</b>	<b>Solihull</b>	<b>08.07.2018</b>
<b>W60</b>	1.35	<b>WMA</b> Mel Garland	<b>Worcester AC</b>	<b>Nuneaton</b>	<b>06.08.2023</b>
<b>W65</b>	1.10	OTH Patricia Oakes	Ashford AC	King's Lynn	03.06.2015
<b>W70</b>	1.06	<b>WMA</b> Patricia Oakes	<b>Ashford AC</b>	<b>Ellwell</b>	<b>05.06.2016</b>
<b>W75</b>	0.95	<b>WMA</b> Iris Holder	<b>Worcester AC</b>	<b>Redditch</b>	<b>15.06.2016</b>

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<b>Pole Vault</b>						
<b>W35</b>	3.10	OTH Eirian Owen	Brecon AC	Wrexham AAC	09.08.1999	
<b>W40</b>	2.50	OTH Claudia Cabbage	Portsmouth	Portsmouth	22.05.2016	
<b>W45</b>	3.30	WMA Alison Murray	Hercules Wimbledon	Wimbledon	22.05.2016	
<b>W50</b>	3.10	WMA Alison Murray	Hercules Wimbledon	Birmingham	24.07.2017	
<b>W55</b>	1.70	WMA Clare St. John-Coleman	Chelmsford	Wormwood Scrubbs	18.06.2016	
<b>W60</b>	1.15	OTH Patricia Oakes	Ashford	Joplin USA	22.06.2008	
<b>Long Jump</b>						
<b>W35</b>	5.91	WMA Joanne Frost	Bromsgrove & Redditch	Lyon, FRA	11.08.2015	
<b>W40</b>	5.42	WMA Joanne Frost	Bromsgrove & Redditch	Caorle	09.09.2019	
<b>W45</b>	4.59	WMA Mel Garland	Worcester AC	Kettering	19.08.2012	
<b>W50</b>	4.58	WMA Mel Garland	Worcester AC	Birmingham	24.06.2017	
<b>W55</b>	4.67	WMA Mel Garland	Worcester AC	Birmingham	25.08.2018	
<b>W60</b>	4.40	WMA Mel Garland	Worcester AC	Stourport	28.08.2023	
<b>W65</b>	3.33	WMA Nicola Buckwell	Newport Harriers	Aberdare	04.09.2022	
<b>W70</b>	3.26	WMA Iris Holder	Worcester AC	Brecon	14.06.2015	
<b>W75</b>	3.09	WMA Iris Holder	Worcester AC	Solihull	17.07.2016	
<b>W80</b>	2.86	WMA Iris Holder	Worcester AC	Gloucester	16.05.2021	
<b>Triple Jump</b>						
<b>W35</b>	10.92	WMA Joanne Frost	Bromsgrove & Redditch	Solihull	06.08.2016	
<b>W40</b>	10.19	WMA Amanda Broadhurst	Wrexham AAC	Lyon, FRA	15.08.2015	
<b>W45</b>	9.47	WMA Amanda Broadhurst	Wrexham AAC	Birmingham	18.09.2016	
<b>W50</b>	9.39	OTH Jan Timberlake	Worcester AC	Birmingham	18.09.2016	
<b>W50</b>	9.35	WMA Mel Garland	Worcester AC	Leamington	25.06.2014	
<b>W55</b>	9.68	WMA Mel Garland	Worcester AC	Swindon	27.09.2020	
<b>W60</b>	9.23	WMA Mel Garland	Worcester AC	Nuneaton	18.06.2023	
<b>W65</b>	6.00	WMA Eirian Arwyn	Les Croupiers	Aberdare	10.07.2019	
<b>W70</b>	<b>BR 7.11</b>	<b>WMA Iris Holder</b>	<b>Worcester AC</b>	<b>Lyon, FRA</b>	<b>06.08.2015</b>	
<b>W75</b>	<b>BR 7.07</b>	<b>WMA Iris Holder</b>	<b>Worcester AC</b>	<b>Perth AUS</b>	<b>27.10.2016</b>	
<b>W80</b>	5.46	WMA Iris Holder	Worcester AC	Yate	21.07.2024	
<b>Shot</b>						
<b>W35</b>	4.00kg	10.67	WMA Ruth Jansen	Welsh Masters	Solihull	16.08.2009
<b>W40</b>	4.00kg	11.12	WMA Alyson Hourihan	Cardiff AAC	Cardiff AAC	29.08.2005
<b>W45</b>	4.00kg	11.72	OTH Janet Beese	Newport Harriers	Carmarthen	12.05.1999
<b>W45</b>	4.00kg	10.91	WMA Alyson Hourihan	Cardiff AAC	Cardiff AAC	13.06.2009
<b>W50</b>	3.00kg	11.29	WMA Alyson Hourihan	Cardiff AAC	Solihull	09.09.2012
<b>W55</b>	3.00kg	11.13	OTH Ruth Bird	Cheltenham & County AC	Bournemouth	30.08.2020
<b>W55</b>	3.00kg	8.07	WMA Melanie Garland	Worcester AC	Nuneaton	03.06.2018
<b>W60</b>	3.00kg	8.07	OTH Caroline Marler	Otley	Solihull	20.07.2014
<b>W60</b>	3.00kg	7.49	WMA Dorothy Morgan	Pembrokeshire Harriers	Pembrokeshire Harriers	25.06.2006
<b>W65</b>	3.00kg	8.49	OTH Caroline Marler	Otley	Solihull	02.07.2017
<b>W65</b>	3.00kg	6.58	WMA Patricia Oakes	Ashford	Horspath	19.06.2016
<b>W70</b>	3.00kg	6.89	WMA Patricia Oakes	Ashford	Auckland, NZL	26.04.2017
<b>W75</b>	2.00kg	5.79	WMA Dorothy Fraser	Lincoln Wellington	Birmingham	09.08.2014
<b>W80</b>	2.00kg	5.07	WMA Dorothy Fraser	Lincoln Wellington	Cardiff AAC Met	22.05.2019
<b>W80</b>	2.00kg	5.07	WMA Dorothy Fraser	Lincoln Wellington	Nuneaton	09.06.2019

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All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA)** and Welsh athletes not affiliated to Welsh Masters

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Event/Category	Performance	Athlete	Country /Club	Venue	Date	
<b>Discus</b>						
<b>W35</b>	1.00kg	42.84	OTH Alyson Hourihan	Cardiff AAC	Exeter	30.07.1997
<b>W35</b>	1.00kg	29.36	WMA Catherine Alford	Rhondda AC	Hendon	01.07.2012
<b>W40</b>	1.00kg	40.58	WMA Alyson Hourihan	Cardiff AAC	Welsh Champs	29.08.2005
<b>W45</b>	1.00kg	39.28	WMA Alyson Hourihan	Cardiff AAC	Brecon	06.07.2008
<b>W50</b>	1.00kg	33.85	WMA Alyson Hourihan	Cardiff AAC	Cardiff AAC	03.07.2013
<b>W55</b>	1.00kg	22.79	WMA Melanie Garland	Worcester AC	Redditch	30.05.2018
<b>W55</b>	1.00kg	29.64	OTH Ruth Bird	Cheltenham & County AC	Bournemouth	20.09.2020
<b>W60</b>	1.00kg	22.40	OTH Dorothy Morgan	Pembrokeshire Harriers	Derby	08.06.2003
<b>W60</b>	1.00kg	22.44	WMA Melanie Garland	Worcester AC	Gloucester	06.06.2023
<b>W65</b>	1.00kg	19.23	WMA Dorothy Morgan	Pembrokeshire Harriers	Cardiff AAC	25.06.2006
<b>W70</b>	1.00kg	13.83	WMA Patricia Oakes	Ashford	Gillingham	17.07.2017
<b>W75</b>	0.75kg	10.52	OTH Helen Cole	Rhondda AC	Brecon	21.07.2019
<b>Hammer</b>						
<b>W35</b>	4.00kg	65.32	OTH Carys Parry	Rhondda AC	Cardiff AAC	10.06.2017
<b>W35</b>	4.00kg	37.33	WMA Leanne Taylor	Rhondda AC	Birmingham	09.08.2014
<b>W40</b>	4.00kg	37.48	WMA Leanne Taylor	Rhondda AC	Cardiff AAC	29.04.2015
<b>W45</b>	4.00kg	43.50	WMA Lesley Brown	Deeside AC	Ellesmere Port	26.03.2022
<b>W50</b>	3.00kg	39.18	OTH Ruth Bird	Cheltenham & County AC	Cheltenham & County AC	24.07.2019
<b>W50</b>	3.00kg	34.68	WMA Alyson Hourihan	Cardiff AAC	Brazil	26.10.2013
<b>W55</b>	3.00kg	39.65	OTH Ruth Bird	Cheltenham & County AC	Bournemouth	20.09.2020
<b>W55</b>	3.00kg	32.05	WMA Renata Prells	Swansea Harriers	Birmingham	14.09.2013
<b>W60</b>	3.00kg	33.74	WMA Renata Prells	Swansea Harriers	Liverpool	09.10.2017
<b>W65</b>	3.00kg	21.07	WMA Dorothy Morgan	Pembrokeshire Harriers	Cardiff AAC	11.07.2007
<b>W70</b>	3.00kg	13.50	WMA Patricia Oakes	Ashford	Erith	07.07.2017
<b>W75</b>	2.00kg	16.93	WMA Dorothy Fraser	Nuneaton	Midland Masters	08.06.2014
<b>Javelin</b>						
<b>W35</b>	600g	35.60	OTH Amanda Broadhurst	Wrexham AAC	Stoke	11.06.2006
<b>W35</b>	600g	34.71	WMA Ruth Jansen	WMA	Cardiff AAC	15.08.2010
<b>W40</b>	600g	33.19	OTH Jan Timberlake	Worcester AC	Grangemouth	14.07.2010
<b>W40</b>	600g	29.59	WMA Alyson Hourihan	Cardiff AAC	Newport Harriers	15.05.2005
<b>W50</b>	600g	32.30	OTH Averil Williams	Newport Harriers	Reading	09.07.1989
<b>W55</b>	600g	32.30	OTH Averil Williams	Newport Harriers	Birmingham	07.07.1991
<b>W45</b>	600g	32.30	WMA Alyson Hourihan	Cardiff AAC	Aberdare	13.05.2006
<b>W50</b>	500g	29.10	WMA Alyson Hourihan	Cardiff AAC	Solihull	20.07.2014
<b>W55</b>	500g	25.71	OTH Julie Wakelam	Birmingham	BMAF - Champs	10.08.2014
<b>W55</b>	500g	17.95	WMA Melanie Garland	Worcester AC	Stourport	03.05.2018
<b>W60</b>	500g	22.33	WMA Julie Wakelam	Birmingham	BMAF -Champs	11.08.2019
<b>W65</b>	500g	15.43	WMA Patricia Oakes	Ashford	Brecon	03.07.2016
<b>W70</b>	500g	13.27	WMA Patricia Oakes	Ashford	Brecon	21.07.2019
<b>W75</b>	400g	12.05	OTH Helen Cole	Rhondda AC	Brecon	21.07.2019
<b>Weight Throw</b>						
<b>W35</b>	12.50kg	7.04	WMA Catherine Alford	Rhondda AC	Derby	22.09.2012
<b>W35</b>	10.00kg	9.18	WMA Catherine Alford	Rhondda AC	Derby	22.09.2012
<b>W35</b>	9.08kg	10.26	WMA Catherine Alford	Rhondda AC	Lee Valley	17.03.2012
<b>W35</b>	7.50kg	10.95	WMA Catherine Alford	Rhondda AC	Derby	22.09.2012
<b>W35</b>	5.00kg	15.16	WMA Catherine Alford	Rhondda AC	Derby	22.09.2012
<b>W40</b>	9.08kg	10.22	WMA Catherine Alford	Rhondda AC	Birmingham	09.08.2014
<b>W45</b>	9.08kg	9.35	WMA Catherine Alford	Rhondda AC	Swansea Harriers	26.09.2021
<b>W50</b>	7.26kg	12.23	OTH Ruth Bird	Cheltenham & County AC	Bournemouth	08.09.2019
<b>W50</b>	7.26kg	11.02	WMA Alyson Hourihan	Cardiff AAC	Brecon	15.06.2014
<b>W55</b>	7.26kg	7.68	WMA Eirian Arwyn	Les Croupiers	Cardiff AAC	03.07.2010
<b>W60</b>	5.45kg	7.14	WMA Eirian Arwyn	Les Croupiers	Brecon	15.06.2014
<b>W65</b>	5.45kg	9.28	WMA Renata Prells	Swansea Harriers	Swansea Harriers	26.09.2021

# WELSH MASTERS OUTDOOR RECORDS

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<b>Multi Events</b>					
<b>Heptathlon</b>					
<b>W35</b>	4411	OTH Amanda Broadhurst	Wrexham AAC	Oxford	08.07.2007
<b>W40</b>	4405	OTH Amanda Broadhurst	Wrexham AAC	Oxford	11.09.2011
<b>W45</b>	4548	WMA Amanda Broadhurst	Wrexham AAC	Birmingham	31.07.2016
<b>W50</b>	4119	WMA Jan Timberlake	Worcester AC	Birmingham	31.07.2016
<b>W70</b>	3571	WMA Patricia Oakes	Ashford	Auckland, NZ	27.04.2017
<b>W65</b>	4380	WMA Nicola Buckwell	Newport Harriers	Tampere, FIN	01.07.2022
<b>Pentathlon</b>					
<b>W35</b>	3294	OTH Amanda Broadhurst	Wrexham AAC	Cardiff AAC	04.03.2006
<b>W40</b>	3532	OTH Amanda Broadhurst	Wrexham AAC	Gent, BEL	17.03.2011
<b>W50</b>	2521	WMA Mel Garland	Worcester AC	Horspath	21.06.2015
<b>W70</b>	2692	WMA Patricia Oakes	Ashford	Daegu, KOR	24.03.2017
<b>Decathlon Weight Throw</b>					
<b>W35</b>	3214	WMA Catherine Alford	Rhondda AC	Derby	22.09.2012
<b>W55</b>	3717	WMA Renate Prells	Swansea Harriers	Derby	27.09.2014
<b>W55</b>	3701	WMA Renate Prells	Swansea Harriers	Derby	22.09.2012
<b>W60</b>	3790	WMA Renate Prells	Swansea Harriers	Derby	04.10.2019
<b>Pentathlon Weight Throw</b>					
<b>W35</b>	2468	OTH Leanne Taylor	Rhondda AC	Derby	01.06.2013
<b>W35</b>	2319	WMA Catherine Alford	Rhondda AC	Hendon	01.07.2012
<b>W40</b>	2519	WMA Catherine Alford	Rhondda AC	Derby	01.06.2013
<b>W45</b>	3965	WMA Alyson Hourihan	Cardiff AAC	Lahti, FIN	07.08.2009
<b>W50</b>	3302	WMA Alyson Hourihan	Cardiff AAC	Porto Alegre, BRA	26.10.2013
<b>W55</b>	2860	OTH Julie Wakelam	Worcester AC	Lee Valley	19.08.2018
<b>W60</b>	3195	WMA Julie Wakelam	Worcester AC	Caorle, ITA	14.09.2019
<b>4x100 Metres Relay</b>					
<b>W35</b>	52.50	WMA Welsh Masters V35 Team		Solihull	02.07.2017
<b>W50</b>	59.32	WMA Welsh Masters V50 Team		Solihull	08.07.2018
<b>W60</b>	72.09	WMA Welsh Masters V60 Team		Coventry	06.07.2019