

WELSH MASTERS OUTDOOR RECORDS

WOMEN

July-2026

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

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

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

Event/Category	Performance	Athlete	Country /Club	Venue	Date
100 Metres					
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	BR 13.06	WMA Michelle Thomas	Birchfield Harriers	Tampere, FIN	30.06.2022
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	BR 17.81	WMA Iris Holder	Worcester AC	Perth, AUS	27.10.2016
W80	20.60	WMA Iris Holder	Worcester AC	Yate	21.07.2024
W85	25.75	WMA Dorothy Fraser	Lincoln Wellington	Yate	21.07.2024
200 Metres					
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	Brierly 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
400 Metres					
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
600 Metres					
W35	1:40.25	WMA Katy Roy	Chepstow Harriers	Cheltenham & County AC	06.07.2022
800 Metres					
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
1000 Metres					
W35	2:56.0 (HT)	WMA Pat Gallagher	Yate & District	Cosford	06.06.1905

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

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

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

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

WELSH MASTERS OUTDOOR RECORDS

WOMEN

July-2026

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

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

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