

WELSH MASTERS INDOOR RECORDS

April-2026

WOMEN

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

Event/Category	Performance	Athlete	Country /Club	Venue	Date
60 Metres					
W35	7.91	WMA Joanne Frost	Bromsgrove & Redditch	Ancona, ITA	29.03.2016
W40	8.06	WMA Michelle Thomas	Birchfield Harriers	Ancona, ITA	29.03.2016
W45	BR 8.05	WMA Michelle Thomas	Birchfield Harriers	Torun	27.03.2019
W50	8.32	WMA Michelle Thomas	Birchfield Harriers	Braga,POR	24.02.2022
W55	8.75	WMA Juliet Sidney	Newport Harriers	Lee Valley	14.03.2026
W60	9.21	WMA Mel Garland	Worcester AC	Sheffield	29.12.2023
W65	9.74	WMA Angela Bryant	Forest of Dean	N.I.A.C	24.01.2026
W70	10.56	WMA Iris Holder	Worcester AC	Lee Valley	23.02.2014
W75	BR 10.72	WMA Iris Holder	Worcester AC	Ancona, ITA	30.03.2016
W80	12.91	WMA Dorothy Fraser	Lincoln Wellington	Madrid	21.03.2018
150 Metres					
W60	23.50	WMA Mel Garland	Worcester AC	Sheffield	25.11.2023
200 Metres					
W35	27.55	WMA Samantha Gamble	Cardiff	Lee Valley	25.02.2024
W40	26.85	WMA Michelle Thomas	Birchfield Harriers	Torun	26.03.2015
W45	BR 26.33	WMA Michelle Thomas	Birchfield Harriers	Torun	29.03.2019
W50	27.06	WMA Michelle Thomas	Birchfield Harriers	Braga, POR	26.02.2022
W55	29.58	WMA Juliet Sidney	Newport Harriers	Lee Valley	17.02.2024
W60	32.06	WMA Mel Garland	Worcester AC	Sheffield	18.02.2023
W65	31.73	OTH Wendy Bennet	Blackheath & Bromley	Lee Valley	08.03.2020
W65	33.02	WMA Angela Bryant	Forest of Dean	Cardiff	24.01.2026
W70	43.77	WMA Pat Oakes	Ashford AC	Lee Valley	19.02.2017
W75	40.52	WMA Dorothy Fraser	Lincoln Wellington	Budapest	28.03.2014
W80	45.97	WMA Dorothy Fraser	Lincoln Wellington	Madrid	23.03.2018
300 Metres					
W35	51.77	WMA Rhiannon Jenkins	Newport Harriers	Cardiff	21.01.2024
W40	46.15	WMA Sarah Coote	Cardiff	Cardiff	21.01.2024
W55	49.63	WMA Juliet Sidney	Newport Harriers	Cardiff	17.12.2023
W60	54.88	WMA Angela Bryant	Worcester AC	Cardiff	21.01.2024
400 Metres					
W35	64.37	WMA Georgie Parnell	Chepstow Harriers	Cardiff	19.01.2020
W40	61.35	WMA Amanda Broadhurst	Wrexham AAC	Lee Valley	17.03.2012
W45	66.30	WMA Pamie Murray	Worcester AC	Lee Valley	01.03.2015
W50	71.39	WMA Louise Kirby	Newport Harriers	Lee Valley	09.03.2019
W55	70.80	WMA Juliet Sidney	Newport Harriers	Cardiff	24.01.2026
W65	73.99	OTH Helen Godsell	Blackheath & Bromley	Lee Valley	01.03.2020
W65	80.00	WMA Pat Gallagher	Westbury Harriers	Sheffield	05.02.2012
W75	1:50.58	WMA Dorothy Fraser	Lincoln Wellington	Lee Valley	23.02.2014
800 Metres					
W35	2:18.21	WMA Katy Roy	Chepstow Harriers	Cardiff	29.01.2023
W40	2:23.50	WMA Georgie Dobbs	Newport	NIAC	12.01.2025
W45	2:57.11	WMA Amanda Broadhurst	Wrexham AAC	Emirates	02.02.2020
W50	2:23.83	WMA Sarah Everitt	Bristol & West AC	Lee Valley	24.02.2019
W55	2:37.87	WMA Pat Gallagher	Westbury Harriers	Cyncoed	22.02.2004
W60	2:40.28	WMA Pat Gallagher	Yate & District	Cyncoed	05.03.2006
W65	2:40.9 (HT)	WMA Pat Gallagher	Yate & District	Ghent	01.03.2011
W70	3:16.89	WMA Pat Gallagher	Yate & District	Lee Valley	13.03.2016

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1500 Metres					
W35	4:59.20	WMA Ewelina Ciesielska	Parc Bryn Bach RC	Cardiff	27.01.2024
W40	4:46.0 (HT)	WMA Pat Gallagher	Cardiff AAC	Cosford	06.06.1905
W45	4:44.0 (HT)	WMA Pat Gallagher	Yate & District	n/a	04.10.1995
W50	4:51.68	WMA Pat Gallagher	Yate & District	Birmingham	07.02.1998
W55	5:24.17	WMA Pat Gallagher	Yate & District	Sindelfingen	14.03.2004
W60	5:22.50	WMA Pat Gallagher	Yate & District	Cardiff	18.02.2006
W65	5:40.9 (HT)	WMA Pat Gallagher	Yate & District	Ghent	01.03.2011
W70	6:47.79	WMA Pat Gallagher	Yate & District	Lee Valley	12.03.2016
W75	8:39.73	WMA Betty Norrish	Welsh Masters	Cardiff	04.03.2006
3000 Metres					
W35	9:52.27	OTH Debbie Rees	Cardiff AAC	Cardiff	13.01.2013
W40	9:52.84	WMA Pat Gallagher	Westbury Harriers	Cosford	09.01.1987
W45	10:55.81	WMA Satu Haikala	Brecon AC	Cardiff	04.05.2014
W45	10:00.5 (HT)	WMA Pat Gallagher	Westbury Harriers	n/a	04.10.1995
W50	10:17.53	WMA Pat Gallagher	Westbury Harriers	Birmingham	04.01.1997
W55	11:06.3 (HT)	WMA Pat Gallagher	Westbury Harriers	Bordeaux	08.03.2001
W60	11:35.90	WMA Pat Gallagher	Yate & District	Cardiff	28.01.2006
W65	12:12.0 (HT)	WMA Pat Gallagher	Yate & District	Ghent	01.03.2011
W70	15:04.74	WMA Pat Gallagher	Yate & District	Ancona, ITA	30.03.2016
3000 Metres Walk					
W35	20:51.84	WMA Dash Newington	Gateshead	Lee Valley	08.03.2020
60m Hurdles					
W35	(84cm) 9.13	OTH Michelle Thomas	Birchfield Harriers	Cardiff	01.03.2009
W35	(84cm) 10.16	WMA Amanda Cook	Wrexham AAC	Lee Valley	17.03.2012
W40	(76.2cm) 9.68	WMA Amanda Broadhurst	Wrexham AAC	San Sebastian	24.03.2013
W45	(76.2cm) 10.14	WMA Amanda Broadhurst	Wrexham AAC	Connah's Quay	03.05.2016
W50	(76.2cm) 11.72	WMA Jan Timberlake	Worcester AC	Loughborough	28.01.2017
W55	(76.2cm) 11.98	WMA Mel Garland	Worcester AC	Lee Valley	04.03.2018
W70	(68.5cm) 14.09	WMA Patricia Oakes	Ashford AC	Lee Valley	11.03.2017
High Jump					
W35	1.50	OTH Amanda Broadhurst	Wrexham AAC	Cyncoed	04.03.2006
W35	1.45	WMA Ruth Jansen	WMA	Cardiff	19.02.2012
W40	1.45	WMA Amanda Broadhurst	Wrexham AAC	Cardiff	13.01.2013
W45	1.40	OTH Jan Timberlake	Worcester AC	Ancona	01.04.2016
W45	1.35	WMA Amanda Broadhurst	Wrexham AAC	Lee Valley	28.02.2016
W50	1.41	WMA Alison Murray	Hercules Wimbledon	Lee Valley	24.02.2019
W55	1.40	WMA Mel Garland	Worcester AC	Cardiff	04.02.2018
W60	1.31	WMA Mel Garland	Worcester AC	Torun	23.03.2023
W65	1.12	WMA Patricia Oakes	Ashford AC	Lee Valley	11.03.2012
W70	1.05	WMA Patricia Oakes	Ashford AC	Daegu,Kor	20.03.2017
Pole Vault					
W35	2.54	WMA Dash Newington	Gateshead	Emirates Arena	26.01.2020
W40	2.63	OTH Claudia Cabbage	Portsmouth	Carshalton	25.09.2016
W45	3.13	WMA Alison Murray	Hercules Wimbledon	Carshalton	25.09.2016
W50	3.02	WMA Alison Murray	Hercules Wimbledon	Carshalton	03.02.2019
W55	1.80	WMA Clare St. John-Coleman	Chelmsford	Lea Valley	28.02.2016

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Long Jump						
W35	5.79	WMA Joanne Frost	Bromsgrove & Redditch	Ancona	01.04.2016	
W40	5.38	WMA Joanne Frost	Bromsgrove & Redditch	Torun, POL	25.03.2019	
W45	4.62	WMA Amanda Broadhurst	Wrexham AAC	Connah's Quay	23.01.2016	
W50	4.48	WMA Mel Garland	Worcester AC	Cardiff	11.12.2016	
W55	4.81	WMA Mel Garland	Worcester AC	Lea Valley	07.03.2020	
W60	4.49	WMA Mel Garland	Worcester AC	Sheffield	29.12.2023	
W65	3.09	OTH Patricia Oakes	Ashford AC	Budapest	27.03.2014	
W65	2.83	WMA Patricia Oakes	Ashford AC	Lee Valley	03.12.2016	
W70	3.34	WMA Iris Holder	Worcester AC	Lee Valley	23.02.2014	
W70	3.34	WMA Iris Holder	Worcester AC	Torun, POL	24.03.2015	
W75	BR 3.14	WMA Iris Holder	Worcester AC	Lee Valley	12.03.2016	
W85	ER 2.24	WMA Iris Holder	Worcester AC	Torun, POL	27.03.2026	
Triple Jump						
W35	10.05	WMA Amanda Cook	Wrexham AAC	Lee Valley	18.03.2012	
W40	9.24	WMA Amanda Broadhurst	Wrexham AAC	Lee Valley	01.03.2015	
W45	9.57	WMA Amanda Broadhurst	Wrexham AAC	Cardiff	10.01.2016	
W50	9.98	WMA Jan Timberlake	Worcester AC	Madrid	23.03.2018	
W55	9.72	WMA Mel Garland	Worcester AC	Torun	28.03.2019	
W60	9.46	WMA Mel Garland	Worcester AC	Torun	30.03.2023	
W70	7.04	WMA Iris Holder	Worcester AC	Lee Valley	16.02.2014	
W75	6.81	WMA Iris Holder	Worcester AC	Lee Valley	13.03.2016	
Shot						
W35	4.00kg	9.71	WMA Leanne Taylor	Rhondda AC	Lee Valley	08.03.2014
W40	4.00kg	9.30	WMA Cath Alford	Rhondda AC	Lee Valley	08.03.2014
W45	4.00kg	10.91	WMA Alyson Hourihan	Cardiff AAC	Cardiff	04.03.2006
W50	3.00kg	9.64	WMA Karen Llewellyn	Pembrokeshire Harriers	Lee Valley	08.03.2014
W55	3.00kg	10.01	OTH Caroline Marler	Otley	Linz, AUT	17.03.2006
W55	3.00kg	9.09	WMA Lesley Richardson	Enfield and Harringey	Cardiff	04.01.2026
W60	3.00kg	7.60	OTH Patricia Oakes	Ashford AC	Carshalton	26.10.2008
W60	3.00kg	7.54	WMA Renata Prells	Swansea	Cardiff	11.01.2015
W65	3.00kg	8.32	OTH Caroline Marler	Otley	Lee Valley	04.03.2018
W65	3.00kg	6.58	WMA Patricia Oakes	Ashford AC	Lee Valley	28.02.2016
W70	3.00kg	6.88	WMA Patricia Oakes	Ashford AC	Lee Valley	26.02.2017
W75	2.00kg	5.09	OTH Helen Cole	Rhondda AC	Cardiff	04.02.2018
W75	2.00kg	6.34	WMA Dorothy Fraser	Lincoln Wellington	Lee Valley	08.03.2014
4x100 Metres Relay						
W35	1:54.88	WMA Welsh Masters V35 Team		Lee Valley	28.02.2016	
W50	0.00	WMA Welsh Masters V50 Team		Lee Valley	24.02.2019	
W60	0.00	WMA Welsh Masters V60 Team		Lee Valley	01.03.2020	