

WELSH MASTERS INDOOR RECORDS

WOMEN

April-2023

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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|--------------------|-----------------|----------------------------|----------------------------|--------------------|-------------------|
| 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 | 9.04 | WMA Mel Garland | Worcester AC | Lee Valley | 03.07.2020 |
| W60 | 10.45 | WMA Julie Wakelam | Bromsgrove & Redditch | Sheffield | 08.02.2020 |
| W65 | 10.70 | WMA Mary Webb | Cardiff AAC | N.I.A.C | 19.02.2005 |
| 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 |
| 200 Metres | | | | | |
| W35 | 28.41 | WMA Anna Coilek | Village Vipers | Lee Valley | 28.02.2016 |
| 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 | 30.42 | WMA Mel Garland | Worcester AC | Birmingham | 17.02.2019 |
| W65 | 31.73 | OTH Wendy Bennet | Blackheath & Bromley | Lee Valley | 08.03.2020 |
| W65 | 33.83 | WMA Ros Townsend-Hope | Worcester AC | Cardiff | 19.01.2020 |
| 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 |
| 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 | 76.61 | WMA Angela Bryant | Forest of Dean | Cardiff | 04.02.2018 |
| 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 | 2:30.74 | WMA Rachel Matthews | Cardiff AAC | Lee Valley | 01.03.2015 |
| 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 |
| 1500 Metres | | | | | |
| W35 | 5:00.0 (HT) | OTH Margaret Docking | Wrexham AAC | Cosford | 26.03.1988 |
| W35 | 5:03.86 | WMA Llinos Jones | Swansea Harriers | Lee Valley | 01.03.2020 |
| 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 |

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| 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 | 2016-03-05 |
| 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 | 2017-03-11 |
| 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 | 1.14 | WMA Julie Wakelam | Bromsgrove & Redditch | Lee Valley | 24.02.2019 |
| 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 |
| 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 | Lee Valley | 07.03.2020 |
| W60 | 3.58 | WMA Julie Wakelam | Bromsgrove & Redditch | Lee Valley | 24.02.2019 |
| W60 | 3.58 | WMA Julie Wakelam | Bromsgrove & Redditch | Lee Valley | 09.03.2019 |
| 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 |

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| 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 | 7.39 | WMA Julie Wakelam | Bromsgrove & Redditch | Lee Valley | 10.03.2019 | |
| 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 | 8.36 | WMA Melanie Garland | Worcester AC | Cardiff | 04.02.2018 |
| 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 | |