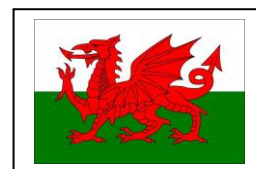


Welsh Masters Ladies at the British (Indoor) Championships, Lee Valley, London – March 2020



Athlete	Club	Age	Event	Performance	Position	Comments
Eleri Jones	WMA/ Newport	W35	60m	8.56s	4 th	
			200m	29.07s	2 nd	Silver Medal
Dash Newington	WMA/ Gateshead	W35	3k Race Walk	20'51.84	1st	British Champion - sb
			Triple Jump	9.66m	1st	British Champion - pb
			Long Jump	4.47m	2nd	Silver Medal
			High Jump	1.40m	1st	British Champion
			Javelin	14.94m	3rd	Bronze Medal - sb
			60m Hurdles	11.58s	3rd	Bronze Medal
			Pole Vault	2.40m	5th	
Amanda Broadhurst	WMA/ Wrexham	W45	200m	32.07s	5 th	
Becky Selvey	WMA/ Worcester	W45	200m	31.10s	6 th in h1	pb
			400m	68.65s	4th	
Henrietta Anstey	WMA/Bristol & West	W45	200m	31.67s	4 th in h1	
			400m	71.59s	7th	sb
Michelle Thomas	WMA/ Birchfield	W45	60m	8.31s	1st	British Champion
			200m	27.13s	1st	British Champion
Juliet Sidney	WMA/ Newport	W50	60m	8.81s	1 st	British Champion
			200m	29.95s	1st	British Champion
Louise Kirby	WMA/ Newport	W50	60m	9.33s	5 th	
			200m	31.25s	4th	sb
			400m	75.86s	3rd	Bronze Medal
Angela Bryant	WMA/ Forest of Dean	W55	60m	9.25s	4th	sb
			200m	31.75s	3rd	Bronze Medal - sb
			400m	88.72s	4th	sb
Mel Garland	WMA/ Worcester	W55	60m	9.04s	2 nd	Silver Medal – sb
			200m	31.12s	2 nd	Silver Medal
All time British Champ's best performance			Triple Jump	9.57m	1st	British Champion - sb
All time British Champ's best performance			Long Jump	4.81m	1st	British Champion - pb
			High Jump	1.30m	1 st	British Champion - sb
			Discus	19.50m	3rd	Bronze Medal - sb

Clare St John -Coleman	WMA/ Chelmsford	W55	Long Jump	3.70m	3rd	Bronze Medal
Hilary West	WMA/ Macclesfield	W60	400m	76.21	1st	British Champion
Julie Wakelam	WMA/ B&R	W60	Hammer	27.77m	1st	British Champion
			Triple Jump	7.01m	2nd	Silver Medal - sb
			Long Jump	3.41m	2nd	Silver Medal
			Discus	18.78m	3rd	Bronze Medal – sb
			Shot Putt	6.58m	4th	sb
Helen Godsell	WMA/ Blackheath	W65	200m	31.73s	1st	British Champion –sb
Pat Gallagher	WMA/ Westbury	W70	800m	3'55.42	1st	British Champion –sb
Pat Oakes	WMA/ Ashford	W70	Triple Jump	5.58m	2nd	Silver Medal – sb
			Long Jump	2.44m	2nd	Silver Medal – sb
Iris Holder	WMA/ Worcester	W75	60m	11.57s	1st	British Champion
			Triple Jump	6.35m	1st	British Champion
Dorothy Fraser	WMA/ Lincoln	W80	60m	15.07s	1st	British Champion
			200m	55.18s	2nd	Silver Medal - sb

If you count them, you will see that the Welsh Masters female athletes delivered no less than 17 British Championship winning performances, as well as coming away with an incredible 9 Silver and 7 Bronze medals – amazing results ladies!!

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