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Congratulations on
Setting a New Welsh Masters club record.

Name	Age Group	Note
Michelle Thomas	**W45**	

Event	Performance
60	**8.05**

Club	Venue	Date
Cardiff	**Torun**	**3/27/2019**

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Congratulations on
Setting a New Welsh Masters club record.

Name	Age Group	Note
Michelle Thomas	**W45**	**indoor**
Event	Performance	
200	**26.33**	
Club	Venue	Date
Birchfield H	**Torun**	**3/29/2019**

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Name	Age Group	Note
Juliet Sidney	**W50**	
Event	**Performance**	
60	**8.58**	
Club	**Venue**	**Date**
Newport	**Torun**	**3/26/2019**

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Congratulations on
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Name	Age Group	Note
Juliet Sidney	**W50**	
Event	**Performance**	
100	**13.82**	
Club	**Venue**	**Date**
Newport	**Nuneaton**	**9/6/2020**

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Congratulations on
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Name	Age Group	Note
Juliet Sidney	**W50**	**indoor**
Event	Performance	
200	**28.97**	
Club	Venue	Date
Newport	**Torun**	**3/28/2019**

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Congratulations on
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Name	Age Group	Note
Mel Garland	**W55**	
Event	Performance	
60	**9.04**	
Club	Venue	Date
Worcester	**Lee Valley**	**7/3/2020**

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Congratulations on
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Name	Age Group	Note
Mel Garland	**W55**	
Event	**Performance**	
100	**14.1**	
Club	**Venue**	**Date**
Worcester	**Bury**	**6/23/2019**

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Congratulations on
Setting a New Welsh Masters club record.

Name	Age Group	Note
Mel Garland	**W55**	
Event	Performance	
200	**29.90**	
Club	Venue	Date
Worcester	**Aberdare**	**7/10/2019**

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Congratulations on
Setting a New Welsh Masters club record.

Name	Age Group	Note
Mel Garland	**W55**	
Event	Performance	
200	**29.90**	
Club	Venue	Date
Worcester	**Cheltenham**	**7/17/2019**

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Name	Age Group	Note
Mel Garland	**W55**	**indoor**
Event	Performance	
200	**30.42**	
Club	Venue	Date
Worcester	**Birmingham**	**2/17/2019**

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Name	Age Group	Note
Mel Garland	**W55**	**indoor**
Event	Performance	
LJ	**4.81**	
Club	Venue	Date
Worcester	**Lea Valley**	**3/7/2020**

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Setting a New Welsh Masters club record.

Name	Age Group	Note
Mel Garland	**W55**	
Event	Performance	
TJ	**9.68**	
Club	Venue	Date
Worcester	**Swindon**	**9/27/2020**

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Congratulations on
Setting a New Welsh Masters club record.

Name	Age Group	Note
Mel Garland	**W55**	**indoor**
Event	Performance	
TJ	**9.72**	
Club	Venue	Date
Worcester	**Torun**	**3/28/2019**

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Name	Age Group	Note
Claire St.John-Coleman	**W60**	

Event	Performance
100	**15.58**

Club	Venue	Date
Chelmsford	**Chelmsford**	**9/9/2020**

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Congratulations on
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Name	Age Group	Note
Clare St Joh-Coleman	**W60**	

Event	Performance
LJ	**3.80**

Club	Venue	Date
Chelmsford	**Dartford**	**9/12/2020**

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Congratulations on
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Name	Age Group	Note
Caroline Marler	**W65**	

Event	Performance
100	**16.15**

Club	Venue	Date
Otley	**Hull**	**6/29/2019**

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Congratulations on
Setting a New Welsh Masters club record.

Name	Age Group	Note
Caroline Marler	**W65**	

Event	Performance
200	**33.45**

Club	Venue	Date
Otley	**Caorle**	**9/12/2019**

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Congratulations on
Setting a New Welsh Masters club record.

Name	Age Group	Note
Caroline Marler	**W65**	

Event	Performance
400	**74.79**

Club	Venue	Date
Otley	**Hull**	**6/29/2019**

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Name	Age Group	Note
Ros Townsend-Hope	**W65**	**indoor**
Event	Performance	
200	**33.83**	
Club	Venue	Date
Worcester	**Cardiff**	**1/19/2020**

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Name	Age Group	Note
Iris Holder	**W75**	
Event	**Performance**	
200	**41.90**	
Club	**Venue**	**Date**
Worcester	**Budapest**	**7/31/2019**

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Congratulations on
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Name	Age Group	Note
Louise Kirby	**W50**	

Event	Performance
300H	**65.90**

Club	Venue	Date
Newport	**Yeovil**	**20/04/2019**

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Name	Age Group	Note
Louise Kirby	**W50**	**indoor**
Event	Performance	
400	**71.39**	
Club	Venue	Date
Newport	**Lee Valley**	**3/9/2019**

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Name	Age Group	Note
Louise Kirby	**W50**	
Event	**Performance**	
2000W	**15:37.48**	
Club	**Venue**	**Date**
Newport	**Lee Valley**	**2/24/2019**

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Name	Age Group	Note
Georgie Parnell	**W35**	**indoor**
Event	Performance	
400	**64.37**	
Club	Venue	Date
Chepstow	**Cardiff**	**1/19/2020**

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Name	Age Group	Note
Georgie Parnell	**W35**	
Event	**Performance**	
800	**2:22.5**	
Club	**Venue**	**Date**
Chepstow	**Cheltenham**	**7/10/2019**

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Name	Age Group	Note
Georgie Parnell	**W35**	**indoor**
Event	Performance	
800	**2:23.24**	
Club	Venue	Date
Chepstow	**Lee Valley**	**3/10/2019**

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Name	Age Group	Note
Georgie Parnell	**W35**	
Event	**Performance**	
1500	**5:05.1**	
Club	**Venue**	**Date**
Chepstow	**Cheltenham**	**5/6/2019**

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Name	Age Group	Note
Amanda Broadhurst	**W45**	**indoor**
Event	Performance	
800	**2:57.11**	
Club	Venue	Date
Wrexham	**Emirates**	**2/2/2020**

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Name	Age Group	Note
Sarah Everitt	**W50**	**indoor**
Event	**Performance**	
800	**2:23.83**	
Club	**Venue**	**Date**
Bristol&West	**Lee Valley**	**2/24/2019**

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Name	Age Group	Note
Llinos Jones	**W35**	**indoor**
Event	**Performance**	
1500	**5:03.86**	
Club	**Venue**	**Date**
Swansea	**Lee Valley**	**3/1/2020**

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Name	Age Group	Note
Llinos Jones	**W35**	
Event	**Performance**	
5000	**20:06.91**	
Club	**Venue**	**Date**
Swansea	**Brecon**	**7/21/2019**

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Name	Age Group	Note
Catherine Olivant	**W45**	

Event	Performance
5000	**23:08.7**

Club	Venue	Date
Brecon	**Brecon**	**7/21/2019**

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Name	Age Group	Note
Dash Newington	**W35**	**indoor**
Event	Performance	
3000W	**20:51.8**	
Club	Venue	Date
Gateshead	**Lee Valley**	**8/3/2020**

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Name	Age Group	Note
Dash Newington	**W35**	
Event	**Performance**	
10000W	**1:15.32**	
Club	**Venue**	**Date**
Gateshead	**Madeira**	**10/29/2020**

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Name	Age Group	Note
Dash Newington	**W35**	
Event	Performance	
20000W	**2:43.10**	
Club	Venue	Date
Gateshead	**Madeira**	**10/31/2020**

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Name	Age Group	Note
Dash Newington	**W35**	**indoor**
Event	Performance	
PV	**2.54**	
Club	Venue	Date
Gateshead	**Emirates Arena**	**1/26/2020**

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Name	Age Group	Note
Patricia Oakes	**W70**	

Event	Performance
JT500	**13.27**

Club	Venue	Date
Ashford	**Brecon**	**21/7/2019**

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Name	Age Group	Note
Dorothy Fraser	**W80**	
Event	**Performance**	
SP2K	**5.07**	
Club	**Venue**	**Date**
Lincoln Wellington	**Cardiff Met**	**22/5/2019**

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Name	Age Group	Note
Dorothy Fraser	**W80**	

Event	Performance
SP2K	**5.07**

Club	Venue	Date
Lincoln Wellington	**Nuneaton**	**9/6/2019**

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Name	Age Group	Note
Alison Murray	**W50**	**indoor**
Event	Performance	
HJ	**1.41**	
Club	Venue	Date
Hercules	**Lee Valley**	**2/24/2019**

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Name	Age Group	Note
Alison Murray	**W50**	**indoor**
Event	**Performance**	
PV	**3.02**	
Club	**Venue**	**Date**
Hercules	**Carshalton**	**3/2/2019**

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Name	Age Group	Note
Joanne Frost	**W40**	
Event	**Performance**	
LJ	**5.42**	
Club	**Venue**	**Date**
Bromsgrove	**Caorle**	**9/9/2019**

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Name	Age Group	Note
Joanne Frost	**W40**	**indoor**
Event	Performance	
LJ	**5.38**	
Club	Venue	Date
Bromsgrove	**Torun, POL**	**3/25/2019**

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Name	Age Group	Note
Eirian Arwyn	**W65**	

Event	Performance
TJ	**6.00**

Club	Venue	Date
Les Croupiers	**Aberdare**	**7/10/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	
Event	**Performance**	
JT500	**22.33**	
Club	**Venue**	**Date**
Birmingham	**BMAF -Champs**	**11/8/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	**indoor**
Event	Performance	
HJ	**1.41**	
Club	Venue	Date
Bromsgrove	**Lee Valley**	**2/24/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	
Event	**Performance**	
HJ	**1.18**	
Club	**Venue**	**Date**
Bromsgrove	**Coventry**	**7/6/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	**indoor**
Event	**Performance**	
LJ	**3.58**	
Club	**Venue**	**Date**
Bromsgrove	**Lee Valley**	**2/24/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	**indoor**
Event	Performance	
LJ	**3.58**	
Club	Venue	Date
Bromsgrove	**Lee Valley**	**3/9/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	**indoor**
Event	Performance	
TJ	**7.39**	
Club	Venue	Date
Bromsgrove	**Lee Valley**	**3/10/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	

Event	Performance
TJ	**7.56**

Club	Venue	Date
Bromsgrove	**Burton**	**5/19/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	
Event	**Performance**	
PenWtW60	**3195**	
Club	**Venue**	**Date**
Worcester	**Caorle, ITA**	**14/9/2019**

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Name	Age Group	Note
Julie Wakelam	**W60**	
Event	**Performance**	
60	**10.45**	
Club	**Venue**	**Date**
Broms & Redditch	**Sheffield**	**2/8/2020**

WELSH MASTERS ATHLETICS LIMITED

Welsh Masters Athletics Limited,
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c/o Macsen Limited, Uplands
Business Centre, Bernard Street,
Swansea SA2 0HT

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Congratulations on
Setting a New Welsh Masters club record.

Name	Age Group	Note
Renate Prells	**W60**	
Event	Performance	
DecHTW65	**3790**	
Club	Venue	Date
Swansea	**Derby**	**4/10/2019**

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Name	Age Group	Note
Renata Prells	**W60**	

Event	Performance
DTK1	**21.17**

Club	Venue	Date
Swansea	**Cardiff**	**5/21/2019**

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