



WELSH

MASTERS ATHLETICS

Magnificent Performances of the Welsh Masters Athletes at the World Masters (Indoor) Championships Daegu, Korea – March 2017

Name	Event	Position	Comments
Pat Oakes (W70)	Pentathlon (5 Events)	1 (Gold)	60 Hurdles/High Jump/Long Jump/ Shot/800m WORLD CHAMPION
Pat Oakes (W70)	High Jump	1 (Gold)	WORLD CHAMPION
Pat Oakes (W70)	Long Jump	2 (Silver)	
Pat Oakes (W70)	Triple Jump	1 (Gold)	WORLD CHAMPION
Pat Oakes (W70)	60 Hurdles	1 (Gold)	WORLD CHAMPION
Caroline Marler (W65)	200mt	1 (Gold)	WORLD CHAMPION
Caroline Marler (W65)	400mt	2 (Silver)	Bettered the previous World Record!!
Caroline Marler (W65)	4x200 relay	3 (Bronze)	Ran as part of the GB W55-59 team
Joan Howe (W60)	800mt	1 (Gold)	WORLD CHAMPION
Joan Howe (W60)	1500mt	1 (Gold)	WORLD CHAMPION
Joan Howe (W60)	8k XC	1 (Gold)	WORLD CHAMPION
Joan Howe (W60)	GB XC Team	1 (Gold)	XC Team WORLD CHAMPIONS
Michelle Thomas (W45)	60mt	1 (Gold)	WORLD CHAMPION
Michelle Thomas (W45)	200mt	3 (Bronze)	
Michelle Thomas (W45)	4x200 relay	1 (Gold)	Ran as part of the GB W35 team that became WORLD CHAMPIONS
David Glendower (M45)	Shot Putt	9	
David Glendower (M45)	Hammer	6	
David Glendower (M45)	Discus	8	
David Glendower (M45)	Weight	7	
Peter Watkeys (M35)	800mt	3 (Bronze)	