

Top Performances Females – Age Groups

Last Update 21.05.2013

Event	Under 17	Under 15	Under 13
75m			10.44 Natasha Paxton
			10.49 Kathryn Colwell
			10.7 Elleana Hull
			10.9 Kerrie Craig
			11.03 Kerrie Craig
			11.3 Rachel Gregg
			11.32 Olivia Cumming
			11.4 Sarah Newell
			11.44 Victoria Coulter
			11.44 Rebecca Webb
80m		10.91 Kiki Malomo Paris	11.11 Kathryn Colwell
		11.40 Ellen Robinson	12.31 Emma Reid
		11.53 Olivia Cumming	12.79 Megan Drummond
100m	11.84w Amy Foster	12.60 Natasha Paxton	13.1 Elaine McClelland
	11.93 Amy Foster	12.68 Kiki Malamo-Paris	13.1 Kathryn Colwell
	12.40 Kiki Malamo-Paris	12.8 Kathryn Colwell	13.3 Natasha Paxton
	12.5 Hannah Lewis	12.89 Kathryn Colwell	13.3 Pamela Gabbey
	12.6 Gayle Connery	12.90 Amy Foster	13.3 Michelle Rogan
	12.61 Hannah Lewis	12.9 Kim Shaw	13.3 Lisa McVea
	13.1 Michelle Rogan	12.91 Hannah Lewis	13.4 Karen Graham
	13.1 Erin Mullan	12.97 Karen Graham	13.4 Caroline Gordon
	13.2 Stacey Mullan	13.0 Andrea Ramage	13.4 Andrea Ramage
	13.2 Jenny Oakes	13.0 Alix Herbert	13.4 Kiki Malamo-Paris
	13.2 Clare Robinson	13.0 Michelle Rogan	13.7 Kim Shaw

13.23 Ellen Robinson
13.23 Kim Shaw
13.30 Katie Hewitt
13.3 Sharon Magowan
13.3 Sophie Reynolds

13.05 Erin Mullan
13.05 Kathryn Colwell
13.06 Saskia Greer

13.7 Elleana Hull

150m

20.98 Elleana Hamilford-Hull
22.31 Niamh Cummings

20.61 Elleana Hamilford-Hull
21.16 Olivia Cumming
21.32 Saskia Greer
21.69 Natasha Mellon
22.48 Ceara Harper
22.68 Isobel Meharg

20.0 Elleana Hull
20.4 Kathryn Colwell
20.6 Charlotte Conor
20.9 Saskia Greer
21.47 Kerrie Craig
21.9 Jenni Stevenson
21.95 Emma Reid
22.2 Karyn Cole
22.21 Elleana Hull
22.50 Sarah Newell
22.5 Shannon Booth
22.65 Kayleigh Walsh

200m

24.06w Amy Foster
24.25 Amy Foster
24.77 Hannah Lewis
26.1 Gayle Connery
26.5 Kiki Malamo-Paris
26.5 Erin Mullan
26.81 Elleana Hamilford-Hull
27.0 Stacey Mullan
27.04 Kiki Malamo-Paris
27.10 Kim Shaw
27.2 Michelle Rogan
27.33 Cydnie McCullough
27.47 Katie Hewitt

25.35 Hannah Lewis
25.66 Natasha Paxton
26.06 Kathryn Colwell
26.3 Alix Herbert
26.42 Kiki Malamo-Paris
26.5 Gillian Downing
26.6 Kim Shaw
26.63 Kim Shaw
26.75 Gayle Connery
26.8 Nicola Connerey
27.0 Erin Mullan
27.1 Amy Foster
27.1 Olivia Cumming

26.9 Andrea Ramage
27.1 Elaine McClelland
27.4 Karen Graham
27.5 Kathryn Colwell
27.61 Kathryn Colwell
27.7 Caroline Gordon
27.7 Julie Hamilton
28.4 Sharon Magowan
28.6 Jennifer Kelso
28.76 Michelle Rogan
29.0 Alison Moffitt
29.1 Kerri-Lyn Dunlop

	27.5	Jenny Oakes	27.19	Olivia Cumming		
			27.2	Andrea Ramage		
300m	42.1	Kim Shaw	41.6	Hannah Lewis	44.2	Kathryn Colwell
	42.16	Kim Shaw	42.0	Kathryn Colwell	48.4	Hanna Lewis
	42.8	Alison Lavery	42.02	Kathryn Colwell	48.9	Cara Garnham
	43.4	Michelle Rogan	42.6	Kim Shaw	50.1	Grace Lawther
	43.6	Lisa Magee	43.74	Kathryn Colwell	50.6	Jessica McCreery
	43.7	Laura McKeown	45.0	Amy Foster	51.2	Ceara Harper
	43.8	Jennifer Oakes	45.98	Abbey Taylor	51.5	Amy Foster
	44.13	Chloe Johnston	46.6	Harriett Hayhurst	52.1	Tanya Garrett
	44.2	Stacey Mullins	46.8	Niamh Cummings	53.3	Amy McCann
	44.8	Katie Hewitt	47.9	Katie Hewitt	53.30	Alex Catherwood
	45.1	Nicola Simpson	47.5	Gillian Mcdonald	53.4	Emily Heyburn
	46.73	Kerry Iveston	47.7	Jessica Craig	54.17	Lisa Thorne
400m	60.07	Kim Shaw	60.9	Gillian Downing	65.7	Jill-Anne Stewart
	62.7	Lisa Magee	64.2	Michelle Rogan	66.4	Julie Carlisle
	62.8	Jenny Oakes	64.3	Sandra Gawley	67.8	Michelle Rogan
	63.9	Kerry Iveston	65.0	Jill-Anne Stewart	70.8	Susan Scarth
	64.89	Kerry Iveston	66.3	Zoe Jeffers	71.0	Alison Moffitt
	66.6	Sandra Gawley	66.5	Lisa Magee	71.5	Zoe Jeffers
	67.4	Zoe Jeffers	67.4	Susan Scarth	72.5	Sandra Gawley
	67.8	Michelle Kelly	67.8	Roisin Farren	72.7	Pauline Hunter
	67.8	Roisin Farren	67.9	Kerri Lyn Dunlop	73.7	Lisa Thorne
	68.25	Nicola Simpson	68.5	Nicola Ramage	79.9	Olivia Hummel
800m	2:25.4	Nicola Simpson	2:21.0	Sandra Gawley	2:32.1	Julie Carlisle
	2:25.7	Katrina Oakes	2:28.0	Katrina Oakes	2:33.8	Mollie Brown
	2:26.0	Lauren Scott	2:29.7	Claire Broad	2:36.4	Zoe Jeffers
	2:27.6	Sandra Gawley	2:29.7	Abbey Taylor	2:38.5	Andrea Ramage
	2:27.77	Lauren Scott	2:29.9	Gillian Downing	2:39.0	Susan Scarth

2:28.56 Kerry Iveston
2:31.8 Zoe Jeffers
2:33.4 Jessica Craig
2:34.0 Katie Hewitt
2:25.98 Nicola Simpson
2:29.80 Sophie Strutt
2:29.97 Katie Moore
2:31.47 Francesca Brown

2:30.9 Nicola McCaughey
2:31.2 Janine Munnis
2:34.42 Niamh Cummings
2:32.0 Andrea Ramage
2:33.4 Jessica Craig
2:33.7 Nicola Ramage
2:34.5 Lauren Scott
2:35.0 Susan Scarth

2:40.7 Kalina Stitt
2:42:68 Jemma Speers
2:43.49 Katie Hewitt
2:44.0 Susan McAvoy
2:44.5 Sandra Gawley
2:45.0 Gillian Winters

1200m

4:10.44 Mollie Brown
4:14.99 Murphy Miller
4:25.30 Abbey Taylor
4:30.5 Jemma Speers
4:32.9 Claire Scott
4:33.1 Leigh McWha
4:33.4 Kayleigh Walsh
4:33.98 Leigh McWha
4:37.8 Hannah Taylor
4:38.7 Niamh Cummings
4:38.77 Emma Thompson

1500m

4:31.6 Alison O'Neill
5:04.2 Jessica Craig
5:06.1 Sandra Gawley
5:11.79 Katie Moore
5:12.0 Nicola McCaughey
5:15.4 Zoe Jeffers
5:16.4 Lauren Scott
5:18.0 Janine Munnis
5:20.3 Vicky Clegg
5:21.2 Alyson Dunne
5:21.2 Kerry Iveston

4:43.0 Alison O'Neill
4:54.9 Claire Broad
5:00.0 Sandra Gawley
5:10.3 Janine Munnis
5:16.0 Nicola McCaughey
5:16.80 Abbey Taylor
5:21.5 Zoe Jeffers
5:25.9 Alyson Dunne
5:26.0 Jessica Craig
5:29.19 Katrina Oakes
5:29.2 Heather Kelso

5:29.0 Zoe Jeffers
5:33.2 Michelle Mullally
5:34.7 Susan Scarth
5:36.9 Gillian Winters
5:38.0 Susan McAvoy
5:42.6 Suzanne Brown
5:45.9 Katie Hewitt
5:47.7 Janine Munnis
5:48.23 Lisa Thorne
5:49.8 Lyndsey McQuillan

3000m

09.45.0	Alison O'Neill	11.46.57	Nicola McCaughey
10.59.0	Janine Munnis	11.52.0	Susan McAvoy
11.00.0	Vicky Clegg	12.46.0	Catherine Geary
11.10.1	Jessica Craig		
11.11.1	Katrina Oakes		
11.24.1	Sandra Gawley		
11.36.0	Zoe Jeffers		
12.04.8	Alyson Dunne		
12.07.0	Susan McAvoy		
12.22.3	Nicola McCaughey		

Sprint Hurdles

80m Hurdles	
11.71	Stacey Mullan
11.8	Gayle Connery
11.9	Jennifer Oakes
12.0	Sarah McGuigan
12.29	Sarah Connolly
12.3	Katie Hewitt
12.35	Lyndsey Hayes
12.59	Clare Robinson
12.6	Julie Stewart
12.6	Sophie Reynolds
12.63	Katie Hewitt
12.5	Erin Mullan

75m Hurdles	
11.7	Gayle Connery
11.9	Andrea Ramage
12.0	Julie Stewart
12.0	Sarah McGuigan
12.1	Katie Hewitt
12.2	Lisa Kane
12.5	Lyndsey Hayes
12.54	Erin Mullan
12.7	Courteny Patterson
12.83	Kerrie Craig
13.0	Sarah Perry
13.0	Ashleigh Donaghy
13.0	Sophie Reynolds
13.0	Claire Hooks
13.07	Katie Hewitt

70m Hurdles	
11.8	Andrea Ramage
12.3	Caroline Horne
12.4	Natasha Paxton
12.6	Julie Stewart
12.6	Katie Hewitt
12.9	Caroline Oakes
13.1	Ashleigh Fawcett
13.2	Sandra Gawley
13.2	Julie Carlisle
13.2	Jennifer Kelso
13.4	Janet Davis Jones
13.4	Jennifer Crowther

Long Hurdles

300m Hurdles	
45.76	Stacey Mullan
45.82	Katie Hewitt

200m Hurdles	
30.0	Gayle Connery
33.6	Jill Ann Stewart

46.5 Jenny Oakes
 47.5 Cydnie McCullough
 47.7 Erin Mullan
 48.62 Cydnie McCullough
 51.1 Katie Hewitt (U15)
 52.6 Katrina Oakes

34.7 Gillian Downing
 33.6 Sharon Magowan
 38.4 Alison Moffitt
 41.2 Susan Scarth
 45.9 Jacqueline Crawford

400m Hurdles

67.82 Katie Hewitt

**High
Jump**

1.66 Alex Catherwood
 1.64 Sarah McGuigan
1.60 Sarah Connolly
 1.57 Kerrie Craig
 1.55 Alison Lavery
 1.55 Kerrie Craig
 1.53 Alison Moffitt
1.53 Rebekah Rutherford
 1.51 Gayle Connery
 1.51 Danielle Oliver
 1.50 Michelle Kelly

1.60 Andrea Ramage
 1.60 Sarah McGuigan
 1.55 Danielle Oliver
 1.55 Alex Catherwood
 1.53 Alison Moffitt
 1.53 Jill Ann Stewart
 1.53 Kerrie Craig
 1.50 Michelle Mullally
 1.50 Michelle Kelly
 1.50 Hannah Lewis
 1.50 Rebekah Rutherford

1.52 Andrea Ramage
 1.48 Alex Catherwood
 1.46 Rebekah Rutherford
 1.45 Danielle Oliver
 1.44 Pauline Hunter
 1.40 Saskia Coombes
 1.40 Alison Moffitt
 1.40 Kerrie Craig
 1.40 Lisa Kane
 1.40 Sarah Perry
 1.39 Michelle Kelly
 1.38 Elleana Hull
 1.36 Sarah McGuigan

**Long
Jump**

5.78 Hannah Lewis
 5.24 Kiki Malomo Paris
 5.24 Laura McKeown
 5.12 Lyndsey Hayes
 5.10 Katie Hewitt
 4.98 Michelle Rogan
 4.96 Clare Robinson

5.43 Hannah Lewis
 4.95 Katie Hewitt
 4.93 Andrea Ramage
 4.92 Julie Stewart
 4.89 Kiki Malamo-Paris
 4.80 Karen Frazer
 4.74 Sharon Magowan

4.87 Andrea Ramage
 4.79 Michelle Rogan
 4.60 Jennifer Kelso
 4.50 Laura McKeown
 4.43 Caroline Horne
 4.42 Hanna Lewis
 4.41 Elaine McClelland

4.94 Katie Dickson
 4.81 Michelle Kelly
 4.80 Gayle Connery
 4.80 Caroline Hussey

4.74 Sarah McGuigan
 4.73 Olivia Cumming
 4.68 Colette Barclay
 4.68 Michelle Rogan

4.38 Natasha Paxton
 4.35 Lisa McVea
 4.34 Kik Malamo-Paris
 4.33 Caroline Gordon

**Triple
 Jump**

11.09 Katie Dickson
 10.75 Clare Robinson
 10.12 Kim Shaw
 10.00 Caroline Hussey
 9.78 Katie Hewitt
 9.57 Stacey Mullan
 9.43 Gemma McAnirn
 9.43 Heather Beattie
 9.40 Kerrie Craig
 9.36 Janine Munnis

9.40 Kim Shaw
 9.36 Amy Foster
 10.62 Kim Shaw
 10.14 Andrea Ramage
 9.59 Clare Robinson
 9.55 Caroline Horne
 9.42 Natasha Mellon
 9.35 Elleana Hamilford-Hull
 9.10 Linda Dunn
 8.65 Claire Hooks

9.99 Andrea Ramage

**Pole
 Vault**

2.25 Sophie Reynolds
 2.00 Caroline Oakes
 1.90 Nicola McCaughey

Shot

4 Kg

11.94 Eva Massey N.I. Rec
 11.65 Alison Moffitt
 11.27 Lisa Kane
 11.20 Anita Kane
 11.05 Beth Wilson
 10.92 Jacqueline Crawford
 9.26 Andrea Ramage
 8.80 Kathy Hetherington
 8.76 Laurraine Finlay
 8.70 Caroline Oakes

3.25 Kg

12.33 Lisa Kane
 11.61 Alison Moffitt
 10.92 Eva Massey
 10.80 Anita Kane
 10.55 Andrea Ramage
 10.50 Jacqueline Crawford
 9.53 Sarah Patterson
 9.38 Beth Wilson
 8.75 Laurraine Finlay
 8.71 Natalie O'Neill

2.72 Kg

9.80 Andrea Ramage
 9.40 Lisa Kane
 8.42 Eva Massey
 7.78 Kiki Malamo-Paris
 7.72 Sarah Jaffery
 7.56 Kelly Baauw
 7.24 Kathryn Colwell
 7.06 Claire Briggs
 6.94 Danielle Oliver
 6.84 Kim Shaw

Discus

		1.0 Kg
41.30	Anita Kane	
39.02	Alison Moffitt	
36.40	Lisa Kane	
35.56	Eva Massey	
35.12	Beth Wilson	
35.00	Clare Barrett	
35.70	Jacqueline Crawford	
34.74	Kathy Hetherington	
30.28	Laurraine Finlay	
30.54	Caroline Oakes	
28.90	Wendy Graham	

		1.0 5K
38.10	Lisa Kane	
37.88	Alison Moffitt	
35.56	Jacqueline Crawford	
30.60	Anita Kane	
29.36	Beth Wilson	
28.12	Eva Massey	
23.62	Laurraine Finlay	
23.48	Carol Douglas	
23.09	Kathy McKeown	
23.00	Caroline Oakes	

		3.25Kg
10.14	Lisa Kane	
9.83	Alison Moffitt	
9.80	Jacqueline Crawford	
9.80	Andrea Ramage	
8.16	Natalie O'Neill	
7.76	Eva Massey	
7.45	Leanne McDaid	
7.31	Pauline Hunter	
7.14	Anita Kane	
7.04	Caroline Horne	

		0.75 Kg
16.87	Kiki Malamo-Paris	
27.90	Eva Massey	
18.91	Caroline Oakes	
17.90	Galina Robinson	
17.72	Kelly Baauw	
16.94	Sophie Cree	
16.40	Gemma McAnirn	
16.21	Sarah Jaffery	
15.66	Catherine Jaffrey	
15.02	Danielle Oliver	

		1Kg
30.30	Lisa Kane	
30.02	Alison Moffitt	
25.88	Jacqueline Crawford	
24.40	Anita Kane	
18.80	Natalie O'Neill	
18.78	Eva Massey	
18.66	Andrea Ramage	

Javelin

	600 g
45.46	Alison Moffitt - N.I Rec
39.06	Anita Kane
36.16	Andrea Ramage
34.51	Caroline Oakes
33.78	Jacqueline Crawford
33.45	Lisa Kane
32.14	Gillian Winters
31.39	Sarah Newell
29.90	Eva Massey
27.86	Janice Jeffers

	600 g
38.94	Alison Moffitt
38.56	Anita Kane
36.78	Lisa Kane
35.88	Andrea Ramage
32.66	Sarah Newell
30.16	Naomi-Wayne-Barrett
29.54	Gillian Winters
29.15	Caroline Oakes
27.86	Jacqueline Crawford
26.80	Eva Massey

	500g
31.28	Caroline Oakes
25.21	Sophie Cree

17.00	Edith Kelly
15.94	Lisa Thorne
15.23	Kelly Baauw

	400g
19.57	Caroline Oakes
18.88	Danielle Oliver
16.94	Sophie Cree
16.65	Natasha Paxton
15.32	Katie Hewitt
15.13	Megan Simpson
14.96	Claire Briggs
14.64	Jessica McGreevy
13.57	Sarah Newell
13.10	Gemma McAnirn

	500g
33.02	Lisa Kane
31.92	Andrea Ramage
22.43	Sophie Cree
13.18	Elleana Hull

	600g
32.50	Andrea Ramage
31.44	Alison Moffitt
29.02	Lisa Kane
26.08	Gillian Winters
25.92	Anita Kane
21.50	Pauline Hunter
18.42	Caroline Horne

18.04 Susan Scarth
16.46 Michelle Kelly

Hammer

4.0 Kg

23.77 Caroline Oakes
20.28 Sarah Patterson
20.24 Catherine Jaffrey
17.48 Beth Wilson
16.33 Kathy Hetherington
15.87 Sarah Hull
13.07 Katrina Oakes

3.25 Kg

23.04 Claire Hooks
17.75 Sarah Hull

Multi Events

Heptathlon

3962 Gayle Connery
3920 Andrea Ramage
3916 Alison Moffitt
3504 Katie Hewitt
3301 Sophie Reynolds
3214 Caroline Horne
3162 Sarah McGuigan
3080 Colette Barclay
2612 Toni Francis

Heptathlon

4042 Andrea Ramage
3 941 Gillian Downing
3714 Lisa Kane
3497 Sarah McGuigan
3424 Michelle Rogan
3183 Sharon Magowan
3101 Caroline Horne

Heptathlon

3889 Andrea Ramage
3328 Alison Moffitt
3183 Sharon Magowan
3057 Lisa Kane
3060 Pauline Hunter
2582 Julie Carlisle
2551 Elaine McClelland
2546 Caroline Horne
2424 Michelle Rogan
2364 Janet Davis-Jones

Pentathlon

2720 Hannah Lewis
2514 Katie Hewitt
2177 Erin Mullan
2117 Caroline Oakes
2078 Hannah Lewis
1876 Kerrie Craig
1750 Katrina Oakes
1690 Claire Hooks
1634 Toni Francis
1505 Alex Catherwood

Pentathlon

1818 Danielle Oliver
1789 Elleana Hull
1531 Alex Catherwood
1053 Sophie Cree

