

Top Performances Females - Senior and U20

Last update 21.05.2013

| Event | Senior | | Under 20 | |
|-------------|--------|-----------------------------|----------------|-------------------|
| 100m | 11.59 | Amy Foster | 11.79 | Amy Foster |
| | 12.39 | Hannah Lewis | 12.27 | Hannah Lewis |
| | 12.58 | Caroline Hussey-Livingstone | 12.63 | Kiki Malomo Paris |
| | 13.16 | Sara Semeraro | 12.9 | Gayle Connery |
| | 13.70 | Alison Moffitt | 13.2 | Michelle Rogan |
| | 13.86 | Michelle Rogan | 13.4 | Allison Elliott |
| | | | 13.45 | Karla Courtney |
| 200m | 23.75 | Amy Foster | 24.25 | Amy Foster |
| | 24.83 | Hannah Lewis | 24.48w | Hannah Lewis |
| | 26.49 | Kim Shaw | 24.51 | Hannah Lewis |
| | 26.8 | Caroline Hussey-Livingstone | 26.7 | Gayle Connery |
| | 26.85 | Caroline Hussey | 27.1 | Michelle Rogan |
| | 27.5 | Aliison Moffitt | 27.14 | Kim Shaw |
| | 28.08 | Aimee McNeilly | 27.27 | Katie Hewitt |
| | 28.85 | Michelle Rogan | 27.66 | Kiki Malomo Paris |
| | 29.21 | Natalie Strain | 28.3 | Nicola Simpson |
| | 29.4 | Christine Hewitt | 28.67 | Christine Hewitt |
| | | | 28.77 | Lisa Magee |
| | | 29.06 | Natalie Steele | |
| 300m | 39.7 | Amy Foster | 45.2 | Michelle Rogan |
| | 42.40 | Caroline Hussey-Livingstone | 47.5 | Lisa Magee |
| | 45.88 | Rachel Gibson | 47.85 | Kerry Iveston |
| | | | 50.07 | Natalie Steele |

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|--------------|-----------------|-----------------------------|-----------------|--------------------|
| 400m | 58.4 | Caroline Hussey-Livingstone | 58.7 | Kim Shaw |
| | 59.42 | Kim Shaw | 59.27 | Kim Shaw |
| | 60.28 | Caroline Hussey-Livingstone | 60.13 | Alison Lavery |
| | 61.1 | Nicola Simpson | 60.5 | Alison Elliott |
| | 62.73 | Rachel Gibson | 61.8 | Lauren Scott |
| | 63.54 | Nicola Simpson | 63.5 | Alison O'Neill |
| | | | 64.36 | Katie Hewitt |
| | | | 66.9 | Kerry Iveston |
| | | | 69.00 | Caroline Hussey |
| 800m | 2:12.46 | Lauren Scott | 2:34.5 | Katrina Oakes |
| | 2:18.44 | Rachel Gibson | 2:35.2 | Nicola McCaughey |
| | 2:19.45 | Jessica Craig | 2:14.6 | Alison O'Neill |
| | 2:20.25 | Nicola Simpson | 2:35.5 | Alison Elliott |
| | 2:25.71 | Kim Shaw | 2:16.30 | Lauren Scott |
| | 2:26.50 | Kerry Iveston | 2:25.3 | Nicola Simpson |
| | 2:27.27 | Roberta Dornan F35 | 2:26.99 | Jessica Craig |
| | 2:42.27 | Melissa Eccles | 2:31.16 | Kerry Iveston |
| | | | 2:31.89 | Sophie Strutt |
| | | 2:32.04 | Katie Hewitt | |
| 1500m | 4:30.94 | Lauren Scott | 4.29.4 | Alison O'Neill |
| | 4:46.19 | Jessica Craig | 5.05.3 | Vicky Clegg |
| | 4:49.38 | Rachel Gibson | 5:08.76 | Lauren Scott |
| | 4:51.75 | Roberta Dornan F35 | 5:12.3 | Jessica Craig |
| | 5:03.8 | Nicola Simpson | 5:19.50 | Kerry Iveston |
| | 5:05.74 | Kerry Iveston | 5.23.3 | Nicola McCaughey |
| | 5:33.30 | Stephanie Hambling | 5:43.75 | Stacey Johnston |
| | 5:50.0 | Paula Hawtin | 5.47.8 | Jill Black |
| | | | | |
| 3000m | 9:58.10 | Lauren Scott | 11.18.6 | Vicky Clegg |
| | 10:22.06 | Roberta Dornan F35 | 11:36.8 | Kerry Iveston |
| | 10:23.67 | Rachel Gibson | 11:37.69 | Katie Moore |
| | 10:32.3 | Paula Hawtin | 12.00.04 | Katrina Oakes |
| | 10:41.64 | Jessica Craig | 12.12.0 | Nicola McCaughey |
| | 10:59.6 | Stephanie Hambling F40 | 12.14.2 | Janine Munnis |

11.33.24 Roma McConville
11:43.88 Ali Robinson F35
11:54.04 Debbie Matchett F45
14.20.31 Pauline Massey F40

9.32.3 Alison O'Neill

Marathon

2:57.50 Julie Balmer F35
2:58.0 Roma McConville
2:59.0 Paula Hawtin
3:16.05 Ali Robinson
3:17.0 Sylvia Martin
3:22.29 Hilary Kernaghan F40
3:26.23 Nichola Connery
3:33.23 Lynne Kerr F40
3:45.0 Camilla Manvell F40
3:47.20 Sarah Benton
3:50.26 Nikki Heywood

100mH

15.90 Aimee McNeilly
16.40 Katie Hewitt
17.28 Alison Elliott

15.38 Erin Mullan
15.67w Sophie Reynolds
15.83 Stacey Mullan U17
16.08 Katie Hewitt
16.16 Clare Robinson
16.48 Sophie Reynolds
16.63 Andrea Ramage
17.37 Jodie Murphy
19.0 Alison Moffitt
20.4 Caroline Horne
20.5 Sarah McGuigan

400mH

66.20 Katie Hewitt
69.84 Caroline Hussey Livingstone

65.29 Katie Hewitt
67.82 Katie Hewitt U17
68.67 Stacey Mullan
69.14 Erin Mullan
71.19 Erin Mullan U17
72.2 Jenny Oakes

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| | | | 74.3 | Sandra Gawley |
| | | | 82.93 | Nicola McCaughey |
| Steeplechase | | 3000m S/C | | 2000mS/C |
| | | | 9.01.8 | Nicola McCaughey U17 |
| High Jump | 1.45 | Katie Hewitt | 1.65 | Sarah McGuigan |
| | 1.30 | Gemma McAnirn | 1.60 | Alison Elliot |
| | 1.30 | Melissa Free | 1.57 | Alison Lavery |
| | 1.25 | Kim Shaw | 1.54 | Andrea Ramage |
| | | | 1.51 | Alison Moffitt |
| | | | 1.50 | Michelle Kelly |
| | | | 1.50 | Gayle Connery |
| | | | 1.51 | Kerrie Craig |
| | | | 1.50 | Jodie Murphy |
| | | | 1.45 | Danielle Oliver |
| | | | 1.45 | Katie Hewitt |
| | | | 1.40 | Lyndsey Hayes |
| | | | 1.40 | Kim Shaw |
| Long Jump | 6.10w | Hannah Lewis | 5.98 | Hannah Lewis |
| | 5.95 | Hannah Lewis | 5.75 | Kiki Malomo Paris |
| | 5.01 | Sarah Semeraro | 5.21 | Katie Dickson |
| | 4.70 | Laura Loughlin | 5.21 | Katie Hewitt |
| | 4.56 | Leslie Jeffers | 5.12 | Caroline Hussey |
| | | | 4.91 | Alison Lavery |
| | | | 4.91 | Andrea Ramage |
| | | | 4.72 | Alison Moffitt |
| | | | 4.65 | Lyndsey Hayes |
| | | | 4.62 | Michelle Kelly |
| | | | 4.61 | Gayle Connery |
| Triple Jump | 10.82 | Laura Loughlin | 10.99 | Katie Dickson |
| | 9.61 | Heather Beattie | 10.57 | Caroline Hussey |
| | 9.57 | Leslie Jeffers | 10.42 | Kim Shaw |
| | 9.00 | Janine Munnis | 9.98 | Clare Robinason |

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|-------------------|--------------|--|-------|----------------------|
| | 8.59 | Gemma McAnirn | 9.65 | Sarah McGuigan |
| | | | 9.47 | Kerrie Craig |
| | | | 9.34 | Caroline Oakes |
| | | | 9.06 | Alison Lavery |
| Pole Vault | 3.80 | Sarah Semeraro | 1.80 | Nicola McCaughey U17 |
| Shot | | 4 Kg | | 4 Kg |
| | 16.63 | Eva Massey - N.I. Record | 14.49 | Eva Massey |
| | 12.47 | Anita Kane | 9.96 | Kathy Hetherington |
| | 11.96 | Alison Moffitt | 9.87 | Beth Wilson |
| | 10.14 | Kathy Hetherington | 9.80 | Andrea Ramage |
| | 8.95 | Laura Loughlin | 8.80 | Jodie Murphy |
| | 8.75 | Gemma McAnirn | 8.32 | Lauraine Finlay |
| | 8.59 | Fiona Shaw | 8.46 | Danielle Oliver |
| | 7.81 | Katie Hewitt | 8.41 | Caroline Oakes U17 |
| | 7.63 | Melissa Free | 7.70 | Allison Elliott |
| Discus | | 1 Kg | | 1 Kg |
| | 47.72 | Eva Massey | 41.05 | Beth Wilson |
| | 43.98 | Alison Moffitt | 37.89 | Kathy Hetherington |
| | 42.86 | Anita Kane | 29.85 | Caroline Oakes |
| | 41.12 | Kathy Hetherington | 29.46 | Wendy Graham |
| | 34.64 | Clare Barrett | 28.60 | Danielle Oliver |
| | 31.68 | Gemma McAnirn | 25.30 | Lauraine Finlay |
| | 31.50 | Fiona Shaw | | |
| | 27.80 | Melissa Free | | |
| Javelin | | 600 g | | 600 g |
| | 49.10 | Alison Moffitt - Old Javelin - NI Record | 41.34 | Anita Kane |
| | 45.85 | Alison Moffitt - New Javelin | 36.16 | Andrea Ramage |
| | 32.22 | Janine Munnis | 35.74 | Claire Barrett |
| | 31.44 | Leslie Jeffers | 31.31 | Caroline Oakes U17 |
| | 30.30 | Eva Massey | 29.19 | Danielle Oliver |
| | 29.36 | Gillian Winters | 26.00 | Beth Wilson |

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|--------------------|-------|-------------------|-------|--------------|
| | 25.40 | Katie Hewitt | | |
| Hammer | | 4 Kg | | 4 Kg |
| | 33.54 | Melissa Free | 35.40 | Eva Massey |
| | 32.86 | Eva Massey | 31.42 | Rachel Keys |
| | 22.25 | Gemma McAnirn | 20.70 | Beth Wilson |
| | 20.78 | Alison Moffitt | | |
| | 19.77 | Catherine Joffrey | | |
| | 18.87 | Janine Munnis | | |
| 8 Kg Weight | 5.37 | Laura Loughlin | | |
| Heptathlon | 3554 | Alison Moffitt | 3728 | Katie Hewitt |