

Club Top Ten Performances – Male Veterans/Masters (40+)

Last.update 14/01/2015

M40		M45		M50		M55		M60	
100m									
11.50	Roger Sexton	12.75	Brian.Smith	13.8	Trevor.Spencer	14.4	Michael.Devon		
12.3	Steve.Enright	13.52	Norman.Munnis	15.3	Barry.Scarth	14.7	Norman.Munnis		
12.7	Brian.Smith...	13.6	Trevor.Alderdice			20.1	Pat.O'Driscoll		
14.8	George.Dowling..								
200m									
23.45w	Roger Sexton	25.52	Brian.Smith	27.3	Trevor.Alderdice	28.7	Trevor.Alderdice	28.6	Brian.Smith
23.61	Roger Sexton	26.5	Trevor.Alderdice	28.2	Trevor.Spencer	30.3	Norman.Munnis	29.8	Trevor.Alderdice
24.7	Brian.Smith	27.01	Norman.Munnis						
25.6	Steve.Enright								
26.3	Trevor.Alderdice								
400m									
53.43	Brian.Smith	54.7	Brian.Smith	56.7	Trevor.Alderdice	64.4	Trevor.Alderdice	63.7	Brian.Smith
54.60	Roger Sexton	55.6	Trevor.Alderdice	58.0	Brian.Smith			66.9	Trevor.Alderdice
59.56	Brian.Smith	59.01	Francis Marsh	67.9	Trevor.Spencer				
61.7	Steve.Enright	63.9	Norman.Munnis						
62.8	Norman.Munnis..								
68.98	Huib.Baauw								
800m									
2:01.3	Francis Marsh	2:00.9	Trevor.Alderdice	2:06.1	Trevor.Alderdice	2:05.4	Trevor.Alderdice	2:25.5	Brian.Smith
2:07.0	Brian.Smith	2:03.5	Brian.Smith	2:48.9	Trevor.Spencer	2:25.0	Brian.Smith	2:57.9	Roy Graham
2:11.8	Mark Weir	2:09.46	Francis Marsh			2:50.9	Roy.Graham		
2:25.0	David.Dunne	2:17.4	George.Bell			3:17.6	Pat.O'Driscoll		
2:26.6	Tony.Wall	2:22.0	Tony.Wall						
		2:34.5	Norman.Munnis						
		2:46.2	Pat.O'Driscoll						
1500m									
4:06.24	Francis Marsh	4:09.0	Trevor.Alderdice	4:34.62	Trevor.Alderdice	4:59.46	Terry Eakin	5:02.5	Terry Eakin
4:19.2	Billy Brannigan	4:16.22	Francis Marsh	4:48.8	Brian.Smith	5:29.0	John.Monaghan	6:00.17	Roy Graham
4:23.8	David.Seaton	4:21.3	Brian.Smith	5:41.2	Barry.Scarth	5:51.5	Roy.Graham	7:13.08	Pat O'Driscoll
4:39.5	Brian.Smith	4:36.11	Geoffrey Weir	5:44.6	Myles.Dunne	6:58.4	Pat.O'Driscoll		
5:07.6	David.Dunne	5:06.0	Tony.Wall	5:54.0	Trevor.Spencer				
5:09.6	John.Dawson	5:23.0	Pat.O'Driscoll						
5:21.1	Pat.O'Driscoll	5:26.0	Norman.Munnis						
5:28.5	Huib.Baauw								
5:39.8	George.Dowling								
3000m									
8:57.9	Francis Marsh	9:05.65	Francis Marsh	10:55.8	Gerry Coy	11:39.7	Roy.Graham	10:32	Terry Eakin
8:58.23	Francis Marsh	9:18.1	Trevor.Alderdice	11:18.0	Vince.Elliott	13:35.8	Pat.O'Driscoll	11:19.8	Brian.Smith
9:23.4	George.Bell	9:38.0	Brian.Smith					13:15.84	Fred Murdock M70
9:39.0	David.Seaton	9:38.0	Billy.Brannigan						
10:10.66	Mark Weir	9:51.37	Geoffrey Weir						
10:33.0	David.Dunne	10:00.4	George.Bell						

10.41.0	Roy.Graham	10:02.6	David.Seaton
10.29.8	Tony.Wall	10:35.2	Tony.Wall
11.21.1.	Pat.O'Driscoll	11:25.07	George.O'Dowd
12.00.58	David McMeechan	12:16.8	Pat.O'Driscoll

5000m

15:29.05	Francis Marsh	16.01.30	Trevor.Alderdice	17.46.0	Billy.Brannigan	18:49.1	David Seaton	18:19.3	Terry Eakin
16.29.0	David.Seaton	16:34.71	Francis Marsh	23.42.0	Pat.O'Driscoll	23:17.7	Pat.O'Driscoll	19:16.65	David Seaton
18.03.7	Ean.McClure	17.35.0	George.Bell					20:05.61	Fred Murdock
20.16.6	Pat.O'Driscoll	18.00.4	Roy.Graham					21:02.28	Fred Murdock M65
		18:02.28	Gerry Coy					25:05.09	Pat O'Driscoll

10000m

37.08.0	Tony.Wall	42.28.6	Pat.O'Driscoll	44.17.5	Pat.O'Driscoll			38:55.70	Terry Eakin
								39:52.6	David Seaton

3000m Steeplechase

10:09.53	Francis Marsh
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Marathon

2.28.0	Billy.Brannigan	2.47.0	Terry Mallon
2.37.16	Sammy.Walker		
2:42.53	Francis Marsh		
2.50.00	John.Sloan		
2.52.01	George.Bell		
2.52.59	Max.Hamilton		

400m hurdles

71.00	Trevor.Alderdice
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3000m Walk

20:57.86	Francis Marsh	22:31.5	Pat.O'Driscoll	17:46.45	Paul Maidment M65
				21:39.94	Richard Belshaw

Long Jump

5.80	Brian.Smith	5.14	Brian.Smith	4.64	Brian.Smith
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Pole Vault

4.53	Mike.Bull	4.20	Mike.Bull
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Shot – all 7.25 Kg

11.42	Mike.Bull	9.25	Paddy McGrattan	5.98	John.Monaghan	9.68	Richard.Weglarz
10.08	Paddy McGrattan	5.80	Tony.Wall	4.70	Pat.O'Driscoll	7.90	Brian.Smith

Javelin – all 800g

30.84	Brian.Smith	29.70	Brian.Smith	25.34	Richard.Weglarz
30.56	Paddy McGrattan			10.74	Barry.Scarth
28.00	Mike.Bull				
21.46	Huib.Baauw				

Discus – all 2Kg

33.06	Mike.Bull	20.40	Brian.Smith
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24.03 Paddy McGrattan
20.34 Brian.Smith
9.44 Pat.O'Driscoll

Hammer – all 7.25 Kg

29.60 Mike.Bull
26.06 Paddy McGrattan

27.40 Paddy McGrattan
8.02 Pat.O'Driscoll

10.50 Barry.Scarth

56lb Weight for Distance

4.34 Paddy McGrattan

5.13 Paddy McGrattan

Club Top Ten Performances – Male (40+) Indoors

M40

M45

M50

M55

M60

400m

55.6 Brian.Smith

58.6 Brian.Smith

60.65 Trevor.Alderdice

800m

2:05.98 Francis Marsh

2:03.7 Trevor.Alderdice
2:07.7 Brian Smith

2:08.6 Trevor.Alderdice

2:25.86 Trevor.Alderdice

1500m

4:07.58 Francis Marsh

4:18.9 Trevor.Alderdice

4:26.0 Trevor.Alderdice

3000m

9:06.34 Francis Marsh

10:40.43 Terry Eakin

Pole Vault

4.40 Mike Bull

Shot 7.26Kg

10.79 Mike Bull

Club Top Ten Performances – Female Veterans/Masters (35+)

W35**W40****W45****W50****W55**

2:27.27 Roberta Dornan

800m4:51.75 Roberta Dornan
5:33.30 Stephanie Hambling**1500m**10:22.06 Roberta Dornan
11:43.88 Ali Robinson10:59.6 Stephanie Hambling
12:36.94 Hilary Kernaghan
12:40.80 Lynn Wilson
13:53.3 Pauline Mossey

11:54.04 Debbie Matchett

3000m

57.50 Julie Balmer

3:22.29 Hilary Kernaghan
3:33.23 Lynne Kerr
4:32.2 Fiona Mullan

3:37.01 Hilary Kernaghan

3:45.41 Roma McConville
4:03.88 Lynne Kerr**Marathon****Hammer**

13.19 Roberta Dornan

1500m Walk

10:25.80 Roberta Dornan