

NDAC Top Female Indoor Performances

Senior			U20			U17			U15		
60m			60m			60m			60m		
7.55	Amy Foster	27.01.08	7.57	Amy Foster	24.02.07	7.89	Amy Foster	26.02.05	8.13	Kiki Malomo-Paris	05.02.05
7.70	Hannah Lewis	07.02.12	7.79	Hannah Lewis	26.01.08	8.19	Erin Mullan	14.02.04	8.19	Natasha Paxton	04.02.06
			8.06	Kiki Malomo-Paris	16.01.10	8.2	Kathryn Colwell	23.02.08	8.24	Kathryn Colwell	04.02.06
			8.3	Michelle Rogan	12.02.95	8.30	Saskia Greer	22.03.15	8.39	Holly Brannigan	22.03.14
			8.59	Clare Robinson	02.03.13	8.50	Michelle Rogan	21.02.93	8.50	Kim Shaw	15.02.04
			8.66	Saskia Greer	06.02.16	8.52	Moly Longstaff	06.02.16		Ellen Robinson	19.02.11
						8.53	Rachel McCann	21.01.17	8.67	Katie Hewitt	15.02.04
						8.59	Natasha Mellon	08.02.14	8.77	Molly Longstaff	31.01.15
									8.90	Olivia Cumming	11.02.12
									9.1	Harriet Hayhurst	14.02.03
										Rachel Gregg	18.02.06
									9.21	Niamh Cummings	19.02.11
Senior			U20			U17			U15		
200m			200m			200m			200m		
			24.73	Amy Foster	05.03.06	25.09	Amy Foster	27.02.05	26.24	Kathryn Colwell	05.03.06
			24.88	Hannah Lewis	24.02.08	25.45	Hannah Lewis	25.02.07	27.63	Kim Shaw	15.02.04
			26.21	Kiki Malomo-Paris	20.02.09	26.28	Rachel McCann	01.04.17	28.38	Rachel McCann	07.02.16
			28.64	Clare Robinson	09.02.13	27.02	Kim Shaw	06.02.05	28.8	Harriet Hayhurst	14.02.03
						27.78	Erin Mullan	14.02.04	29.23	Hannah Lewis	15.02.04
						28.33	Saskia Greer	01.02.15			
						28.53	Kirsty O'Neill	01.02.15			
Senior			U20			U17					
400m			400m			300m					
59.71	Kim Shaw	07.02.09	60.03	Holly Brannigan	26.03.17	42.54	Kim Shaw	05.02.06			
66.04	Caroline Hussey	14.02.04	63.38	Olivia Cumming	06.02.16	42.6	Hannah Lewis	05.02.06			
			65.78	Kerry Iveston	06.02.05	43.47	Holly Brannigan	06.02.16			
						44.30	Olivia Cumming	31.01.15			
						47.12	Beth Crosbie	06.02.16			
						47.25	Lisa Magee	21.02.93			
						48.82	Natasha Mellon	08.02.14			
						400m					
						60.29	Holly Brannigan	12.03.16			
						60.36	Olivia Cumming	22.03.15			

Denotes performances in 2016/17 season

Last Update 03.04.17

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Senior	U20	U17	U15
800m	800m	800m	800
2:15.56 Rachel Gibson 11.01.15	2:19.69 Lauren Scott 27.01.08	2:29.0 Lauren Scott 19.02.06	2:26.68 Megan Briggs 01.04.17
2:24.39 Nicola Simpson 26.01.08	2:24.65 Jessica Craig 26.01.08	2:37.32 Francesca Brown 07.02.10	2:26.82 Murphy Miller 06.02.16
2:46.23 Gemma McAnirn 15.02.09	2:34.44 Katie Hewitt 09.12.06	2:32.64 Hannah Lewis 10.12.05	2:32.64 Hannah Lewis 10.12.05
2:46.32 Sarah Connolly 07.01.17	2:48.76 Sarah Connolly 15.11.14	2:49.03 Sarah Connolly 14.12.13	2:39.07 Holly Brannigan 15.11.14
		2:49.6 Clare Scott 27.01.08	2:40.21 Claire Francis 11.02.12
			2.49.2 Katie Hewitt 14.02.03
			2.49.98 Rachel Hughes 15.02.04
			2:51.2 Clare Scott 18.02.06
			2:59.96 Lauren Hamilton 15.11.14
			3:01.69 Niamh Cummings 19.02.11
Senior	U20	U17	
1500m	1500m	1500m	
4:32.23 Rachel Gibson 19.02.17		5:00.16 Murphy Miller 05.02.17	
4:32.25 Lauren Scott 20.02.11			
4:40.60 Jessica Craig 01.02.15			
5:26.87 Vicky Clegg 24.02.07			
1 Mile			
4:54.99 Lauren Scott 22.02.13			
Senior			
3000m			
10:00.05 Lauren Scott 09.02.13			
11:10.25 Vicky Clegg 30.11.05			
11:32.32 Kerry Iveston 14.03.09			
Senior	U20	U17	U15
60mH (3'0")	60mH (2'9")	60mH (2'6")	60mH (2'6")
8.96 Sarah Connolly 01.02.17	9.14 Sarah Connolly 15.11.14	9.07 Lyndsey Hayes 04.02.95	9.64 Holly Brannigan 15.11.14
9.34 Clare Robinson 04.02.17	9.23 Aimee McNeilly 07.02.10	9.12 Stacey Mullan 02.03.03	9.84 Hannah Lewis 10.12.05
10.02 Sophie Reynolds 16.03.08	9.71 Clare Robinson 02.03.13	9.17 Sarah Connolly 28.09.13	10.15 Claire Hooks 19.02.06
11.73 Gemma McAnirn 14.02.09	10.4 Erin Mullan 19.02.06	9.42 Katie Hewitt 09.12.06	10.52 Clare Robinson 07.02.09
		10.96 Clare Robinson 19.02.11	10.70 Ellen Robinson 19.02.11
	U18 (2'6")		10.87 Katie Kimber 21.01.17
	10.26 Clare Robinson 03.03.12		10.89 Lauren Hamilton 15.11.14

Denotes performances in 2016/17 season

Last Update 03.04.17

NDAC Top Female Indoor Performances

<p>Senior</p> <p>High Jump</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">1.68</td> <td style="width: 60%;">Sarah Connolly</td> <td style="width: 30%;">31.01.16</td> </tr> <tr> <td>1.35</td> <td>Gemma McAnirn</td> <td>14.02.09</td> </tr> </table> <p>Senior</p> <p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">3.90</td> <td style="width: 60%;">Sarah Semeraro</td> <td style="width: 30%;">07.02.10</td> </tr> </table> <p>Senior</p> <p>Long Jump</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">5.95</td> <td style="width: 60%;">Hannah Lewis</td> <td style="width: 30%;">19.02.11</td> </tr> <tr> <td>5.52</td> <td>Clare Robinson</td> <td>28.01.17</td> </tr> <tr> <td>5.43</td> <td>Sarah Connolly</td> <td>21.02.16</td> </tr> <tr> <td>4.16</td> <td>Gemma McAnirn</td> <td>15.02.09</td> </tr> </table> <p>Senior</p> <p>Triple Jump</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">11.58</td> <td style="width: 60%;">Laura Saulters</td> <td style="width: 30%;">07.02.16</td> </tr> <tr> <td>9.27</td> <td>Gemma McAnirn</td> <td>13.12.08</td> </tr> </table>	1.68	Sarah Connolly	31.01.16	1.35	Gemma McAnirn	14.02.09	3.90	Sarah Semeraro	07.02.10	5.95	Hannah Lewis	19.02.11	5.52	Clare Robinson	28.01.17	5.43	Sarah Connolly	21.02.16	4.16	Gemma McAnirn	15.02.09	11.58	Laura Saulters	07.02.16	9.27	Gemma McAnirn	13.12.08	<p>U20</p> <p>High Jump</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">1.63</td> <td style="width: 60%;">Sarah Connolly</td> <td style="width: 30%;">15.11.14</td> </tr> <tr> <td>1.44</td> <td>Katie Hewitt</td> <td>09.12.07</td> </tr> </table> <p>U20</p> <p>Long Jump</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">5.68</td> <td style="width: 60%;">Hannah Lewis</td> <td style="width: 30%;">26.01.08</td> </tr> <tr> <td>5.65</td> <td>Kiki Malomo-Paris</td> <td>12.02.10</td> </tr> <tr> <td>5.41</td> <td>Sarah Connolly</td> 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Rutherford	20.02.11	1.30	Katie Kimber	04.02.17	1.27	Holly Brannigan	15.11.14	5.20	Hannah Lewis	10.12.05	4.63	Holly Brannigan	15.11.14	4.62	Jennifer Kelso	23.03.97	4.54	Kiki Malomo-Paris	05.02.05	4.51	Katie Hewitt	21.03.04	4.49	Lauren Hamilton	15.11.14	4.25	Molly Longstaff	01.02.15	4.06	Claire Hooks	19.02.06	4.02	Clare Robinson	07.02.09		Elleana Hull	20.02.11	3.86	Olivia Cumming	11.02.12	3.70	Rebecca Hale	14.02.03	3.61	Annie McWilliams	18.02.06
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Shot putt (4kg)	Shot putt (4kg)	Shot putt (3kg)	Shot putt (3kg)
16.32 Eva Massey 15.02.03	12.94 Eva Massey 28.03.99	10.67 Faye Nixon 04.02.17	9.63 Lauraine Finlay 04.03.95
9.28 Sarah Connolly 07.01.17	10.23 Beth Wilson 14.01.12	7.56 Beth Crosbie 06.02.16	8.86 Lauren Hamilton 15.11.14
8.94 Kathy Hetherington 09.01.13	9.63 Kathy Hetherington 12.02.11	7.25 Molly Longstaff 17.04.16	7.88 Holly Brannigan 15.11.14
8.32 Gemma McAnirn 13.02.10	8.99 Jodie Murphy 06.02.10		7.65 Molly Longstaff 31.01.15
7.54 Vicky Clegg 24.02.07	8.93 Sarah Connolly 15.11.14	3.25kg	
	8.15 Katie Hewitt 23.02.08	10.60 Beth Wilson 20.02.11	
		4kg	2.72kg
		11.68 Eva Massey 23.03.97	9.39 Beth Wilson 07.02.09
		8.65 Sarah Connolly 14.12.13	9.37 Faye Nixon 07.02.16
		8.34 Beth Wilson 24.01.10	2kg
			10.55 Faye Nixon 07.02.16
Senior	U20	U17	U15
Pentathlon	Pentathlon	Pentathlon	Pentathlon
3202 Sarah Connolly 08.01.17	3137 Sarah Connolly 15.11.14	3191 Sarah Connolly 15.11.14	3021 Hannah Lewis 10.12.05
2141 Gemma McAnirn 15.02.09		2927 Katie Hewitt 09.12.06	2597 Holly Brannigan 15.11.14
			2211 Lauren Hamilton 15.11.14