

NDAC Top Female Outdoor T&F Performances

U13

75m

10.44	Natasha Paxton
10.49	Kathryn Colwell
10.59	Katie Kimber
10.7	Elleana Hull Olivia Cumming
10.80	Megan Drummond
10.88	Elleana Hull
10.9	Kerrie Craig
11.05	Molly Longstaff
11.07	Chloe Walker
11.1	Clare Robinson
11.21	Stephanie Bell
11.24	Poppy Dann
11.3	Rachel Gregg
11.4	Sarah Newell
11.44	Victoria Coulter Rebecca Webb

Senior

100m

11.59	Amy Foster
12.39	Hannah Lewis
12.55	Caroline Livingstone
13.16	Sara Semeraro
13.21	Clare Robinson
13.54	Aimee McNeilly
13.70	Alison Moffitt
13.86	Michelle Rogan

U20

100m

11.79	Amy Foster
12.27	Hannah Lewis
12.63	Kiki Malomo-Paris
12.9	Gayle Connery
13.00	Holly Brannigan
13.05	Sarah Connolly
13.2	Michelle Rogan
13.25	Saskia Greer
13.26	Molly Longstaff
13.4	Alison Elliott
13.45	Karla Courtney Molly Brett
13.63	Christine Hewitt Natalie Steele
13.65	Chloe Johnston
13.8	Zara Robinson

U17

100m

11.93	Amy Foster
12.43	Kiki Malomo-Paris
12.5	Hannah Lewis
12.59	Natasha Paxton
12.6	Gayle Connery
12.99	Holly Brannigan
13.0	Kathryn Colwell
13.04	Kirsty O'Neill
13.05	Molly Brett
13.10	Ellen Robinson
13.1	Michelle Rogan Erin Mullan
13.13	Saskia Greer
13.15	Rachel McCann
13.2	Stacey Mullan Jenny Oakes Kim Shaw Clare Robinson

U15

100m

12.60	Natasha Paxton
12.68	Kiki Malomo-Paris
12.8	Kathryn Colwell
12.83	Katie Kimber
12.90	Amy Foster
12.9	Kim Shaw
12.91	Hannah Lewis
12.97	Karen Graham
13.0	Andrea Ramage Alix Herbert Michelle Rogan Elleana Hull
13.05	Erin Mullan
13.06	Saskia Greer
13.14	Rachel McCann
13.23	Holly Brannigan
13.33	Megan Drummond

U13

100m

13.1	Elaine McClelland Kathryn Colwell
13.3	Natasha Paxton Pamela Gabbey Michelle Rogan Lisa McVea
13.4	Karen Graham Caroline Gordon Andrea Ramage Kiki Malomo-Paris
13.7	Kim Shaw Elleana Hull
13.79	Katie Kimber
13.9	Claire Pollock

NDAC Top Female Outdoor T&F Performances

150m	150m	150m	150m
U20	U17	U15	U13
20.35 Chloe Johnston	19.76 Holly Brannigan	19.92 Katie Kimber	20.0 Elleana Hull
20.94 Natalie Steele	20.18 Saskia Greer	20.28 Rachel McCann	20.4 Kathryn Colwell
	20.98 Elleana Hull	20.61 Elleana Hull	20.41 Katie Kimber
	20.99 Molly Longstaff	20.62 Molly Longstaff	20.6 Charlotte Conor
	21.00 Kirsty O'Neill	20.98 Holly Brannigan	20.9 Saskia Greer
	21.70 Natasha Mellon	21.16 Olivia Cumming	21.12 Olivia Cummings
		21.32 Saskia Greer	21.24 Megan Drummond
		21.39 Megan Briggs	21.28 Sophie Hoey
		21.56 Chloe Walker	21.47 Kerrie Craig
		21.62 Megan Drummond	21.54 Murphy Miller
		21.69 Natasha Mellon	21.63 Molly Longstaff
		22.40 Kirsty O'Neill	21.7 Jennifer Stevenson
		22.48 Ceara Harper	21.8 Rachel McCann
		22.66 Isobel Meharg	21.84 Rose McGreevy
		22.78 Rebecca Webb	21.90 Megan Briggs
			21.95 Emma Reid

Senior	U20	U17	U15	U13
200m	200m	200m	200m	200m
23.83 Amy Foster	24.03 Amy Foster	24.25 Amy Foster	25.35 Hannah Lewis	26.9 Andrea Ramage
24.83 Hannah Lewis	24.51 Hannah Lewis	24.97 Hannah Lewis	25.66 Natasha Paxton	27.1 Elaine McClelland
25.8 Caroline Livingstone	26.46 Sarah Connolly	25.60 Natasha Paxton	26.06 Kathryn Colwell	27.4 Karen Graham
26.49 Kim Shaw	26.7 Gayle Connery	25.86 Rachel McCann	26.3 Alix Herbert	27.5 Kathryn Colwell
26.62 Sarah Connolly	26.85 Chloe Johnston	26.00 Olivia Cumming	26.42 Kiki Malomo-Paris	27.7 Caroline Gordon
27.37 Sarah Semeraro	27.1 Michelle Rogan	26.02 Holly Brannigan	26.49 Rachel McCann	Julie Hamilton
27.4 Aimee McNeilly	27.14 Kim Shaw	26.1 Gayle Connery	26.5 Gillian Downing	27.91 Katie Kimber
27.5 Alison Moffitt	27.27 Katie Hewitt	26.39 Elleana Hull	26.61 Katie Kimber	28.4 Sharon Magowan
28.17 Clare Robinson	27.33 Saskia Greer	26.5 Kiki Malomo-Paris	26.63 Kim Shaw	28.6 Jennifer Kelso
28.85 Michelle Rogan	27.48 Clare Robinson	Erin Mullan	26.75 Gayle Connery	28.76 Michelle Rogan
29.21 Natalie Strain	27.66 Kiki Malomo-Paris	Kathryn Colwell	26.8 Nicola Connery	29.0 Alison Moffitt
29.4 Christine Hewitt	28.3 Nicola Simpson	27.0 Stacey Mullan	26.97 Olivia Cumming	29.1 Kerri-Lyn Dunlop
30.12 Laura Saulters	28.46 Molly Brett	27.10 Kim Shaw	27.0 Erin Mullan	29.23 Megan Drummond
	28.67 Christine Hewitt	27.16 Sarah Connolly	27.1 Amy Foster	
	28.77 Lisa Magee	27.2 Michelle Rogan	27.2 Andrea Ramage	
	28.97 Natalie Steele	27.29 Saskia Greer	27.25 Holly Brannigan	
			27.37 Saskia Greer	

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NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15	U13
300m	300m	300m	300m	300m
39.7 Amy Foster	43.25 Chloe Johnston	40.71 Rachel McCann	41.6 Hannah Lewis	44.2 Kathryn Colwell
42.40 Caroline Livingstone	45.2 Michelle Rogan	40.75 Holly Brannigan	42.02 Kathryn Colwell	48.4 Hanna Lewis
45.88 Rachel Gibson	47.5 Lisa Magee	41.55 Olivia Cumming	42.6 Kim Shaw	48.9 Cara Garnham
	47.85 Kerry Iveston	41.57 Natasha Paxton	44.87 Rachel McCann	50.1 Grace Lawther
	50.07 Natalie Steele	41.69 Kathryn Colwell	45.0 Amy Foster	50.6 Jessica McCreery
		42.1 Kim Shaw	45.09 Murphy Miller	51.03 Olivia Cumming
		42.71 Natasha Mellon	45.98 Abbey Taylor	51.2 Ceara Harper
		42.8 Alison Lavery	46.6 Harriet Hayhurst	51.5 Amy Foster
		43.4 Michelle Rogan	46.8 Niamh Cummings	52.1 Tanya Garrett
		43.57 Kirsty O'Neill	47.5 Gillian McDonald	53.30 Alex Catherwood
		43.6 Lisa Magee	47.7 Jessica Craig	53.3 Amy McCann
		43.7 Laura McKeown	47.8 Abbey Taylor	53.4 Emily Heyburn
		43.8 Jenny Oakes	47.9 Katie Hewitt	54.17 Lisa Thorne
		44.13 Chloe Johnston		
		44.2 Stacey Mullan		
		44.29 Beth Crosbie		
		44.35 Alison Lavery		
				Not an official distance for U13s
400m	400m	400m	400m	400m
58.4 Caroline Livingstone	58.7 Kim Shaw	58.01 Rachel McCann	60.73 Megan Briggs	65.7 Jill-Anne Stewart
59.42 Kim Shaw	59.81 Chloe Johnston	59.13 Olivia Cumming	60.9 Gillian Downing	66.4 Julie Carlisle
59.50 Rachel Gibson	59.95 Holly Brannigan	59.69 Holly Brannigan	62.35 Murphy Miller	67.8 Michelle Rogan
61.1 Nicola Simpson	60.13 Alison Lavery	60.07 Kim Shaw	64.2 Michelle Rogan	70.8 Susan Scarth
	60.5 Alison Elliott	61.11 Chloe Johnston	64.3 Sandra Gawley	71.0 Alison Moffitt
	61.8 Lauren Scott	62.7 Lisa Magee	64.72 Rachel McCann	71.5 Zoe Jeffers
	62.1 Nicola Simpson	62.8 Jenny Oakes	65.0 Jill-Anne Stewart	72.5 Sandra Gawley
	62.40 Beth Crosbie	63.42 Sarah Connolly	65.45 Holly Brannigan	72.7 Pauline Hunter
	62.68 Sarah Connolly	64.39 Beth Crosbie	66.3 Zoe Jeffers	73.67 Murphy Miller
	63.5 Alison O'Neill	64.46 Ellen Robinson	66.5 Lisa Magee	73.7 Lisa Thorne
	63.54 Olivia Cumming	64.89 Kerry Iveston	67.4 Susan Scarth	79.9 Olivia Hummel
	64.2 Katie Hewitt	66.6 Sandra Gawley	67.8 Roisin Farren	
	66.9 Kerry Iveston	67.4 Zoe Jeffers	67.9 Kerri-Lyn Dunlop	
	69.0 Caroline Hussey	67.8 Michelle Kelly	68.5 Nicola Ramage	
	70.22 Katie Moore	67.8 Roisin Farren		
	71.09 Natalie Steele	68.25 Nicola Simpson		
				Not an official distance for U13s

Denotes performances in 2017

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NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15	U13
600m	600m	600m	600m	600m
1:39.13 Rachel Gibson	1:40.6 Lauren Hamilton	1:54.25 Abbey Taylor	1:40.54 Megan Briggs	1:47.86 Murphy Miller
1:43.76 Jessica Craig	1:48.21 Katie Moore		1:41.42 Murphy Miller	1:50.64 Amelia Tyler
1:45.86 Katie Moore	1:49.38 Chloe Johnston		1:56.1 Abbey Taylor	1:52.07 Niamh Fenlon
	1:53.32 Olivia Cumming		1:56.36 Lauren Hamilton	1:55.04 Megan Briggs
				1:55.56 Mollie Brown
				1:57.53 Anna Scott
				1:59.62 Hollie Massey
				2:00.40 Rachel Gillespie
				2:05.20 Tara McDonough
				2:08.68 Annabelle McNutt
				2:07.87 Stephanie Bell
				2:09.58 Lauren Hamilton

Senior	U20	U17	U15	U13
800m	800m	800m	800m	800m
2:09.37 Rachel Gibson	2:14.6 Alison O'Neill	2:19.53 Murphy Miller	2:18.76 Murphy Miller	2:28.83 Murphy Miller
2:12.46 Lauren Scott	2:16.30 Lauren Scott	2:25.4 Nicola Simpson	2:21.0 Sandra Gawley	2:30.08 Amelia Tyler
2:14.71 Jessica Craig	2:25.30 Nicola Simpson	2:25.7 Katrina Oakes	2:23.01 Megan Briggs	2:32.1 Julie Carlisle
2:20.07 Nicola Simpson	2:26.99 Jessica Craig	2:26.0 Lauren Scott	2:28.0 Katrina Oakes	2:33.8 Mollie Brown
2:25.71 Kim Shaw	2:29.02 Katie Moore	2:27.6 Sandra Gawley	2:29.7 Claire Broad	2:36.4 Zoe Jeffers
2:25.77 Katie Moore	2:31.16 Kerry Iveston	2:27.74 Lauren Scott	Abbey Taylor	2:37.47 Ellie Gordon
2:26.50 Kerry Iveston	2:31.89 Sophie Strutt	2:28.56 Kerry Iveston	2:29.9 Gillian Downing	2:38.08 Megan Briggs
2:26.28 Sarah Lindsay	2:32.04 Katie Hewitt	2:29.80 Sophie Strutt	2:30.9 Nicola McCaughey	2:38.5 Andrea Ramage
2:27.27 Roberta Dornan (F35)	2:34.36 Chloe Johnston	2:29.97 Katie Moore	2:31.2 Janine Munnis	2:38.72 Anna Scott
2:32.13 Sarah Connolly	2:34.5 Katrina Oakes	2:31.47 Francesca Brown	2:32.0 Andrea Ramage	2:38.86 Niamh Fenlon
2:42.27 Melissa Eccles	2:35.2 Nicola McCaughey	2:31.8 Zoe Jeffers	2:33.4 Jessica Craig	2:39.0 Susan Scarth
	2:35.5 Alison Elliott	2:32.35 Nia McNally	2:33.7 Nicola Ramage	2:39.45 Rachel Gillespie
	2:36.12 Clare Robinson	2:33.4 Jessica Craig	2:34.13 Tara McDonough	2:39.79 Abbie Webster
		2:34.0 Katie Hewitt	2:34.42 Niamh Cummings	2:40.7 Kalina Stitt
			2:34.5 Lauren Scott	2:42.47 Jessica Scott
			2:35.0 Susan Scarth	2:42.87 Jemma Speers
			2:35.66 Sarah Moorcroft	2:43.49 Katie Hewitt

Denotes performances in 2017

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NDAC Top Female Outdoor T&F Performances

U13

1200m

3:59.66	Mollie Brown
3:59.77	Amelia Tyler
4:02.32	Murphy Miller
4:03.56	Megan Briggs
4:20.66	Hollie Massey
4:20.74	Tara McDonough
4:25.30	Abbey Taylor
4:30.16	Francesca Brown
4:30.5	Jemma Speers
4:31.65	Annabelle McNutt
4:32.9	Claire Scott
4:33.1	Leigh McWha
4:33.4	Kayleigh Walsh
4:35.66	Lucy Cheatley
4:37.8	Hannah Taylor
4:38.7	Niamh Cummings
4:38.77	Emma Thompson

Senior

1500m

4:29.37	Rachel Gibson
4:30.94	Lauren Scott
4:35.88	Jessica Craig
4:47.54	Sarah Lindsay
4:51.75	Roberta Dornan (F35)
4:53.40	Katie Moore
4:54.93	Jodi Smith (F35)
5:03.8	Nicola Simpson
5:05.74	Kerry Iveston
5:07.33	Sarah Lindsay
5:33.30	Stephanie Hambling F35
5:42.77	Debbie Matchett (F45)
5:50.0	Paula Hawtin

U20

1500m

4:29.4	Alison O'Neill
5:05.3	Vicky Clegg
5:08.76	Lauren Scott
5:09.84	Katie Moore
5:12.3	Jessica Craig
5:18.32	Rio Catney
5:19.50	Kerry Iveston
5:23.3	Nicola McCaughey
5:43.75	Stacey Johnston
5:47.8	Jill Black

U17

1500m

4:31.6	Alison O'Neill
4:48.59	Murphy Miller
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
5:18.23	Nia McNally
5:20.3	Vicky Clegg
5:21.2	Alyson Dunne
	Kerry Iveston
5:26.8	Francesca Brown
5:28.92	Jessica Scott

U15

1500m

4:43.0	Alison O'Neill
4:52.37	Murphy Miller
4:54.9	Claire Broad
4:59.12	Megan Briggs
5:00.0	Sandra Gawley
5:08.48	Tara McDonough
5:08.99	Mollie Borwn
5:10.3	Janine Munnis
5:11.20	Amelia Tyler
5:14.71	Francesca Brown
5:16.0	Nicola McCaughey
5:16.80	Abbey Taylor
5:19.78	Sarah Moorcroft
5:21.5	Zoe Jeffers
5:21.69	Beth Wilson
5:21.75	Anna Scott
5:25.9	Alyson Dunne
5:26.0	Jessica Craig

U13

1500m

5:10.65	Amelia Tyler
5:19.49	Jessica Scott
5:22.81	Ellie Gordon
5:22.83	Murphy Miller
5:25.42	Anna Scott
5:26.91	Francesca Brown
5:27.35	Niamh Fenlon
5:28.28	Hollie Massey
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
5:39.54	Abbie Webster
5:42.6	Suzanne Brown
5:45.9	Katie Hewitt
5:46.63	Hollie Massey
5:47.7	Janine Munnis

Denotes performances in 2017

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NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15
3000m	3000m	3000m	3000m
9:57.05 Rachel Gibson	9:32.32 Alison O'Neill (NI Record)	9:45.0 Alison O'Neill	10:36.23 Murphy Miller
9:57.12 Jessica Craig	10:51.00 Rio Catney	10:59.0 Janine Munnis	11:40.21 Lauren Hamilton
9:58.10 Lauren Scott	11:14.72 Katie Moore	11:00.0 Vicky Clegg	11:46.57 Nicola McCaughey
10:22.06 Roberta Dornan (F35)	11:18.6 Vicky Clegg	11:10.1 Jessica Craig	11:52.0 Susan McAvoy
10:30.60 Jodi Smith (F35)	11:36.8 Kerry Iveston	11:11.1 Katrina Oakes	12:06.07 Sarah Moorcroft
10:32.3 Paula Hawtin	12:00.04 Katrina Oakes	11:24.1 Sandra Gawley	12:28.28 Jessica Scott
10:22.22 Katie Moore	12:12.0 Nicola McCaughey	11:29.79 Nia McNally	12:46.0 Catherine Geary
10:59.6 Stephanie Hambling (F40)	12:14.2 Janine Munnis	11:30.53 Anna Carberry	
11:23.8 Vicky Clegg	12:16.89 Nia McNally	11:36.0 Zoe Jeffers	
11:33.24 Roma McConville		11:47.45 Jessica Scott	
11:43.88 Ali Robinson (F35)		12:04.8 Alyson Dunne	
11:46.18 Melissa Eccles		12:07.0 Susan McAvoy	
11:54.0 Debbie Matchett (F45)		12:22.3 Nicola McCaughey	
11:54.12 Valerie McDonough (F40)			

Senior	U20	U17
3000m s'chase	2000m s'chase	1500m s'chase
	9:01.8 Nicola McCaughey (U17)	6:27.79 Lauren Hamilton

NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15	U13
100mH (2'9")	100mH (2'9")	80mH (2'6")	75mH (2'6")	70mH (2'3")
14.90 Sarah Connolly	14.92 Aimee McNeilly	11.71 Stacey Mullan	11.7 Gayle Connery	11.8 Andrea Ramage
15.12 Aimee McNeilly	Sarah Connolly	11.8 Gayle Connery	11.9 Andrea Ramage	12.3 Caroline Horne
15.39 Clare Robinson	15.38 Erin Mullan	11.9 Jennifer Oakes	12.0 Julie Stewart	12.4 Natasha Paxton
16.40 Katie Hewitt	15.84 Clare Robinson	12.0 Sarah McGuigan	Sarah McGuigan	12.43 Rose McGreevy
17.28 Alison Elliott	15.83 Stacey Mullan (U17)	12.29 Sarah Connolly	12.1 Katie Hewitt	12.6 Julie Stewart
	16.08 Katie Hewitt	12.3 Katie Hewitt	12.2 Lisa Kane	Katie Hewitt
	16.48 Sophie Reynolds	12.35 Lyndsey Hayes	12.5 Lyndsey Hayes	12.9 Caroline Oakes
	16.63 Andrea Ramage	12.5 Erin Mullan	12.54 Erin Mullan	13.05 Chloe Walker
	17.37 Jodie Murphy	12.59 Clare Robinson	12.7 Courtney Patterson	13.1 Ashleigh Fawcett
	19.0 Alison Moffitt	12.6 Julie Stewart	12.71 Holly Brannigan	13.2 Sandra Gawley
	20.4 Caroline Horne	Sophie Reynolds	12.83 Kerrie Craig	Julie Carlisle
	20.5 Sarah McGuigan	12.63 Katie Hewitt	13.00 Natasha Mellon	Jennifer Kelso
		12.8 Holly Brannigan	13.0 Sarah Perry	13.30 Murphy Miller
			Ashleigh Donaghy	13.3 Clare Robinson
			Sophie Reynolds	13.4 Janet Davis Jones
			Claire Hooks	Jennifer Crowther

Senior	U20	U17	U15
400mH (2'6")	400mH (2'6")	300mH (2'6")	200mH (2'6")
66.20 Katie Hewitt	65.29 Katie Hewitt	45.76 Stacey Mullan	30.0 Gayle Connery
69.40 Sarah Connolly (U17)	68.67 Stacey Mullan	45.82 Katie Hewitt	33.6 Jill Ann Stewart
69.84 Caroline Livingstone	69.14 Erin Mullan	46.5 Jenny Oakes	34.7 Gillian Downing
71.06 Holly Brannigan (U17)	72.2 Jenny Oakes	46.75 Holly Brannigan	33.6 Sharon Magowan
	72.48 Aimee McNeilly	47.5 Cydnie McCullough	38.4 Alison Moffitt
	74.3 Sandra Gawley	47.7 Erin Mullan	41.2 Susan Scarth
	79.30 Sarah Connolly	51.81 Natasha Mellon	45.9 Jacqueline Crawford
		52.6 Katrina Oakes	

No longer run at U15

NDAC Top Female Outdoor T&F Performances

Senior

High Jump

1.67 Sarah Connolly
 1.50 Caroline Livingstone
 1.45 Katie Hewitt
 1.39 Clare Robinson

U20

High Jump

1.65 Sarah McGuigan
 1.63 Rebekah Rutherford
 1.62 Sarah Connolly
 1.60 Alison Elliot
 1.57 Alison Lavery
 1.54 Andrea Ramage
 1.51 Alison Moffitt
 Kerrie Craig
 1.50 Michelle Kelly
 Gayle Connery
 Jodie Murphy
 1.45 Danielle Oliver
 Katie Hewitt
 1.40 Lyndsey Hayes
 Kim Shaw
 Clare Robinson

U17

High Jump

1.66 Alex Catherwood
 1.65 Sarah Connolly
 1.64 Sarah McGuigan
 1.58 Rebekah Rutherford
 1.57 Kerrie Craig
 1.55 Alison Lavery
 1.53 Alison Moffitt
 1.51 Gayle Connery
 Danielle Oliver
 1.50 Michelle Kelly
 1.46 Kirsty O'Neill
 1.45 Hannah Lewis
 1.40 Elleana Hull
Rachel McCann

U15

High Jump

1.60 Andrea Ramage
 Sarah McGuigan
 1.56 Sarah Connolly
 1.55 Danielle Oliver
 Alex Catherwood
 1.53 Alison Moffitt
 Jill-Anne Stewart
 Kerrie Craig
 1.50 Michelle Mullally
 Michelle Kelly
 Hannah Lewis
 Rebekah Rutherford
 Kirsty O'Neill
 1.40 Lauren Hamilton
 Elleana Hull

U13

High Jump

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

Senior

Pole Vault

3.80 Sarah Semeraro

U17

Pole Vault

2.25 Sophie Reynolds
 2.00 Caroline Oakes
 1.90 Nicola McCaughey

NDAC Top Female Outdoor T&F Performances

Senior

Long Jump

5.88 Hannah Lewis
5.40 Sarah Connolly
 5.36 Kiki Malomo-Paris
 5.35 Clare Robinson
 5.01 Laura Saulters
 4.91 Sarah Semeraro
 4.56 Leslie Jeffers

U20

Long Jump

5.98 Hannah Lewis
 5.75 Kiki Malomo-Paris
 5.57 Sarah Connolly
 5.21 Katie Hewitt
 5.12 Caroline Hussey
 5.11 Katie Dickson
 5.08 Clare Robinson
 5.01 Rebekah Rutherford
 4.94 Laura Saulters
 4.92 Elleana Hull
 4.91 Andrea Ramage
 Alison Lavery
 4.72 Alison Moffitt
 4.65 Lyndsey Hayes
 4.62 Michelle Kelly
 4.61 Gayle Connery

U17

Long Jump

5.78 Hannah Lewis
 5.57 Sarah Connolly
 5.24 Kiki Malomo-Paris
 Laura McKeown
 5.12 Lyndsey Hayes
 5.10 Katie Hewitt
 4.98 Michelle Rogan
 4.96 Clare Robinson
 4.94 Katie Dickson
 4.92 Rebecca Webb
 4.81 Michelle Kelly
 4.80 Gayle Connery
 Caroline Hussey
 4.79 Elleana Hull
 4.72 Olivia Cumming

U15

Long Jump

5.43 Hannah Lewis
5.16 Megan Drummond
 4.95 Katie Hewitt
 4.93 Andrea Ramage
 4.92 Julie Stewart
 4.89 Kiki Malomo-Paris
 4.86 Molly Longstaff
 4.80 Karen Frazer
 4.78 Rachel McCann
 4.74 Sharon Magowan
 Sarah McGuigan
 4.73 Olivia Cumming
 4.68 Colette Barclay
 Michelle Rogan
 4.62 Natasha Paxton

U13

Long Jump

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
 4.38 Natasha Paxton
 4.35 Lisa McVea
 4.34 Kiki Malomo-Paris
 4.33 Caroline Gordon
 4.29 Elleana Hull
 4.21 Chloe Walker
 4.18 Ceara Harper
 Olivia Cumming

Senior

Triple Jump

11.80 Laura Saulters
 10.76 Clare Robinson
 9.61 Heather Beattie
 9.57 Leslie Jeffers
 9.00 Janine Munnis
 8.59 Gemma McAnirn

U20

Triple Jump

10.99 Katie Dickson
 10.59 Clare Robinson
 10.57 Caroline Hussey
 10.42 Kim Shaw
 10.36 Sarah Connolly
 9.65 Sarah McGuigan
 9.47 Kerrie Craig
 9.34 Caroline Oakes
 9.06 Alison Lavery

U17

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
 Heather Beattie
 9.40 Kerrie Craig
 9.36 Janine Munnis
 Olivia Cumming
 9.30 Kerrie Craig
 9.15 Natasha Mellon
 9.11 Elleana Hull
9.06 Sophie Longstaff

U15

Triple Jump

10.62 Kim Shaw
 10.14 Andrea Ramage
 9.59 Clare Robinson
 9.55 Caroline Horne
 9.42 Katie Dickson
 Natasha Mellon
 9.36 Amy Foster
 9.35 Elleana Hull
 9.11 Lauren Hamilton
 9.10 Linda Dunn
 8.65 Claire Hooks
 8.28 Leah McClements

U13

Triple Jump

9.99 Andrea Ramage

NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15	U13
Shot putt (4kg)	Shot putt (4kg)	Shot putt (3kg)	Shot putt (3kg)	Shot putt (2.72kg)
16.63 Eva Massey (NI Record)	14.49 Eva Massey (NI Record)	9.99 Elleana Hull	9.81 Faye Nixon	9.80 Andrea Ramage
12.47 Anita Kane	9.96 Kathy Hetherington	9.49 Faye Nixon	8.16 Erin Kennedy	9.40 Lisa Kane
11.96 Alison Moffitt	9.87 Beth Wilson	8.95 Amy Kimber	7.34 Holly Brannigan	8.52 Faye Nixon
10.42 Kathy Hetherington	9.80 Andrea Ramage	7.73 Holly Brannigan	7.34 Kate McCann	8.42 Eva Massey
9.32 Sarah Connolly	9.36 Sarah Connolly	7.37 Beth Crosbie	7.28 Molly Longstaff	8.44 Tilly McWhinney
8.95 Laura Saulters	8.94 Elleana Hull	7.11 Molly Longstaff	6.83 Lauren Hamilton	7.78 Kiki Malomo-Paris
8.62 Sarah Semeraro	8.80 Jodie Murphy	6.72 Shoshanna Hull	6.68 Murphy Miller	7.72 Sarah Jaffrey
8.59 Fiona Shaw	8.46 Danielle Oliver	6.71 Rebecca Webb	6.61 Megan Drummond	7.56 Kelly Baauw
8.43 Gemma McAnirn	8.32 Lauraine Finlay	6.49 Lauren Hamilton	6.55 Beth Crosbie	7.24 Kathryn Colwell
7.81 Katie Hewitt	7.70 Allison Elliott		6.22 Amy Kimber	7.06 Claire Briggs
7.63 Melissa Free	7.65 Emma Stockton			6.94 Danielle Oliver
7.19 Clare Robinson	7.55 Katie Hewitt			6.84 Kim Shaw
	7.19 Clare Robinson			6.82 Alex Catherwood
				6.69 Katie Kimber
				6.68 Sophie Cree
				Elleana Hull

Senior	U20	U17	U15	U13
Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (0.75kg)
47.72 Eva Massey	41.05 Beth Wilson	41.30 Anita Kane	38.10 Lisa Kane	27.90 Eva Massey
44.53 Kathy Hetherington	37.89 Kathy Hetherington	39.02 Alison Moffitt	37.88 Alison Moffitt	19.87 Tilly McWhinney
43.98 Alison Moffitt	30.32 Caroline Oakes	36.40 Lisa Kane	35.56 Jacqueline Crawford	19.83 Katie Kimber
42.86 Anita Kane	29.46 Wendy Graham	35.70 Jacqueline Crawford	33.42 Loiuise Atkinson	18.91 Caroline Oakes
34.64 Clare Barrett	Laura Potts	35.56 Eva Massey	30.60 Anita Kane	17.90 Galina Robinson
31.68 Gemma McAnirn	28.60 Danielle Oliver	35.12 Beth Wilson	29.36 Beth Wilson	17.72 Kelly Baauw
31.50 Fiona Shaw	25.30 Lauraine Finlay	35.00 Clare Barrett	28.12 Eva Massey	16.94 Sophie Cree
27.80 Melissa Free		34.74 Kathy Hetherington	24.58 Kathy McKeown	16.87 Kiki Malamo-Paris
		30.54 Caroline Oakes	23.62 Lauraine Finlay	16.40 Gemma McAnirn
		30.28 Lauraine Finlay	23.48 Carol Douglas	16.21 Sarah Jaffery
		28.90 Wendy Graham	23.00 Caroline Oakes	15.66 Catherine Jaffrey
		27.17 Amy Kimber	21.91 Amy Kimber	15.02 Danielle Oliver
		25.94 Megan Simpson		

NDAC Top Female Outdoor T&F Performances

Senior

Hammer (4kg)

34.76 Eva Massey
 34.60 Melissa Free
 22.25 Gemma McAnirn
 20.78 Alison Moffitt
 19.77 Catherine Joffrey
 18.87 Janine Munnis

U20

Hammer (4kg)

35.40 Eva Massey
32.09 Beth Crosbie
 31.42 Rachel Keys
 23.86 Emma Stockton
 20.70 Beth Wilson
 18.87 Elleana Hull

U17

Hammer (3kg)

39.12 Beth Crosbie
 24.23 Lauren Hamilton
 15.04 Isobel Meharg

U15

Hammer (3kg)

25.23 Beth Crosbie
 21.86 Amy Kimber
 14.89 Lauren Hamilton

Senior

Javelin (600g)

45.85 Alison Moffitt
35.43 Elleana Hull ??
 34.09 Sarah Connolly
 32.22 Janine Munnis
 31.44 Leslie Jeffers
 30.30 Eva Massey
 29.60 Janine Munnis
 29.36 Gillian Winters
 25.40 Katie Hewitt
 20.64 Laura Saulters

U20

Javelin (600g)

41.34 Anita Kane
 37.85 Elleana Hull
 36.16 Andrea Ramage
 35.74 Claire Barrett
 29.61 Caroline Oakes
 29.60 Sarah Connolly
 29.19 Danielle Oliver
 29.16 Janine Munnis
 26.91 Katie Hewitt
 26.00 Beth Wilson
 Sophie Cree
 24.36 Francesca Brown

U17

Javelin (500g)

32.66 Sarah Newell
 31.31 Sophie Cree
28.08 Amy Kimber
 26.65 Shoshannah Hull
 25.70 Ellean Hull
 20.49 Beth Wilson
 18.57 Holly Brannigan
 15.69 Mollie Brown
 15.61 Emma Stockton

U15

Javelin (500g)

31.28 Caroline Oakes
 28.25 Amy Kimber
 25.21 Sophie Cree
 23.39 Elleana Hull
20.20 Katie Kimber
 17.42 Holly Brannigan
 14.19 Rebecca Webb
13.49 Erin Kennedy
 13.08 Beth Crosbie
 12.42 Rachel McCann
 12.26 Kate McCann

U13

Javelin (400g)

20.67 Katie Kimber
 20.04 Amy Kimber
 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
 14.92 Megan Drummond
 14.64 Jessica McCreery
 14.37 Louise Atkinson
14.34 Lucy Cheatley
13.82 Tilly McWhinney
 13.57 Sarah Newell
 13.10 Gemma McAnirn
 12.35 Rose McGreevy

NDAC Top Female Outdoor T&F Performances

Senior

Combined events

HEPTATHLON

3932 Sarah Connolly
 3554 Alison Moffitt
 3365 Clare Robinson

U20

Combined events

HEPTATHLON

4463 Sarah Connolly
 3728 Katie Hewitt
 3526 Clare Robinson

U17

Combined events

PENTATHLON

3437 Katie Hewitt
 2759 Sarah Connolly
 2443 Clare Robinson
 1955 Kirsty O'Neill
 1914 Elleana Hull

HEPTATHLON

3962 Gayle Connery
 3920 Andrea Ramage
 3916 Alison Moffitt
 3758 Sarah Connolly
 3504 Katie Hewitt
 3301 Sophie Reynolds
 3214 Caroline Horne
 3162 Sarah McGuigan
 3080 Colette Barclay
 3003 Elleana Hull
 2612 Toni Francis
 2606 Clare Robinson
 2556 Lauren Hamilton

U15

Combined events

PENTATHLON

2720 Hannah Lewis
 2514 Katie Hewitt
 2322 Holly Brannigan
 2196 Lauren Hamilton
 2177 Erin Mullan
 2117 Caroline Oakes
 2106 Clare Robinson
 2092 Kerrie Craig
 1750 Katrina Oakes
 1690 Claire Hooks
 1634 Toni Francis
 1505 Alex Catherwood

HEPTATHLON

4042 Andrea Ramage
 3941 Gillian Downing
 3714 Lisa Kane
 3497 Sarah McGuigan
 3424 Michelle Rogan
 3183 Sharon Magowan
 3101 Caroline Horne

U13

Combined events

PENTATHLON

1877 Rose McGreevy
 1818 Danielle Oliver
 1789 Elleana Hull
 1755 Murphy Miller
 1709 Katie Kimber
 1531 Alex Catherwood
 1503 Clare Robinson
 1053 Sophie Cree

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

NDAC Top Female Outdoor T&F Performances

Previous weight specifications

U17 Shot putt (4kg)

11.94	Eva Massey
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
7.71	Elleana Hull
7.34	Sarah Connolly

U15 Shot putt (3.25kg)

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

U13 Shot putt (3.25kg)

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

U17 Hammer (4kg)

23.77	Caroline Oakes
20.28	Sarah Patterson
20.24	Catherine Jaffrey
18.82	Elleana Hull
17.48	Beth Wilson
16.33	Kathy Hetherington
15.87	Sarah Hull
14.95	Emma Stockton
13.07	Katrina Oakes

U15 Hammer (3.25kg)

23.04	Claire Hooks
21.70	Lauren Hamilton
17.75	Sarah Hull

U13 Discus (1kg)

30.30	Lisa Kane
30.02	Alison Moffitt
25.88	Jacqueline Crawford
24.40	Anita Kane
22.83	Louise Atkinson
18.80	Natalie O'Neill
18.78	Eva Massey
18.66	Andrea Ramage
17.00	Edith Kelly

Senior Javelin (600g)

Old 600g specification
49.10 Alison Moffitt (NI Record)

U17 Javelin (600g)

45.46	Alison Moffitt (NI Record)
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
29.97	Sophie Cree
29.90	Eva Massey

U15 Javelin (600g)

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

U13 Javelin

	500g
33.02	Lisa Kane
31.92	Andrea Ramage
22.43	Sophie Cree
	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