

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
11.3	Rachel Gregg
11.4	Sarah Newell
11.44	Victoria Coulter Rebecca Webb
11.46	Sarah Moorcroft

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
13.05	Sarah Connolly
13.2	Michelle Rogan
13.4	Alison Elliott
13.43	Saskia Greer
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
13.2	Stacey Mullan Jenny Oakes Kim Shaw Clare Robinson

U15

100m

12.60	Natasha Paxton
12.68	Kiki Malomo-Paris
12.8	Kathryn Colwell
12.90	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

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 Malamo-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	20.28 Rachel McCann	20.0 Elleana Hull
20.94 Natalie Steele	20.18 Saskia Greer	20.61 Elleana Hull	20.4 Kathryn Colwell
	20.98 Elleana Hull	20.62 Molly Longstaff	20.41 Katie Kimber
	20.99 Molly Longstaff	20.98 Holly Brannigan	20.6 Charlotte Conor
	21.00 Kirsty O'Neill	21.16 Olivia Cumming	20.9 Saskia Greer
	21.70 Natasha Mellon	21.32 Saskia Greer	21.12 Olivia Cummings
		21.39 Megan Briggs	21.24 Megan Drummond
		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
			22.2 Karyn Cole

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	26.00 Olivia Cumming	26.3 Alix Herbert	27.5 Kathryn Colwell
27.37 Sarah Semeraro	26.85 Chloe Johnston	26.02 Holly Brannigan	26.42 Kiki Malomo-Paris	27.7 Caroline Gordon
27.4 Aimee McNeilly	27.1 Michelle Rogan	26.1 Gayle Connery	26.49 Rachel McCann	Julie Hamilton
27.5 Alison Moffitt	27.14 Kim Shaw	26.39 Elleana Hull	26.5 Gillian Downing	27.91 Katie Kimber
28.17 Clare Robinson	27.27 Katie Hewitt	26.5 Kiki Malomo-Paris	26.63 Kim Shaw	28.4 Sharon Magowan
28.85 Michelle Rogan	27.48 Clare Robinson	Erin Mullan	26.75 Gayle Connery	28.6 Jennifer Kelso
29.21 Natalie Strain	27.66 Kiki Malomo-Paris	Kathryn Colwell	26.8 Nicola Connerey	28.76 Michelle Rogan
29.4 Christine Hewitt	28.05 Saskia Greer	27.0 Stacey Mullan	26.97 Olivia Cumming	29.0 Alison Moffitt
30.12 Laura Saulters	28.3 Nicola Simpson	27.10 Kim Shaw	27.0 Erin Mullan	29.1 Kerri-Lyn Dunlop
	28.46 Molly Brett	27.16 Sarah Connolly	27.1 Amy Foster	29.23 Megan Drummond
	28.67 Christine Hewitt	27.2 Michelle Rogan	27.2 Andrea Ramage	
	28.77 Lisa Magee	27.29 Saskia Greer	27.25 Holly Brannigan	
	28.97 Natalie Steele	27.31 Kirsty O'Neill	27.37 Saskia Greer	

Denotes performances in 2016

Last Update 24.02.2017

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

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	1:41.42 Murphy Miller	1:47.86 Murphy Miller
1:43.76 Jessica Craig	1:48.21 Katie Moore		1:49.95 Megan Briggs	1:50.64 Amelia Tyler
1:45.86 Katie Moore	1:49.38 Chloe Johnston		1:56.1 Abbey Taylor	1:55.04 Megan Briggs
	1:53.32 Olivia Cumming		1:56.36 Lauren Hamilton	1:55.56 Mollie Brown
				1:57.53 Anna Scott
				1:59.09 Niamh Fenlon
				2:00.40 Rachel Gillespie
				2:05.20 Tara McDonough
				2:08.68 Annabelle McNutt
				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	2:25.4 Nicola Simpson	2:18.76 Murphy Miller	2:28.83 Murphy Miller
2:12.46 Lauren Scott	2:16.30 Lauren Scott	2:25.7 Katrina Oakes	2:21.0 Sandra Gawley	2:30.08 Amelia Tyler
2:14.71 Jessica Craig	2:25.30 Nicola Simpson	2:26.0 Lauren Scott	2:23.01 Megan Briggs	2:32.1 Julie Carlisle
2:20.07 Nicola Simpson	2:26.99 Jessica Craig	2:27.6 Sandra Gawley	2:28.0 Katrina Oakes	2:33.8 Mollie Brown
2:25.71 Kim Shaw	2:29.02 Katie Moore	2:27.74 Lauren Scott	2:29.7 Claire Broad	2:36.4 Zoe Jeffers
2:25.77 Katie Moore	2:31.16 Kerry Iveston	2:28.56 Kerry Iveston	Abbey Taylor	2:37.47 Ellie Gordon
2:26.50 Kerry Iveston	2:31.89 Sophie Strutt	2:29.80 Sophie Strutt	2:29.9 Gillian Downing	2:38.08 Megan Briggs
2:27.27 Roberta Dornan (F35)	2:32.04 Katie Hewitt	2:29.97 Katie Moore	2:30.9 Nicola McCaughey	2:38.5 Andrea Ramage
2:42.27 Melissa Eccles	2:34.36 Chloe Johnston	2:31.47 Francesca Brown	2:31.2 Janine Munnis	2:38.72 Anna Scott
	2:34.5 Katrina Oakes	2:31.8 Zoe Jeffers	2:32.0 Andrea Ramage	2:39.0 Susan Scarth
	2:35.2 Nicola McCaughey	2:32.35 Nia McNally	2:33.4 Jessica Craig	2:39.45 Rachel Gillespie
	2:35.5 Alison Elliott	2:33.4 Jessica Craig	2:33.7 Nicola Ramage	2:39.79 Abbie Webster
	2:36.12 Clare Robinson	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
				2:43.62 Tara McDonough

Denotes performances in 2016

Last Update 24.02.2017

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
4:20.74	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
4:37.8	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
4:51.75	Roberta Dornan (F35)
4:54.26	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
5:19.50	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
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

U15

1500m

4:43.0	Alison O'Neill
4:52.37	Murphy Miller
4:54.9	Claire Broad
5:00.0	Sandra Gawley
5:02.35	Megan Briggs
5:08.99	Mollie Borwn
5:10.3	Janine Munnis
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
5:29.19	Katrina Oakes

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
5:29.0	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
5:48.23	Lisa Thorne

NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15
3000m	3000m	3000m	3000m
9:57.12 Jessica Craig	9:32.32 Alison O'Neill (NI Record)	9:45.0 Alison O'Neill	10:36.23 Murphy Miller
9:58.10 Lauren Scott	11:14.72 Katie Moore	10:59.0 Janine Munnis	11:40.21 Lauren Hamilton
10:04.99 Rachel Gibson	11:18.6 Vicky Clegg	11:00.0 Vicky Clegg	11:46.57 Nicola McCaughey
10:22.06 Roberta Dornan (F35)	11:36.8 Kerry Iveston	11:10.1 Jessica Craig	11:52.0 Susan McAvoy
10:30.60 Jodi Smith (F35)	12:00.04 Katrina Oakes	11:11.1 Katrina Oakes	12:06.07 Sarah Moorcroft
10:32.3 Paula Hawtin	12:12.0 Nicola McCaughey	11:24.1 Sandra Gawley	12:28.28 Jessica Scott
10:34.74 Katie Moore	12:14.2 Janine Munnis	11:29.79 Nia McNally	12:46.0 Catherine Geary
10:59.6 Stephanie Hambling (F40)		11:30.53 Anna Carberry	
11:23.8 Vicky Clegg		11:36.0 Zoe Jeffers	
11:33.24 Roma McConville		12:04.8 Alyson Dunne	
11:43.88 Ali Robinson (F35)		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")
15.12 Aimee McNeilly	14.92 Aimee McNeilly	11.71 Stacey Mullan	11.7 Gayle Connery	11.8 Andrea Ramage
15.30 Sarah Connolly	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

1.64 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

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
 5.36 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
 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
4.61 Megan Drummond

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

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	7.73 Holly Brannigan	7.34 Holly Brannigan	9.40 Lisa Kane
11.96 Alison Moffitt	9.87 Beth Wilson	7.37 Beth Crosbie	7.34 Kate McCann	8.52 Faye Nixon
10.42 Kathy Hetherington	9.80 Andrea Ramage	7.11 Molly Longstaff	7.28 Molly Longstaff	8.42 Eva Massey
8.95 Laura Saulters	9.36 Sarah Connolly	6.72 Shoshanna Hull	6.83 Lauren Hamilton	7.78 Kiki Malomo-Paris
8.64 Sarah Connolly	8.94 Elleana Hull	6.71 Rebecca Webb	6.68 Murphy Miller	7.72 Sarah Jaffrey
8.62 Sarah Semeraro	8.80 Jodie Murphy	6.49 Lauren Hamilton	6.55 Beth Crosbie	7.56 Kelly Baauw
8.59 Fiona Shaw	8.46 Danielle Oliver		6.22 Amy Kimber	7.24 Kathryn Colwell
8.43 Gemma McAnirn	8.32 Lauraine Finlay			7.06 Claire Briggs
7.81 Katie Hewitt	7.70 Allison Elliott			6.94 Danielle Oliver
7.63 Melissa Free	7.65 Emma Stockton			6.84 Kim Shaw
7.19 Clare Robinson	7.55 Katie Hewitt			6.82 Alex Catherwood
	7.19 Clare Robinson			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	19.83 Katie Kimber
43.98 Alison Moffitt	30.32 Caroline Oakes	36.40 Lisa Kane	35.56 Jacqueline Crawford	18.91 Caroline Oakes
42.86 Anita Kane	29.46 Wendy Graham	35.70 Jacqueline Crawford	33.42 Loiuise Atkinson	17.90 Galina Robinson
34.64 Clare Barrett	Laura Potts	35.56 Eva Massey	30.60 Anita Kane	17.72 Kelly Baauw
31.68 Gemma McAnirn	28.60 Danielle Oliver	35.12 Beth Wilson	29.36 Beth Wilson	16.94 Sophie Cree
31.50 Fiona Shaw	25.30 Lauraine Finlay	35.00 Clare Barrett	28.12 Eva Massey	16.87 Kiki Malamo-Paris
27.80 Melissa Free		34.74 Kathy Hetherington	24.58 Kathy McKeown	16.40 Gemma McAnirn
		30.54 Caroline Oakes	23.62 Lauraine Finlay	16.21 Sarah Jaffery
		30.28 Lauraine Finlay	23.48 Carol Douglas	15.66 Catherine Jaffrey
		28.90 Wendy Graham	23.00 Caroline Oakes	15.02 Danielle Oliver
		25.94 Megan Simpson	21.91 Amy Kimber	

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
 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
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
 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
 17.42 Holly Brannigan
 14.19 Rebecca Webb
 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
 13.57 Sarah Newell
 13.10 Gemma McAnirn
12.35 Rose McGreevy

NDAC Top Female Outdoor T&F Performances

Senior

Combined events

HEPTATHLON

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