

NDAC Top Female Masters T&F Performances (Outdoors)

F45 100m

15.29 Debbie Matchett

F35 200m

33.64 Joanne Moran

F45 200m

32.72 Debbie Matchett

F45 400m

71.70 Debbie Matchett

F50

97.43 Marie Devine

F35 800m

2:27.27 Roberta Dornan

F50

3:34.77 Marie Devine

F35 1500m

4:51.75 Roberta Dornan
4:54.93 Jodi Smith
5:33.30 Stephanie Hambling

F40 1500m

5:38.25 Roberta Dornan

F45 1500m

5:42.77 Debbie Matchett

F1500

7:18.19 Marie Devine

F35 3000m

10:22.06 Roberta Dornan
10:30.60 Jodi Smith
11:43.88 Ali Robinson
11:58.2 Fiona McQuillan
13:28.7 Caroline Crothers

F40 3000m

10:59.6 Stephanie Hambling
11:54.12 Valerie McDonough
12:24.4 Joanne Moran
12:36.94 Hilary Kernaghan
12:40.80 Lynn Wilson
13:37.4 Nicola Dowling
13:53.3 Pauline Mossey

F45 3000m

11:54.0 Debbie Matchett

NDAC Top Female Masters T&F Performances (Outdoors)

F35 1500m walk

10:21.67 Roberta Dornan

F40 1500m walk

14:31.08 Stephanie Hambling

F35 Hammer (4kg)

13.19 Roberta Dornan