

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

F35 800m

2:27.27 Roberta Dornan

F45 1500m

5:42.77 Debbie Matchett

F35 1500m

4:51.75 Roberta Dornan

4:54.93 Jodi Smith

5:33.30 Stephanie Hambling

F45 3000m

11:54.0 Debbie Matchett

F35 3000m

10:22.06 Roberta Dornan

10:30.60 Jodi Smith

11:43.88 Ali Robinson

F40 3000m

10:59.6 Stephanie Hambling

11:54.12 Valerie McDonough

12:36.94 Hilary Kernaghan

12:40.80 Lynn Wilson

13:53.3 Pauline Mossey

F35 1500m walk

10:21.67 Roberta Dornan

F40 1500m walk

14:31.08 Stephannie Hambling

F35 Hammer (4kg)

13.19 Roberta Dornan

NDAC Top Female Masters T&F Performances (Indoors)

No performances to record