

NDAC Top Male Masters T&F Performances (Outdoors)

M35 100m		M40 100m		M45 100m		M50 100m		M55 100m	
12.56	Paul Curran	11.50	Roger Sexton	11.57	Roger Sexton	13.8	Trevor Spencer	14.4	Michael Devon
		12.3	Steve Enright	12.75	Brian Smith	15.3	Barry Scarth	14.7	Norman Munnis
		12.7	Brian Smith	13.52	Norman Munnis			20.1	Pat O'Driscoll
		13.45	Darren Hamilton	13.6	Trevor Alderdice				
		14.8	George Dowling						

M35 200m		M40 200m		M45 200m		M50 200m		M55 200m		M60 200m	
23.85	John Saulters	23.61	Roger Sexton	23.76	Roger Sexton	27.3	Trevor Alderdice	28.7	Trevor Alderdice	28.6	Brian Smith
27.60	Paul Curran	24.7	Brian Smith	25.52	Brian Smith	28.2	Trevor Spencer	30.3	Norman Munnis	29.8	Trevor Alderdice
		25.6	Steve Enright	26.5	Trevor Alderdice	30.46	Philip Mulligan				
		26.3	Trevor Alderdice	27.01	Norman Munnis						
		30.39	David Massey								

M35 400m		M40 400m		M45 400m		M50 400m		M55 400m		M60 400m	
53.32	John Saulters	53.43	Brian Smith	54.7	Brian Smith	56.7	Trevor Alderdice	64.4	Trevor Alderdice	63.7	Brian Smith
		54.60	Roger Sexton	54.82	Roger Sexton	58.0	Brian Smith			64.0	Michael Roberts
		59.56	Francis Marsh	55.6	Trevor Alderdice	67.9	Trevor Spencer			66.9	Trevor Alderdice
		61.7	Steve Enright	59.01	Francis Marsh						
		62.8	Norman Munnis	63.9	Norman Munnis						
		68.98	Huib Baauw								

M35 800m		M40 800m		M45 800m		M50 800m		M55 800m		M60 800m	
2:02.0	Francis Marsh	2:01.80	Francis Marsh	2:00.9	Trevor Alderdice	2:06.1	Trevor Alderdice	2:05.4	Trevor Alderdice	2:25.5	Brian Smith
2:04.86	Mark Weir	2:07.0	Brian Smith	2:03.5	Brian Smith	2:12.21	Francis Marsh	2:25.0	Brian Smith	2:31.60	Michael Roberts
2:08.02	Nick Irvine	2:11.43	Mark Weir	2:05.41	Nick Irvine	2:48.9	Trevor Spencer	2:50.9	Roy Graham	2:57.9	Roy Graham
2:09.6	Chris Bryan	2:16.32	Darren Hamilton	2:07.66	Francis Marsh			3:17.6	Pat O'Driscoll		
		2:21.63	Chris Downey	2:17.4	George Bell						
		2:23.10	David Massey	2:22.0	Tony Wall						
		2:25.0	David Dunne	2:34.5	Norman Munnis						

Denotes performances in 2018

Last Update 11.09.18

NDAC Top Male Masters T&F Performances (Outdoors)

2:26.6 Tony Wall 2:46.2 Pat O'Driscoll

M35 1500m

4:08.0 Francis Marsh
4:28.1 Mark Weir
4:32.27 Nick Irvine
4:41.8 Ed Mezzetti

M40 1500m

4:06.24 Francis Marsh
4:19.2 Billy Brannigan
4:23.8 David Seaton
4:30.38 Mark Weir
4:39.5 Brian Smith
4:45.26 Chris Downey
4:50.79 Darren Hamilton
5:07.6 David Dunne
5:09.6 John Dawson
5:21.1 Pat O'Driscoll
5:28.5 Huib Baauw
5:39.8 George Dowling

M45 1500m

4:09.0 Trevor Alderdice
4:16.22 Francis Marsh
4:21.3 Brian Smith
4:26.37 Nick Irvine
4:36.11 Geoffrey Weir
5:06.0 Tony Wall
5:23.0 Pat O'Driscoll
5:26.0 Norman Munnis

M50 1500m

4:21.57 Francis Marsh
4:34.62 Trevor Alderdice
4:48.8 Brian Smith
5:23.97 Philip Mulligan
5:41.2 Barry Scarth
5:44.6 Myles Dunne
5:54.0 Trevor Spencer

M55 1500m

4:59.46 Terry Eakin
5:29.0 John Monaghan
5:51.5 Roy Graham
6:58.4 Pat O'Driscoll

M60 1500m

5:02.5 Terry Eakin
6:00.17 Roy Graham
7:13.08 Pat O'Driscoll

M35 3000m

8:51.6 Francis Marsh
9:58.7 Mark Weir
10:10.82 Nick Irvine
10:16.9 Chris Downey
11:09.7 Steven Donegan
11:43.64 Colin Walker
12:00.6 Paul Lynas

M40 3000m

8:57.9 Francis Marsh
9:23.4 George Bell
9:39.0 David Seaton
9:50.44 Mark Weir
10:29.8 Tony Wall
10:33.0 David Dunne
10:37.6 David Massey
10:41.0 Roy Graham
10:59.3 Alan Massey
11:02.80 Colin Walker
11:21.1 Pat O'Driscoll
12:00.58 David
McMeechan

M45 3000m

9:05.65 Francis Marsh
9:18.1 Trevor Alderdice
9:38.0 Brian Smith
9:38.0 Billy Brannigan
9:45.7 Nick Irvine
9:51.37 Geoffrey Weir
10:00.4 George Bell
10:02.6 David Seaton
10:31.30 Eamon O'Reilly
10:35.2 Tony Wall
11:25.07 George O'Dowd
11:34.19 David
McMeechan
12:07.6 Scott Nelson
12:16.8 Pat O'Driscoll

M50 3000m

9:23.24 Francis Marsh
10:01.6 Terry Eakin
10:55.8 Gerry Coy
11:18.0 Vince Elliott
11:22.7 Philip Mulligan
13:22.1 Cliff McCausland

M55 3000m

11:39.7 Roy Graham
**13:25.14 Cliff
McCausland**
13:35.8 Pat O'Driscoll

M60 3000m

10:37.22 Terry Eakin
11:19.8 Brian Smith
11:58.63 Frank Rea
13:15.84 Fred Murdock
(M70)
15:12.48 Pat O'Driscoll

NDAC Top Male Masters T&F Performances (Outdoors)

M35 5000m

15:39.3 Francis Marsh

M40 5000m

15:29.05 Francis Marsh
 16:29.0 David Seaton
 17:28.06 Mark Weir
 18:03.7 Ean McClure
 18:12.06 Darren Hamilton
 20:16.6 Pat O'Driscoll

M45 5000m

15:43.55 Francis Marsh
 16:01.30 Trevor Alderdice
 17:35.0 George Bell
 18:00.4 Roy Graham
 18:02.28 Gerry Coy

M50 5000m

16:31.27 Francis Marsh
 17:11.9 Terry Eakin
 17:46.0 Billy Brannigan
 23:42.0 Pat O'Driscoll

M55 5000m

17:08.25 Terry Eakin
 18:49.1 David Seaton
 23:17.7 Pat O'Driscoll

M60 5000m

18:14.8 Terry Eakin
 19:16.65 David Seaton
 20:05.61 Fred Murdock
 25:05.09 Pat O'Driscoll

M40 10,000m

37:08.0 Tony Wall

M45 10,000m

42:28.6 Pat O'Driscoll

M50 10,000m

36:03.60 Terry Eakin
 44:17.5 Pat O'Driscoll

M55 10,000m

36:54.73 Terry Eakin

M60 10,000m

38:55.7 Terry Eakin
 39:52.6 David Seaton
 50:29.36 Pat O'Driscoll

M35 3000m S/C

9:52.4 Francis Marsh

M40 3000m S/C

10:09.53 Francis Marsh

M45 3000m S/C

10:49.26 Francis Marsh

M35 3000m walk

M40 3000m walk

20:57.86 Francis Marsh

M45 3000m walk

20:48.04 Francis Marsh

M55 3000m walk

22:31.5 Pat O'Driscoll

M60 3000m walk

17:46.45 Paul Maidment
 (M65)
 21:39.94 Richard Belshaw

M45 400mH (3'0")

71.00 Trevor Alderdice

M35 Pole vault

4.20 Brendan McConville

M40 Pole vault

4.53 Mike Bull

M45 Pole vault

4.20 Mike Bull

NDAC Top Male Masters T&F Performances (Outdoors)

M35 Long Jump

5.62 Paul Curran

M35 Triple Jump

11.65 Paul Curran

M55 Long Jump

5.14 Brian Smith

M60 Long Jump

4.64 Brian Smith

M35 Shot (7.26kg)

10.21 Ian McMullan

M40 Shot (7.26kg)

11.42 Mike Bull
10.08 Paddy McGrattan

M45 Shot (7.26kg)

9.68 Richard Weglarz (M60)
9.25 Paddy McGrattan
7.90 Brian Smith (M60)
5.98 John Monaghan (M55)
5.80 Tony Wall
4.70 Pat O'Driscoll (M55)

M35 Discus (2kg)

37.38 Ian McMullan
**34.32 Brendan
McConville**
30.64 Paul Curran

M40 Discus (2kg)

33.06 Mike Bull
24.03 Paddy McGrattan
20.34 Brian Smith
9.44 Pat O'Driscoll

M45 Discus (2kg)

20.40 Brian Smith

M35 Hammer (7.26kg)

37.07 Ian McMullan

M40 Hammer (7.26kg)

29.60 Mike Bull
26.06 Paddy McGrattan

M45 Hammer (7.26kg)

27.78 Paddy McGrattan
10.50 Barry Scarth (M60)
8.02 Pat O'Driscoll

M35 Javelin (800g)

42.96 Ian McMullan

M40 Javelin (800g)

30.84 Brian Smith
30.56 Paddy McGrattan
28.00 Mike Bull
21.46 Huib Baauw

M45 Javelin (800g)

29.70 Brian Smith (M50)
25.34 Richard Weglarz (M60)
10.74 Barry Scarth (M60)

Denotes performances in 2018

Last Update 11.09.18

NDAC Top Male Masters T&F Performances (Outdoors)

Denotes performances in 2018

Last Update 11.09.18