

NDAC Top Female Outdoor T&F Performances

U13

75m

10.44	Natasha Paxton
10.49	Kathryn Colwell
10.54	Poppy Dann
10.59	Katie Kimber
10.63	Anna Cousins
10.7	Elleana Hull Olivia Cumming
10.74	Stephanie Bell
10.80	Megan Drummond
10.88	Elleana Hull
10.9	Kerrie Craig
11.05	Molly Longstaff
11.07	Chloe Walker
11.1	Clare Robinson
11.14	Emma Stranaghan
11.16	Sophie Hoey

Senior

U20

U17

U15

U13

100m

100m

100m

100m

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

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
13.21	Louise Canning
13.25	Saskia Greer
13.4	Alison Elliott
13.45	Karla Courtney Molly Brett
13.46	Molly Longstaff
13.63	Christine Hewitt Natalie Steele
13.65	Chloe Johnston
13.8	Zara Robinson

11.93	Amy Foster
12.43	Kiki Malomo-Paris
12.5	Hannah Lewis
12.59	Natasha Paxton
12.6	Gayle Connery
12.77	Rachel McCann
12.79	Louise Canning
12.92	Katie Kimber
12.94	Megan Drummond
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

12.60	Natasha Paxton
12.68	Kiki Malomo-Paris
12.74	Katie Kimber
12.8	Kathryn Colwell
12.90	Amy Foster
12.9	Kim Shaw
12.91	Hannah Lewis
12.93	Megan Drummond
12.97	Karen Graham
12.99	Naimh Fenlon
13.00	Lucy Kerr
13.0	Andrea Ramage Alix Herbert Michelle Rogan Elleana Hull
13.05	Erin Mullan
13.06	Saskia Greer
13.14	Rachel McCann

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

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NDAC Top Female Outdoor T&F Performances

	U20	U17	U15	U13
	150m	150m	150m	150m
	19.14 Rachel McCann 19.95 Aimee Stitt 20.35 Chloe Johnston 20.94 Natalie Steele	19.76 Holly Brannigan 19.86 Rachel McCann 20.18 Saskia Greer 20.57 Megan Briggs 20.98 Elleana Hull 20.99 Molly Longstaff 21.00 Kirsty O'Neill 21.02 Aimee Stitt 21.14 Louise Canning 21.61 Leah McClements 21.70 Natasha Mellon 21.94 Chloe Walker	19.92 Katie Kimber 20.21 Niamh Fenlon 20.28 Rachel McCann 20.53 Lucy Kerr 20.61 Elleana Hull 20.62 Molly Longstaff 20.98 Holly Brannigan 21.16 Olivia Cumming 21.32 Saskia Greer 21.39 Megan Briggs 21.56 Chloe Walker 21.62 Megan Drummond 21.69 Natasha Mellon 22.04 Beth Hammond 22.10 Stephanie Bell	19.96 Anna Cousins 20.0 Elleana Hull 20.4 Kathryn Colwell 20.41 Katie Kimber 20.57 Stephanie Bell 20.6 Charlotte Conor 20.81 Niamh Fenlon 20.9 Saskia Greer 21.12 Olivia Cummings 21.24 Megan Drummond 21.28 Sophie 21.47 Kerrie Craig 21.54 Murphy Miller 20.81 Niamh Fulton 21.63 Molly Longstaff
Senior	U20	U17	U15	U13
200m	200m	200m	200m	200m
23.83 Amy Foster 24.83 Hannah Lewis 25.48 Sarah Connolly 25.8 Caroline Livingstone 25.86 Sarah Connolly 26.49 Kim Shaw 27.37 Sarah Semeraro 27.4 Aimee McNeilly 27.5 Alison Moffitt 28.17 Clare Robinson 28.85 Michelle Rogan 29.21 Natalie Strain 29.4 Christine Hewitt 30.12 Laura Saulters	24.03 Amy Foster 24.51 Hannah Lewis 24.93 Rachel McCann 26.22 Aimee Stitt 26.46 Sarah Connolly 26.7 Gayle Connery 26.85 Chloe Johnston 27.1 Michelle Rogan 27.14 Kim Shaw 27.27 Katie Hewitt 27.33 Saskia Greer 27.48 Clare Robinson 27.66 Kiki Malomo-Paris 28.3 Nicola Simpson 28.46 Molly Brett 28.67 Christine Hewitt 28.68 Leah McClements 28.77 Lisa Magee 28.97 Natalie Steele	24.25 Amy Foster 24.97 Hannah Lewis 25.60 Natasha Paxton 25.70 Rachel McCann 26.00 Olivia Cumming 26.02 Holly Brannigan 26.1 Gayle Connery 26.39 Elleana Hull 26.5 Kiki Malomo-Paris Erin Mullan Kathryn Colwell 26.73 Katie Kimber 26.91 Megan Drummond 27.0 Stacey Mullan 27.10 Kim Shaw 27.16 Sarah Connolly 27.19 Aimee Stitt 27.2 Michelle Rogan 27.29 Saskia Greer	25.35 Hannah Lewis 25.66 Natasha Paxton 26.06 Kathryn Colwell 26.3 Alix Herbert 26.35 Katie Kimber 26.36 Niamh Fenlon 26.42 Kiki Malomo-Paris 26.49 Rachel McCann 26.5 Gillian Downing 26.63 Kim Shaw 26.75 Gayle Connery 26.8 Nicola Connerey 26.97 Olivia Cumming 27.0 Erin Mullan 27.1 Amy Foster 27.2 Andrea Ramage 27.24 Lucy Kerr 27.25 Holly Brannigan Megan Drummond	26.9 Andrea Ramage 27.1 Elaine McClelland 27.4 Karen Graham 27.5 Kathryn Colwell 27.7 Caroline Gordon Julie Hamilton 27.91 Katie Kimber 28.08 Anna Cousins 28.4 Sharon Magowan 28.52 Niamh Fenlon 28.6 Jennifer Kelso 28.76 Michelle Rogan 29.0 Alison Moffitt 29.1 Kerri-Lyn Dunlop 29.23 Megan Drummond 29.66 Holly McGuigan 29.82 Stephanie Bell

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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	43.03 Aimee Stitt	39.77 Rachel McCann	41.6 Hannah Lewis	44.2 Kathryn Colwell
42.40 Caroline Livingstone	43.25 Chloe Johnston	40.75 Holly Brannigan	42.02 Kathryn Colwell	48.4 Hanna Lewis
45.88 Rachel Gibson	45.2 Michelle Rogan	41.55 Olivia Cumming	42.6 Kim Shaw	48.9 Cara Garnham
	47.5 Lisa Magee	41.57 Natasha Paxton	43.44 Niamh Fenlon	50.1 Grace Lawther
	47.85 Kerry Iveston	41.69 Kathryn Colwell	44.87 Rachel McCann	50.6 Jessica McCreery
	50.07 Natalie Steele	42.1 Kim Shaw	45.0 Amy Foster	51.03 Olivia Cumming
		42.71 Natasha Mellon	45.09 Murphy Miller	51.2 Ceara Harper
		42.8 Alison Lavery	45.98 Abbey Taylor	51.5 Amy Foster
		42.98 Megan Briggs	46.6 Harriet Hayhurst	52.1 Tanya Garrett
		43.17 Aimee Stitt	46.8 Niamh Cummings	53.30 Alex Catherwood
		43.4 Michelle Rogan	47.5 Gillian Mcdonald	53.3 Amy McCann
		43.57 Kirsty O'Neill	47.7 Jessica Craig	53.4 Emily Heyburn
		43.6 Lisa Magee	47.8 Abbey Taylor	54.17 Lisa Thorne
		43.7 Laura McKeown	47.9 Katie Hewitt	
		43.8 Jenny Oakes		Not an official distance for U13s
		44.13 Chloe Johnston		
		44.2 Stacey Mullan		
Senior	U20	U17	U15	U13
400m	400m	400m	400m	400m
58.4 Caroline Livingstone	55.54 Rachel McCann	57.43 Rachel McCann	60.08 Megan Briggs	65.7 Jill-Anne Stewart
59.42 Kim Shaw	58.7 Kim Shaw	59.13 Olivia Cumming	60.9 Gillian Downing	66.4 Julie Carlisle
59.50 Rachel Gibson	59.67 Holly Brannigan	59.69 Holly Brannigan	61.6 Niamh Fenlon	67.8 Michelle Rogan
61.1 Nicola Simpson	59.81 Chloe Johnston	60.07 Kim Shaw	62.35 Murphy Miller	70.8 Susan Scarth
	60.13 Alison Lavery	60.83 Murphy Miller	64.2 Michelle Rogan	71.0 Alison Moffitt
	60.52 Aimee Stitt	61.11 Chloe Johnston	64.3 Sandra Gawley	71.5 Zoe Jeffers
	60.70 Murphy Miller	Megan Briggs	64.72 Rachel McCann	72.5 Sandra Gawley
	60.5 Alison Elliott	62.7 Lisa Magee	65.0 Jill-Anne Stewart	72.7 Pauline Hunter
	60.88 Beth Crosbie	62.8 Jenny Oakes	65.45 Holly Brannigan	73.67 Murphy Miller
	61.8 Lauren Scott	63.42 Sarah Connolly	66.3 Zoe Jeffers	73.7 Lisa Thorne
	62.1 Nicola Simpson	64.39 Beth Crosbie	66.5 Lisa Magee	79.9 Olivia Hummel
	62.68 Sarah Connolly	64.46 Ellen Robinson	67.4 Susan Scarth	
	63.5 Alison O'Neill	64.89 Kerry Iveston	67.8 Roisin Farren	Not an official distance for U13s
	63.54 Olivia Cumming	66.6 Sandra Gawley	67.9 Kerri-Lyn Dunlop	
	64.2 Katie Hewitt	66.7 Aimee Stitt	68.5 Nicola Ramage	
	66.9 Kerry Iveston	67.4 Zoe Jeffers		
	69.0 Caroline Hussey			

Denotes performances in 2019

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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	1:39.44 Murphy Miller	1:43.52 Megan Briggs	1:40.54 Megan Briggs	1:47.86 Murphy Miller
1:43.76 Jessica Craig	1:40.6 Lauren Hamilton	1:44.25 Murphy Miller	1:41.42 Murphy Miller	1:50.64 Amelia Tyler
1:45.86 Katie Moore	1:47.44 Beth Crosbie	1:46.63 Rachel McCann	1:49.97 Amelia Tyler	1:52.07 Niamh Fenlon
	1:48.21 Katie Moore	1:46.96 Tara McDonough	1:52.32 Tara McDonough	1:55.04 Megan Briggs
	1:49.38 Chloe Johnston	1:50.38 Aimee Stitt	1:56.1 Abbey Taylor	1:55.56 Mollie Brown
	1:53.32 Olivia Cumming	1:53.21 Jessica Scott	1:56.36 Lauren Hamilton	1:57.53 Anna Scott
		1:53.95 Rachel Gillespie		1:59.62 Hollie Massey
		1:54.25 Abbey Taylor		2:00.40 Rachel Gillespie
		1:55.21 Bryanna Catney		2:05.20 Tara McDonough
				2:03.31 Lucy Cheatley
				2:03.73 Stephanie Bell
				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	2:14.63 Murphy Miller	2:18.76 Murphy Miller	2:28.83 Murphy Miller
2:12.46 Lauren Scott	2:14.96 Murphy Miller	2:24.90 Megan Briggs	2:21.0 Sandra Gawley	2:30.08 Amelia Tyler
2:14.71 Jessica Craig	2:16.30 Lauren Scott	2:25.4 Nicola Simpson	2:21.94 Megan Briggs	2:32.1 Julie Carlisle
2:20.07 Nicola Simpson	2:25.30 Nicola Simpson	2:25.7 Katrina Oakes	2:28.0 Katrina Oakes	2:33.8 Mollie Brown
2:25.50 Sarah Connolly	2:26.99 Jessica Craig	2:26.0 Lauren Scott	2:29.7 Claire Broad	2:35.90 Niamh Fenlon
2:25.71 Kim Shaw	2:29.02 Katie Moore	2:27.6 Sandra Gawley	Abbey Taylor	2:36.4 Zoe Jeffers
2:25.77 Katie Moore	2:31.16 Kerry Iveston	2:27.74 Lauren Scott	2:29.9 Gillian Downing	2:37.47 Ellie Gordon
2:26.28 Sarah Lindsay	2:31.89 Sophie Strutt	2:28.56 Kerry Iveston	2:30.52 Niamh Fenlon	2:38.08 Megan Briggs
2:26.50 Kerry Iveston	2:32.04 Katie Hewitt	2:29.80 Sophie Strutt	2:30.85 Tara McDonough	2:38.5 Andrea Ramage
2:27.27 Roberta Dornan (F35)	2:32.27 Rio Catney	2:29.97 Katie Moore	2:30.9 Nicola McCaughey	2:38.72 Anna Scott
2:31.03 Rio Catney	2:34.36 Chloe Johnston	2:31.47 Francesca Brown	2:31.2 Janine Munnis	2:39.0 Susan Scarth
2:37.32 Emily Mills	2:34.5 Katrina Oakes	2:31.8 Zoe Jeffers	2:31.68 Amelia Tyler	2:39.45 Rachel Gillespie
2:42.27 Melissa Eccles	2:35.2 Nicola McCaughey	2:32.35 Nia McNally	2:32.0 Andrea Ramage	2:39.79 Abbie Webster
	2:35.5 Alison Elliott	2:33.1 Amelia Tyler	2:33.4 Jessica Craig	2:40.7 Kalina Stitt
	2:36.12 Clare Robinson	2:33.4 Jessica Craig	2:33.7 Nicola Ramage	2:42.38 Hollie Massey
		2:33.50 Bryanna Catney	2:34.42 Niamh Cummings	2:42.47 Jessica Scott
		2:34.0 Katie Hewitt	2:34.5 Lauren Scott	

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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
4:17.31	Rebecca Laffin
4:19.72	Zoe Kirk
4:20.66	Hollie Massey
4:20.74	Tara McDonough
4:24.84	Lucy Cheatley
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

Senior

U20

U17

U15

U13

1500m

1500m

1500m

1500m

1500m

4:23.89	Rachel Gibson	4:29.4	Alison O'Neill	4:31.6	Alison O'Neill	4:43.0	Alison O'Neill	5:10.65	Amelia Tyler
4:30.94	Lauren Scott	5:01.51	Murphy Miller	4:44.94	Murphy Miller	4:52.37	Murphy Miller	5:19.49	Jessica Scott
4:35.88	Jessica Craig	5:04.56	Rio Catney	4:55.65	Tara McDonough	4:54.9	Claire Broad	5:22.81	Ellie Gordon
4:38.11	Sarah Grant	5:05.3	Vicky Clegg	5:04.19	Amelia Tyler	4:59.12	Megan Briggs	5:22.83	Murphy Miller
4:47.92	Katie Moore	5:08.76	Lauren Scott	5:04.2	Jessica Craig	5:00.0	Sandra Gawley	5:25.42	Anna Scott
4:51.75	Roberta Dornan (F35)	5:09.84	Katie Moore	5:06.1	Sandra Gawley	5:06.87	Tara McDonough	5:26.91	Francesca Brown
4:54.93	Jodi Smith (F35)	5:11.72	Rio Catney	5:11.79	Katie Moore	5:08.99	Mollie Borwn	5:27.35	Niamh Fenlon
5:03.8	Nicola Simpson	5:12.3	Jessica Craig	5:12.0	Nicola McCaughey	5:10.12	Amelia Tyler	5:28.28	Hollie Massey
5:05.74	Kerry Iveston	5:19.50	Kerry Iveston	5:12.91	Megan Briggs	5:10.3	Janine Munnis	5:29.0	Zoe Jeffers
5:33.30	Stephanie Hambling F35	5:23.3	Nicola McCaughey	5:15.4	Zoe Jeffers	5:14.71	Francesca Brown	5:33.2	Michelle Mullally
5:42.77	Debbie Matchett (F45)	5:27.29	Caitlyn Turner	5:16.4	Lauren Scott	5:16.0	Nicola McCaughey	5:34.7	Susan Scarth
5:50.0	Paula Hawtin	5:43.75	Stacey Johnston	5:18.0	Janine Munnis	5:16.80	Abbey Taylor	5:36.9	Gillian Winters
		5:47.8	Jill Black	5:18.23	Nia McNally	5:19.78	Sarah Moorcroft	5:38.0	Susan McAvoy
				5:20.3	Vicky Clegg	5:20.69	Lucy Cheatley	5:39.54	Abbie Webster
				5:21.2	Alyson Dunne	5:21.5	Zoe Jeffers	5:42.6	Suzanne Brown
					Kerry Iveston	5:21.69	Beth Wilson	5:45.9	Katie Hewitt
				5:23.87	Bryanna Catney	5:21.75	Anna Scott	5:46.63	Hollie Massey

Denotes performances in 2019

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NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15
3000m	3000m	3000m	3000m
9:33.18 Rachel Gibson	9:32.32 Alison O'Neill	9:45.0 Alison O'Neill	10:36.23 Murphy Miller
9:52.97 Jessica Craig	10:51.00 Rio Catney	10:49.52 Amelia Tyler	11:10.20 Amelia Tyler
9:58.10 Lauren Scott	11:14.72 Katie Moore	10:59.0 Janine Munnis	11:33.44 Lucy Cheatley
10:11.54 Sarah Grant	11:18.6 Vicky Clegg	11:00.0 Vicky Clegg	11:40.21 Lauren Hamilton
10:17.9 Katie Moore	11:36.8 Kerry Iveston	11:10.1 Jessica Craig	11:46.57 Nicola McCaughey
10:22.06 Roberta Dornan (F35)	12:00.04 Katrina Oakes	11:11.1 Katrina Oakes	11:52.0 Susan McAvoy
10:30.60 Jodi Smith (F35)	12:12.0 Nicola McCaughey	11:24.1 Sandra Gawley	12:06.07 Sarah Moorcroft
10:32.3 Paula Hawtin	12:14.2 Janine Munnis	11:29.79 Nia McNally	12:17.70 Abigail Slaon
10:59.6 Stephanie Hambling (F40)	12:16.89 Nia McNally	11:30.53 Anna Carberry	12:28.28 Jessica Scott
11:23.8 Vicky Clegg		11:30.5 Murphy Miller	12:46.0 Catherine Geary
11:33.24 Roma McConville		11:36.0 Zoe Jeffers	
11:33.29 Melissa Eccles		11:47.45 Jessica Scott	
11:43.88 Ali Robinson (F35)		12:04.8 Alyson Dunne	
11:54.0 Debbie Matchett (F45)		12:07.0 Susan McAvoy	
11:54.12 Valerie McDonough (F40)		12:22.3 Nicola McCaughey	

5000m

17:12.84 Jessica Craig

17:55.31 Katie Moore

18:20.69 Sarah Grant

10,000m

37:41.71 Katie Moore

Senior	U20	U17
3000m s'chase	2000m s'chase	1500m s'chase
	9:01.05 Bryanna Catney (U17)	6:22.9 Bryanna Catney
	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")
14.43 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	12.23 Holly McGuigan
15.39 Clare Robinson	15.38 Erin Mullan	11.9 Jennifer Oakes	12.0 Julie Stewart	12.26 Niamh Fenlon
16.40 Katie Hewitt	15.84 Clare Robinson	11.97 Rose McGreevy	Sarah McGuigan	12.3 Caroline Horne
17.28 Alison Elliott	15.83 Stacey Mullan (U17)	12.0 Sarah McGuigan	12.1 Katie Hewitt	12.4 Natasha Paxton
	16.08 Katie Hewitt	12.29 Sarah Connolly	12.18 Sophie Hoey	12.43 Rose McGreevy
	16.48 Sophie Reynolds	12.3 Katie Hewitt	12.2 Lisa Kane	12.45 Sophie Hoey
	16.63 Andrea Ramage	12.35 Lyndsey Hayes	12.33 Rose McGreevy	12.6 Julie Stewart
	17.37 Jodie Murphy	12.5 Erin Mullan	12.41 Niamh Fenlon	Katie Hewitt
	19.0 Alison Moffitt	12.59 Clare Robinson	12.5 Lyndsey Hayes	12.68 Anna Cousins
	20.4 Caroline Horne	12.6 Julie Stewart	12.54 Erin Mullan	12.9 Caroline Oakes
	20.5 Sarah McGuigan	Sophie Reynolds	12.7 Courtney Patterson	13.05 Chloe Walker
		12.63 Katie Hewitt	12.71 Holly Brannigan	13.1 Ashleigh Fawcett
		12.8 Holly Brannigan	12.83 Kerrie Craig	13.16 Kate Fenlon
			13.00 Natasha Mellon	13.2 Sandra Gawley
				Julie Carlisle
				Jennifer Kelso

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	U20	U17	U15	U13
High Jump	High Jump	High Jump	High Jump	High Jump
1.78 Sarah Connolly	1.65 Sarah McGuigan	1.66 Alex Catherwood	1.60 Andrea Ramage	1.52 Andrea Ramage
1.50 Caroline Livingstone	1.63 Rebekah Rutherford	1.65 Sarah Connolly	Sarah McGuigan	1.48 Alex Catherwood
1.45 Katie Hewitt	1.62 Sarah Connolly	1.64 Sarah McGuigan	1.56 Sarah Connolly	1.46 Rebekah Rutherford
1.39 Clare Robinson	1.60 Alison Elliot	1.58 Rebekah Rutherford	1.55 Danielle Oliver	1.45 Danielle Oliver
	1.57 Alison Lavery	1.57 Kerrie Craig	Alex Catherwood	1.44 Pauline Hunter
	1.54 Andrea Ramage	1.55 Alison Lavery	1.53 Alison Moffitt	1.40 Saskia Coombes
	1.51 Alison Moffitt	Rose McGreevy	Jill-Anne Stewart	Alison Moffitt
	Kerrie Craig	1.53 Alison Moffitt	Kerrie Craig	Kerrie Craig
	1.50 Michelle Kelly	1.51 Gayle Connery	1.50 Michelle Mullally	Lisa Kane
	Gayle Connery	Danielle Oliver	Michelle Kelly	Sarah Perry
	Jodie Murphy	1.50 Michelle Kelly	Hannah Lewis	1.39 Michelle Kelly
	1.45 Danielle Oliver	1.46 Kirsty O'Neill	Rebekah Rutherford	1.38 Elleana Hull
	Katie Hewitt	1.45 Hannah Lewis	Kirsty O'Neill	1.36 Sarah McGuigan
	1.40 Lyndsey Hayes	Grace Arnold	1.48 Niamh Fenlon	Grace Arnold
	Kim Shaw	Rachel McCann	1.40 Lauren Hamilton	1.35 Sophie Hoey
	Clare Robinson	1.45 Hannah Lewis	Elleana Hull	1.34 Kerrie Craig
		1.40 Elleana Hull	Rose McGreevy	
		Louise Canning	Sophie Hoey	
 Senior		 U17		
Pole Vault		Pole Vault		
3.80 Sarah Semeraro		2.25 Sophie Reynolds		
		2.00 Caroline Oakes		
		1.90 Nicola McCaughey		

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)	12.29 Faye Nixon	9.81 Faye Nixon	10.25 Kate Fenlon
12.47 Anita Kane	9.96 Kathy Hetherington	9.99 Elleana Hull	9.70 Niamh Fenlon	9.80 Andrea Ramage
11.96 Alison Moffitt	9.87 Beth Wilson	9.82 Erin Kennedy	9.55 Erin Kennedy	9.40 Lisa Kane
10.50 Sarah Connolly	9.80 Andrea Ramage	9.05 Megan Drummond	8.76 Beth Hammond	8.52 Faye Nixon
10.42 Kathy Hetherington	9.36 Sarah Connolly	8.95 Amy Kimber	8.36 Stephanie Bell	8.49 Niamh Fenlon
8.95 Laura Saulters	8.94 Elleana Hull	7.73 Holly Brannigan	7.34 Holly Brannigan	8.42 Eva Massey
8.62 Sarah Semeraro	8.80 Jodie Murphy	7.59 Molly Longstaff	7.34 Kate McCann	8.44 Tilly McWhinney
8.59 Fiona Shaw	8.46 Danielle Oliver	7.37 Beth Crosbie	7.28 Molly Longstaff	8.13 Anna Cousins
8.43 Gemma McAnirn	8.32 Lauraine Finlay	6.72 Shoshanna Hull	Rose McGreevy	7.78 Kiki Malomo-Paris
7.81 Katie Hewitt	7.70 Allison Elliott	6.71 Rebecca Webb	7.19 Lucy Kerr	7.72 Sarah Jaffrey
7.63 Melissa Free	7.65 Emma Stockton	6.51 Murphy Miller	7.01 Sophie Hoey	7.56 Kelly Baauw
7.19 Clare Robinson	7.55 Katie Hewitt	6.49 Lauren Hamilton	6.83 Lauren Hamilton	7.24 Kathryn Colwell
	7.19 Clare Robinson		Morgan Wilson	7.06 Claire Briggs
			6.68 Murphy Miller	6.94 Danielle Oliver
			6.65 Katie Kimber	6.90 Stephanie Bell
			6.61 Megan Drummond	6.84 Kim Shaw
			6.55 Beth Crosbie	6.82 Alex Catherwood
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	26.96 Kate Fenlon
43.98 Alison Moffitt	33.13 Amy Kimber	36.40 Lisa Kane	35.56 Jacqueline Crawford	20.29 Niamh Fenlon
42.86 Anita Kane	30.32 Caroline Oakes	35.70 Jacqueline Crawford	33.42 Loiuise Atkinson	19.87 Tilly McWhinney
34.64 Clare Barrett	29.46 Wendy Graham	35.56 Eva Massey	30.60 Anita Kane	19.83 Katie Kimber
31.68 Gemma McAnirn	Laura Potts	35.12 Beth Wilson	29.36 Beth Wilson	18.91 Caroline Oakes
31.50 Fiona Shaw	28.60 Danielle Oliver	35.00 Clare Barrett	28.12 Eva Massey	17.90 Galina Robinson
27.80 Melissa Free	25.30 Lauraine Finlay	34.74 Kathy Hetherington	24.58 Kathy McKeown	17.72 Kelly Baauw
		31.18 Amy Kimber	23.62 Lauraine Finlay	16.94 Sophie Cree
		30.54 Caroline Oakes	23.48 Carol Douglas	16.89 Stepahnie Bell
		30.28 Lauraine Finlay	23.00 Caroline Oakes	16.87 Kiki Malamo-Paris
		28.90 Wendy Graham	22.89 Niamh Fenlon	16.40 Gemma McAnirn
		25.94 Megan Simpson	21.91 Amy Kimber	16.21 Sarah Jaffery
		24.97 Zoe Steen		15.66 Catherine Jaffrey
				15.35 Anna Cousins

Denotes performances in 2019

Last Update 24.07.2019

NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15
Hammer (4kg)	Hammer (4kg)	Hammer (3kg)	Hammer (3kg)
34.76 Eva Massey	35.40 Eva Massey	39.12 Beth Crosbie	28.46 Beth Hammond
34.60 Melissa Free	32.09 Beth Crosbie	25.95 Faye Nixon	25.23 Beth Crosbie
22.25 Gemma McAnirn	31.42 Rachel Keys	24.23 Lauren Hamilton	25.05 Emma Wilson
20.78 Alison Moffitt	23.86 Emma Stockton	23.47 Amy Kimber	23.00 Niamh Fenlon
19.77 Catherine Joffrey	23.52 Faye Nixon	22.62 Erin Kennedy	22.98 Erin Kennedy
18.87 Janine Munnis	20.70 Beth Wilson	15.04 Isobel Meharg	21.86 Amy Kimber
	18.87 Elleana Hull		14.89 Lauren Hamilton

Senior	U20	U17	U15	U13
Javelin (600g)	Javelin (600g)	Javelin (500g)	Javelin (500g)	Javelin (400g)
45.85 Alison Moffitt	41.34 Anita Kane	32.66 Sarah Newell	31.28 Caroline Oakes	30.16 Kate Fenlon
35.43 Elleana Hull	37.85 Elleana Hull	31.31 Sophie Cree	28.25 Amy Kimber	24.86 Hannah Lawden
34.09 Sarah Connolly	36.16 Andrea Ramage	29.16 Amy Kimber	25.21 Sophie Cree	21.42 Morgan Wilson
32.22 Janine Munnis	35.74 Claire Barrett	26.65 Shoshannah Hull	24.36 Morgan Wilson	20.67 Katie Kimber
31.44 Leslie Jeffers	29.61 Caroline Oakes	25.70 Eilean Hull	23.40 Niamh Fenlon	20.04 Amy Kimber
30.30 Eva Massey	29.60 Sarah Connolly	20.49 Beth Wilson	23.39 Elleana Hull	19.57 Caroline Oakes
29.60 Janine Munnis	29.19 Danielle Oliver	19.57 Megan Drummond	21.90 Katie Kimber	18.88 Danielle Oliver
29.36 Gillian Winters	29.16 Janine Munnis	18.57 Holly Brannigan	17.42 Holly Brannigan	16.94 Sophie Cree
25.40 Katie Hewitt	26.91 Katie Hewitt	18.11 Faye Nixon	14.98 Beth Hammond	16.65 Natasha Paxton
20.64 Laura Saulters	26.00 Beth Wilson	16.24 Katie Kimber	14.19 Rebecca Webb	15.86 Niamh Fenlon
	Sophie Cree	15.69 Mollie Brown	13.49 Erin Kennedy	15.32 Katie Hewitt
	24.36 Francesca Brown	15.61 Emma Stockton	13.08 Beth Crosbie	15.13 Megan Simpson
	24.16 Amy Kimber		12.42 Rachel McCann	14.96 Claire Briggs
			12.26 Kate McCann	14.92 Megan Drummond
				14.64 Jessica McCreery
				14.37 Louise Atkinson

Denotes performances in 2019

Last Update 24.07.2019

NDAC Top Female Outdoor T&F Performances

Senior

Combined events

HEPTATHLON

5031 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
 3303 Megan Drummond
 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
 2259 Rose McGreevy
 2196 Lauren Hamilton
 2177 Erin Mullan
 2117 Caroline Oakes
 2106 Clare Robinson
 2092 Kerrie Craig
 2074 Sophie Hoey
 1750 Katrina Oakes
 1690 Claire Hooks
 1634 Toni Francis
 1599 Katie Kimber
 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

2104 Anna Cousins
 1895 Niamh Fenlon
 1877 Rose McGreevy
 1818 Danielle Oliver
 1789 Elleana Hull
 1755 Murphy Miller
1753 Holly McGuigan
 1709 Katie Kimber
1562 Kate Fenlon
 1531 Alex Catherwood
 1527 Lucy Cheatley
 1503 Clare Robinson
1501 Hannah Lawden

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