

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

F40 400m

70.14 Roberta Dornan

F45 400m

71.70 Debbie Matchett

F40 400m

97.43 Marie Devine

F35 800m

2:27.27 Roberta Dornan

F40 800m

2:37.41 Roberta Dornan

F50 800m

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
5:55.26 Nicola Downey

F45 1500m

5:42.77 Debbie Matchett

F50 1500m

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