

## NDAC Top Male T&F Performances (Outdoors)

100m		100m		100m		100m		100m	
Senior		U20		U17		U15		U13	
10.7	Roger Sexton	<b>10.43</b>	<b>Aaron Sexton (NI Record)</b>	10.86	Aaron Sexton	11.3	Ken Hooks	12.5	Oliver Wakefield
10.87	John Saulters	10.75	Roger Sexton	10.9	Ken Hooks		Roger Sexton	12.7	Phillip Browne
10.9	Gareth Gettinby	10.8	Gareth Gettinby		Roger Sexton	11.37	Aaron Sexton	13.1	Barry Kelly
10.97	Adam McComb	10.97	Andrew Mellon	11.2	James Ringland	11.5	Mark Atkinson		James Kirkpatrick
	Andrew Mellon	11.0	Peter McPherson		Gareth Gettinby	11.6	John Blackman	13.2	Matthew Hamilton
11.0	Tom Reynolds		Patrick Gregg	11.3	William Burnside		James Ringland	13.24	Zac Moraghan
11.02	Curtis Woods	11.05	Callum Hunter		Philip Browne	11.7	Ken Woods	13.4	Gareth Gettinby
11.10	Philip Browne	<b>11.08</b>	<b>Louis Albrow</b>		Patrick Gregg		Gavin Ellis	13.5	Roger Sexton
11.1	Barry Kelly	11.1	Philip Browne		Matthew Hamilton	11.73	Oliver Wakefield		Mark Spottiswood
11.12	Peter Glass	11.2	William Burnside	11.37	Aaron Blackmore	11.8	James Doherty		Mark Patterson
11.13	Kenny Elliot		Ben Reynolds	11.4	Peter McPherson	11.81	Matthew Hamilton		Callum Hunter
11.2	Stephen Enright	11.41	Mark Armstrong		Gavin Ellis	11.9	Paul Glover	13.6	Jack Campton
11.26	Brendan McConville	11.42	Ben Reynolds		Ryan Kerr	11.94	Mark Atkinson	13.7	Johnny Arthur
11.29	Andrew Graham	11.47	David Ritchie		Andrew Mellon	12.1	Aaron Corbett		Robert O'Neill
11.36	Ben Reynolds	<b>11.49</b>	<b>Troy McConville</b>	11.67	Jonny Moore	12.12	Aaron Blackmore		Michael McComb
11.4	Stuart Brown	11.5	Mike Hewitt	11.74	Troy McConville	12.25	Jonathan Miller	13.73	Jonny Moore
11.52	Luke Reynolds		Patrick McGrattan	11.76	Oliver Wakefield	12.28	Ben Dempster		
			Tom Reynolds	11.83	Ben Dempster		James Doherty		

  

200m		200m		200m		200m		200m	
Senior		U20		U17		U15		U13	
21.5	Roger Sexton	<b>20.69</b>	<b>Aaron Sexton (NI Record)</b>	21.65	Aaron Sexton	22.9	William Burnside	26.5	Philip Browne
21.81	Curtis Woods	21.75	Roger Sexton	22.5	William Burnside	23.29	Aaron Sexton	26.74	Oliver Wakefield
21.97	Adam McComb	22.2	Gareth Gettinby	22.7	Roger Sexton	23.4	Ken Hooks	27.1	Roger Perrott
21.98	Andrew Mellon	<b>22.36</b>	<b>Louis Albrow</b>	22.95	Mark Armstrong	23.8	Gavin Ellis	27.7	Casey Blair
22.3	Kenny Elliott	22.5	William Burnside	22.98	Aaron Blackmore		John Blackman	28.13	Zac Moraghan
22.36	John Saulters	22.57	Mark Armstrong	23.0	Ken Hooks	23.99	James Ringland	28.2	Richard Higginson
22.42	Gareth Gettinby	22.8	Philip Browne	23.2	Gareth Gettinby	24.0	Philip Browne	28.29	Jonny Moore
22.50	Kenny Elliott	22.9	Peter McPherson		Matthew Hamilton	24.09	Mark Atkinson	28.40	Aaron Sexton
22.72	Philip Browne	22.96	Patrick Gregg	23.31	Andrew Mellon	24.1	James Doherty	28.48	Felix Arran
22.92	Tom Reynolds	<b>22.99</b>	<b>Isaac Hart</b>	23.4	John Blackman	24.16	Kerrin Young	28.8	Paul McAlinden
23.1	Stephen Enright	23.0	Mark Patterson		Peter McPherson	24.36	Matthew Hamilton		Mark Patterson
23.3	Paul Fleming	23.29	Callum Hunter	23.46	Peter Glass	24.46	Jonathan Arthur	28.9	Michael McComb
23.5	Paul Curran	23.4	Tom Reynolds	23.5	Kerrin Young	24.5	Paul Foster	29.0	Glen Trimble
23.53	Ben Reynolds	23.41	James Hammond	23.77	Isaac Hart	24.52	Richard Kelly	29.01	Gareth Gettinby
23.58	Brendan McConville	23.55	Richard Higginson	23.8	James Hammond			29.1	Mark Armstrong
	Matthew Hamilton			23.94	Aaron Corbett			29.18	Michael McComb

Denotes performances in 2019

Last Update 10.09.2019

## NDAC Top Male T&F Performances (Outdoors)

<b>300m</b>		<b>300m</b>		<b>300m</b>		<b>300m</b>			
<b>Senior</b>		<b>U20</b>		<b>U17</b>		<b>U15</b>			
34.70	Curtis Woods	36.83	Andrew Mellon	36.12	Andrew Mellon	38.02	Aaron Sexton		
36.0	John Saulters	39.47	Ben Dempster	37.00	Aaron Sexton	39.28	Aaron Blackmore		
36.58	Kenny Elliot	40.53	Gareth Lyness	38.77	Isaac Hart	40.03	Luke Adair		
37.08	Tom Reynolds	40.6	Josh Lowry	40.66	Glen Willis	<b>40.83</b>	<b>Benjamin Graham</b>		
38.33	Roger Sexton (M40)	40.95	Nial McGrattan	41.31	Luke Adair	41.19	Reece Corbett		
38.37	Brendan McConville	41.66	Reece Simpson	42.70	Oscar Yandall	41.71	Jakob Swann		
41.70	Lloyd Hannigan			42.08	Scott Henry	<b>42.05</b>	<b>Ryan Lynas</b>		
42.35	Stephen Glass			42.98	Reece Corbett	42.06	Stefan Yathindran		
						42.25	Josh Majury		
						42.77	Ben Jenkins		
						43.65	Ben McCaughan		
						44.07	Zac Moraghan		
						45.89	Jonny Moore		
<b>400m</b>		<b>400m</b>		<b>400m</b>		<b>400m</b>		<b>400m</b>	
<b>Senior</b>		<b>U20</b>		<b>U17</b>		<b>U15</b>		<b>U13</b>	
47.48	Andrew Mellon	47.93	Andrew Mellon	49.60	Aaron Sexton	52.6	Kerrin Young	61.6	James Kirkpatrick
47.61	Adam McComb	49.56	Mark Patterson	49.85	Andrew Mellon	55.18	Aaron Sexton	62.96	Paul Wilson
48.49	Curtis Woods	50.6	Roger Sexton	50.3	Ken Thompson	55.3	Chris Whelan	63.15	Casey Blair
49.31	John Saulters	51.0	William Burnside	51.5	Kerrin Young	55.57	James Kirkpatrick	66.9	Mark Patterson
49.48	Brendan McConville	<b>51.07</b>	<b>Troy McConville</b>	51.9	Paul Fleming	55.9	Paul Wilson	67.9	Robert Milling
49.84	Tom Reynolds	51.12	Tom Reynolds	52.0	William Burnside	56.56	James Ferguson	68.0	Gareth Davis-Jones
50.1	Michael Dyer	51.37	Adam McComb	52.52	Troy McConville	56.6	Matthew Heaney	68.9	Mark Magee
50.20	Kenny Elliott	51.8	Brendan McConville	52.8	Roger Sexton		James Doherty	70.0	Brendan McConville
50.4	Roger Sexton	<b>52.25</b>	<b>Isaac Hart</b>	53.10	Mark Patterson	56.63	Grant Montgomery	70.6	Steven Colwell
50.43	Paul Curran	52.3	Gareth Gettinby	53.2	Chris Whelan	56.7	Richard Hamilton	71.3	Neil Johnston
50.95	Mark Patterson	52.4	Paul Fleming	53.5	Glen Willis		Andrew Mellon		
51.34	Peter Glass	52.45	Paul Curran	53.6	Ken Woods	56.8	Sean Crowther		No longer run at U13
52.18	Mark Weir	52.50	Mark Armstrong	53.79	Isaac Hart	57.18	Stewart Lemon		
		52.72	Callum Hunter	53.80	Chris Whelan	57.2	John Blackman		
		52.82	Aaron Sexton	53.9	Peter McPherson	57.26	Matthew Heaney		
		53.33	Gareth Lyness	54.02	Niall Robinson				

Denotes performances in 2019

Last Update 10.09.2019

## NDAC Top Male T&F Performances (Outdoors)

800m		800m		800m		800m		800m	
Senior		U20		U17		U15		U13	
1:50.25	Michael Dyer	1:49.20	Mark Patterson	1:56.92	Mark Patterson	2:05.3	Sean Crowther	2:25.5	Sean Crowther
1:51.42	Mark Patterson	1:53.55	Niall Robinson	1:58.56	Jakob Swann	2:06.0	Gareth Davis-Jones	2:26.9	Mark Patterson
1:52.67	Niall Robinson	1:54.53	Jordan Neil	1:59.34	Niall Robinson	2:07.0	Mark Weir	2:28.9	Scott Davidson
1:54.73	Jordan Neil	1:55.2	Michael Dyer	1:59.47	Glen Willis		Peter Swann	<b>2:28.98</b>	<b>JJ Holley</b>
1:55.5	James Budde	1:55.98	Craig McMeechan	1:59.5	Sean Crowther	2:08.95	Jakob Swann	2:29.5	Gareth Davis-Jones
1:56.1	Jonathan Ross	1:57.39	Jordan Stokes		Craig Blackman	2:11.7	Kerrin Young	2:30.0	Mark Weir
1:56.8	Geoffrey Weir	1:58.21	John Carlisle	2:00.3	Mark Weir	2:12.70	Grant Montgomery	2:30.06	Mark Armstrong
1:57.64	John Carlisle	1:58.6	Mark Weir	2:02.3	Robin Brown	<b>2:12.86</b>	<b>Ryan Lynas</b>	2:30.7	James Budde
<b>1:57.66</b>	<b>Craig McMeechan</b>	2:00.70	Josh Lowry	2:02.7	Stuart Harding	2:13.7	Tom Reynolds	2:30.9	James Kirkpatrick
1:57.7	John Saulters	2:00.9	Tim Reid	2:02.87	Jordan Neil	2:14.13	Glen Willis	2:31.4	Andrew Massey
1:58.4	Francis Marsh	2:01.2	Paul Curran	2:04.52	Jordan Stokes	2:14.3	John Boyle	2:32.1	Matthew Neill
1:59.3	Mark Weir	2:01.9	Gareth Davis-Jones	2:04.68	Craig McMeechan	2:14.6	Robin Brown		
1:59.4	Paul Curran	<b>2:02.17</b>	<b>Alex Boyd</b>	2:05.58	Reece Simpson				
1:59.66	Reece Simpson	2:02.4	Thomas Welshman						
2:00.00	Jordan Stokes	2:02.6	Stuart Harding						
1500m		1500m		1500m		1500m		1500m	
Senior		U20		U17		U15		U13	
3:43.43	Jordan Neil	3:49.21	Jordan Neil	4:00.9	Ken Thompson	4:26.0	Mark Weir	4:53.95	James Budde
3:47.33	Michael Dyer	3:52.41	Craig McMeechan	4:09.0	Geoffrey Weir	4:27.0	Ken Thompson	4:59.91	Nathan Semple
3:52.8	Niall Robinson	3:57.56	Mark Patterson	4:09:9	Jordan Neill	4:31.2	Peter Swann	4:59.9	Mark Armstrong
<b>3:54.24</b>	<b>Craig McMeechan</b>	4:00.49	Niall Robinson	4:10:91	Glen Willis	4:31.7	Stuart Harding	5:00.85	Josh Lowry
3:56.98	Jordan Stokes	4:03.0	John Carlisle	4:12.4	Chris Stewart	4:32.0	Gareth Davis-Jones	5:03.28	JJ Holley
3:57.34	Niall Robinson	4:03.70	Jordan Stokes	4:13.3	Gareth Davis-Jones	4:33.78	Glen Willis	5:04:37	Brendan McConville
3:58.54	Francis Marsh	4:07.6	Michael Dyer	4:14:9	Niall Robinson	4:34.83	Chris Whelan	5:10.8	Gareth Freeman
3:59.54	James Budde	4:10.0	Mark Weir	4:15.80	Craig McMeechan	4:34.91	Jakob Swann	5:11.07	Charles McNutt
4:00.4	Mark Weir	4:11.1	Thomas Welshman	4:15:94	Mark Patterson	4:35.2	Jordan Neill	5:12.18	John McNally
4:00.9	Geoffrey Weir	4:12.0	Gareth Davis-Jones	4:19.0	Mark Weir	4:38.7	Alex Donald	5:13.95	Eoghan O'Callaghan
4:03.4	John Carlisle	4:14.5	Robin Brown	4:19.54	Jakob Swann	4:38.98	Nathan Semple	5:15.24	Oliver Playfair
4:07.11	Robin Brown	<b>4:14.85</b>	<b>Patrick Mayne</b>	4:21.0	Robin Brown	4:42.0	Keith McClure	5:18.4	Michael Patterson
		4:16.81	Thomas Patterson	4:21.8	Stuart Harding	4:42.08	Robin Brown	5:16.19	Aaron Sexton
		4:19.91	Josh Lowry					5:17.2	Stuart Donald
		4:21.99	Paul Curran					5:17.27	Jude Dowey

Denotes performances in 2019

Last Update 10.09.2019

## NDAC Top Male T&F Performances (Outdoors)

### 3000m

#### Senior

8:33.3 Jonathan Ross  
 8:44.4 Geoffrey Weir  
 8:45.03 Robin Brown  
 8:46.86 Michael Dyer  
 8:48.6 Ian Lyle  
 8:49.4 Francis Marsh  
 8:52.90 Niall Robinson  
 8:53.41 James Budde  
 8:54.9 Noel Munnis  
 8:58.95 Jordan Stokes  
 9:08.0 Peter Nugent  
 9:11.87 Dennis Scott  
 9:13.67 Stephen Wylie

### 3000m

#### U20

8:35.95 Craig McMeechan  
 8:36.26 Jordan Neil  
 9:12.2 Robin Brown  
 9:13.8 Michael Dyer  
**9:14.88 Thomas Patterson**  
 9:17.3 Chris Stewart  
**9:19.83 Patrick Mayne**  
 9:29.3 Mark Weir  
 9:37.4 Paul Curran  
 9:41.9 Stuart Donald  
 9:44.8 Michael Patterson  
 9:46.0 Jamie Stewart  
 9:51.0 James Budde  
 9:51.3 Alex Donald

### 3000m

#### U17

8:59.72 Craig McMeechan  
 9:03.8 Jordan Neill  
 9:27.2 Robin Brown  
 9:31.4 Stuart Harding  
 9:36.6 James Budde  
 9:39:0 Gareth Davis-Jones  
 9:39.57 Thomas Patterson  
 9:42.3 Alex Donald  
 9:44:2 Paul Curran  
 9:47.56 Glen Willis  
 9:53.3 John Carlisle  
 10:03.59 Reece Simpson  
 10:04.2 Mark Patterson

### 3000m

#### U15

10:07.4 Jordan Neill  
 10:08.75 Jakob Swann  
 10:11.0 Chris Whelan  
 10:18.68 Glen Willis  
**10:28.30 Jamie Gaw**  
 10:29.2 Mark Montgomery  
 10:35.0 Alex Donald  
 10:36.7 Stuart Donald  
 10:38.3 Mark Patterson  
 10:39.85 Michael Patterson  
 10:43.6 Gareth Freeman  
 10:44.9 Adam Skelly  
 10:46.5 Niall Robinson  
 10:47.5 James Budde

### 5000m

#### Senior

15:18.19 Robin Brown  
 15:28.2 Ian Lyle  
 15:29.05 Francis Marsh (M40)  
 15:30.6 Noel Munnis  
 15:51.2 Peter Nugent  
 15:54.79 Dennis Scott  
**15:57.50 Stephen Wylie (M35)**  
 16:21.50 Brian Barron  
 16:22.7 Mark Weir  
 16:26.88 Alex Donald  
 16:27.9 George Bell  
 16:47.4 James Budde  
**16:47.83 Jack Bradshaw**  
 17:08.25 Terry Eakin (M55)  
 17:11.4 Robert Wilson

### 5000m

#### U20

15:19.66 Craig McMeechan  
 15:22.56 Jordan Neil  
 15:49.8 Stuart Donald  
 16:15.9 Thomas Welshman  
 16:25.7 Chris Stewart  
 16:31.6 James Budde  
 16:53.5 Robin Brown  
 17:22.0 Mark Weir  
**17:31.20 Jack Logan**  
 17:56.5 Tim Reid  
 17:59.0 Gordon Montgomerie

### 5000m

#### U17

18:25.54 Stuart Donald  
 19:07.9 Gavin Megaw

## NDAC Top Male T&F Performances (Outdoors)

### 10,000m

#### Senior

31:38.55 Noel Munnis  
32:38.0 Geoffrey Weir  
36:03.60 Terry Eakin (M50)  
39:52.6 David Seaton (M60)

### 3000m s'chase

#### Senior

9.36.94 Noel Munnis  
9:44.4 Ian Lyle  
9:53.9 Francis Marsh  
9:58.8 Chris Stewart  
10:02.35 James Budde  
10:07.8 Alex Donald  
10:18.98 Paul Curran (U20)  
10:23.2 John Quiery  
10:27.84 Gareth Davis-Jones (U20)  
10:41.3 Colin Smith (U20)  
10:41.82 Jordan Stokes (U20)  
10:47.82 Brian Barron

### 2000m s'chase

#### U20

6:15.6 Chris Stewart  
6:19.7 Gareth Davis-Jones  
6:21.4 Alex Donald  
6:34.59 Paul Curran  
6:49.5 Michael Patterson  
6:50.11 Alex Donald (U17)  
6:59.4 Colin Smith  
7:00.11 James Budde  
7:01.1 Jamie Stewart  
7:05.24 Corey Brown  
7:10.0 Brian Barron

### 1500m s'chase

#### U17

4:32.0 Gareth Davis-Jones  
4:33.0 Chris Stewart  
4:50.7 Stuart Harding  
4:51.45 Alex Donald  
4:52.4 Paul Curran  
4:52.52 Michael Patterson  
4:57.6 James Budde  
5:01.26 Jordan Neil  
5:04.3 Stuart Donald  
5:05.0 Mark Weir  
5:08.3 Sean Crowther  
5:09.33 Glen Willis

## NDAC Top Male T&F Performances (Outdoors)

Senior	U20	U17	U15	U13
110mH (3'6")	110mH (3'3")	100mH (3'0")	80mH (2'9")	75mH (2'6")
13.48 Ben Reynolds (NI Record)	13.71 Ben Reynolds (NI Record)	13.4 Ben Reynolds	11.7 Tom Reynolds	12.38 Lexx McConville
14.54 Tom Reynolds	14.83 Peter Glass	Peter Glass	11.74 Peter Glass	12.4 Philip Browne
14.72 Luke Reynolds	<b>14.96 Troy McConville</b>	13.7 Luke Reynolds	11.8 Shaun Tinman	12.5 Tom Reynolds
14.76 Peter Glass	15.1 Tom Reynolds	13.84 Philip Browne	11.82 Philip Browne	12.54 Zac Moraghan
14.83 Brendan McConville	15.28 Luke Reynolds	13.86 Troy McConville	11.9 Luke Reynolds	12.6 Luke Reynolds
16.05 Tom Patton	15.94 Scott McCauley	14.0 Tom Reynolds	12.07 Zac Moraghan	Oliver Wakefield
16.1 Mike Bull	16.0 David Tughan	14.6 Karl Brown	12.08 Kerrin Young	12.8 Ben Reynolds
16.3 Paul Curran	16.1 Brendan McConville	14.7 Kerrin Young	12.09 Shaun Tinman	13.18 Oliver Wakefield
16.56 Callum Hunter (U20)	16.3 Paul Curran	Shaun Tinman	<b>12.10 Lexx McConville</b>	13.3 James Kirkpatrick
16.64 Phil Browne (U20)	16.5 Philip Browne	14.8 Barry Kelly	12.2 Barry Kelly	13.33 Steven Colwell
16.7 David Tughan	16.53 Callum Hunter	Scott McCauley	12.3 Karl Brown	13.6 David Perry
	16.6 Barry Kelly	Callum Hunter	12.33 Steven Colwell	13.8 Karl Brown
	17.0 Michel McConkey	14.88 Oliver Wakefield	12.4 Callum Hunter	14.0 James Hunter
			12.5 Steven Gardiner	14.37 Jack Campton
			12.64 Oliver Wakefield	14.4 Callum Hunter
			12.7 Scott McCauley	

Senior	U20	U17	U15
400mH (3'0")	400mH (3'0")	400mH (2'9")	400mH (2'6")
52.70 Tom Patton	56.2 Kerrin Young (U17)	54.8 Kerrin Young	65.27 Matthew Heaney
54.30 Peter Glass	58.6 James Niblock	60.75 Peter Glass	72.3 Peter Wickens
55.65 Brendan McConville	59.8 Kerrin Young	60.85 Grant Montgomery	81.3 Curtis Mullan
56.6 Paul Curran	61.43 Callum Hunter	62.7 Matthew Heaney	
57.47 Tom Reynolds	61.74 Gareth Lyness	64.4 Brendan McConville	No longer run at U15
57.76 Kenny Elliott	62.1 Barry Kelly	66.7 Alex Donald	
60.38 James Budde	62.5 Tom Reynolds	68.1 Curtis Mullan	
62.35 Alex Donald	62.8 Stuart Wilson	68.90 Richard Gordon	
62.88 Kris Lockhart	62.9 David Weir	68.99 Peter Speers	
65.4 Stuart Wilson	63.9 Brendan McConville	Sam Rutherford (U15)	
66.09 Francis Marsh	64.68 Stuart Harding (U17)	69.02 Ciaran Farren	
67.4 Stuart Donald	64.89 Gareth Davis Jones (U17)	69.43 Scott McCauley	
69.07 Richard Lockhart	65.32 Peter Speers		
	66.08 Luke Reynolds (U17)		

## NDAC Top Male T&F Performances (Outdoors)

Senior	U20	U17	U15	U13
<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>
2.05 Darragh Murphy	2.11 Darragh Murphy (NI Record)	2.04 Darragh Murphy	1.86 Darragh Murphy	1.60 Lexx McConville
2.03 Brendan McConville	2.07 Ben Reynolds	1.95 Ben Reynolds	1.83 Steven Gardiner	1.51 Ben Reynolds
2.02 Peter Glass	2.02 Brendan McConville	Troy McConville	Troy McConville	1.46 Brendan McConville
2.00 Ben Reynolds	2.00 David Robb	1.93 Peter Glass	<b>1.80 Lexx McConville</b>	1.45 Darragh Murphy
1.97 Paul Curran	1.95 Paul Curran	1.90 David Robb	1.75 Keith Matthews	Oliver Wakefield
1.95 Eugene Fusco	Peter Glass	1.80 Greg Savage	1.71 Kerrin Young	1.41 Troy McConville
1.93 David Robb	<b>1.94 Troy McConville</b>	Brendan McConville	1.70 Brendan McConville	1.40 Richard Kelly
1.88 Mike Bull	1.85 David McEvoy	1.77 Philip Gray	1.66 Aaron Sexton	<b>JJ Holley</b>
1.86 Tom Reynolds	1.82 Jonathan Kirk	1.76 Richard Wilson	1.65 David Robb	1.39 Michael McWilliams
1.85 Evan Wright	1.80 Matthew Martin	Mark Burton	1.64 Oliver Wakefield	1.38 Andrew McIlvenny
	Callum Hunter	1.75 Keith Mulligan	1.61 Tom Reynolds	1.36 Neil O'Driscoll
	1.77 Tom Reynolds	Michael McConkey	1.60 Greg Savage	1.35 Michael Connors
	1.70 Nico Espana	Kerrin Young	Richard Wilson	James Hunter
	Oliver Wakefield	Jonathan Kirk	Paul Coey	Charles McNutt
		1.74 Nico Espana	Luke Reynolds	Jonny Moore
		1.73 Stephen Loughlin	Courtney Marsh	Finn Ritchie
			Matthew Heaney	1.33 Philip Browne
			Callum Hunter	

Senior	U20	U17	U15
<b>Pole Vault</b>	<b>Pole Vault</b>	<b>Pole Vault</b>	
5.05 Mike Bull	<b>4.17 Troy McConville</b>	4.00 Ben Reynolds	3.01 Ben Reynolds
4.80 Brendan McConville	4.15 Brendan McConville	Troy McConville	2.90 Peter Abernathey
Peter Glass	4.10 Patrick Campbell	3.80 Luke Reynolds	2.60 Tom Reynolds
4.60 Tom Reynolds	3.80 Michael McConkey	Patrick Campbell	2.13 Keith Beattie
3.70 Ben Reynolds	Peter Glass	3.50 Peter Abernathey	
3.30 Paul Curran	3.70 Ben Reynolds	3.30 Stephen Loughlin	
3.00 Patrick Campbell	3.60 Tom Reynolds	3.20 Michael McConkey	
2.80 Stephen Enright	3.00 Paul Curran	3.10 Tom Reynolds	
2.80 Eugene Fusco	Luke Reynolds	2.90 Jonathan Kirk	
	Callum Hunter	2.80 Brendan McConville	
		2.60 Michael Connors	

## NDAC Top Male T&F Performances (Outdoors)

Senior		U20		U17		U15		U13	
Long Jump		Long Jump		Long Jump		Long Jump		Long Jump	
7.14	Tom Reynolds	6.80	Peter Glass	6.43	Ben Reynolds	6.21	Tom Reynolds	4.99	Oliver Wakefield
7.07	Alan Kennedy	6.73	Ben Reynolds	6.41	Peter Glass	6.09	Oliver Wakefield	4.93	Philip Browne
7.04	Peter Glass	6.65	Keith Eskdale	6.35	Troy McConville	5.91	Patrick Gregg	4.87	Ben Reynolds
6.85	Brendan McConville	6.62	Jason Blanc	6.24	Philip Browne	5.84	Darragh Murphy	4.84	Darragh Murphy
6.82	Mike Bull	6.61	Philip Browne	6.23	Tom Reynolds	5.78	Philip Browne	4.78	David Robb
6.80	Paul Curran	6.59	Paul Curran	6.16	Matthew Heaney	5.74	Troy McConville	4.73	Matthew Hamilton
6.66	Eugene Fusco	6.47	Callum Hunter	6.11	Callum Hunter	5.68	Aaron Corbett	4.65	James Kirkpatrick
6.62	Jason Blanc	6.45	Tom Reynolds	6.10	Gareth Gettinby	5.60	Callum Hunter	4.62	David Perry
6.61	Philip Browne		Oliver Wakefield		Mark McClean	5.54	Barry Kelly		Lexx McConville
6.60	Neil McArdle	<b>6.41</b>	<b>Troy McConville</b>	6.07	Jonny Moore		<b>Lexx McConville</b>	4.61	Michael McWilliams
6.39	Ben Reynolds	6.37	Patrick Gregg	6.06	Patrick Gregg	5.52	Peter McPherson	4.60	Gareth Gettinby
		6.33	David McEvoy		Oliver Wakefield	5.51	James Kirkpatrick		Roger Perrott
		6.32	Gareth Gettinby	6.00	David Ritchie	5.40	Matthew Heaney	4.55	Jonny Moore
				5.98	Eugene Fusco	5.34	Ken Hooks	4.53	Micheal McComb
				5.91	Aaron Corbett	5.34	Jason Blanc	4.50	Ben Stevenson

  

Senior		U20		U17		U15		U13	
Triple Jump		Triple Jump		Triple Jump		Triple Jump		Triple Jump	
14.90	Alan Kennedy	13.66	Paul Curran	13.35	Brendan Goss	11.80	Darragh Murphy	9.91	Darragh Murphy
14.39	Paul Curran	13.41	Brendan Goss	13.19	Scott McCauley	11.51	Mark Burton	8.78	Steven Colwell
14.23	Callum Hunter	13.36	Peter Glass	12.95	Mark Burton	11.50	Paul Cushenham	8.67	Michael Connors
13.81	Eugene Fusco	13.24	Callum Hunter	12.69	Andrew Kane	11.45	Roger Perrott	8.33	Richard Kelly
13.38	Neil McArdle	13.12	Scott McCauley	12.66	Gavin Gordon	11.37	Callum Huter	7.93	Stephen Barr
13.02	Tom Reynolds	13.05	Darragh Murphy	12.61	Mark McClean	11.34	Steven Gardiner		
12.00	Peter Glass	13.04	Philip Browne	12.45	Ian Jamison	11.33	Mark Atkinson		
11.98	Philip Browne	12.95	Eugene Fusco	12.40	Brendan McConville	11.26	Shaun Tinman		
11.94	Brendan McConville	12.73	Ian Jamison	12.28	Tom Reynolds	11.20	Johnny Baxter		
11.54	Patrick Gregg	12.65	Gavin Gordon	12.27	Mark McClean	11.16	Jason Blanc		
11.18	Alex Donald	12.51	Jason Stevenson	12.13	Troy McConville	11.10	Philip Browne		
11.11	Jason Blanc			11.97	Stephen Loughlin	11.02	Tom Reynolds		
						10.95	James Ringland		

Denotes performances in 2019

Last Update 10.09.2019



## NDAC Top Male T&F Performances (Outdoors)

Senior	U20	U17	U15	U13
Shot putt (7.26kg)	Shot putt (6kg)	Shot putt (5kg)	Shot putt (4kg)	Shot putt (3.25kg)
14.86 Peter Glass	15.39 Jeremy Harper	14.48 Matthew Martin	13.56 Peter Wickens	10.07 James Kirkpatrick
14.44 Michael McConkey	13.69 Peter Glass	14.20 Peter Glass	13.28 Jonathan Kingsberry	9.94 Tom Reynolds
14.32 Jeremy Harper	13.58 Michael McConkey	13.96 Mark Pielou	13.20 Keith Matthews	9.14 Richard Kelly
13.36 Tom Reynolds	13.25 Tom Reynolds	13.61 Jeremy Harper	12.22 Michael McConkey	8.90 Lexx McConville
13.14 Mike Bull	12.93 Ben Worthington	13.04 Michael McConkey	12.21 Richard Kelly	8.83 Gareth Irvine
13.00 Brendan McConville	12.79 Ben Reynolds	12.82 Jonathan Kingsberry	12.07 James Kirkpatrick	8.82 Niall McGrattan
12.31 Ben Worthington (U20)	12.61 Richard Lockhart	12.71 Ben Reynolds	11.60 Ben Worthington	8.80 David Cooke
11.63 David Robb	<b>11.45 Troy McConville</b>	12.60 Tom Reynolds	<b>11.55 Flynn Longstaff</b>	8.61 Matthew Crowther
11.53 Matthew Martin (U20)	11.21 Darragh McDonald	12.35 Troy McConville	11.53 David Cooke	8.56 Ben Reynolds
11.52 Patrick McGrattan	10.85 Ben McDonell	12.21 Peter Wickens	11.15 Louis Atkinson	8.36 Michael McConkey
11.33 Richard Lockhart (U20)		11.89 Richard Lockhart	10.96 Andrew Kennedy	8.30 Karl Brown
11.20 Mark Pielou		11.62 Darragh McDonald	10.84 Matthew Crowther	Oliver Wakefield
11.01 Ian McMullan		11.29 Matthew Crowther	<b>10.80 Lexx McConville</b>	8.26 Sam Rutherford
			10.43 Michael Gaffney	

Senior	U20	U17	U15	U13
Discus (2kg)	Discus (1.75kg)	Discus (1.5kg)	Discus (1.25kg)	Discus (1kg)
51.48 Jeremy Harper	48.85 Jeremy Harper	45.94 David Keys	42.02 David Keys	29.52 James Kirkpatrick
45.55 Peter Glass	45.59 Gareth Irvine	45.31 Gareth Irvine	41.25 Gareth Irvine	25.04 Tom Reynolds
42.78 Ian McMullan	41.73 David Keys	43.64 Jeremy Harper	39.80 Tom Reynolds	23.45 Gareth Irvine
39.02 David Keys (U20)	39.74 Peter Glass	42.25 Michael McConkey	38.50 Jonathan Kingsberry	22.85 Philip Brown
38.82 Tom Reynolds	37.89 Tom Reynolds	39.35 Aaron Stirling	37.98 Michael McConkey	22.83 Louis Atkinson
38.16 Mike Bull	37.20 Ben Worthington	38.89 Peter Glass	36.91 James Kirkpatrick	21.45 Lexx McConville
37.78 Michael McConkey	37.11 Michael McConkey	37.59 Joe Kingsberry	34.99 Aaron Stirling	21.32 Michael McConkey
37.37 Brendan McConville	36.22 Ben Reynolds	35.89 Troy McConville	33.42 Louis Atkinson	21.00 Michael Dorrian
35.52 Paul Curran	34.63 Joe Kingsberry	35.85 Ben Worthington	32.78 Peter Wickens	20.60 Flynn Longstaff
32.93 Ben Worthington (U20)	34.10 Mark Pielou	35.55 Josh Close	31.90 Neill Kelly	19.84 Matthew Wilson
<b>32.35 Troy McConville (U20)</b>	<b>33.78 Troy McConville</b>	35.30 Richard Lockhart		19.30 Ben Reynolds
32.16 Aaron Stirling (U17)	32.59 Aaron Stirling	35.01 Ben Reynolds		19.13 Oliver Wakefield
31.94 Scott Kirkpatrick (U17)	31.92 Ben McConnell			
31.07 Richard Lockhart (U20)	30.84 Kurt Simpson			
30.90 Ben Reynolds (U20)	30.40 Paul Curran			

Denotes performances in 2019

Last Update 10.09.2019

## NDAC Top Male T&F Performances (Outdoors)

Senior		U20		U17		U15	
Hammer (7.26kg)		Hammer (6kg)		Hammer (5kg)		Hammer (4kg)	
46.45	Richard Lockhart (U20)	49.20	Richard Lockhart	54.45	Aaron Stirling	51.29	David Keys
40.03	Aaron Stirling (U20)	47.45	David Keys	53.06	David Keys	43.68	Peter Wickens
39.16	David Keys (U20)	42.50	Aaron Stirling	45.31	Gareth Irvine	36.55	Jonathan Kingsberry
38.42	Jeremy Harper	36.22	Ben Reynolds	44.32	Richard Lockhart	34.16	Aaron Stirling
38.22	Ian McMullen	35.29	Neil Duigan	39.36	Joe Kingsberry	28.51	Louis Atkinson
35.58	Chris Summers	31.56	Chris Summers	37.35	Neil Duigan	24.59	Pierce Clarke
33.66	Stephen Mulholland			36.64	Peter Wickens	18.74	Andrew Bradley
31.75	Neil Duigan (U20)			32.22	Gareth Irvine	16.83	Niall McGrattan
27.78	Paddy McGrattan(M45)			28.35	Jeremy Harper	15.30	Conor McGrattan
				25.56	Pierce Clarke		
				23.70	Karl Lamont		
				22.75	Matthew Stockton		
				22.28	Josh Close		
				21.53	Darragh McDonald		

Senior		U20		U17		U15		U13	
Javelin (800g)		Javelin (800g)		Javelin (700g)		Javelin (600g)		Javelin (400g)	
63.69	Michael McConkey	63.73	Matthew Martin	59.64	Matthew Martin	49.19	Michael Gaffney	33.62	Zac Moraghan
57.65	Matthew Stockton	57.26	Matthew Stockton	58.76	Michael Gaffney	46.41	Oscar Yandall	31.90	Michael McConkey
56.61	Peter Glass	54.49	Michael Gaffney	52.64	Michael McConkey	42.80	Andrew Kane	31.11	Finlay Greer
53.37	Freddie Pask	51.43	Peter Glass	51.87	Peter Glass	42.76	Roger Perrott	31.04	David Perry
52.41	Jeremy Harper	50.93	Niall McGrattan	50.63	Matthew Stockton	41.98	Michael McConkey	29.77	Niall McGrattan
50.76	Brendan McConville	50.51	Peter Glass	48.74	Roger Perrott	41.35	Ben McDonnell	28.00	Michael McWilliams
50.50	Tom Reynolds	44.53	Ben McDonnell	46.03	Conor McGrattan	40.24	Niall McGrattan	24.92	Mathew Wilson
49.78	Patrick McGrattan	43.81	Ben McCloy (U17)	45.47	Ben McCloy	38.82	Matthew Stockton	23.88	David Robb
48.24	Roger Perrott	43.40	Neil Dougan	45.33	Karl Lamont	38.42	Conor McGrattan	23.84	Charlie Lawden
47.77	Paul Curran	42.82	David Robb	45.29	Ben McDonnell	38.40	Matthew Martin	23.80	James Budde
46.00	Mike Bull	42.63	Tom Reynolds	44.87	Niall McGrattan	36.71	Joshua Majury	<b>23.69</b>	<b>Seb Holley</b>
	Arnie Wilson	42.18	Karl Lamont	44.46	Troy McConville	36.39	Karl Lamont	23.38	Conor McGrattan
45.78	Niall McGrattan	40.19	Aaron Corbett	44.35	Aaron Corbett	<b>36.12</b>	<b>Flynn Longstaff</b>	22.95	Flynn Longstaff
45.70	Evan Wright			44.27	Ben Reynolds	<b>35.72</b>	<b>Charlie Lawden</b>	22.34	Michael Gaffney
45.32	Ian McMullan			44.20	Patrick McGrattan	35.63	Luke Reynolds	22.20	Luke Reynolds
43.32	Karl Lamont			44.12	Tom Edwards	35.26	Lucas Yandall	21.76	Michael Foster

Denotes performances in 2019

Last Update 10.09.2019

## NDAC Top Male T&F Performances (Outdoors)

Senior	U20	U17	U15	U13
Combined events	Combined events	Combined events	Combined events	Combined events
<b>DECATHLON</b>	<b>DECATHLON</b>	<b>OCTATHLON</b>	<b>PENTATHLON</b>	<b>PENTATHLON</b>
7510 Peter Glass	<b>6788</b> <b>Troy McConville</b> (NI Record)	4276 Troy McConville	<b>2708</b> <b>Lexx McConville</b>	1742 Lexx McConville
7324 Brendan McConville		4166 Philip Browne	2691 Troy McConville	1674 Oliver Wakefield
7270 Tom Reynolds	6448 Tom Reynolds	4012 Michael McConkey	2427 Aaron Sexton	<b>1369</b> <b>JJ Holley</b>
6366 Paul Curran	5683 Peter Glass	3900 Tom Reynolds	2150 Philip Browne	<b>1236</b> <b>Seb Holley</b>
5562 Michael McConkey (U20)	5419 Callum Hunter	3743 Aaron Corbett	2083 Glen Willis	1130 Jack Campton
		3702 Isaac Hart	2066 Mark Widdowson	998 Daniel McAllen
		3535 Callum Hunter	1994 Conor McGrattan	
		3471 Luke Reynolds	1968 James Kirkpatrick	
		3288 Matthew Stockton	1801 Peter Wickens	
		3263 Scott McCauley	1669 Martyn Quinn	
		3228 Stephen Loughlin	1666 Ben Reynolds	
		3098 Matthew Heaney	1517 Daniel Gouk	
		3034 David Weir	1324 Mark Marsh	
			1282 Shaun Tinman	
			1273 Andrew Kennedy	
		<b>DECATHLON</b>		
		6180 Ben Reynolds		
		5574 Troy McConville		

## NDAC Top Male T&F Performances (Outdoors)

### Previous weight specifications

#### U20 Shot putt (6.25kg)

14.10	Matthew Martin
13.07	Richard Lockhart
12.87	Mark Pielou
12.79	Ben Reynolds
12.50	David Robb
12.46	Michael McConkey
12.28	Tom Reynolds

#### U15 Discus (1.5kg)

25.54	David Cooke
25.18	Ken Woods
23.44	Richard Hamilton
22.20	Roger Perrott
22.14	Paul Kirkpatrick
20.18	Neil McGrattan
19.02	Duncan Scarth

#### U13 Javelin

	500g
29.00	Gareth Freeman
27.63	Niall McGrattan
	600g
25.60	Conor McGrattan
23.66	Gareth Freeman
22.48	Eamon McConville
22.34	Michael Gaffney
21.26	James Budde
21.18	Andrew Coulter
20.60	Brendan McConville
19.94	Stephen Barr
19.70	Michael Leonard