

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
		12.40	Brendan McConville	13.52	Norman Munnis			20.1	Pat O'Driscoll
		12.7	Brian Smith	13.6	Trevor Alderdice				
		13.45	Darren Hamilton						
		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
		55.47	Brendan McConville	55.6	Trevor Alderdice	67.9	Trevor Spencer			66.9	Trevor Alderdice
		59.56	Francis Marsh	59.01	Francis Marsh						
		61.7	Steve Enright	63.9	Norman Munnis						
		62.8	Norman Munnis								
		68.98	Huib Baauw								

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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	2:08.90	Nick Irvine	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	2:11.43	Mark Weir	2:07.66	Francis Marsh			3:17.6	Pat O'Driscoll		
		2:16.32	Darren Hamilton	2:17.4	George Bell						
		2:21.63	Chris Downey	2:22.0	Tony Wall						
		2:23.10	David Massey	2:34.5	Norman Munnis						
		2:25.0	David Dunne	2:46.2	Pat O'Driscoll						
		2:26.6	Tony Wall								

M35 1500m		M40 1500m		M45 1500m		M50 1500m		M55 1500m		M60 1500m	
4:08.0	Francis Marsh	4:06.24	Francis Marsh	4:09.0	Trevor Alderdice	4:21.57	Francis Marsh	4:59.46	Terry Eakin	5:02.5	Terry Eakin
4:28.1	Mark Weir	4:19.2	Billy Brannigan	4:16.22	Francis Marsh	4:34.62	Trevor Alderdice	5:17.10	Philip Mulligan	5:36.70	Gerry O'Boyle
4:32.27	Nick Irvine	4:23.8	David Seaton	4:21.3	Brian Smith	4:48.8	Brian Smith	5:29.0	John Monaghan	6:00.17	Roy Graham
4:41.8	Ed Mezzetti	4:25.47	Nick Irvine	4:26.37	Nick Irvine	5:23.97	Philip Mulligan	5:51.5	Roy Graham	7:13.08	Pat O'Driscoll
4:56.40	Steven Donegan	4:30.38	Mark Weir	4:36.11	Geoffrey Weir	5:41.2	Barry Scarth	6:58.4	Pat O'Driscoll		
		4:39.5	Brian Smith	5:06.0	Tony Wall	5:44.6	Myles Dunne				
		4:45.26	Chris Downey	5:13.64	Alan Massey	5:54.0	Trevor Spencer				
		4:47.31	Chris Moran	5:14.27	Eamon O'Reilly						
		4:47.64	Brendan McConville	5:23.0	Pat O'Driscoll						
		4:50.79	Darren Hamilton	5:26.0	Norman Munnis						
		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								

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M35 3000m	M40 3000m	M45 3000m	M50 3000m	M55 3000m	M60 3000m
8:51.6 Francis Marsh	8:57.9 Francis Marsh	9:05.65 Francis Marsh	9:23.24 Francis Marsh	11:39.7 Roy Graham	10:37.22 Terry Eakin
9:58.7 Mark Weir	9:23.4 George Bell	9:18.1 Trevor Alderdice	10:01.6 Terry Eakin	13:25.14 Cliff McCausland	11:19.8 Brian Smith
10:10.82 Nick Irvine	9:39.0 David Seaton	9:38.0 Brian Smith	10:55.8 Gerry Coy	13:35.8 Pat O'Driscoll	11:58.63 Frank Rea
10:16.9 Chris Downey	9:50.44 Mark Weir	9:38.0 Billy Brannigan	11:18.0 Vince Elliott		13:15.84 Fred Murdock (M70)
11:09.7 Steven Donegan	9:56.29 Nick Irvine	9:45.7 Nick Irvine	11:22.7 Philip Mulligan		15:12.48 Pat O'Driscoll
11:43.64 Colin Walker	10:29.8 Tony Wall	9:51.37 Geoffrey Weir	13:22.1 Cliff McCausland		
12:00.6 Paul Lynas	10:33.0 David Dunne	10:00.4 George Bell			
	10:37.6 David Massey	10:02.6 David Seaton			
	10:41.0 Roy Graham	10:31.30 Eamon O'Reilly			
	10:59.3 Alan Massey	10:35.2 Tony Wall			
	11:02.80 Colin Walker	11:25.07 George O'Dowd			
	11:21.1 Pat O'Driscoll	11:34.19 David McMeechan			
	12:00.58 David McMeechan	12:07.6 Scott Nelson			
		12:16.8 Pat O'Driscoll			
M35 5000m	M40 5000m	M45 5000m	M50 5000m	M55 5000m	M60 5000m
15:39.3 Francis Marsh	15:29.05 Francis Marsh	15:43.55 Francis Marsh	16:31.27 Francis Marsh	17:08.25 Terry Eakin	18:14.8 Terry Eakin
15:57.50 Stephen Wylie	16:29.0 David Seaton	16:01.30 Trevor Alderdice	17:11.9 Terry Eakin	18:49.1 David Seaton	19:16.65 David Seaton
	17:28.06 Mark Weir	17:35.0 George Bell	17:46.0 Billy Brannigan	23:17.7 Pat O'Driscoll	20:05.61 Fred Murdock
	18:03.7 Ean McClure	18:00.4 Roy Graham	23:42.0 Pat O'Driscoll		25:05.09 Pat O'Driscoll
	18:12.06 Darren Hamilton	18:02.28 Gerry Coy			
	20:16.6 Pat O'Driscoll				
	M40 10,000m	M45 10,000m	M50 10,000m	M55 10,000m	M60 10,000m
	37:08.0 Tony Wall	42:28.6 Pat O'Driscoll	36:03.60 Terry Eakin	36:54.73 Terry Eakin	38:55.7 Terry Eakin
			44:17.5 Pat O'Driscoll		39:52.6 David Seaton
					50:29.36 Pat O'Driscoll

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NDAC Top Male Masters T&F Performances (Outdoors)

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

M40 High jump

**1.64 Brendan
McConville**

M35 Pole vault

4.20 Brendan McConville

M40 Pole vault

4.53 Mike Bull

M45 Pole vault

4.20 Mike Bull

M35 Long Jump

5.62 Paul Curran

M40 Long jump

**5.89 Brendan
McConville**

M55 Long Jump

5.14 Brian Smith

M60 Long Jump

4.64 Brian Smith

M35 Triple Jump

11.65 Paul Curran

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NDAC Top Male Masters T&F Performances (Outdoors)

M35 Shot (7.26kg)

10.21 Ian McMullan

M40 Shot (7.26kg)

11.42 Mike Bull

**11.31 Brendan
McConville**

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)

**33.37 Brendan
McConville**

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)

**41.35 Brendan
McConville**

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)