

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	11.79	Amy Foster	11.93	Amy Foster	12.60	Natasha Paxton	13.1	Elaine McClelland
12.39	Hannah Lewis	12.27	Hannah Lewis	12.43	Kiki Malomo-Paris	12.68	Kiki Malomo-Paris		Kathryn Colwell
12.55	Caroline Livingstone	12.63	Kiki Malomo-Paris	12.5	Hannah Lewis	12.74	Katie Kimber	13.3	Natasha Paxton
12.58	Rachel McCann	12.9	Gayle Connery	12.59	Natasha Paxton	12.8	Kathryn Colwell		Pamela Gabbey
13.16	Sara Semeraro	12.96	Rose McGreevy	12.6	Gayle Connery	12.90	Amy Foster		Michelle Rogan
13.21	Clare Robinson	13.00	Holly Brannigan	12.77	Rachel McCann	12.9	Kim Shaw		Lisa McVea
13.54	Aimee McNeilly	13.05	Sarah Connolly	12.79	Louise Canning	12.91	Hannah Lewis	13.39	Anna Cousins
13.70	Alison Moffitt	13.2	Michelle Rogan	12.92	Katie Kimber	12.93	Megan Drummond	13.4	Karen Graham
13.86	Michelle Rogan	13.21	Louise Canning	12.94	Megan Drummond	12.97	Karen Graham		Caroline Gordon
		13.25	Saskia Greer	12.99	Holly Brannigan	12.99	Naimh Fenlon		Andrea Ramage
		13.4	Alison Elliott	13.0	Kathryn Colwell	13.00	Lucy Kerr		Kiki Malamo-Paris
		13.45	Karla Courtney	13.04	Kirsty O'Neill	13.0	Andrea Ramage	13.7	Kim Shaw
			Molly Brett	13.05	Molly Brett		Alix Herbert		Elleana Hull
		13.46	Molly Longstaff	13.09	Naimh Fenlon		Michelle Rogan	13.79	Katie Kimber
		13.63	Christine Hewitt	13.10	Ellen Robinson		Elleana Hull	13.86	Naimh Fenlon
			Natalie Steele	13.1	Michelle Rogan	13.05	Erin Mullan	13.9	Claire Pollock
		13.65	Chloe Johnston		Erin Mullan	13.06	Saskia Greer	13.92	Stephanie Bell
		13.8	Zara Robinson	13.13	Saskia Greer	13.14	Rachel McCann		

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NDAC Top Female Outdoor T&F Performances

U20		U17		U15		U13	
150m		150m		150m		150m	
19.14	Rachel McCann	19.76	Holly Brannigan	19.92	Katie Kimber	19.96	Anna Cousins
19.95	Aimee Stitt	19.86	Rachel McCann	20.21	Niamh Fenlon	20.0	Elleana Hull
20.35	Chloe Johnston	20.18	Saskia Greer	20.28	Rachel McCann	20.4	Kathryn Colwell
20.94	Natalie Steele	20.57	Megan Briggs	20.53	Lucy Kerr	20.41	Katie Kimber
		20.98	Elleana Hull	20.61	Elleana Hull	20.57	Stephanie Bell
		20.99	Molly Longstaff	20.62	Molly Longstaff	20.6	Charlotte Conor
		21.00	Kirsty O'Neill	20.98	Holly Brannigan	20.81	Niamh Fenlon
		21.02	Aimee Stitt	21.16	Olivia Cumming	20.9	Saskia Greer
		21.14	Louise Canning	21.32	Saskia Greer	21.12	Olivia Cummings
		21.61	Leah McClements	21.39	Megan Briggs	21.24	Megan Drummond
		21.70	Natasha Mellon	21.56	Chloe Walker	21.28	Sophie
		21.94	Chloe Walker	21.62	Megan Drummond	21.47	Kerrie Craig
				21.69	Natasha Mellon	21.54	Murphy Miller
				21.93	Caoimhe Fenlon	20.81	Niamh Fulton
				22.04	Beth Hammond	21.63	Molly Longstaff

Senior	U20		U17		U15		U13		
200m	200m		200m		200m		200m		
23.83	Amy Foster	24.03	Amy Foster	24.25	Amy Foster	25.35	Hannah Lewis	26.9	Andrea Ramage
24.83	Hannah Lewis	24.51	Hannah Lewis	24.97	Hannah Lewis	25.66	Natasha Paxton	27.1	Elaine McClelland
25.13	Sarah Connolly	24.93	Rachel McCann	25.60	Natasha Paxton	26.06	Kathryn Colwell	27.4	Karen Graham
25.8	Caroline Livingstone	26.22	Aimee Stitt	25.70	Rachel McCann	26.3	Alix Herbert	27.5	Kathryn Colwell
25.86	Sarah Connolly	26.46	Sarah Connolly	26.00	Olivia Cumming	26.35	Katie Kimber	27.7	Caroline Gordon
26.21	Rachel McCann	26.7	Gayle Connery	26.02	Holly Brannigan	26.36	Niamh Fenlon		Julie Hamilton
26.49	Kim Shaw	26.85	Chloe Johnston	26.1	Gayle Connery	26.42	Kiki Malomo-Paris	27.91	Katie Kimber
26.65	Aimee Stitt	27.09	Megan Briggs	26.39	Elleana Hull	26.49	Rachel McCann	28.08	Anna Cousins
27.37	Sarah Semeraro	27.1	Michelle Rogan	26.5	Kiki Malomo-Paris	26.5	Gillian Downing	28.4	Sharon Magowan
27.4	Aimee McNeilly	27.14	Kim Shaw		Erin Mullan	26.63	Kim Shaw	28.52	Niamh Fenlon
27.5	Alison Moffitt	27.27	Katie Hewitt		Kathryn Colwell	26.75	Gayle Connery	28.6	Jennifer Kelso
28.17	Clare Robinson	27.33	Saskia Greer	26.73	Katie Kimber	26.8	Nicola Connery	28.76	Michelle Rogan
28.85	Michelle Rogan	27.48	Clare Robinson	26.91	Megan Drummond	26.97	Olivia Cumming	29.0	Alison Moffitt
29.21	Natalie Strain	27.66	Kiki Malomo-Paris	27.0	Stacey Mullan	27.0	Erin Mullan	29.1	Kerri-Lyn Dunlop
29.4	Christine Hewitt	28.3	Nicola Simpson	27.02	Niamh Fenlon	27.1	Amy Foster	29.23	Megan Drummond
30.12	Laura Saulters	28.42	Megan Briggs	27.10	Kim Shaw	27.2	Andrea Ramage	29.66	Holly McGuigan
		28.46	Molly Brett	27.16	Sarah Connolly	27.24	Lucy Kerr	29.82	Stephanie Bell
		28.67	Christine Hewitt	27.19	Aimee Stitt	27.25	Holly Brannigan		
		28.68	Leah McClements	27.2	Michelle Rogan		Megan Drummond		

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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
				42.95	Niamh Fenlon	46.6	Harriet Hayhurst	52.1	Tanya Garrett
				42.98	Megan Briggs	46.8	Niamh Cummings	53.30	Alex Catherwood
				43.17	Aimee Stitt	47.5	Gillian Mcdonald	53.3	Amy McCann
				43.4	Michelle Rogan	47.7	Jessica Craig	53.4	Emily Heyburn
				43.57	Kirsty O'Neill	47.8	Abbey Taylor	54.17	Lisa Thorne
				43.6	Lisa Magee	47.9	Katie Hewitt		
				43.7	Laura McKeown				Not an official distance for U13s
				43.8	Jenny Oakes				
				44.13	Chloe Johnston				
Senior		U20		U17		U15		U13	
400m		400m		400m		400m		400m	
54.12	Rachel McCann	55.42	Rachel McCann	57.43	Rachel McCann	60.08	Megan Briggs	65.7	Jill-Anne Stewart
58.4	Caroline Livingstone	58.7	Kim Shaw	59.13	Olivia Cumming	60.9	Gillian Downing	66.4	Julie Carlisle
59.42	Kim Shaw	59.67	Holly Brannigan	59.69	Holly Brannigan	61.6	Niamh Fenlon	67.8	Michelle Rogan
59.50	Rachel Gibson	59.81	Chloe Johnston	60.07	Kim Shaw	62.35	Murphy Miller	70.8	Susan Scarth
61.1	Nicola Simpson	60.13	Alison Lavery	60.83	Murphy Miller	64.2	Michelle Rogan	71.0	Alison Moffitt
		60.16	Aimee Stitt	61.11	Chloe Johnston	64.3	Sandra Gawley	71.5	Zoe Jeffers
		60.5	Alison Elliott		Megan Briggs	64.72	Rachel McCann	72.5	Sandra Gawley
		60.70	Murphy Miller	61.79	Niamh Fenlon	65.0	Jill-Anne Stewart	72.7	Pauline Hunter
		60.88	Beth Crosbie	62.7	Lisa Magee	65.45	Holly Brannigan	73.67	Murphy Miller
		61.8	Lauren Scott	62.8	Jenny Oakes	66.3	Zoe Jeffers	73.7	Lisa Thorne
		62.1	Nicola Simpson	63.42	Sarah Connolly	66.5	Lisa Magee	79.9	Olivia Hummel
		62.55	Megan Briggs	64.39	Beth Crosbie	67.4	Susan Scarth		
		62.68	Sarah Connolly	64.46	Ellen Robinson	67.8	Roisin Farren		Not an official distance for U13s
		63.5	Alison O'Neill	64.89	Kerry Iveston	67.9	Kerri-Lyn Dunlop		
		63.54	Olivia Cumming	x66.6	Sandra Gawley	68.5	Nicola Ramage		
		64.2	Katie Hewitt	66.7	Aimee Stitt				
		66.9	Kerry Iveston	67.4	Zoe Jeffers				

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		2:03.31 Lucy Cheatley
				2:03.73 Stephanie Bell
				2:04.82 Lara Cheatley
				2:05.20 Tara McDonough
				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	2:13.38 Murphy Miller	2:14.63 Murphy Miller	2:18.76 Murphy Miller	2:28.83 Murphy Miller
2:12.46 Lauren Scott	2:14.6 Alison O'Neill	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
2:16.56 Rachel McCann	2:25.30 Nicola Simpson	2:25.7 Katrina Oakes	2:22.28 Rebekah Laffin	2:32.64 Rebekah Laffin
2:20.07 Nicola Simpson	2:26.96 Connoe Hanna	2:26.0 Lauren Scott	2:28.0 Katrina Oakes	2:33.8 Mollie Brown
2:20.83 Sarah Connolly	2:26.99 Jessica Craig	2:26.78 Rebekah Laffin	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	2:28.04 Lucy Cheatley	2:30.52 Niamh Fenlon	2:38.08 Megan Briggs
2:26.50 Kerry Iveston	2:32.04 Katie Hewitt	2:28.56 Kerry Iveston	2:30.85 Tara McDonough	2:38.5 Andrea Ramage
2:27.27 Roberta Dornan (F35)	2:32.27 Rio Catney	2:29.80 Sophie Strutt	2:30.9 Nicola McCaughey	2:38.72 Anna Scott
2:31.03 Rio Catney	2:33.34 Bryanna Catney	2:29.97 Katie Moore	2:31.2 Janine Munnis	2:39.0 Susan Scarth
2:37.32 Emily Mills	2:34.36 Chloe Johnston	2:30.85 Mackenzie Eager	2:31.68 Amelia Tyler	2:39.45 Rachel Gillespie
2:42.27 Melissa Eccles	2:34.5 Katrina Oakes	2:31.47 Francesca Brown	2:32.0 Andrea Ramage	2:39.79 Abbie Webster
	2:35.2 Nicola McCaughey	2:31.8 Zoe Jeffers	2:32.16 Lucy Cheatley	2:40.00 Isla Wiltshire
	2:35.5 Alison Elliott	2:32.35 Nia McNally	2:33.4 Jessica Craig	2:40.7 Kalina Stitt
	2:36.12 Clare Robinson	2:33.1 Amelia Tyler	2:33.7 Nicola Ramage	2:42.38 Hollie Massey

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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
4:15.96	Holly Blease
4:17.31	Rebekah Laffin
4:19.72	Zoe Kirk
4:20.66	Hollie Massey
4:20.74	Tara McDonough
4:24.60	Isla Wiltshire
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
4:32.53	Erin Playfair
4:32.9	Claire Scott

Senior

U20

U17

U15

U13

1500m

1500m

1500m

1500m

1500m

4:23.24 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	4:41.20 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	5:01.79 Rebekah Laffin	4:55.96 Rebekah Laffin	5:22.83 Murphy Miller
4:46.39 Erin McConnell	5:08.76 Lauren Scott	5:04.19 Amelia Tyler	4:59.12 Megan Briggs	5:23.82 Rebekah Laffin
4:47.27 Katie Moore	5:09.84 Katie Moore	5:04.2 Jessica Craig	5:00.0 Sandra Gawley	5:24.70 Isla Wiltshire
4:51.75 Roberta Dornan (F35)	5:10.04 Mackenzie Eager	5:06.1 Sandra Gawley	5:06.87 Tara McDonough	5:25.42 Anna Scott
4:54.93 Jodi Smith (F35)	5:11.72 Rio Catney	5:11.09 Lucy Cheatley	5:08.99 Mollie Borwn	5:26.91 Francesca Brown
5:03.8 Nicola Simpson	5:12.3 Jessica Craig	5:11.66 Mackenzie Eager	5:10.12 Amelia Tyler	5:27.35 Niamh Fenlon
5:04.44 Yasmin Wilson	5:19.50 Kerry Iveston	5:11.79 Katie Moore	5:10.3 Janine Munnis	5:28.28 Hollie Massey
5:05.74 Kerry Iveston	5:22.76 Amelia Tyler	5:12.0 Nicola McCaughey	5:11.59 Lucy Cheatley	5:29.0 Zoe Jeffers
5:33.30 Stephanie Hambling F35	5:23.3 Nicola McCaughey	5:12.91 Megan Briggs	5:14.71 Francesca Brown	5:33.2 Michelle Mullally
5:42.77 Debbie Matchett (F45)	5:24.02 Bryanna Catney	5:15.4 Zoe Jeffers	5:16.0 Nicola McCaughey	5:34.28 Holly Blease
5:50.0 Paula Hawtin	5:27.29 Caitlyn Turner	5:16.4 Lauren Scott	5:17.75 Holly Blease	5:34.7 Susan Scarth
	5:43.75 Stacey Johnston	5:18.0 Janine Munnis	5:19.34 Lauren Cheatley	5:36.9 Gillian Winters
	5:47.8 Jill Black	5:18.23 Nia McNally	5:26.74 Mackenzie Eager	5:38.0 Susan McAvoy
		5:20.3 Vicky Clegg	5:16.80 Abbey Taylor	5:39.54 Abbie Webster

Denotes performances in 2023

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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	10:35.94 Murphy Miller	10:49.52 Amelia Tyler	11:10.20 Amelia Tyler
9:58.10 Lauren Scott	10:51.00 Rio Catney	10:59.0 Janine Munnis	11:33.44 Lucy Cheatley
10:11.54 Sarah Grant	11:14.72 Katie Moore	11:00.0 Vicky Clegg	11:38.56 Holly Blease
10:17.9 Katie Moore	11:18.6 Vicky Clegg	11:10.1 Jessica Craig	11:40.21 Lauren Hamilton
10:22.06 Roberta Dornan (F35)	11:36.8 Kerry Iveston	11:11.1 Katrina Oakes	11:44.77 Holly Blease
10:30.60 Jodi Smith (F35)	11:55.35 Amelia Tyler	11:11.28 Mackenzie Eager	11:46.57 Nicola McCaughey
10:32.3 Paula Hawtin	12:00.04 Katrina Oakes	11:24.1 Sandra Gawley	11:52.0 Susan McAvoy
10:42.30 Fiona McQuillan (F40)	12:05.22 Bryanna Catney	11:29.79 Nia McNally	12:06.07 Sarah Moorcroft
10:59.6 Stephanie Hambling (F40)	12:12.0 Nicola McCaughey	11:30.53 Anna Carberry	12:17.70 Abigail Slaon
11:23.8 Vicky Clegg	12:14.2 Janine Munnis	11:30.5 Murphy Miller	12:28.28 Jessica Scott
11:33.24 Roma McConville	12:16.89 Nia McNally	11:39.15 Chloe Verner	12:46.0 Catherine Geary
11:33.29 Melissa Eccles		11:53.33 Tara McDonough	
11:42.10 Clair Quigley (F40)		11:36.0 Zoe Jeffers	
11:43.88 Ali Robinson (F35)		11:36.43 Tori Galloway	
11:54.0 Debbie Matchett (F45)		11:47.45 Jessica Scott	
11:54.12 Valerie McDonough (F40)		12:04.8 Alyson Dunne	
		12:07.0 Susan McAvoy	
		12:22.3 Nicola McCaughey	
5000m			
17:01.54 Rachel Gibson			
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)	5:35.61 Lucy Cheatley	
	9:01.8 Nicola McCaughey (U17)	6:22.9 Bryanna Catney	
		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")
14.11 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")	

NDAC Top Female Outdoor T&F Performances

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
		73.53	Connie Hanna	47.7	Erin Mullan	41.2	Susan Scarth
		74.3	Sandra Gawley	49.62	Niamh Fenlon	45.9	Jacqueline Crawford
		79.30	Sarah Connolly	51.81	Natasha Mellon		
				52.6	Katrina Oakes		
							No longer run at U15

Senior

High Jump

1.78	Sarah Connolly
1.50	Caroline Livingstone
1.45	Katie Hewitt
1.39	Clare Robinson

U20

High Jump

1.65	Sarah McGuigan
1.63	Rebekah Rutherford
1.62	Sarah Connolly
1.60	Alison Elliot
1.58	Connie Hanna
1.57	Alison Lavery
1.54	Andrea Ramage
1.51	Alison Moffitt
	Kerrie Craig
1.50	Michelle Kelly
	Gayle Connery
	Jodie Murphy
1.45	Danielle Oliver
	Katie Hewitt
	Rose McGreevy
1.40	Lyndsey Hayes
	Kim Shaw
	Clare Robinson

U17

High Jump

1.66	Alex Catherwood
1.65	Sarah Connolly
1.64	Sarah McGuigan
1.58	Rebekah Rutherford
1.57	Kerrie Craig
1.55	Alison Lavery
	Rose McGreevy
1.53	Alison Moffitt
1.51	Gayle Connery
	Danielle Oliver
1.50	Michelle Kelly
1.46	Kirsty O'Neill
1.45	Hannah Lewis
	Grace Arnold
	Rachel McCann
1.45	Hannah Lewis
1.40	Elleana Hull
	Louise Canning

U15

High Jump

1.60	Andrea Ramage
	Sarah McGuigan
1.56	Sarah Connolly
1.55	Danielle Oliver
	Alex Catherwood
1.53	Alison Moffitt
	Jill-Anne Stewart
	Kerrie Craig
1.50	Michelle Mullally
	Michelle Kelly
	Hannah Lewis
	Rebekah Rutherford
	Kirsty O'Neill
1.48	Niamh Fenlon
1.45	Abbie Irwin
	Maisie Rainer

U13

High Jump

1.52	Andrea Ramage
1.48	Alex Catherwood
1.46	Rebekah Rutherford
1.45	Danielle Oliver
1.44	Pauline Hunter
1.40	Saskia Coombes
	Alison Moffitt
	Kerrie Craig
	Lisa Kane
	Sarah Perry
1.39	Michelle Kelly
1.38	Elleana Hull
1.36	Sarah McGuigan
	Grace Arnold
1.35	Sophie Hoey
1.34	Kerrie Craig

Senior

Pole Vault

U17

Pole Vault

U17

Pole Vault

Denotes performances in 2023

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NDAC Top Female Outdoor T&F Performances

3.80 Sarah Semeraro

2.50 Morgan Wilson

2.25 Sophie Reynolds

2.15 Morgan Wilson

2.00 Caroline Oakes

1.95 Morgan Wilson

1.90 Nicola McCaughey

NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15	U13
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
5.88 Hannah Lewis	5.98 Hannah Lewis	5.78 Hannah Lewis	5.43 Hannah Lewis	4.87 Andrea Ramage
5.76 Sarah Connolly	5.75 Kiki Malomo-Paris	5.57 Sarah Connolly	5.16 Megan Drummond	4.79 Michelle Rogan
5.36 Kiki Malomo-Paris	5.57 Sarah Connolly	5.24 Kiki Malomo-Paris	5.07 Niamh Fenlon	4.60 Jennifer Kelso
5.35 Clare Robinson	5.21 Katie Hewitt	Laura McKeown	4.95 Katie Hewitt	4.58 Sophie Hoey
5.01 Laura Saulters	5.12 Caroline Hussey	5.19 Megan Drummond	4.93 Andrea Ramage	4.50 Laura McKeown
4.91 Sarah Semeraro	5.11 Katie Dickson	5.12 Lyndsey Hayes	4.92 Julie Stewart	4.49 Anna Cousins
4.56 Leslie Jeffers	5.08 Clare Robinson	5.10 Katie Hewitt	4.89 Kiki Malomo-Paris	4.43 Caroline Horne
	5.01 Rebekah Rutherford	4.98 Michelle Rogan	4.87 Eva Morrow	Poppy Dann
	4.94 Laura Saulters	4.96 Clare Robinson	4.86 Molly Longstaff	4.42 Hanna Lewis
	4.92 Elleana Hull	4.94 Katie Dickson	4.83 Sophie Hoey	4.41 Elaine McClelland
	4.91 Andrea Ramage	4.92 Rebecca Webb	4.80 Karen Frazer	4.38 Natasha Paxton
	Alison Lavery	4.81 Michelle Kelly	Eva Morrow	4.35 Lisa McVea
	4.88 Rebecca Webb	4.80 Gayle Connery	4.78 Rachel McCann	4.34 Kiki Malomo-Paris
	4.72 Alison Moffitt	Caroline Hussey	4.74 Sharon Magowan	4.33 Caroline Gordon
	4.65 Lyndsey Hayes	4.79 Elleana Hull	Sarah McGuigan	4.29 Elleana Hull
	4.62 Michelle Kelly	4.76 Anna Moran	4.73 Olivia Cumming	4.21 Chloe Walker
	4.61 Gayle Connery	4.74 Anna Cousins		Niamh Fenlon
Senior	U20	U17	U15	U13
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
11.80 Laura Saulters	10.99 Katie Dickson	11.09 Katie Dickson	10.62 Kim Shaw	9.99 Andrea Ramage
10.76 Clare Robinson	10.59 Clare Robinson	10.75 Clare Robinson	10.36 Sophie Hoey	
9.61 Heather Beattie	10.57 Caroline Hussey	10.12 Kim Shaw	10.14 Andrea Ramage	
9.57 Leslie Jeffers	10.42 Kim Shaw	10.00 Caroline Hussey	10.02 Daisy McGuigan	
9.00 Janine Munnis	10.36 Sarah Connolly	9.78 Katie Hewitt	9.59 Clare Robinson	
8.59 Gemma McAnirn	9.65 Sarah McGuigan	9.70 Sophie Longstaff	9.55 Caroline Horne	
	9.47 Kerrie Craig	9.60 Anna Cousins	9.42 Katie Dickson	
	9.34 Caroline Oakes	9.57 Stacey Mullan	Natasha Mellon	
	9.13 Rebecca Webb	9.43 Gemma McAnirn	9.36 Amy Foster	
	9.06 Alison Lavery	Heather Beattie	9.35 Elleana Hull	
		9.40 Kerrie Craig	9.11 Lauren Hamilton	
		9.36 Janine Munnis	9.10 Linda Dunn	
		Olivia Cumming	8.89 Maisie Rainer	
		9.30 Kerrie Craig	8.65 Claire Hooks	
		9.15 Natasha Mellon	8.28 Leah McClements	
		9.11 Elleana Hull		

Denotes performances in 2023

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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	11.70	Niamh Fenlon	10.25	Kate Fenlon
12.47	Anita Kane	9.96	Kathy Hetherington	11.51	Beth Hammond	9.81	Faye Nixon	9.80	Andrea Ramage
11.96	Alison Moffitt	9.87	Beth Wilson	11.32	Niamh Fenlon	9.55	Erin Kennedy	9.40	Lisa Kane
11.77	Sarah Connolly	9.80	Andrea Ramage	9.99	Elleana Hull	8.76	Beth Hammond	8.52	Faye Nixon
10.42	Kathy Hetherington	9.36	Sarah Connolly	9.82	Erin Kennedy	8.46	Caoimhe Fenlon	8.49	Niamh Fenlon
8.95	Laura Saulters	8.94	Elleana Hull	9.41	Stephanie Bell	8.36	Stephanie Bell	8.42	Eva Massey
8.62	Sarah Semeraro	8.80	Jodie Murphy	9.05	Megan Drummond	7.45	Tabitha Moran	8.44	Tilly McWhinney
8.59	Fiona Shaw	8.46	Danielle Oliver	9.02	Anna Moran	7.34	Holly Brannigan	8.13	Anna Cousins
8.43	Gemma McAnirn	8.32	Lauraine Finlay	8.95	Amy Kimber	7.34	Kate McCann	7.78	Kiki Malomo-Paris
7.81	Katie Hewitt	7.70	Allison Elliott	7.95	Rose McGreevy	7.28	Molly Longstaff	7.72	Sarah Jaffrey
7.63	Melissa Free	7.65	Emma Stockton	7.73	Holly Brannigan		Rose McGreevy	7.56	Kelly Baauw
7.19	Clare Robinson	7.55	Katie Hewitt	7.62	Hannah Lawden	7.19	Lucy Kerr	7.24	Kathryn Colwell
		7.19	Clare Robinson	7.59	Molly Longstaff	7.01	Sophie Hoey	7.06	Claire Briggs
				7.37	Beth Crosbie	6.83	Lauren Hamilton	6.94	Danielle Oliver
				6.72	Shoshanna Hull		Morgan Wilson	6.90	Stephanie Bell
				6.71	Rebecca Webb	6.68	Murphy Miller	6.84	Kim Shaw
				6.51	Murphy Miller	6.65	Katie Kimber	6.82	Alex Catherwood
				6.49	Lauren Hamilton	6.61	Megan Drummond		

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	Loiuse 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

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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	26.82	Hollie Stitt	25.23	Beth Crosbie
22.25	Gemma McAnirn	31.42	Rachel Keys	25.95	Faye Nixon	25.05	Emma Wilson
20.78	Alison Moffitt	23.86	Emma Stockton	24.23	Lauren Hamilton	24.46	Niamh Fenlon
19.77	Catherine Joffrey	23.52	Faye Nixon	23.47	Amy Kimber	22.98	Erin Kennedy
18.87	Janine Munnis	20.70	Beth Wilson	22.62	Erin Kennedy	21.86	Amy Kimber
		18.87	Elleana Hull	20.10	Lucy Stevenson	14.89	Lauren Hamilton
				15.04	Isobel Meharg		

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	28.58	Hannah Lawden	24.86	Hannah Lawden
34.09	Sarah Connolly	36.16	Andrea Ramage	30.25	Hannah Lawden	28.25	Amy Kimber	21.42	Morgan Wilson
32.22	Janine Munnis	35.74	Claire Barrett	29.58	Morgan Wilson	25.21	Sophie Cree	20.67	Katie Kimber
31.44	Leslie Jeffers	29.61	Caroline Oakes	29.16	Amy Kimber	24.36	Morgan Wilson	20.04	Amy Kimber
30.30	Eva Massey	29.60	Sarah Connolly	26.65	Shoshannah Hull	23.40	Niamh Fenlon	19.57	Caroline Oakes
29.60	Janine Munnis	29.27	Morgan Wilson	25.70	Ellean Hull	23.39	Elleana Hull	18.88	Danielle Oliver
29.36	Gillian Winters	29.19	Danielle Oliver	20.68	Anna Moran	21.90	Katie Kimber	16.94	Sophie Cree
26.30	Sophie Cree	29.16	Janine Munnis	20.49	Beth Wilson	17.42	Holly Brannigan	16.65	Natasha Paxton
25.40	Katie Hewitt	26.91	Katie Hewitt	19.57	Megan Drummond	17.10	Anna Moran	15.86	Niamh Fenlon
20.64	Laura Saulters	26.00	Beth Wilson	18.57	Holly Brannigan	16.37	Alexia Hughes	15.61	Caiomhe Fenlon
			Sophie Cree	18.11	Faye Nixon	14.98	Beth Hammond	15.32	Katie Hewitt
		24.36	Francesca Brown	16.24	Katie Kimber	14.19	Rebecca Webb	15.13	Megan Simpson
		24.16	Amy Kimber	15.69	Mollie Brown	13.49	Erin Kennedy	14.96	Claire Briggs
				15.61	Emma Stockton	13.08	Beth Crosbie	14.92	Megan Drummond
						12.42	Rachel McCann	14.64	Jessica McCreery

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NDAC Top Female Outdoor T&F Performances

Senior	U20	U17	U15	U13
Combined events	Combined events	Combined events	Combined events	Combined events
HEPTATHLON	HEPTATHLON	PENTATHLON	PENTATHLON	PENTATHLON
5397 Sarah Connolly	4463 Sarah Connolly	3437 Katie Hewitt	2720 Hannah Lewis	2104 Anna Cousins
3554 Alison Moffitt	3728 Katie Hewitt	2898 Niamh Fenlon (U15)	2514 Katie Hewitt	1895 Niamh Fenlon
3365 Clare Robinson	3526 Clare Robinson	2759 Sarah Connolly	2322 Holly Brannigan	1877 Rose McGreevy
		2443 Clare Robinson	2259 Rose McGreevy	1818 Danielle Oliver
		1955 Kirsty O'Neill	2196 Lauren Hamilton	1789 Elleana Hull
		1914 Elleana Hull	2177 Erin Mullan	1755 Murphy Miller
			2117 Caroline Oakes	1753 Holly McGuigan
			2106 Clare Robinson	1709 Katie Kimber
			2092 Kerrie Craig	1674 Isla Wiltshire
			2074 Sophie Hoey	1562 Kate Fenlon
			1750 Katrina Oakes	1531 Alex Catherwood
			1690 Claire Hooks	1527 Lucy Cheatley
			1634 Toni Francis	1514 Zara Steele
			1599 Katie Kimber	1503 Clare Robinson
			1505 Alex Catherwood	1501 Hannah Lawden
		HEPTATHLON	HEPTATHLON	HEPTATHLON
		3962 Gayle Connery	4042 Andrea Ramage	3889 Andrea Ramage
		3920 Andrea Ramage	3941 Gillian Downing	3328 Alison Moffitt
		3916 Alison Moffitt	3714 Lisa Kane	3183 Sharon Magowan
		3758 Sarah Connolly	3497 Sarah McGuigan	3057 Lisa Kane
		3504 Katie Hewitt	3424 Michelle Rogan	3060 Pauline Hunter
		3303 Megan Drummond	3183 Sharon Magowan	2582 Julie Carlisle
		3301 Sophie Reynolds	3101 Caroline Horne	2551 Elaine McClelland
		3214 Caroline Horne		2546 Caroline Horne
		3162 Sarah McGuigan		2424 Michelle Rogan
		3080 Colette Barclay		2364 Janet Davis-Jones
		3003 Elleana Hull		
		2930 Anna Moran		
		2612 Toni Francis		
		2606 Clare Robinson		
		2556 Lauren Hamilton		

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
9.30	Niamh Fenlon
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