

North Down AC T&F Records (Outdoors)

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Senior Men

100m	10.43	Aaron Sexton (U20)
200m	20.69	Aaron Sexton (U20)
400m	47.48	Andrew Mellon
800m	1:49.20	Mark Patterson (U20)
1500m	3:43.43	Jordan Neil
3000m	8:25.40	Craig McMeechan
5000m	14:24.95	Craig McMeechan
10,000m	31:38.55	Noel Munnis
3000m S/C	9:36.94	Noel Munnis
110mH (3'6")	13.48	Ben Reynolds (NI Record)
400mH (3'0")	52.70	Tom Patton
High jump	2.11	Darragh Murphy (U20)
Pole vault	5.05	Mike Bull
Long jump	7.14	Tom Reynolds
Triple Jump	14.90	Alan Kennedy
Shot (7.26kg)	14.86	Peter Glass
Discus (2kg)	51.48	Jeremy Harper
Hammer (7.26kg)	46.45	Richard Lockhart (U20)
Javelin (800g)	63.73	Matthew Martin (U20)
Decathlon	7510	Peter Glass

U20 Men

100m	10.43	Aaron Sexton (NI Record)
200m	20.69	Aaron Sexton (NI Record)
400m	47.93	Andrew Mellon
800m	1:49.20	Mark Patterson
1500m	3:49.21	Jordan Neil
3000m	8:35.95	Craig McMeechan
5000m	15:19.66	Craig McMeechan
2000m S/C	6:15.6	Chris Stewart
110mH (3'3")	13.71	Ben Reynolds (NI U20 Record)
400mH (3'0")	56.2	Kerrin Young (U17)
High jump	2.11	Darragh Murphy (NI U20 Record)
Pole vault	4.17	Troy McConville
Long jump	6.80	Peter Glass
Triple Jump	13.66	Paul Curran
Shot (6kg)	15.39	Jeremy Harper
Discus (1.75kg)	48.85	Jeremy Harper
Hammer (6kg)	49.20	Richard Lockhart
Javelin (800g)	63.73	Matthew Martin
Decathlon	6788	Troy McConville (NI Record)

Senior Women

100m	11.59	Amy Foster
200m	23.83	Amy Foster
400m	54.12	Rachel McCann
800m	2:09.37	Rachel Gibson
1500m	4:23.24	Rachel Gibson
3000m	9:32.32	Alison O'Neill (U20)
5000m	17:01.54	Rachel Gibson
5000m Walk	23:31.66	Rebecca Collins
10,000m Walk	55:20.40	Rebecca Collins
100mH (2'9")	14.11	Sarah Connolly
400mH (2'6")	65.29	Katie Hewitt (U20)
High jump	1.78	Sarah Connolly
Pole vault	3.80	Sarah Semeraro
Long jump	5.98	Hannah Lewis (U20)
Triple Jump	11.80	Laura Saulters
Shot (4kg)	16.63	Eva Massey (NI Record)
Discus (1kg)	47.72	Eva Massey
Hammer (4kg)	35.40	Eva Massey (U20)
Javelin (600g)	45.85	Alison Moffitt
Heptathlon	5397	Sarah Connolly

U20 Women

100m	11.79	Amy Foster
200m	24.03	Amy Foster
400m	55.42	Rachel McCann
800m	2:13.38	Murphy Miller
1500m	4:29.4	Alison O'Neill
3000m	9:32.32	Alison O'Neill
2000m S/C	9:01.05	Bryanna Catney (U17)
100mH (2'9")	14.92	Aimee McNeilly
400mH (2'6")	65.29	Katie Hewitt
High jump	1.66	Alex Catherwood (U17)
Pole vault	2.50	Morgan Wilson
Long jump	5.98	Hannah Lewis
Triple Jump	10.99	Katie Dickson
Shot (4kg)	14.49	Eva Massey (NI U20 Record)
Discus (1kg)	41.30	Anita Kane (U17)
Hammer (4kg)	35.40	Eva Massey
Javelin (600g)	41.34	Anita Kane
Heptathlon	4463	Sarah Connolly

Denotes performances in 2023

Last Update 11.10.2023

North Down AC T&F Records (Outdoors)

U17 Men

100m	10.86	Aaron Sexton
200m	21.65	Aaron Sexton
400m	49.60	Aaron Sexton
800m	1:56.92	Mark Patterson
1500m	4:00.9	Ken Thompson
3000m	8:59.72	Craig McMeechan
1500m S/C	4:32.0	Gareth Davis-Jones
100mH (3'0")	13.4	Ben Reynolds & Peter Glass
400mH (2'9")	54.8	Kerrin Young
High jump	2.04	Darragh Murphy
Pole vault	4.00	Ben Reynolds Troy McConville
Long jump	6.43	Ben Reynolds
Triple Jump	13.35	Brendan Goss
Shot (5kg)	14.48	Matthew Martin
Discus (1.5kg)	45.94	David Keys
Hammer (5kg)	54.45	Aaron Stirling
Javelin (700g)	59.64	Matthew Martin
Octathlon	4276	Troy McConville
Decathlon	6180	Ben Reynolds

U17 Women

100m	11.93	Amy Foster
200m	24.25	Amy Foster
300m	39.77	Rachel McCann
400m	57.43	Rachel McCann
800m	2:14.63	Murphy Miller
1500m	4:31.6	Alison O'Neill
3000m	9:45.0	Alison O'Neill
1500m S/C	5:35.61	Lucy Cheatley
80mH (2'6")	11.71	Stacey Mullan
300mH (2'6")	45.76	Stacey Mullan
High jump	1.66	Alex Catherwood
Pole vault	2.25	Sophie Reynolds
Long jump	5.78	Hannah Lewis
Triple Jump	11.09	Katie Dickson
Shot (3kg)	12.29	Faye Nixon
Discus (1kg)	41.30	Anita Kane
Hammer (3kg)	39.12	Beth Crosbie
Javelin (500g)	32.66	Sarah Newell
Heptathlon	3962	Gayle Connery

U15 Boys

100m	11.3	Ken Hooks & Roger Sexton
	11.37	Aaron Sexton
200m	22.9	William Burnside
300m	38.02	Aaron Sexton
400m	52.6	Kerrin Young
800m	2:05.3	Sean Crowther
1500m	4:26.0	Mark Weir
3000m	10:07.4	Jordan Neill
80mH (2'9")	11.7	Tom Reynolds
	11.74	Peter Glass
High jump	1.86	Darragh Murphy
Pole vault	3.01	Ben Reynolds
Long jump	6.21	Tom Reynolds
Triple Jump	11.80	Darragh Murphy
Shot (4kg)	13.56	Peter Wickens
Discus (1.25kg)	42.02	David Keys
Hammer (4kg)	51.29	David Keys
Javelin (600g)	49.19	Michael Gaffney
Pentathlon	2708	Lexx McConville

U15 Girl

100m	12.60	Natasha Paxton
200m	25.35	Hannah Lewis
300m	41.6	Hannah Lewis
400m	60.08	Megan Briggs
800m	2:18.76	Murphy Miller
1500m	4:43.0	Alison O'Neill
3000m	10:36.23	Murphy Miller
75mH (2'6")	11.7	Gayle Connery
High jump	1.60	Andrea Ramage Sarah McGuigan
Long jump	5.43	Hannah Lewis
Triple Jump	10.62	Kim Shaw
Shot (3kg)	11.35	Niamh Fenlon
Discus (1kg)	38.10	Lisa Kane
Hammer (3kg)	28.46	Beth Hammond
Javelin (500g)	25.37	Caroline Oakes
Pentathlon	2720	Hannah Lewis
Heptathlon	4042	Andrea Ramage

North Down AC T&F Records (Outdoors)

U13 Boys

100m	12.5	Oliver Wakefield
200m	26.5	Philip Browne
400m	61.6	James Kirkpatrick
800m	2.25.5	Sean Crowther
1500m	4:53.95	James Budde
75mH (2'6")	12.38	Lexx McConville
High jump	1.60	Lexx McConville
Long jump	4.99	Oliver Wakefield
Triple Jump	9.91	Darragh Murphy
Shot (3.25kg)	10.07	James Kirkpatrick
Discus (1kg)	29.52	James Kirkpatrick
Javelin (400g)	33.62	Zac Moraghan
Pentathlon	1742	Lexx McConville

U13 Girls

75m	10.44	Natasha Paxton
100m	13.1	Elaine McClelland
		Kathryn Colwell
150m	20.0	Elleana Hull
200m	26.9	Andrea Ramage
300m	44.2	Kathryn Colwel
400m	65.7	Jill-Anne Stewart
600m	1:47.86	Murphy Miller
800m	2:28.83	Murphy Miller
1200m	3:59.66	Mollie Brown
1500m	5:10.65	Amelia Tyler
70mH (2'3")	11.8	Andrea Ramage
High jump	1.52	Andrea Ramage
Long jump	4.87	Andrea Ramage
Shot (2.72kg)	10.25	Kate Fenlon
Discus (0.75kg)	27.90	Eva Massey
Javelin (400g)	30.16	Kate Fenlon
Pentathlon	2104	Anna Cousins

Outdated weights / specifications / distances

U20 Men

Shot (6.25kg)	14.10	Matthew Martin
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Senior Women

Javellin (600g) old specification	49.10	Alison Moffitt (NI Record)
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U15 Boys

400mH (2'9")	65.27	Matthew Heaney
Discus (1kg)	48.48	David Keys
Discus (1.5kg)	25.54	David Cooke

U17 Girls

Shot (4kg)	11.94	Eva Massey
Hammer (4kg)	23.77	Caroline Oakes
Javellin (600g)	45.46	Alison Moffitt (NI Record)

U13 Boys

Javelin (500g)	29.00	Gareth Freeman
Javelin (600g)	25.60	Conor McGrattan

U15 Girls

200mH (2'6")	30.0	Gayle Connery
Shot (3.25kg)	12.33	Lisa Kane
Hammer (3.25kg)	23.04	Claire Hooks
Javelin (500g)	33.02	Lisa Kane
Javelin (600g)	38.94	Alison Moffitt

U13 Girls

Javelin (500g)	33.02	Lisa Kane
Heptathlon	3889	Andrea Ramage