

## 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  
**35.49 Roberta Dornan**

### F40 400m

70.14 Roberta Dornan

### F45 400m

71.70 Debbie Matchett  
**73.26 Roberta Dornan**

### F40 400m

97.43 Marie Devine

### F35 800m

2:27.27 Roberta Dornan

### F40 800m

2:37.41 Roberta Dornan

### F45 800m

2:41.88 Roberta Dornan

### F50 800m

**3:08.69 Sarah Benton**  
3:34.77 Marie Devine

### F35 1500m

4:51.75 Roberta Dornan  
4:54.93 Jodi Smith  
**4:55.58 Sarah Grant**  
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

5:47.36 Sarah Gibson  
**6:08.98 Sarah Benton**  
7:18.19 Marie Devine

## NDAC Top Female Masters T&F Performances (Outdoors)

### F35 3000m

10:22.06 Roberta Dornan  
10:30.60 Jodi Smith  
**10:33.65 Sarah Grant**  
11:43.88 Ali Robinson  
11:58.2 Fiona McQuillan  
13:28.7 Caroline Crothers

### F40 3000m

10:42.30 Fiona McQuillan  
10:59.6 Stephanie Hambling  
11:42.10 Clair Quigley  
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

### F50 3000m

**12:27.73 Sarah Benton**

### F35 5000m

**18:35.45 Sarah Grant**

### F35 1500m walk

10:21.67 Roberta Dornan

### F40 1500m walk

14:31.08 Stephanie Hambling

### F40 Discus (1kg)

**25.57 Gemma Cauhgers**

### F35 Hammer (4kg)

13.19 Roberta Dornan