

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	13.89	Gerard Adair				
		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						
		26.95	Jack Russell	27.80	Gerard Adair						
		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
		56.70	Jack Russell	59.01	Francis Marsh						
		59.56	Francis Marsh	63.9	Norman Munnis						
		61.7	Steve Enright								
		62.8	Norman Munnis								

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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	2:04.23	Jack Russell	2:03.5	Brian Smith	2:12.21	Francis Marsh	2:23.35	Francis Marsh	2:31.60	Michael Roberts
2:08.02	Nick Irvine	2:07.0	Brian Smith	2:05.41	Nick Irvine	2:48.9	Trevor Spencer	2:25.0	Brian Smith	2:57.9	Roy Graham
2:09.6	Chris Bryan	2:07.58	James Budde	2:07.12	Chris Moran			2:50.9	Roy Graham		
		2:08.90	Nick Irvine	2:07.66	Francis Marsh			3:17.6	Pat O'Driscoll		
		2:11.43	Mark Weir	2:17.4	George Bell						
		2:16.32	Darren Hamilton	2:22.0	Tony Wall						
		2:21.63	Chris Downey	2:34.5	Norman Munnis						
		2:23.10	David Massey	2:46.2	Pat O'Driscoll						
		2:25.0	David Dunne								
		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	4:32.50	Francis Marsh	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	4:59.46	Terry Eakin	5:36.70	Gerry O'Boyle
4:32.27	Nick Irvine	4:20.65	Jack Russell	4:21.3	Brian Smith	4:48.8	Brian Smith	5:17.10	Philip Mulligan	6:00.17	Roy Graham
4:41.8	Ed Mezzetti	4:23.8	David Seaton	4:22.16	Chris Moran	5:23.97	Philip Mulligan	5:29.0	John Monaghan	7:13.08	Pat O'Driscoll
4:56.40	Steven Donegan	4:25.47	Nick Irvine	4:26.37	Nick Irvine	5:41.2	Barry Scarth	5:51.5	Roy Graham		
		4:30.38	Mark Weir	4:36.11	Geoffrey Weir	5:44.6	Myles Dunne	6:58.4	Pat O'Driscoll		
		4:39.5	Brian Smith	5:06.0	Tony Wall	5:54.0	Trevor Spencer				
		4:45.26	Chris Downey	5:13.64	Alan Massey						
		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						
		5:05.92	Ed Mezzetti								
		5:07.6	David Dunne								
		5:09.6	John Dawson								
		5:21.1	Pat O'Driscoll								

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M35 3000m

8:51.6 Francis Marsh
 9:58.7 Mark Weir
 10:10.82 Nick Irvine
 10:11.17 Jason McMinn
 10:16.9 Chris Downey
 10:24.12 Alasdair Mair
 11:09.7 Steven Donegan
 11:43.64 Colin Walker
 12:00.6 Paul Lynas

M40 3000m

8:57.9 Francis Marsh
 9:23.4 George Bell
 9:28.59 Jack Russell
 9:35.29 Nick Irvine
 9:39.0 David Seaton
 9:50.44 Mark Weir
 10:29.8 Tony Wall
 10:33.0 David Dunne
 10:37.6 David Massey
 10:41.0 Roy Graham
 10:45.26 Alan McConnell
 10:59.3 Alan Massey
 11:02.80 Colin Walker
 11:16.43 Tim Cooke

M45 3000m

9:05.65 Francis Marsh
 9:18.1 Trevor Alderdice
 9:22.98 Chris Moran
 9:38.0 Brian Smith
 9:38.0 Billy Brannigan
 9:45.7 Nick Irvine
 9:51.37 Geoffrey Weir
 10:00.4 George Bell
 10:02.6 David Seaton
 10:31.30 Eamon O'Reilly
 10:35.2 Tony Wall
 10:38.10 Aaron McAuley
 11:10.48 David Massey
 11:25.07 George O'Dowd

M50 3000m

9:23.24 Francis Marsh
 10:01.6 Terry Eakin
 10:55.8 Gerry Coy
 11:18.0 Vince Elliott
 11:22.7 Philip Mulligan
 13:22.1 Cliff McCausland

M55 3000m

9:39.12 Francis Marsh
 11:39.7 Roy Graham
 13:25.14 Cliff McCausland
 13:35.8 Pat O'Driscoll

M60 3000m

10:37.22 Terry Eakin
 11:19.8 Brian Smith
 11:58.63 Frank Rea
 13:15.84 Fred Murdock
 (M70)
 15:12.48 Pat O'Driscoll

M35 5000m

15:39.3 Francis Marsh
 15:57.50 Stephen Wylie

M40 5000m

15:29.05 Francis Marsh
 16:29.0 David Seaton
 16:53.11 Jack Russell
 17:28.06 Mark Weir
 17:39.51 Nick Irvine
 18:03.7 Ean McClure
 18:12.06 Darren Hamilton
 18:46.61 Ed Mezzetti
 20:16.6 Pat O'Driscoll

M45 5000m

15:43.55 Francis Marsh
 16:01.30 Trevor Alderdice
 16:40.15 Chris Moran
17:11.38 Nick Irvine
 17:35.0 George Bell
 18:00.4 Roy Graham
 18:02.28 Gerry Coy

M50 5000m

16:31.27 Francis Marsh
 17:11.9 Terry Eakin
 17:46.0 Billy Brannigan
 23:42.0 Pat O'Driscoll

M55 5000m

16:39.55 Francis Marsh
 17:08.25 Terry Eakin
 18:49.1 David Seaton
 23:17.7 Pat O'Driscoll

M60 5000m

18:14.8 Terry Eakin
 19:16.65 David Seaton
 20:05.61 Fred Murdock
 25:05.09 Pat O'Driscoll

M40 10,000m

37:08.0 Tony Wall

M45 10,000m

42:28.6 Pat O'Driscoll

M50 10,000m

36:03.60 Terry Eakin
 44:17.5 Pat O'Driscoll

M55 10,000m

36:54.73 Terry Eakin

M60 10,000m

38:55.7 Terry Eakin
 39:52.6 David Seaton
 50:29.36 Pat O'Driscoll

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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

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M35 Triple Jump

11.65 Paul Curran

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

M45 Javelin (800g)

29.70 Brian Smith (M50)
25.34 Richard Weglarz
(M60)
10.74 Barry Scarth (M60)

NDAC Top Male Masters T&F Performances (Outdoors)

21.46 Huib Baauw