

Top Performances Females – Age Groups

Last Update 31.08.2011

Event	Under 17	Under 15	Under 13
75m			10.44 Natasha Paxton
			10.49 Kathryn Colwell
			10.7 Elleana Hull
			10.9 Kerrie Craig
			11.03 Kerrie Craig
			11.3 Rachel Gregg
			11.32 Olivia Cumming
			11.4 Sarah Newell
			11.44 Victoria Coulter
			11.76 Amy Taylor
			11.8 Sarah Armstrong
		11.9 Tory-Anna Killen	
80m		10.91 Kiki Malomo Paris	11.11 Kathryn Colwell
		11.40 Ellen Robinson	12.31 Emma Reid
		11.53 <i>Olivia Cumming</i>	
100m	11.84w Amy Foster	12.60 Natasha Paxton	13.1 Elaine McClelland
	11.93 Amy Foster	12.68 Kiki Malamo-Paris	13.1 Kathryn Colwell
	12.40 Kiki Malamo-Paris	12.8 Kathryn Colwell	13.3 Natasha Paxton
	12.5 Hannah Lewis	12.89 Kathryn Colwell	13.3 Pamela Gabbey
	12.6 Gayle Connery	12.90 Amy Foster	13.3 Michelle Rogan
	12.61 Hannah Lewis	12.9 Kim Shaw	13.3 Lisa McVea
	13.1 Michelle Rogan	12.91 Hannah Lewis	13.4 Karen Graham
	13.1 Erin Mullan	12.97 Karen Graham	13.4 Caroline Gordon
	13.2 Stacey Mullan	13.0 Andrea Ramage	13.4 Andrea Ramage

13.2 Jenny Oakes
13.2 Clare Robinson
13.23 Kim Shaw
13.30 Katie Hewitt
13.3 Sharon Magowan
13.3 Sophie Reynolds

13.0 Alix Herbert
13.0 Michelle Rogan
13.05 Erin Mullan
13.05 Kathryn Colwell

13.4 Kiki Malamo-Paris
13.7 Kim Shaw
13.7 Elleana Hull

150m

20.0 Elleana Hull
20.4 Kathryn Colwell
20.6 Charlotte Conor
20.9 Saskia Greer
21.47 Kerrie Craig
21.9 Jenni Stevenson
21.95 Emma Reid
22.2 Karyn Cole
22.21 Elleana Hull
22.50 Sarah Newell
22.5 Shannon Booth
22.65 Kayleigh Walsh

200m

24.06w Amy Foster
24.25 Amy Foster
24.77 Hannah Lewis
26.1 Gayle Connery
26.5 Kiki Malamo-Paris
26.5 Erin Mullan
27.0 Stacey Mullan
27.04 Kiki Malamo-Paris
27.10 Kim Shaw
27.2 Michelle Rogan
27.33 Cydnie McCullough
27.47 Katie Hewitt

25.35 Hannah Lewis
25.66 Natasha Paxton
26.06 Kathryn Colwell
26.3 Alix Herbert
26.42 Kiki Malamo-Paris
26.5 Gillian Downing
26.6 Kim Shaw
26.63 Kim Shaw
26.75 Gayle Connery
26.8 Nicola Connerey
27.0 Erin Mullan
27.1 Amy Foster

26.9 Andrea Ramage
27.1 Elaine McClelland
27.4 Karen Graham
27.5 Kathryn Colwell
27.61 Kathryn Colwell
27.7 Caroline Gordon
27.7 Julie Hamilton
28.4 Sharon Magowan
28.6 Jennifer Kelso
28.76 Michelle Rogan
29.0 Alison Moffitt
29.1 Kerri-Lyn Dunlop

	27.5	Jenny Oakes	27.2	Andrea Ramage		
	27.6	Clare Robinson				
300m	42.1	Kim Shaw	41.6	Hannah Lewis	44.2	Kathryn Colwell
	42.16	Kim Shaw	42.0	Kathryn Colwell	48.4	Hanna Lewis
	42.8	Alison Lavery	42.02	Kathryn Colwell	48.9	Cara Garnham
	43.4	Michelle Rogan	42.6	Kim Shaw	50.1	Grace Lawther
	43.6	Lisa Magee	43.74	Kathryn Colwell	50.6	Jessica McCreery
	43.7	Laura McKeown	45.0	Amy Foster	51.5	Amy Foster
	43.8	Jennifer Oakes	46.6	Harriett Hayhurst	52.1	Tanya Garrett
	44.2	Stacey Mullins	46.8	Niamh Cummings	53.30	Alex Catherwood
	44.8	Katie Hewitt	47.9	Katie Hewitt	53.3	Amy McCann
	45.1	Nicola Simpson	47.5	Gillian McDonald	53.4	Emily Heyburn
	46.73	Kerry Iveston	47.7	Jessica Craig	54.17	Lisa Thorne
	46.84	Cyndie McCullough	47.8	Abbey Taylor	55.2	Ashleigh Fawcett
400m	60.07	Kim Shaw	60.9	Gillian Downing	65.7	Jill-Anne Stewart
	62.7	Lisa Magee	64.2	Michelle Rogan	66.4	Julie Carlisle
	62.8	Jenny Oakes	64.3	Sandra Gawley	67.8	Michelle Rogan
	63.9	Kerry Iveston	65.0	Jill-Anne Stewart	70.8	Susan Scarth
	64.89	Kerry Iveston	66.3	Zoe Jeffers	71.0	Alison Moffitt
	66.6	Sandra Gawley	66.5	Lisa Magee	71.5	Zoe Jeffers
	67.4	Zoe Jeffers	67.4	Susan Scarth	72.5	Sandra Gawley
	67.8	Michelle Kelly	67.8	Roisin Farren	72.7	Pauline Hunter
	67.8	Roisin Farren	67.9	Kerri Lyn Dunlop	73.7	Lisa Thorne
	68.25	Nicola Simpson	68.5	Nicola Ramage	79.9	Olivia Hummel
800m	2:25.4	Nicola Simpson	2:21.0	Sandra Gawley	2:32.1	Julie Carlisle
	2:25.7	Katrina Oakes	2:28.0	Katrina Oakes	2:36.4	Zoe Jeffers
	2:25.98	Nicola Simpson	2:29.7	Claire Broad	2:38.5	Andrea Ramage
	2:26.0	Lauren Scott	2:29.7	Abbey Taylor	2:39.0	Susan Scarth
	2:27.6	Sandra Gawley	2:29.9	Gillian Downing	2:40.7	Kalina Stitt

2.27.77 Lauren Scott
2.28.56 Kerry Iveston
2:29.80 Sophie Strutt
2:31.47 Francesca Brown
2.31.8 Zoe Jeffers
2.33.4 Jessica Craig
2.34.0 Katie Hewitt
2.34.9 Nicola McCaughey

2:30.9 Nicola McCaughey
2:31.2 Janine Munnis
2:34.42 Niamh Cummings
2:32.0 Andrea Ramage
2:33.4 Jessica Craig
2:33.7 Nicola Ramage
2:34.5 Lauren Scott
2:35.0 Susan Scarth

2.42:68 Jemma Speers
2.43.49 Katie Hewitt
2.44.0 Susan McAvoy
2.44.5 Sandra Gawley
2.45.0 Gillian Winters
2.45.4 Fiona Moorehead

1200m

4:25.30 Abbey Taylor
4:30.5 Jemma Speers
4:32.9 Claire Scott
4:33.1 Leigh McWha
4:33.4 Kayleigh Walsh
4:33.98 Leigh McWha
4:37.8 Hannah Taylor
4:38.7 Niamh Cummings
4:38.77 Emma Thompson
4:41.0 Keelan Ellis
4:47.1 Chloe Johnston

1500m

4.31.6 Alison O'Neill
5:04.2 Jessica Craig
5.06.1 Sandra Gawley
5.12.0 Nicola McCaughey
5.15.4 Zoe Jeffers
5.16.4 Lauren Scott
5.18.0 Janine Munnis
5.20.3 Vicky Clegg
5.21.2 Alyson Dunne
5.21.2 Kerry Iveston

4.43.0 Alison O'Neill
4.54.9 Claire Broad
5.00.0 Sandra Gawley
5.10.3 Janine Munnis
5.16.0 Nicola McCaughey
5:16.80 Abbey Taylor
5.21.5 Zoe Jeffers
5.25.9 Alyson Dunne
5.26.0 Jessica Craig
5.29.19 Katrina Oakes
5.29.2 Heather Kelso

5.29.0 Zoe Jeffers
5.33.2 Michelle Mullally
5.34.7 Susan Scarth
5.36.9 Gillian Winters
5.38.0 Susan McAvoy
5.42.6 Suzanne Brown
5.45.9 Katie Hewitt
5.47.7 Janine Munnis
5.48.23 Lisa Thorne
5.49.8 Lyndsey McQuillan

3000m

09.45.0	Alison O'Neill	11.46.57	Nicola McCaughey
10.59.0	Janine Munnis	11.52.0	Susan McAvoy
11.00.0	Vicky Clegg	12.46.0	Catherine Geary
11.10.1	Jessica Craig		
11.11.1	Katrina Oakes		
11.24.1	Sandra Gawley		
11.36.0	Zoe Jeffers		
12.04.8	Alyson Dunne		
12.07.0	Susan McAvoy		
12.22.3	Nicola McCaughey		

Sprint Hurdles

80m Hurdles	
11.71	Stacey Mullan
11.8	Gayle Connery
11.9	Jennifer Oakes
12.0	Sarah McGuigan
12.3	Katie Hewitt
12.35	Lyndsey Hayes
12.5	Erin Mullan
12.59	Clare Robinson
12.6	Julie Stewart
12.6	Sophie Reynolds
12.63	Katie Hewitt
12.8	Andrea Ramage

75m Hurdles	
11.7	Gayle Connery
11.9	Andrea Ramage
12.0	Julie Stewart
12.0	Sarah McGuigan
12.1	Katie Hewitt
12.2	Lisa Kane
12.5	Lyndsey Hayes
12.54	Erin Mullan
12.7	Courteny Patterson
12.83	Kerrie Craig
13.0	Sarah Perry
13.0	Ashleigh Donaghy
13.0	Sophie Reynolds
13.0	Claire Hooks
13.07	Katie Hewitt

70m Hurdles	
11.8	Andrea Ramage
12.3	Caroline Horne
12.4	Natasha Paxton
12.6	Julie Stewart
12.6	Katie Hewitt
12.9	Caroline Oakes
13.1	Ashleigh Fawcett
13.2	Sandra Gawley
13.2	Julie Carlisle
13.2	Jennifer Kelso
13.4	Janet Davis Jones
13.4	Jennifer Crowther

Long

300m Hurdles	
45.76	Stacey Mullan
45.82	Katie Hewitt

200m Hurdles	
30.0	Gayle Connery
33.6	Jill Ann Stewart

Hurdles

46.5	Jenny Oakes	34.7	Gillian Downing
47.5	Cyndie McCullough	33.6	Sharon Magowan
47.7	Erin Mullan	38.4	Alison Moffitt
48.62	Cyndie McCullough	41.2	Susan Scarth
51.1	Katie Hewitt (U15)	45.9	Jacqueline Crawford
52.6	Katrina Oakes		

400m Hurdles

67.82 Katie Hewitt

High Jump

1.64	Sarah McGuigan	1.60	Andrea Ramage	1.52	Andrea Ramage
1.57	Kerrie Craig	1.60	Sarah McGuigan	1.48	Alex Catherwood
1.55	Alison Lavery	1.55	Danielle Oliver	1.46	Rebekah Rutherford
1.55	Kerrie Craig	1.55	Alex Catherwood	1.45	Danielle Oliver
1.53	Alison Moffitt	1.53	Alison Moffitt	1.44	Pauline Hunter
1.51	Gayle Connery	1.53	Jill Ann Stewart	1.40	Saskia Coombes
1.51	Danielle Oliver	1.53	Kerrie Craig	1.40	Alison Moffitt
1.50	Michelle Kelly	1.50	Michelle Mullally	1.40	Kerrie Craig
1.48	Caroline Horne	1.50	Michelle Kelly	1.40	Lisa Kane
1.48	Michelle Rainey	1.50	Hannah Lewis	1.40	Sarah Perry
1.48	Sarah Perry	1.50	Rebekah Rutherford	1.39	Michelle Kelly
1.48	Stacey Mullan			1.38	Elleana Hull
				1.36	Sarah McGuigan

Long Jump

5.78	Hannah Lewis	5.43	Hannah Lewis	4.87	Andrea Ramage
5.24	Kiki Malomo Paris	4.95	Katie Hewitt	4.79	Michelle Rogan
5.24	Laura McKeown	4.93	Andrea Ramage	4.60	Jennifer Kelso
5.12	Lyndsey Hayes	4.92	Julie Stewart	4.50	Laura McKeown
5.10	Katie Hewitt	4.89	Kiki Malamo-Paris	4.43	Caroline Horne
4.98	Michelle Rogan	4.80	Karen Frazer	4.42	Hanna Lewis
4.96	Clare Robinson	4.74	Sharon Magowan	4.41	Elaine McClelland

4.94 Katie Dickson
 4.81 Michelle Kelly
 4.80 Gayle Connery
 4.80 Caroline Hussey

4.74 Sarah McGuigan
 4.68 Colette Barclay
 4.68 Michelle Rogan
 4.67 Alison Moffitt

4.38 Natasha Paxton
 4.35 Lisa McVea
 4.34 Kik Malamo-Paris
 4.33 Caroline Gordon

**Triple
 Jump**

11.09 Katie Dickson
10.75 Clare Robinson
 10.12 Kim Shaw
 10.00 Caroline Hussey
 9.78 Katie Hewitt
 9.57 Stacey Mullan
 9.43 Gemma McAnirn
 9.43 Heather Beattie
 9.40 Kerrie Craig
 9.36 Janine Munnis

10.62 Kim Shaw
 10.14 Andrea Ramage
 9.59 Clare Robinson
 9.55 Caroline Horne
 9.40 Kim Shaw
 9.36 Amy Foster
 9.10 Linda Dunn
 8.65 Claire Hooks
 8.60 Katie Hewitt
 8.31 Sarah McGuigan

9.99 Andrea Ramage

**Pole
 Vault**

2.25 Sophie Reynolds
 2.00 Caroline Oakes
 1.90 Nicola McCaughey

Shot

4 Kg

11.94 Eva Massey N.I. Rec
 11.65 Alison Moffitt
 11.27 Lisa Kane
 11.20 Anita Kane
11.05 Beth Wilson
 10.92 Jacqueline Crawford
 9.26 Andrea Ramage
 8.80 Kathy Hetherington
 8.76 Laurraine Finlay
 8.70 Caroline Oakes

3.25 Kg

12.33 Lisa Kane
 11.61 Alison Moffitt
 10.92 Eva Massey
 10.80 Anita Kane
 10.55 Andrea Ramage
 10.50 Jacqueline Crawford
 9.53 Sarah Patterson
 9.38 Beth Wilson
 8.75 Laurraine Finlay
 8.71 Natalie O'Neill

2.72 Kg

9.80 Andrea Ramage
 9.40 Lisa Kane
 8.42 Eva Massey
 7.78 Kiki Malamo-Paris
 7.72 Sarah Jaffery
 7.56 Kelly Baauw
 7.24 Kathryn Colwell
 7.06 Claire Briggs
 6.94 Danielle Oliver
 6.84 Kim Shaw

Discus

	1.0 Kg
41.30	Anita Kane
39.02	Alison Moffitt
36.40	Lisa Kane
35.56	Eva Massey
35.12	Beth Wilson
35.00	Clare Barrett
35.70	Jacqueline Crawford
34.74	Kathy Hetherington
30.28	Laurraine Finlay
30.54	Caroline Oakes
28.90	Wendy Graham

	1.0 5K
38.10	Lisa Kane
37.88	Alison Moffitt
35.56	Jacqueline Crawford
30.60	Anita Kane
29.36	Beth Wilson
28.12	Eva Massey
23.62	Laurraine Finlay
23.48	Carol Douglas
23.09	Kathy McKeown
23.00	Caroline Oakes

	3.25Kg
10.14	Lisa Kane
9.83	Alison Moffitt
9.80	Jacqueline Crawford
9.80	Andrea Ramage
8.16	Natalie O'Neill
7.76	Eva Massey
7.45	Leanne McDaid
7.31	Pauline Hunter
7.14	Anita Kane
7.04	Caroline Horne

	0.75 Kg
16.87	Kiki Malamo-Paris
27.90	Eva Massey
18.91	Caroline Oakes
17.90	Galina Robinson
17.72	Kelly Baauw
16.94	Sophie Cree
16.40	Gemma McAnirn
16.21	Sarah Jaffery
15.66	Catherine Jaffrey
15.02	Danielle Oliver

	1Kg
30.30	Lisa Kane
30.02	Alison Moffitt
25.88	Jacqueline Crawford
24.40	Anita Kane
18.80	Natalie O'Neill

Javelin

	600 g
45.46	Alison Moffitt - N.I Rec
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
29.90	Eva Massey
27.86	Janice Jeffers

	600 g
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

	500g
31.28	Caroline Oakes
25.21	Sophie Cree

18.78	Eva Massey
18.66	Andrea Ramage
17.00	Edith Kelly
15.94	Lisa Thorne
15.23	Kelly Baauw

	400g
16.65	Natasha Paxton
19.57	Caroline Oakes
18.88	Danielle Oliver
16.94	Sophie Cree
15.32	Katie Hewitt
14.96	Claire Briggs
14.64	Jessica McGreevy
13.57	Sarah Newell
13.10	Gemma McAnirn
12.10	Jennifer Kelso

	500g
33.02	Lisa Kane
31.92	Andrea Ramage
22.43	Sophie Cree
13.18	Elleana Hull

	600g
32.50	Andrea Ramage
31.44	Alison Moffitt
29.02	Lisa Kane
26.08	Gillian Winters
25.92	Anita Kane

21.50 Pauline Hunter
 18.42 Caroline Horne
 18.04 Susan Scarth
 16.46 Michelle Kelly

Hammer

4.0 Kg

23.77 Caroline Oakes
 20.28 Sarah Patterson
 20.24 Catherine Jaffrey
 17.48 Beth Wilson
 16.33 Kathy Hetherington
 15.87 Sarah Hull
 13.07 Katrina Oakes

3.25 Kg

23.04 Claire Hooks
 17.75 Sarah Hull

**Multi
Events**

Heptathlon

3962 Gayle Connery
 3920 Andrea Ramage
 3916 Alison Moffitt
 3504 Katie Hewitt
 3301 Sophie Reynolds
 3214 Caroline Horne
 3162 Sarah McGuigan
 3080 Colette Barclay
 2612 Toni Francis

Heptathlon

4042 Andrea Ramage
 3 941 Gillian Downing
 3714 Lisa Kane
 3497 Sarah McGuigan
 3424 Michelle Rogan
 3183 Sharon Magowan
 3101 Caroline Horne

Heptathlon

3889 Andrea Ramage
 3328 Alison Moffitt
 3183 Sharon Magowan
 3057 Lisa Kane
 3060 Pauline Hunter
 2582 Julie Carlisle
 2551 Elaine McClelland
 2546 Caroline Horne
 2424 Michelle Rogan
 2364 Janet Davis-Jones

Pentathlon

2720 Hannah Lewis
 2514 Katie Hewitt
 2177 Erin Mullan
 2117 Caroline Oakes
 2078 Hannah Lewis
 1876 Kerrie Craig
 1750 Katrina Oakes
 1690 Claire Hooks

Pentathlon

1818 Danielle Oliver
 1789 Elleana Hull
 1531 Alex Catherwood
 1053 Sophie Cree

1634 Toni Francis
1505 Alex Catherwood