

Top Performances Females - Senior and U20

Last update 09.11.2011

Event	Senior		Under 20	
100m	11.59	Amy Foster	11.79	Amy Foster
	12.39	Hannah Lewis	12.27	Hannah Lewis
	12.58	Caroline Hussey-Livingstone	12.63	Kiki Malomo Paris
	13.16	Sara Semeraro	12.9	Gayle Connery
	13.70	Alison Moffitt	13.2	Michelle Rogan
	13.86	Michelle Rogan	13.4	Allison Elliott
			13.45	Karla Courtney
			13.6	Natalie Steele
			13.63	Christine Hewitt
			13.71	Natalie Steele
		13.8	Zara Robinson	
200m	23.75	Amy Foster	24.25	Amy Foster
	24.83	Hannah Lewis	24.48w	Hannah Lewis
	26.49	Kim Shaw	24.51	Hannah Lewis
	26.8	Caroline Hussey-Livingstone	26.7	Gayle Connery
	26.85	Caroline Hussey	27.1	Michelle Rogan
	27.5	Aliison Moffitt	27.14	Kim Shaw
	28.08	Aimee McNeilly	27.27	Katie Hewitt
	28.85	Michelle Rogan	27.66	Kiki Malomo Paris
	29.21	Natalie Strain	28.3	Nicola Simpson
	29.4	Christine Hewitt	28.67	Christine Hewitt
			28.77	Lisa Magee
			29.06	Natalie Steele
300m	39.7	Amy Foster	45.2	Michelle Rogan
	42.40	Caroline Hussey-Livingstone	47.5	Lisa Magee
			47.85	Kerry Iveston
			50.07	Natalie Steele

400m	58.4	Caroline Hussey-Livingstone	58.7	Kim Shaw
	59.42	Kim Shaw	59.27	Kim Shaw
	60.28	Caroline Hussey-Livingstone	60.13	Alison Lavery
	61.1	Nicola Simpson	60.5	Alison Elliott
	63.54	Nicola Simpson	61.8	Lauren Scott
			63.5	Alison O'Neill
			64.36	Katie Hewitt
			66.9	Kerry Iveston
			69.00	Caroline Hussey
800m	2:12.46	Lauren Scott	2:34.5	Katrina Oakes
	2:19.45	Jessica Craig	2:35.2	Nicola McCaughey
	2:20.25	Nicola Simpson	2:14.6	Alison O'Neill
	2:25.71	Kim Shaw	2:35.5	Alison Elliott
	2:26.2	Rachel Gibson	2:16.30	Lauren Scott
	2:26.50	Kerry Iveston	2:25.3	Nicola Simpson
			2:26.99	Jessica Craig
		2:31.16	Kerry Iveston	
		2:31.89	Sophie Strutt	
		2:32.04	Katie Hewitt	
1500m	4:31.46	Lauren Scott	4:29.4	Alison O'Neill
	4:51.70	Jessica Craig	5:05.3	Vicky Clegg
	4:51.75	Roberta Dornan F35	5:08.76	Lauren Scott
	4:56.99	Rachel Gibson	5:12.3	Jessica Craig
	5:03.8	Nicola Simpson	5:19.50	Kerry Iveston
	5:05.74	Kerry Iveston	5:23.3	Nicola McCaughey
	5:33.30	Stephanie Hambling	5:43.75	Stacey Johnston
	5:50.0	Paula Hawtin	5:47.8	Jill Black
3000m	10:22.06	Roberta Dornan F35	9:32.3	Alison O'Neill
	10:32.3	Paula Hawtin	11:18.6	Vicky Clegg
	10:43.75	Jessica Craig	11:36.8	Kerry Iveston
	10:52.50	Roberta Dornan	12:00.04	Katrina Oakes
	11:02.14	Stephanie Hambling F40	12:12.0	Nicola McCaughey
	11:33.24	Roma McConville	12:14.2	Janine Munnis

11:14.2 **Rachel Gibson**
11:54.04 **Debbie Matchett F45**
14.20.31 Pauline Massey F40

Marathon

2:57.46 **Julie Balmer**
2.58.0 Roma McConville
2.59.0 Paula Hawtin
3.17.0 Sylvia Martin
3.45.0 Camilla Manvell F40
3:16.05 **Ali Robinson**
3:22.29 Hilary Kernaghan F40
3:26.23 Nichola Connery
3:33.23 Lynne Kerr F40
3:42.18 Kate McNeill
3:48.05 Rachel Hardy

100mH

15.90 **Aimee McNeilly**
16.40 **Katie Hewitt**
17.28 Alison Elliott

15.38 Erin Mullan
15.67w Sophie Reynolds
15.83 Stacey Mullan U17
16.08 Katie Hewitt
16.48 Sophie Reynolds
16.63 Andrea Ramage
17.37 Jodie Murphy
19.0 Alison Moffitt
20.4 Caroline Horne
20.5 Sarah McGuigan
21.0 Sharon Magowan

400mH

66.20 **Katie Hewitt**
69.84 Caroline Hussey Livingstone

65.29 Katie Hewitt
67.82 Katie Hewitt U17
68.67 Stacey Mullan
69.14 Erin Mullan
71.19 Erin Mullan U17
72.2 Jenny Oakes
74.3 Sandra Gawley

			82.93	Nicola McCaughey
Steeplechase		3000m S/C		2000mS/C
			9.01.8	Nicola McCaughey U17
High Jump	1.45	Katie Hewitt	1.65	Sarah McGuigan
	1.30	Gemma McAnirn	1.60	Alison Elliot
	1.30	Melissa Free	1.57	Alison Lavery
	1.25	Kim Shaw	1.54	Andrea Ramage
			1.51	Alison Moffitt
			1.50	Michelle Kelly
			1.50	Gayle Connery
			1.51	Kerrie Craig
			1.50	Jodie Murphy
			1.45	Danielle Oliver
			1.45	Katie Hewitt
			1.40	Lyndsey Hayes
			1.40	Kim Shaw
Long Jump	6.10w	Hannah Lewis	5.98	Hannah Lewis
	5.95	Hannah Lewis	5.75	Kiki Malomo Paris
	5.01	Sarah Semeraro	5.21	Katie Dickson
	4.70	Laura Loughlin	5.21	Katie Hewitt
	4.56	Leslie Jeffers	5.12	Caroline Hussey
			4.91	Alison Lavery
			4.91	Andrea Ramage
			4.72	Alison Moffitt
			4.65	Lyndsey Hayes
			4.62	Michelle Kelly
			4.61	Gayle Connery
Triple Jump	10.82	Laura Loughlin	10.99	Katie Dickson
	9.61	Heather Beattie	10.57	Caroline Hussey
	9.57	Leslie Jeffers	10.42	Kim Shaw
	9.00	Janine Munnis	9.65	Sarah McGuigan
	8.59	Gemma McAnirn	9.47	Kerrie Craig

			9.34	Caroline Oakes
			9.06	Alison Lavery
Pole Vault	3.80	Sarah Semeraro	1.80	Nicola McCaughey U17
Shot		4 Kg		4 Kg
	16.63	Eva Massey - N.I. Record	14.49	Eva Massey
	12.47	Anita Kane	9.96	Kathy Hetherington
	11.96	Alison Moffitt	9.80	Andrea Ramage
	8.95	Laura Loughlin	8.80	Jodie Murphy
	8.75	Gemma McAnirn	8.32	Lauraine Finlay
	8.59	Fiona Shaw	8.46	Danielle Oliver
	7.63	Melissa Free	8.41	Caroline Oakes U17
			7.70	Allison Elliott
Discus		1 Kg		1 Kg
	47.72	Eva Massey	37.89	Kathy Hetherington
	43.98	Alison Moffitt	29.85	Caroline Oakes
	42.86	Anita Kane	29.46	Wendy Graham
	34.64	Clare Barrett	28.60	Danielle Oliver
	31.68	Gemma McAnirn	25.30	Lauraine Finlay
	31.50	Fiona Shaw		
	27.80	Melissa Free		
Javelin		600 g		600 g
	49.10	Alison Moffitt - Old Javelin - NI Record	41.34	Anita Kane
	45.85	Alison Moffitt - New Javelin	36.16	Andrea Ramage
	32.22	Janine Munnis	35.74	Claire Barrett
	31.44	Leslie Jeffers	31.31	Caroline Oakes U17
	30.30	Eva Massey	29.19	Danielle Oliver
	29.36	Gillian Winters		
	25.40	Katie Hewitt		
Hammer		4 Kg		4 Kg
	33.54	Melissa Free	35.40	Eva Massey

32.86	Eva Massey
22.25	Gemma McAnirn
20.78	Alison Moffitt
19.77	Catherine Joffrey
18.87	Janine Munnis

8 Kg Weight

5.37	Laura Loughlin
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Heptathlon

3554	Alison Moffitt
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3728	Katie Hewitt
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