

North Down AC Indoor Records

Last Update 05/03/2012

Senior Men

60m	6.95	Ben Reynolds	08.01.12	Cardiff
200m	22.58	Roger Sexton	27.01.91	Glasgow
300m				
400m	50.59	John Saulters	25.02.06	Sheffield
800m	1:51.55	Mark Patterson	30.01.11	Cardiff
1000m	2:34.57	Michael Dyer	14.02.06	Birmingham
1500m	3:53.57	Niall Robinson	05.02.12	Birmingham
1 mile	4:09.62	Jordan Neil	26.02.11	Houston, USA
3000m	7:59.11	Jordan Neil	05.03.11	Notre Dame, USA
60mH	7.74	Ben Reynolds	18.02.12	Flanders
HJ	2.00	Darragh Murphy	24.02.91	Nenagh
	2.00	Ben Reynolds	27.01.08	Odyssey
PV	4.70	Tom Reynolds	19.02.11	Odyssey
LJ	7.06	Alan Kennedy	12.02.12	Odyssey
TJ	14.98	Alan Kennedy	11.02.12	Odyssey
SP	14.67	Jeremy Harper	18.02.07	Odyssey
MULTI hept	5260	Tom Reynolds	08.01.12	Sheffield
MULTI pent	3568	Tom Reynolds	02.02.11	Nenagh
35lb Wt for Dist	9.29	Jeremy Harper	03.12.06	Nenagh

Senior Women

60m	7.44	Amy Foster	20..02.11	Odyssey
200m	24.73	Amy Foster	06.03.06	Birmingham
300m	42.54	Kim Shaw	05.02.06	Glasgow
400m	59.71	Kim Shaw	08.02.09	Odyssey
800m	2:19.69	Lauren Scott	27.01.08	Odyssey
1000m				
1500m	4:32.25	Lauren Scott	1.02.11	Sheffield
3000m	11:10.25	Vicky Clegg	30.11.05	Glasgow
60mH	10.02	Sophie Reynolds	16.03.08	Sheffield
HJ	1.60	Alex Catherwood	14.01.12	Jordanstown
PV	3.65	Sarah Semeraro	20.02.11	Odyssey
LJ	5.95	Hannah Lewis	01.02.11	Sheffield
TJ	11.25	Laura Loughlin	17.01.09	Jordanstown
SP	16.32	Eva Massey	15.02.03	Odyssey
MULTI	3021	Hannah Lewis	10.12.05	Glasgow
8 Kg Wt for Dist	5.64	Gemma McAnirn	15.02.09	Nenagh

Under 20 Men

60m	7.08	Gareth Gettingby	02.02.97	Glasgow
200m	23.40	Gareth Gettingby	24.03.96	Nenagh
300m				
400m	51.60	Mark Patterson	14.03.09	Magherafelt
800m	1:55.19	Mark Patterson	22.02.09	Cardiff
1000m	2:51.90	Ben Reynolds	08.03.09	Cardiff

Under 20 Women

60m	7.57	Amy Foster	24.02.07	Birmingham
200m	24.73	Amy Foster	05.03.06	Birmingham
300m				
400m	65.78	Kerry Iveston	06.02.05	Odyssey
800m	2:19.16	Lauren Scott	27.01.08	Odyssey
1000m				

1500m	4:06.15	John Carlisle	26.01.08	Odyssey
1 mile	4:16.05	Jordan Neil	23.02.08	Houston,USA
3000m	8:46.51	Jordan Neil	09.02.08	Houston,USA
60mH	7.93	Ben Reynolds 3'3"	14.02.09	Birmingham
	8.04	Ben Reynolds 3'6"	07.02.09	Odyssey
HJ	2.00	Darragh Murphy	27.01.91	Nenagh
	2.00	Ben Reynolds	27.01.08	Odyssey
PV	4.40	Ben Reynolds	07.03.09	Cardiff
LJ	6.85	Ben Reynolds	07.02.09	Odyssey
TJ	13.47	Brendan Goss	31.01.99	Glasgow
SP 6Kg	12.56	Ben Reynolds	07.03.09	Cardiff
Heptathlon	5320	Ben Reynolds	08.03.09	Cardiff

1500m				
1 mile				
3000m				
60mH	10.4	Erin Mullan	19.02.06	Odyssey
HJ	1.60	Alex Catherwood	14.01.12	Jordanstown
PV				
LJ	5.68	Hannah Lewis	26.01.08	Odyssey
TJ				
SP	12.94	Eva Massey	28.03.99	Paris
Pentathlon				

Under 17 Youths

60m	7.4	Ryan Kerr	19.02.06	Odyssey
	7.51	Patrick Gregg	21.02.93	Glasgow
200m	24.04	Tom Reynolds	08.12.01	Glasgow
300m				
400m	51.67	Kerrin Young	25.02.95	Nenagh
800m	2:05.60	Glen Willis	20.02.11	Odyssey
1000m				
1500m	4:24.8	Glen Willis	05.03.11	Magherafelt
3000m				
60mH	8.33	Ben Reynolds	08.12.07	Grangemouth
HJ	2.00	Darragh Murphy	24.02.91	Nenagh
PV	3.35	Ben Reynolds	17.02.07	Odyssey
LJ	6.41	Ben Reynolds	08.12.07	Grangemouth
TJ	12.36	Brendan Goss	02.02.97	Nenagh
SP 5Kg	14.10	Peter Glass	11.12.04	Grangemouth
MULTI				

Under 15 Boys

Under 17 Women

60m	7.86	Amy Foster	26.02.05	Birmingham
200m	25.09	Amy Foster	27.02.05	Birmingham
300m	42.54	Kim Shaw	05.02.06	Glasgow
400m				
800m	2:29.0	Lauren Scott	19.02.06	Odyssey
1000m				
1500m				
3000m				
60mH	9.07	Lyndsey Hayes	04.02.95	Glasgow
HJ	1.60	Alex Catherwood	14.01.12	Jordanstown
PV				
LJ	5.46	Hannah Lewis	17.02.07	Odyssey
TJ	10.62	Katie Dickson	14.03.09	Magherafelt
SP	11.68	Eva Massey	23.03.97	
MULTI	3021	Hannah Lewis	10.12.05	Glasgow

Under 15 Girls

60m	7.83	Oliver Wakefield	04.03.08	Glasgow
200m				
400m				
800m	2.17.4	Glen Willis	07.02.09	Odyssey
1500m				
60mH	9.36	Oliver Wakefield	11.02.12	Odyssey
HJ	1.80	Darragh Murphy	21.02.88	Nenagh
LJ	5.21	Matthew Hamilton	06.04.08	Nenagh
TJ				
SP 4Kg	13.24	Peter Wickens	15.02.04	Odyssey
SP 3.25Kg	9.60	Niall McGrattan	06.02.10	Odyssey
MULTI				

60m	8.13	Kiki Malomo Paris	05.02.05	Glasgow
200m	26.24	Kathryn Colwell	05.03.06	Birmingham
300m				
800m	2:40.21	Claire Francis	11.02.12	Odyssey
1500m				
60mH	10.15	Claire Hooks	19.02.06	Odyssey
HJ	1.55	Kerrie Craig	17.02.07	Odyssey
	1.55	Alex Catherwood	08.01.11	Jordanstown
LJ	4.62	Jennifer Kelso	23.03.97	Nenagh
TJ				
SP	9.63	Lauraine Finlay	04.03.95	Nenagh
MULTI				

Under 13 Boys

60m	9.1	Michael McComb	26.01.08	Odyssey
200m				
800m	2:35.6	Timothy Lennon	26.01.08	Odyssey
1500m				
60mH				
HJ	1.60	Keith Mathews	08.04.95	Birmingham
LJ	4.39	Ben Reynolds	14.02.03	Odyssey
SP				
MULTI				

Under 13 Girls

60m	8.98	Kathryn Colwell	15.02.04	Odyssey
200m	29.30	Kathryn Colwell	15.02.04	Odyssey
800m				
1500m				
60mH				
HJ				
LJ	3.70	Rebecca Hale	14.02.03	Odyssey
SP				
MULTI				

Veteran Men

400m	M45	55.6	Brian Smith	31.03.90	
	M50	58.6	Brian Smith	20.03.94	
	M55	60.85	Trevor Alderdice	16.03.02	
800m	M40	2:05.95	Francis Marsh	04.03.07	Lee Valley
	M45	2:03.7	Trevor Alderdice	25.03.89	
	M50	2:08.6	Trevor Alderdice	20.03.94	
	M55	2:24.68	Trevor Alderdice	17.03.02	

Veteran Women

1500m	M40	4:07.58	Francis Marsh	18.02.06	Odyssey
	M45	4:18.9	Trevor Alderdice	17.03.91	
	M50	4:26.0	Trevor Alderdice	20.03.94	
3000m	M40	9:06.34	Francis Marsh	06.02.10	Odyssey
	M60	10:40.43	Terry Eakin	28.03.10	Lee Valley
PV	M40	4.40	Mike Bull	17.03.91	
Shot	M40	10.79	Mike Bull	24.02.91	