

North Down AC Outdoor Records

Last Update 05/11/2011

Red italics indicate records broken in the current season

Senior Men

100m		10.7	Roger Sexton
200m		21.5	Roger Sexton
400m		49.31	John Saulters
800m		1.49.20	Mark Patterson
1500m		<i>3:43.43</i>	<i>Jordan Neil</i>
3000m		8.33.3	Jonathan Ross
5000m		15:22.56	Jordan Neil
10000m		31.38.55	Noel Munnis
Marathon		2.28.39	Billy Brannigan
Sprint Hurdles	110m	<i>13.75</i>	<i>Ben Reynolds</i>
Long Hurdles	400m	53.22	Tom Patton
Steeplechase	3000m	9 36 94	Noel Munnis
High Jump		2.11	Darragh Murphy
Long Jump		7.14	Tom Reynolds
Triple Jump		<i>14.54</i>	<i>Alan Kennedy</i>
Pole Vault		5.05	Mike Bull
Shot		<i>14.44</i>	<i>Michael McConkey</i>
Discus		51.48	Jeremy Harper
Javelin		63.69	Michael McConkey
Hammer		46.45	Richard Lockhart
Wt for distance	56lb	7.23	Jeremy Harper
Wt for distance	161Kg	9.79	Jeremy Harper
Combined Events	Decathlon	7324	Brendan McConville
Combined Events	Pentathlon	2786	Paul Curran

Under 20 Men

Senior Women

100m		11.59	Amy Foster
200m		23.75	Amy Foster
300m		39.7	Amy Foster
400m		42.16	Kim Shaw
		58.4	Caroline Hussey Livingstone
		59.27	Kim Shaw
800m		2.12.46	Lauren Scott
1500m		4.29.4	Alison O'Neill
3000m		9.32.3	Alison O'Neill
Marathon		<i>2.57.46</i>	<i>Julie Balmer</i>
Sprint Hurdles	100m	15.38	Erin Mullan
Long Hurdles	400m	65.29	Katie Hewitt
Steeplechase	2000m	9.01.8	Nicola McCaughey
High Jump		1.65	Sarah McGuigan
Long Jump		<i>6.10w</i>	<i>Hannah Lewis</i>
		<i>5.95</i>	<i>Hannah Lewis</i>
Triple Jump		11.09	Katie Dickson
Pole Vault		3.05	Sara Semeraro
Shot	4kg	16.63	Eva Massey
Discus	1kg	47.72	Eva Massey
Javelin	600gm	45.85	Alison Moffitt
Hammer	4kg	35.40	Eva Massey
Combined Events	Heptathlon	3728	Katie Hewitt

Under 20 Women

100m		10.75	Roger Sexton
200m		21.75	Roger Sexton
400m		49.56	Mark Patterson
800m		1:49.20	Mark Patterson
1500m		3:49.21	Jordan Neil
3000m		8:36.26	Jordan Neil
5000m		15:22.56	Jordan Neil
10000m		.	
Marathon		.	
Sprint Hurdles	110 H 3"3	13.71	Ben Reynolds
Long Hurdles	400m	56.2	Kerrin Young
Steeplechase	2000m	6.15.6	Chris Stewart
High Jump		2.11	Darragh Murphy
Long Jump		6.80	Peter Glass
Triple Jump		13.66	Paul Curran
Pole Vault		4.15	Brendan McConville
Shot	6.00/6.25Kg	15.39	Jeremy Harper
Discus	1.75 Kg	48.85	Jeremy Harper
Javelin	800g	54.56	Matthew Martin
Hammer	6.00/6.25Kg	49.20	Richard Lockhart
Wt for distance	56lb	5.94	Richard Lockhart
Combined Events	Decathlon	6448	Tom Reynolds

Under 17 Men

100m		10.9	Ken Hooks
200m		22.5	William Burnside
400m		50.3	Ken Thompson
800m		1:56.92	Mark Patterson
1500m		4.00.9	Ken Thompson
3000m		9.03.8	Jordan Neill
Sprint Hurdles	100m	13.4	Peter Glass
Sprint Hurdles	100m	13.62	Peter Glass

100m		11.79	Amy Foster
200m		24.03	Amy Foster
300m		42.16	Kim Shaw
400m		58.7	Kim Shaw
		59.27	Kim Shaw
800m		2:14..6	Alison O'Neill
1500m		4:29.4	Alison O'Neill
3000m		9:32.3	Alison O'Neill
Sprint Hurdles	100m	15.38	Erin Mullan
Long Hurdles	400m	65.29	Katie Hewitt
Steeplechase	2000m	9.01.8	Nicola McCaughey
High Jump		1.65	Sarah McGuigan
Long Jump		5.98	Hannah Lewis
Triple Jump		11.09	Katie Dickson
Pole Vault		2.25	Sophie Reynolds
Shot	4kg	14.49	Eva Massey
Discus	1kg	37.89	Kathy Hetherington
Javelin	600gm	41.34	Anita Kane
Hammer	4kg	35.40	Eva Massey
Combined Events	Heptathlon	3728	Katie Hewitt

Under 17 Women

100m		11.93	Amy Foster
200m		24.25	Amy Foster
300m		42.1	Kim Shaw
		42.16	Kim Shaw
400m		60.07	Kim Shaw
800m		2.25.4	Nicola Simpson
1500m		4.31.6	Alison O'Neill
3000m		9.45.0	Alison O'Neill

Long Hurdles	400m	54.8	Kerrin Young
Steeplechase	1500m	4.32.0	Gareth Davis-Jones
High Jump		2.04	Darragh Murphy
Long Jump		6.43	Ben Reynolds
Triple Jump		13.35	Brendan Goss
Pole Vault		4.00	Ben Reynolds
Shot	5 Kg	14.48	Matthew Martin
Discus	1.5 Kg	45.94	David Keys
Javelin	700g	59.64	Matthew Martin
Hammer	5 Kg	54.45	Aaron Stirling
Combined Events	Decathlon	6180	Ben Reynolds
Combined Events	Octathlon	4166	Phil Browne

Sprint Hurdles	80m	11.71	Stacey Mullan
Long Hurdles	300m	45.76	Stacey Mullan
Long Hurdles	400m	67.82	Katie Hewitt
Steeplechase	2000m	9.01.8	Nicola McCaughey
High Jump		1.64	Sarah McGuigan
Long Jump		5.78	Hannah Lewis
Triple Jump		11.09	Katie Dickson
Shot	4 kg	11.94	Eva Massey
Discus	1 kg	41.30	Anita Kane
Javelin	600gm	34.51	Caroline Oakes
Hammer	4 kg	23.77	Caroline Oakes
Combined Events	Heptathlon	3962	Gail Connery

Under 15 Boys

100m		11.3	Ken Hooks
200m		22.5	William Burnside
400m		52.6	Kerrin Young
800m		2.05.3	Sean Crowther
1500m		4.26.0	Mark Weir
3000m		10.07.4	Jordan Neill
Sprint Hurdles	80m	11.7	Tom Reynolds
Long Hurdles	400m	65.27	Matthew Heaney
High Jump		1.86	Darragh Murphy
Long Jump		6.21	Tom Reynolds
Triple Jump		11.80	Darragh Murphy
Pole Vault		3.01	Ben Reynolds
Shot	3.25 Kg	13.56	Peter Wickens
Discus	(1Kg)	48.48	David Keys
Discus	1.25 Kg	42.02	David Keys
Javelin	600g	42.80	Andrew Kane
Hammer	3.25 Kg	51.29	David Keys
Combined	Pentathlon	2150	Phil Browne

Under 15 Girls

100m		12.60	Natasha Paxton
200m		25.35	Hannah Lewis
300m		41.6	Hannah Lewis
		42.02	Kathryn Colwell
400m		60.9	Gillian Downing
800m		2.21.0	Sandra Gawley
1500m		4.43.0	Alison O'Neill
3000m		11.46.57	Nicola McCaughey
Sprint Hurdles	75m	11.7	Gail Connery
Long Hurdles	300m	51.1	Katie Hewitt
High Jump		1.60	Andrea Ramage
Long Jump		5.43	Hannah Lewis
Triple Jump		10.62	Kim Shaw
Shot	3.25Kg	12.33	Lisa Kane
Discus	1 Kg	38.10	Lisa Kane
Javelin	600gm	29.15	
Javelin	500gm	33.02	Lisa Kane
Hammer	3.25Kg	23.04	Claire Hooks

Events

100m		12.7	Phil Browne
200m		26.5	Phil Browne
400m		61.6	James Kirkpatrick
800m		2.25.5	Sean Crowther
1500m		4.53.95	James Budde
Sprint Hurdles	75m	12.4	Phil Browne
High Jump		1.51	Ben Reynolds
Long Jump		4.99	Oliver Wakefield
Triple Jump		9.91	Darragh Murphy
Shot	3.25 Kg	10.07	James Kirkpatrick
Discus	1Kg	29.52	James Kirkpatrick
Javelin	400g	31.90	Michael McConkey(400g)
Javelin	600g	25.60	Conor McGrattan (600g)
Combined Events	Pentathlon	1674	Oliver Wakefield

Under 13 Boys

Combined Events

Pentathlon 2720 Hannah Lewis

Under 13 Girls

100m		13.1	Kathryn Colwell
200m		13.1	Elaine McClelland
400m		26.9	Andrea Ramage
800m		44.2	Kathryn Colwell
1500m		65.7	Julie Anne Stewart
Sprint Hurdles	70m	2.32.1	Julie Carlisle
High Jump		4:25.30	Abbey Taylor
Long Jump		5.29.0	Zoe Jeffers
Shot	2.72 Kg	11.8	Andrea Ramage
Discus	0.75 Kg	1.52	Andrea Ramage
Javelin	400gm	4.87	Andrea Ramage
Combined Events	Pentathlon	9.80	Andrea Ramage
		27.00	Eva Massey
		19.57	Caroline Oakes
		1818	Danielle Oliver

Veteran Men

100m		12.3	Steve Enright M40
200m		24.7	Brian Smith
400m		53.43	Brian Smith
800m		2.00.9	Trevor Alderdice M45
1500m		4:06.24	Francis Marsh M40
3000m		8:57.9	Francis Marsh M40
5000m		15:29.05	Francis Marsh M40
10000m		37 08 0	Tony Wall
Marathon		2:28.39	Billy Brannigan
Long Hurdles	400m	71.0	Trevor Alderdice M45

Veteran Women

1500m	4:51.75	Roberta Dornan F35
3000m	10:22.06	Roberta Dornan F35
Marathon	3:22.29	Hilary Kernaghan F40
Hammer	13.19	Roberta Dornan F35

Steeplechase	3000m	10:09.53	Francis Marsh M40
High Jump		1.40	Mike Bull M40
Long Jump		5.80	Brian Smith
Pole Vault		4.53	Mike Bull M40
Shot		11.42	Mike Bull M40
Discus		33.06	Mike Bull M40
Javelin		30.84	Brian Smith
Hammer		29.60	Mike Bull
Wt for distance	56lb	4.34	Paddy McGrattan

Road Races Men

3 Km	8.44	<i>Niall Robinson</i>
5 Km	14:55	<i>Niall Robinson</i>
10 Km	32:01	Niall Robinson
5 mile	25:49	<i>Alex Donald</i>
10 mile	57:13	Simon Seaton
Half Marathon	70:47	<i>Robin Brown</i>
Marathon	2:28.39	Billy Brannigan

Road Races Women

3 Km	10.36	<i>Jessica Craig</i>
5 Km	17:22	Lauren Scott
10 Km	37:35	<i>Lauren Scott</i>
5 mile	29:47	<i>Roberta Dornan</i>
10 mile	65:24	Roberta Dornan
Half Marathon	83:48	<i>Julie Balmer</i>
Marathon	2:57.46	<i>Julie Balmer</i>