

# Club Top Ten Performances – Male Veterans/Masters (40+)

Last.update 06/09/2011

M40		M45		M50		M55		M60	
<b>100m</b>									
12.3	Steve.Enright	12.75	Brian.Smith	13.8	Trevor.Spencer	14.4	Michael.Devon		
12.7	Brian.Smith...	13.52	Norman.Munnis	15.3	Barry.Scarth	14.7	Norman.Munnis		
14.8	George.Dowling..	13.6	Trevor.Alderdice			20.1	Pat.O'Driscoll		
<b>200m</b>									
24.7	Brian.Smith	25.52	Brian.Smith	27.3	Trevor.Alderdice	28.7	Trevor.Alderdice	28.6	Brian.Smith
25.6	Steve.Enright	26.5	Trevor.Alderdice	28.2	Trevor.Spencer	30.3	Norman.Munnis	29.8	Trevor.Alderdice
26.3	Trevor.Alderdice	27.01	Norman.Munnis						
<b>400m</b>									
53.43	Brian.Smith	54.7	Brian.Smith	56.7	Trevor.Alderdice	64.4	Trevor.Alderdice	63.7	Brian.Smith
<b>59.56</b>	<b>Francis Marsh</b>	55.6	Trevor.Alderdice	58.0	Brian.Smith			66.9	Trevor.Alderdice
61.7	Steve.Enright	63.9	Norman.Munnis	67.9	Trevor.Spencer				
62.8	Norman.Munnis..								
68.98	Huib.Baauw								
<b>800m</b>									
2.01.3	Francis Marsh	2.00.9	Trevor.Alderdice	2.06.1	Trevor.Alderdice	2.05.4	Trevor.Alderdice	2.25.5	Brian.Smith
2.07.0	Brian.Smith	2.03.5	Brian.Smith	2.48.9	Trevor.Spencer	2:25.0	Brian.Smith	2:57.9	Roy Graham
2.25.0	David.Dunne	<b>2:09.46</b>	<b>Francis Marsh</b>			2.50.9	Roy.Graham		
2.26.6	Tony.Wall	2.17.4	George.Bell			3.17.6	Pat.O'Driscoll		
		2:22.0	Tony.Wall						
		2.34.5	Norman.Munnis						
		2.46.2	Pat.O'Driscoll						
<b>1500m</b>									
4:06.24	Francis Marsh	4.09.0	Trevor.Alderdice	4.34.62	Trevor.Alderdice	4:59.46	Terry Eakin	5:02.5	Terry Eakin
4.19.2	Billy Brannigan	4.21.3	Brian.Smith	4.48.8	Brian.Smith	5.29.0	John.Monaghan	6:00.17	Roy Graham
4.23.8	David.Seaton	4:36.11	Geoffrey Weir	5.41.2	Barry.Scarth	5.51.5	Roy.Graham	<b>7:13.08</b>	<b>Pat O'Driscoll</b>
4.39.5	Brian.Smith	5.06.0	Tony.Wall	5.44.6	Myles.Dunne	6:58.4	Pat.O'Driscoll		
5.07.6	David.Dunne	5.23.0	Pat.O'Driscoll	5.54.0	Trevor.Spencer				
5.09.6	John.Dawson	5.26.0	Norman.Munnis						
5.21.1	Pat.O'Driscoll								
5.28.5	Huib.Baauw								
5.39.8	George.Dowling								
<b>3000m</b>									
8:57.9	Francis Marsh	9.18.1	Trevor.Alderdice	11.18.0	Vince.Elliott	11.39.7	Roy.Graham	<b>10:32</b>	<b>Terry Eakin</b>
8:58.23	Francis Marsh	<b>9:27.6</b>	<b>Francis Marsh</b>			13.35.8	Pat.O'Driscoll	11.19.8	Brian.Smith
9.23.4	George.Bell	9.38.0	Brian.Smith						
9.39.0	David.Seaton	9.38.0	Billy.Brannigan						
10.33.0	David.Dunne	9.51.37	Geoffrey Weir						
10.41.0	Roy.Graham	10.00.4	George.Bell						
10.29.8	Tony.Wall	10.02.6	David.Seaton						
11.21.1.	Pat.O'Driscoll	10.35.2	Tony.Wall						

12.09.0	Norman.Munnis	11.25.07 12.16.8	George.O'Dowd Pat.O'Driscoll
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### 5000m

15:29.05	Francis Marsh	16.01.30	Trevor.Alderdice	17.46.0	Billy.Brannigan	18:49.1	David Seaton	<b>18:19.3</b>	<b>Terry Eakin</b>
16:29.0	David.Seaton	<b>16:34.71</b>	<b>Francis Marsh</b>	23.42.0	Pat.O'Driscoll	23:17.7	Pat.O'Driscoll	19:16.65	David Seaton
18.03.7	Ean.McClure	17.35.0	George.Bell					20:05.61	Fred Murdock
20.16.6	Pat.O'Driscoll	18.00.4	Roy.Graham					21:02.28	Fred Murdock M65
		18:02.28	Gerry Coy					<b>25:05.09</b>	<b>Pat O'Driscoll</b>

### 10000m

37.08.0	Tony.Wall	42.28.6	Pat.O'Driscoll	44.17.5	Pat.O'Driscoll			<b>38:55.70</b>	<b>Terry Eakin</b>
								39:52.6	David Seaton

## 3000m Steeplechase

10:09.53	Francis Marsh
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## Marathon

2.28.0	Billy.Brannigan
2.37.16	Sammy.Walker
2:42.53	Francis Marsh
2.50.00	John.Sloan
2.52.01	George.Bell
2.52.59	Max.Hamilton

## 400m hurdles

71.00	Trevor.Alderdice
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## 3000m Walk

<b>20:57.86</b>	<b>Francis Marsh</b>	22:31.5	Pat.O'Driscoll	17:46.45	Paul Maidment M65
				21:39.94	Richard Belshaw

## Long Jump

5.80	Brian.Smith	5.14	Brian.Smith	4.64	Brian.Smith
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## Pole Vault

4.53	Mike.Bull	4.20	Mike.Bull
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## Shot – all 7.25 Kg

11.42	Mike.Bull	5.80	Tony.Wall	5.98	John.Monaghan	9.68	Richard.Weglarz
10.08	Paddy McGrattan			4.70	Pat.O'Driscoll	7.90	Brian.Smith

## Javelin – all 800g

30.84	Brian.Smith	29.70	Brian.Smith	25.34	Richard.Weglarz
30.56	Paddy McGrattan			10.74	Barry.Scarth
28.00	Mike.Bull				
21.46	Huib.Baauw				

## Discus – all 2Kg

33.06	Mike.Bull	20.40	Brian.Smith
24.03	Paddy McGrattan		
20.34	Brian.Smith		

9.44 Pat.O'Driscoll  
 29.60 Mike.Bull  
 26.06 Paddy McGrattan

8.02 Pat.O'Driscoll

**Hammer – all 7.25 Kg**

10.50 Barry.Scarth

**56lb Weight for Distance**

4.34 Paddy McGrattan

**Club Top Ten Performances – Male (40+) Indoors**

**M40**

**M45**

**M50**

**M55**

**M60**

**400m**

55.6 Brian.Smith

58.6 Brian.Smith

60.65 Trevor.Alderdice

**800m**

2:05.98 Francis Marsh

2:03.7 Trevor.Alderdice  
 2:07.7 Brian Smith

2:08.6 Trevor.Alderdice

2:25.86 Trevor.Alderdice

**1500m**

4:07.58 Francis Marsh

4:18.9 Trevor.Alderdice

4:26.0 Trevor.Alderdice

**3000m**

9:06.34 Francis Marsh

10:40.43 Terry Eakin

**Pole Vault**

4.40 Mike Bull

**Shot 7.25Kg**

10.79 Mike Bull

**Club Top Ten Performances – Female Veterans/Masters (35+)**

**W35**

**W40**

**W45**

**W50**

**W55**

**1500m**

**4:51.75 Roberta Dornan**

5:33.30 Stephanie Hambling

**10:22.06** *Roberta Dornan*

11:02.14 Stephanie Hambling  
12:36.94 Hilary Kernaghan  
12:40.80 Lynn Wilson  
13:53.3 Pauline Mossey

**11:54.04** *Debbie Matchett*

### **3000m**

### **Marathon**

3:22.29 Hilary Kernaghan  
3:33.23 Lynne Kerr  
4:32.2 Fiona Mullan

3:37.01 Hilary Kernaghan

3:45.41 Roma McConville

### **Hammer**

**13.19** *Roberta Dornan*