

NI & Ulster Masters Female Indoor Best Performances

(Based on available performances, if best is by an NI athlete, add best by athlete from other 3 counties and, if best is by an athlete from the other 3 counties, add best by an athlete from the 6 counties i.e. if 2 performances are recorded in a particular event and age group, those performances aren't necessarily the best 2. Expect a few anomalies.)

(16Mar26)

60

F35 Gemma Thompson	City of Derry AC	7.99	Toruń, Poland	20Mar24
F40 Gemma Thompson	City of Derry AC	8.18	Athlone	15Mar26
F40 Kathryn McDevitt	Letterkenny	8.21	Braga	23Feb22
F45 Clare Quinn	Omagh Harriers	8.35	Athlone	25Feb23
F50 Clare Quinn	u/a	8.34	Athlone	15Mar26
F55 Geraldine Finegan	NE Runners	9.39		2022
F55 Tina Gallagher	OMG AC	9.46	Glasgow	13Feb22
F60 Tina Gallagher	OMG AC	9.15	Toruń, Poland	29Mar26
F65 Anne Maguire	St Anne's AC	10.96	Athlone	20Mar16
F70 Anne Maguire	St Anne's AC	12.00	Athlone	19Mar18

200

F35 Gemma Thompson	City of Derry AC	26.55	Toruń, Pol	22Mar24
F40 Maeve Kyle	B&A	25.90	unknown	1970
F40 Kathryn McDevitt	Letterkenny AC	26.75	Glasgow	14Feb22
F40 Leona Garrity	Omagh Harriers	27.61	Athlone	5Feb23
F45 Clare Quinn	Omagh Harriers	27.04	Athlone	25Feb23
F50 Averil McClelland	Ballymena&Antrim	26.77	Ancona, Italy	28Mar09
F50 Clare Quinn	u/a	28.07	Athlone	15Mar26
F50 Geraldine Finegan	NE Runners	28.70	Athlone	5Mar17
F55 Geraldine Finegan	NE Runners	31.60	Miramas	27Mar22
F55 Tina Gallagher	OMG AC	32.06	Glasgow	2Feb20
F60 Geraldine Finegan	NE Runners	31.14	Athlone	31Jan26
F60 Tina Gallagher	OMG AC	31.35	Athlone	22Feb26
F65 Anne Maguire	St Anne's AC	39.20	Athlone	20Mar16
F85 Elizabeth Finlay	Portrush	1:31.91	Toruń, Poland	31Mar23

300

F60 Tina Gallagher	OMG AC	1:01.00	Nenagh	7Jan24
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400

F35 Karen O'Donnell	Olympian Youth AC	63.40	Athlone	5Mar17
F40 Susie Cave	Lagan Valley AC	64.43	Dublin	14Jan26
F40 Jackie Harvey	Tir Chonaill AC	68.28	Nenagh	19Jan02
F45 Geraldine Finegan	Dunleer	62.20	Belgium	19Mar11
F45 Judith McGirr	Strabane AC	63.86	Glasgow	8Feb26
F50 Geraldine Finegan	NE Runners	65.88	Athlone	5Mar17
F50 Breige Molloy	Omagh Harriers	72.05	Athlone	5Mar17

F50 Breda Morris	Tir Chonaill AC	79.04	Nenagh	23Jan11
F55 Geraldine Finegan	NE Runners	67.54	Toruń, Poland	19Mar24
F55 Tina Gallagher	OMG AC	73.45	Glasgow	2Feb20
F60 Geraldine Finegan	NE Runners	68.79	Toruń, Poland	29Mar26
F60 Audrey Harraghy	Monaghan Phoenix	1:23.30	Athlone	13Jan24
F65 Danea Herron	City of Derry AC	1:35.13	Glasgow	8Feb26
F85 Elizabeth Finlay	Portrush	3:22.92	Toruń, Poland	28Mar23

800

F35 Kelly Neely	City of Lisburn AC	2:06.13	Athlone	28Feb16
F40 Kelly Neely	City of Lisburn AC	2:08.97	Abbotstown	22Feb20
F45 Kelly Neely	City of Lisburn AC	2:16.96	NIA	28Feb24
F45 Denise Toner	Clones AC	2:15.74	Toruń, Poland	31Mar26
F50 Catriona Devine	Finn Valley AC	2:31.89	Athlone	8Mar25
F50 Karen Wilton	Jog Lisburn RC	2:40.35	Lee Valley	16Feb25
F55 Geraldine Finegan	NE Runners	2:44.12	Toruń, Poland	22Mar24
F55 Joy McAleer	City of Lisburn AC	3:12.76	Athlone	9Mar20
F60 Geraldine Finegan	NE Runners	2:49.42	Toruń, Poland	1Apr26
F60 Tina Gallagher	OMG AC	2:55.35	Toruń, Poland	1Apr26
F65 Noreen Bonner	Finn Valley AC	3:26.56	Athlone	8Mar25

1000

F45 Denise Toner	Clones AC	2:56.03	NIA	4Mar26
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1500

F35 Kelly Neely	City of Lisburn	4:16.25	Athlone	21Feb18
F35 Denise Toner	Clones AC	4:42.16	Athlone	20Mar16
F40 Kelly Neely	City of Lisburn AC	4:23.36	Dublin	2Feb19
F45 Kelly Neely	City of Lisburn AC	4:36.76	Dublin	27Jan24
F45 Denise Toner	Clones AC	4:40.94	Athlone	15Mar26
F50 Catriona Devine	Finn Valley AC	4:59.86	Toruń, Poland	2Apr26
F50 Sarah Benton	North Down AC	6:16.88	Lee Valley	16Feb25
F55 Geraldine Finegan	NE Runners	6:16.77	Miramas	27Mar22
F60 Kay Byrne	Finn Valley AC	5:44.60	Toruń, Poland	23Mar24

Mile

F40 Kelly Neely	City of Lisburn AC	4:47.82	Abbotstown	18Feb20
F50 Catriona Devine	Finn Valley AC	5:25.92 (Irish Rec)	Abbotstown	7Feb24

3000

F35 Kelly Neely	City of Lisburn AC	9:38.02	Athlone	10Mar18
F40 Kelly Neely	City of Lisburn AC	9:38.42	Athlone	10Mar19
F45 Catriona Devine	Finn Valley AC	11:06.50	Athlone	10Mar18
F50 Catriona Devine	Finn Vallet AC	11:16.60	NIA	14Feb26
F55 Kay Byrne	Finn Valley AC	11:44.69	Athlone	10Mar18
F60 Irene Clements	Clones AC	11:44.31	Athlone	30Jan22

3k Walk

F45 Sinead McConnell	Finn Valley AC	15:37.01	Athlone	5Mar17
F50 Sinead McConnell	Finn Valley AC	15:42.88	Poland	26Mar19
F55 Sinead McConnell	Finn Valley AC	16:10.74	Toruń, Poland	19Mar24
F60 Anne McGill	Finn Valley AC	22:30.20	Athlone	10Mar18

5k Walk

F55 Sinead McConnell	Finn Valley AC	27:16	Toruń, Poland	22Mar24
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60m H

F40 Emma Smith	Orangegroove	10.58	Athlone	5Mar17
F45 Geraldine Finegan	Dunleer	9.48	Belgium	16Mar11
F45 Orlagh Colton	Omagh Harriers	10.97	Athlone	9Mar20
F50 Geraldine Finegan	NE Runners	9.83	Italy	2Apr16
F50 Orlagh Colton	Omagh Harriers	10.97	Athlone	15Mar26
F55 Geraldine Finegan	NE Runners	10.41(Pent)	Toruń, Poland	22Mar24
F55 Tina Gallagher	OMG AC	12.88	Glasgow	13Feb22
F60 Geraldine Finegan	NE Runners	10.38	Glasgow	8Feb26
F60 Tina Gallagher	OMG AC	10.76	Toruń, Poland	28Mar26

High Jump

F35 Michelle During	City of Derry	1.55	Athlone	13Jan24
F40 Michelle During	City of Derry	1.59	Athlone	15Mar26
F40 Danae Herron	Finn Valley AC	1.48	Nenagh	27Feb00
F40 Geraldine Finegan	Dunleer	1.53(Pent)	LeeValley	18Feb07
F45 Geraldine Finegan	Dunleer	1.49	Athlone	26Jan13
F45 Danae Herron	Olympian Youth AC	1.41	Nenagh	14Jan06
F50 Karen Wilton	Jog Lisburn RC	1.25	Lee Valley	16Feb25
F55 Geraldine Finegan	NE Runners	1.36	Toruń, Poland	17Mar24
F55 Tina Gallagher	OMG AC	1.20	Athlone	30Jan22
F60 Geraldine Finegan	NE Runners	1.35	Toruń, Poland	27Mar26
F60 Tina Gallagher	OMG AC	1.29	Toruń, Poland	1Apr26

Long Jump

F35 Ciara Kearney	Finn Valley AC	5.20	Athlone	30Jan22
F40 Michelle During	City of Derry AC	4.82	Athlone	13Mar26
F40 Danae Herron	Finn Valley AC	4.62	Nenagh	27Feb00
F45 Geraldine Finegan	Dunleer	4.82	Belgium	17Mar11
F45 Danae Herron	Olympian Youth AC	4.40	Nenagh	14Jan06
F50 Geraldine Finegan	NE Runners	4.38	Italy	29Mar16
F50 Danae Herron	City of Derry AC	3.95	Glasgow	24Jan10
F55 Geraldine Finegan	NE Runners	4.26(Pent)	Toruń, Poland	22Mar24
F55 Danae Herron	City of Derry AC	3.66	Athlone	5Mar17
F60 Geraldine Finegan	NE Runners	4.03	NIA, Dublin	18Jan26
F60 Tina Gallagher	OMG AC	3.45	Toruń, Poland	1Apr26
F65 Danae Herron	City of Derry AC	2.90	UUJ	8Feb25

Triple Jump

F35 Michelle During	City of Derry	10.69	Athlone	13Jan24
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F40 Michelle During	City of Derry	10.76	Jordanstown	17Jan26
F40 Geraldine Finegan	Dunleer	10.26	Italy	25Mar09
F45 Geraldine Finegan	Dunleer	10.31	Belgium	17Mar11
F50 Geraldine Finegan	NE Runners	9.88	Daegu	23Mar17
F50 Danae Herron	City of Derry AC	8.98	Jordanstown	12Feb11
F55 Geraldine Finegan	NE Runners	9.32	Toruń	21Mar24
F55 Danae Herron	City of Derry AC	8.35	Dublin	26Feb17
F60 Geraldine Finegan	NE Runners	8.99	Glasgow	8Feb26
F60 Danae Herron	City of Derry AC	7.21	Athlone	5Feb23
F65 Danae Herron	City of Derry AC	6.73	Glasgow	2Feb25

Pole Vault

F50 Geraldine Finegan	NE Runners	2.55	Iceland	25Apr19
F55 Geraldine Finegan	NE Runners	2.60	Toruń,Poland	20Mar24
F60 Geraldine Finegan	NE Runners	2.60 (Irish Rec)	Toruń,Poland	30Mar26

Shot Put

F35 Geraldine Stewart	Tir Chonaill AC	12.06	Dublin	29Feb20
F35 Lynsey Glover	Lagan Valley	7.83	Jordanstown	17Jan26
F40 Geraldine Stewart	Tir Chonaill AC	11.77	Abbotstown	27Feb22
F40 Ciara Burrows	Lagan Valley AC	8.85	Athlone	15Mar26
F40 Danae Herron	Finn Valley AC	8.25	Nenagh	27Feb00
F45 Geraldine Finegan	Dunleer	10.74	Athlone	26Jan13
F45 Danae Herron	Olympian Youth AC	8.07	Cardiff	4Mar06
F50 Geraldine Finegan	NE Runners	11.43	Jordanstown	6Jan17
F50 Danae Herron	City of Derry AC	8.12	Glasgow	24Jan10
F55 Geraldine Finegan	NE Runners	10.49(Pent)	Toruń,Poland	22Mar24
F55 Danae Herron	City of Derry AC	7.75	Jordanstown	10Jan15
F60 Geraldine Finegan	NE Runners	10.51	NIA, Dublin	18Jan26
F60 Tina Gallagher	OMG AC	7.71	Athlone	28Dec24
F65 Anne Maguire	St Anne's AC	7.30	Lee Valley	1Mar15
F70 Mary O'Callaghan	Killybegs AC	4.67	Athlone	29Dec25
F75 Anne Maguire	St Anne's AC	6.89	UUJ	8Feb25

Weight for distance(Irish)

F40 Kathryn McDevitt	Letterkenny AC	4.95	Dublin	6Jan24
F45 Ann McFarland	Clones AC	3.96	Athlone	10Mar19
F50 Orlagh Colton	Omagh AC	5.74	Athlone	13Jan24

Quadrathlon - 60(flat); long jump; shot put; 800m

F50 Geraldine Finegan	NE Runners	2926pts	Athlone	20Jan18
F60 Tina Gallagher	OMG AC	2296pts	Athlone	21Jan23

Pentathlon - 60m H; long jump; shot put; high jump; 800m

F40 Lynsey Brown	Lagan Valley AC	1986pts	Abbotstown	12Jan25
[11.26(629); 3.75(326); 6.60(358); 1.18(369); 3:15.34(304)]				

F45 Shauna Stewart Omagh Harriers 2268pts Abbotstown 12Jan25
[12.72(468); 4.00(456); 5.50(311); 1.27(534); 3:01.31(499)]

F55 Geraldine Finegan NE Runners 4056pts Toruń, Poland 22Mar24
[10.41(935); 4.26(709); 10.49(724); 1.36(842); 2:44.12(846)]

F60 Geraldine Finegan NE Runners 4201 Toruń, Poland 1Apr26
[10.47(1000); 4.00(706); 9.76(741); 1.32(879); 2:49.42(875)]

F60 Tina Gallagher OMG AC 3634 Toruń, Poland 1Apr26
[10.81(939); 3.45(495); 7.75(561); 1.29(830); 2:55.35(809)]

4X200

F35 Omagh Harriers: Shauna McGirr, Leona Garrity, Orlagh Colton, Clare Quinn: 1:56.34
Irish Masters, Athlone, 13Jan24

F40 Omagh Harriers: Leona Garrity, Shauna Stewart, Clare Quinn, Orlagh Colton:
1:59.74 Irish Masters, Athlone, 5Feb23

F45 Strabane AC: Leona Garrity, Judith McGirr, Orlagh Colton, Natalie Lavery:
1:59.42 Irish Masters, Athlone, 15Mar26

F50 Omagh Harriers: Clare Quinn, Leona Garrity, Judith McGirr, Orlagh Colton:
1:56.24 Irish Masters, Athlone, 8 Mar25