

NI & Ulster Masters Male 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

M35 Jonathan Carleton	Ballymena&Antrim	7.04	Athlone	20Mar16
M40 David Miller	Strabane AC	7.26	Athlone	15Mar26
M45 Pat Logan	St Anne's AC	7.33	Linz,Austria	18Mar06
M50 Mickey Linden	Mid Ulster	7.86	Athlone	26Jan14
M55 Pat Logan	St Anne's AC	7.57	Ancona,Ita	30Mar16
M55 Brian Breslin	Lifford	8.70	Athlone	20Mar16
M60 Pat Logan	St Anne's AC	7.95	Sheffield	19Feb23
M65 Shane Toolan	TirChonail	8.63	Toruń, Poland	18Mar24
M65 Pat Forbes	Mid Ulster	8.70	Nenagh	16Feb08
M70 Pat Forbes	Mid Ulster	8.69	Lee Valley	9Mar13
M75 Pat Forbes	Mid Ulster	8.98	Madrid	21Mar18
M80 Frank Stewart	City of Derry AC	10.33	Athlone	10Mar19
M85 Frank Stewart	City of Derry AC	12.63	Athlone	15Mar26

200

M35 Paul McKee	Beechmount	22.36	Athlone	9Feb13
M35 Ross Miotti	Monaghan Phoenix AC	24.84	Athlone	29Mar16
M40 David Miller	Omagh	24.10	Athlone	8Mar25
M40 Glen Scullion	Mid Ulster	24.10	Athlone	9Mar20
M40 Shane King	Clones AC	25.42	Athlone	10Mar18
M45 Pat Logan	St Anne's AC	23.97	Linz,Austria	16Mar06
M45 Brian Boyce	An Ríocht	24.01	Toruń, Poland	21Mar24
M50 Pat Logan	St Anne's AC	24.40	Finland	5Apr12
M55 Pat Logan	St Anne's AC	24.80	Italy.	1Apr16
M60 Pat Logan	St Anne's AC	25.55	Toruń,POL	31Mar23
M65 Shane Toolan	Tir Chonail	29.36	Toruń, Poland	21Mar24
M65 Pat Forbes	Mid Ulster	29.77	Nenagh	16Feb08
M70 Pat Forbes	Mid Ulster	30.28	Athlone	26Jan14
M75 David Lowe	Lagan Valley AC	33.60	Lee Valley	21Feb26
M80 John G Gribben	Orange Grove	47.66	Lee Valley	22Feb25

400

M35 Paul McKee	Beechmount	48.87	Athlone	16Feb13
M35 Ross Miotti	Monaghan Phoenix AC	53.83	Athlone	20Mar16
M40 Tim Shiels	Derry City Track Club	54.67	Athlone	20Mar16
M40 Shane King	Clones AC	55.46	Athlone	19Mar18
M45 Brian Boyce	An Ríocht	53.32	Athlone	8Mar25
M45 Tim Shiels	Omagh Harriers	55.80	Athlone	25Jan24
M50 Robert Bruce-Brand	City of Derry AC	55.45	Toruń,POL	27Mar23

M50 Brian Boyce	Milford AC	57.40	Athlone	29Dec25
M55 Robert Bruce-Brand	City of Derry AC	57.13	Toruń,Poland	27Mar26
M60 David Stewart	Derry City TC	62.22	Toruń,Poland	27Mar26
M65 Bob Douglas	Ballymena&Antrim	63.60	Poland	24Mar19
M70 Jim Harris	Orangegrove	73.88	Athlone	10Mar18
M75 David Lowe	Lagan Valley AC	1:21.05	Lee Valley	22Feb26
M80 John G Gribben	Orangegrove	1:45.78	Lee Valley	22Feb26

800

M35 Tim Shiels	Derry City Track Club	2:01.89	Athlone	26Jan14
M40 Stephen Orr	Orangegrove	2:05.78	Athlone	10Mar18
M45 Conor Curran	North Belfast Harriers	2:02.12	Dublin	27Jan24
M45 Kieran Carlin	Finn Valley AC	2:06.69	Athlone	29Mar16
M50 Conor Curran	North Belfast Harriers	2:04.36	NIA,Dublin	1Mar25
M50 Kieran Carlin	Finn Valley AC	2:11.71	Athlone	10Mar19
M55 Robert Bigger	Derry City Track Club	2:16.11	Athlone	26Jan14
M60 David Clarke	North Belfast Harriers	2:16.57	Portugal	Feb22
M65 David Clarke	North Belfast Harriers	2:21.00	Florida	24Mar25
M65 John J Cannon	Tir Chonaill	3:04:06	Athlone	15Mar26
M70 Jim Harris	Orangegrove	3:04.29	Athlone	10Mar18
M70 Brian McBride	Letterkenny	3:16.61	Athlone	15Mar26

1000

M40 Ross Miotti	Monaghan Phoenix	3:09.21(Pent)	Abbotstown	12Jan25
M40 Trevor McGlynn	Omagh Harriers AC	3:19.83	Athlone	22Jan22
M45 Trevor McGlynn	Omagh Harriers AC	3:19.01	NIA,Dublin	28Jan24
M55 David Stewart	Derry City Track Club	3:18.73	Athlone	21Jan23
M60 David Stewart	Derry City TC	3:28.76	Toruń,Poland	31Mar26
M65 Joe Frey	Lagan Valley AC	4:11.49	NIA, Dublin	28Jan24
M70 Barry Morris	Lagan Valley AC	4:58.65	NIA, Dublin	12Jan25

1500

M35 James Flanagan	Tir Chonaill AC	4:15.25	Athlone	26Jan14
M35 Adrian Boyle	Derry City Track Club	4:16.19	Athlone	26Jan14
M40 Martin Cunningham	Tir Chonaill AC	4:17.32	Athlone	30Jan22
M40 Martin Cox	Carmen Runners	4:21.72	Athlone	8Mar25
M45 Conor Curran	Nth Belf Harr	4:05.93(Irish Rec)	Torun, Poland	23Mar24
M45 Martin Cunningham	Tir Chonaill AC	4:19.49	Athlone	13Jan24
M50 Conor Curran	North Belfast Harriers	4:10.23	Florida	29Mar25
M50 Kieran Carlin	Finn Valley AC	4:36.25	Athlone	10Mar19
M55 David Clarke	North Belfast Harriers	4:45.12	Athlone	5Mar17
M55 Mark Connolly	Finn Valley AC	5:05.00	Athlone	10Mar19
M60 David Clarke	North Belfast Harriers	4:33.59	Toruń,Pol	1Apr23
M60 Barry Mackey	Letterkenny	5:17.72	Athlone	5Feb23
M65 David Clarke	North Belfast Harriers	4:45.72	Florida	29Mar25
M65 Brian McBride	Letterkenny AC	5:53.48	Athlone	10Mar19
M70 Brian McBride	Letterkenny AC	6:15.64	Athlone	5Feb23

Mile

M40 John Craig	Annadale Striders	4:32.13	Abbotstown	11Feb26
M45 Conor Curran	North Belfast Harriers	4:31.74	Abbotstown	7Feb24
M50 Conor Curran	North Belfast Harriers	4:36.48	Abbotstown	28Jan26
M55 Pauric McKinney	Inishowen	4:52.47	Abbotstown	10Mar22
M60 David Clarke	North Belfast Harriers	5:00.30	Abbotstown	8Dec21
M60 Pauric McKinney	Inishowen	5:04.55	NIA	4Mar26
M65 David Clarke	North Belfast Harriers	5:12.44	NIA	4Mar26

3000

M35 Dermot Kerr	Armagh AC	8:49.40(HT)	Nenagh	27Feb00
M35 Dominic Bonar	Finn Valley AC	9:08.72	Nenagh	31Jan04
M40 John Craig	Annadale Striders	8:53.85	Toruń, Poland	27Mar26
M40 Paul Ward	Tir Chonaill AC	9:35.85	Athlone	9Feb13
M45 Declan Reed	City of Derry AC	8:54.29	Abbotstown	17Feb23
M45 Dominic Bonar	Finn Valley AC.	9:28.97	Nenagh	29Jan07
M50 Francis Marsh	North Down AC	9:32.76	Athlone	10Mar19
M50 Dominic Bonar	Finn Valley AC	9:42.11	Nenagh	23Jan11
M55 Francis Marsh	North Down AC	9:48.23	Toruń, POL	26Mar23
M55 Hugh Gallagher	Letterkenny AC	11:49.90	Athlone	15Jan12
M60 Tommy Hughes	Termoneeny	9:41.24	Athlone	9Mar20
M60 Barry Mackey	Letterkenny AC	11:29.60	Athlone	13Jan24
M65 David Clarke	North Belfast Harriers	10:08.04	Florida	25Mar25
M65 Owen McNally	Glaslough Harriers	11:50.45	Athlone	13Jan24
M70 Terry Eakin	North Down AC	12:35.40	Athlone	9Mar20
M75 Jimmy Todd	East Antrim	12.12.72	Birmingham	28Feb97

3K Walk

M35 James Gibbons	Finn Valley AC	13:17.60	Nenagh	1Feb03
M40 Brian O'Domhnaill	Finn Valley AC	14:13.99	Athlone	10Mar19
M45 Brian O'Domhnaill	Finn Valley AC	14:10.90	Florida	28Mar25
M50 Bernie O'Callaghan	Killybegs	18:47.95	Nenagh	15Jan05
M55 Danny Sharkey	Letterkenny AC	22:07.22	Athlone	19Mar19
M60 Danny Sharkey	Letterkenny AC	20:43.51	Athlone	5Feb23
M65 Danny Sharkey	Letterkenny AC	21:51.40	Athlone	8Mar25
M70 Norbert Will	Ballymena&Antrim	17:17.48	Nenagh	16Feb08
M70 Bernie O'Callaghan	Finn Valley AC	23:55.69	Athlone	20Mar16
M75 Norbert Will	Ballymena&Antrim	20:10.36	Hungary	26Mar14
M80 Norbert Will	Ballymena&Antrim	21:06.34	LeeValley	19Feb17

60H

M35 Trevor McGlynn	Omagh AC	9.96	Athlone	5Mar17
M40 Trevor McGlynn	Omagh AC	9.13	Lee Valley	23Feb20
M40 Aidan Gillespie	Rosses AC	9.59	Athlone	5Mar17
M45 Aidan Gillespie	Rosses AC	9.09	Athlone	10Mar19
M45 Trevor McGlynn	Omagh AC	9.38	Athlone	13Jan24
M50 Aidan Gillespie	Rosses AC	9.42(Irish Rec)	Athlone	9Mar24
M55 David Stewart	Derry City TC	11.05	NIA	18Jan26

M60 David Stewart	Derry City TC	11.15	Toruń,Poland	31Mar26
M65 Joe Frey	Lagan Valley AC	13.28	Toruń,Poland	31Mar26
M70 Barry Morris	Lagan Valley AC	16.19	NIA, Dublin	12Jan25

High Jump

M35 Derek Gillespie	Rosses AC	1.75	Athlone	15Mar15
M35 Peter Fryer	City of Derry AC	1.65	Athlone	10Mar18&10Mar19
M40 Aidan Gillespie	Rosses AC	1.75	Athlone	5Mar17
M40 Peter Fryer	City of Derry AC	1.65	Athlone	15Mar26
M40 Peter Fryer	City of Derry AC	1.65	UUJ	14Jan23
M40 Peter Fryer	City of Derry AC	1.65	Jordanstown	3Feb24
M40 Peter Fryer	City of Derry AC	1.65	Athlone	13Jan24
M40 Trevor McGlynn	Omagh AC	1.65	Athlone	19Jan19
M40 Trevor McGlynn	Omagh AC	1.65	Lee Valley	23Feb20
M45 Aidan Gillespie	Rosses AC	1.75	Athlone	10Mar18
M45 Trevor McGlynn	Omagh AC	1.60	NIA, Dublin	28Jan24
M50 Patrick Galvin	Finn Valley AC	1.55	Athlone	13Jan24
M50 Aidan Gillespie	Rosses AC	1.55	Athlone	5Feb23
M50 Ian McClung	NIMAA	1.50	LeeValley	5Mar22
M55 David Stewart	Derry City TC	1.57 (Irish Rec)	NIA, Dublin	13Dec23
M60 David Stewart	Derry City TC	1.45	Toruń,Poland	27Mar26
M65 Joe Frey	Lagan Valley AC	1.21	NIA, Dublin	18Jan26
M65 Joe Frey	Lagan Valley AC	1.21	NIA, Dublin	28Jan24
M70 Barry Morris	Lagan Valley AC	1.00	NIA, Dublin	28Jan24
M75 Frank Stewart	City of Derry AC	1.05	Athlone	26Jan14

Long Jump

M35 Damian Crawford	Strabane	5.19	Nenagh	31Jan04
M35 Gary Gallagher	Lifford	5.14	Athlone	26Jan14
M40 Aidan Gillespie	Rosses AC	6.14	Athlone	26Jan14
M40 Michael McDonald	Unattached/NI	5.89	Nenagh	31Jan04
M45 Aidan Gillespie	Rosses AC	5.86	Athlone	26Jan14
M45 MJ Doherty	Strabane	5.13	Nenagh	31Jan04
M50 Tom McKelvey	Tir Chonaill	5.24	Athlone	8Mar25
M50 MJ Doherty	Strabane	5.04	Nenagh	16Feb08
M55 David Stewart	Derry City TC	4.68	NIA, Dublin	28Jan24
M60 David Stewart	Derry City TC	4.50	Toruń,Poland	31Mar26
M65 Roy Turkington	NIMAA	4.34	Athlone	10Mar18
M70 Barry Morris	Lagan Valley AC	2.60	NIA, Dublin	28Jan24
M75 Frank Stewart	Derry City TC	2.72	Athlone	26Jan14

Triple Jump

M35 Patrick O'Donnell	Olympian Youth	9.85	Athlone	30Jan22
M35 James Trainor	North Belfast Harriers	8.64	Lee Valley	16Feb25
M40 Andrew McFarland	Omagh AC	11.00	Athlone	5Feb23
M40 Ross Miotti	Monaghan Phoenix	9.95	Athlone	5Feb23
M45 Martin O'Donnell	Olympian Youth	8.52	Athlone	13Jan24
M50 Tom McKelvey	Tir Chonaill	10.21	Athlone	8Mar25

M50 Ian McClung	Unattached/NI	9.57	Athlone	13Jan24
M55 Robert Anderson	Tir Chonaill AC	7.88	Athlone	8Mar25
M60 Joe Frey	Lagan Valley	8.84	Jordanstown	9Feb19
M65 Joe Frey	Lagan Valley	8.23	UUJ	8Feb25
M75 Barry Morris	Lagan Valley	6.11	UUJ	8Feb25

Shot Put

M35 Bosco Reid	Finn Valley AC	11.60	Nenagh	19Jan02
M35 Philip McKinney	Ballymena&Antrim	11.14	Athlone	26Jan14
M40 Trevor McGlynn	Omagh AC	9.96	Lee Valley	23Feb20
M40 Seamus McAteer	Lifford	7.50	Athlone	5Mar17
M45 Damian Crawford	Strabane	11.47	Athlone	20Mar16
M45 Ronan McKenna	Glaslough Harriers	10.09	Athlone	13Jan24
M50 Damian Crawford	Strabane	12.10	Athlone	30Jan22
M50 Bosco Reid	Finn Valley AC	11.45	Athlone	15Jan12
M55 Bosco Reid	Finn Valley AC	11.42	Athlone	20Mar16
M55 Damian Crawford	Lifford Strabane	11.30	Athlone	8Mar25
M60 Bosco Reid	Finn Valley AC	11.72	Athlone	5Feb23
M65 Jim McClean	North Belfast Harriers	11.27	Athlone	15Mar15
M65 Bosco Reid	Finn Valley	10.24	Athlone	15Mar26
M70 Jim McClean	North Belfast Harriers	11.81	Athlone	10Mar19
M75 Jim McClean	North Belfast Harriers	10.33	Athlone	8Mar25
M75 Joseph Joyce	Rosses AC	7.77	Athlone	10Mar19
M80 Frank Stewart	City of Derry AC	10.14	Athlone	10Mar19
M85 Ernest Tuff	Ballymena&Antrim	8.96	UUJ	8Feb25

Weight for Distance (Irish)

M35 Trevor McGlynn	Omagh AC	4.78	Athlone	5Mar17
M35 Martin Mooney	Inishowen	4.46	Athlone	10Mar19
M40 Seamus McAteer	Lifford	5.00	Athlone	5Mar17
M45 Damian Crawford	Strabane	5.32	Athlone	5Mar17
M50 Damian Crawford	Strabane	7.77	Athlone	9Mar20
M50 Robert Anderson	Tir Chonaill AC	7.74	Athlone	9Mar20
M55 Robert Anderson	Tir Chonaill AC	7.66	Athlone	8Mar25
M55 Damian Crawford	Lifford Strabane	7.06	Athlone	13Jan24
M75 Joseph Joyce	Rosses AC	6.30	Athlone	10Mar19
M75 Barrie Holmes	Mid Ulster	3.45	Athlone	5Mar17

Pentathlon - 60mH;long jump;shot put;high jump;1000m

M40 Trevor McGlynn Omagh Harriers AC 3071pts(IrishRec) Lee Valley 23Feb20
[9.13(-); 5.42(-);9.96(-); 1.65(-); 3:20.18(-)]

M45 Trevor McGlynn Omagh Harriers AC 3102pts NIA, Dublin 28Jan24
[9.43(781); 5.03(550); 9.17(539); 1.60(610); 3:19.01(622)]

M55 David Stewart Derry City TC 3142pts NIA, Dublin 18Jan26
[11.05(597); 4.59(584); 8.66(531); 1.56(731); 3:26.29(699)]

M60 David Stewart Derry City TC 3211pts Toruń,Poland 31Mar26
[11.15(591); 4.50(639); 9.05(551); 1.44(679); 3:28.76(751)]

M65 Joe Frey Lagan Valley AC 2431pts NIA, Dublin 28Jan24
[13.34(345); 3.71(477); 8.99(605); 1.21(504); 4:11.49(500)]

M70 Barry Morris Lagan Valley AC 1279pts Abbotstown 12Jan25
[16.19(98); 2.49(195); 5.90(348); 1.00(345); 4:58.65(293)]

Quadrathlon - 60(flat);long jump;shot;1000m

M65 Joe Frey Lagan Valley AC 2084pts Athlone 21Jan23

4X200

M35 Omagh Harriers: Trevor McGlynn, Mark McConnell, David Miller, Tim Shiels: 1:44.88
Irish Masters, Athlone, 13Jan24

M40 Strabane AC: David Miller, Andrew McFarland, Mark Colton,Trevor McGlynn:
1:43.88 Irish Masters, Athlone, 15Mar26

M45 Omagh Harriers: Trevor McGlynn, David Miller, Mark McBrearty, Andrew McFarlane:
1:41.50 Irish Masters, Athlone, 5Feb23