

NI & Ulster Masters Female Outdoor 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.)

(1 July 2026)

100

F35	Maeve Kyle	Ballymena&Antrim	12.02		1968
F35	Gemma Thompson	City of Derry	12.73	Tullamore	4Aug24
F35	Nicole O'Donnell	Rosses AC	13.15	Belfast	26Jun21
F40	Maeve Kyle	Ballymena&Antrim	12.00	Edinburgh	Jul70
F40	Gemma Thompson	City of Derry	12.82	Letterkenny	24May26
F40	Jackie Whyte	Lagan Valley	13.03	Belfast	26Aug06
F40	Nicole O'Donnell	Rosses AC	13.15	Tullamore	12Aug23
F45	Maeve Kyle	Ballymena&Antrim	12.45		1974
F45	Averil McClelland	Ballymena&Antrim	13.00	Preston	2Jun07
F50	Averil McClelland	Ballymena&Antrim	13.10	Slovenia	26Jul08
F55	Averil McClelland	Ballymena&Antrim	13.79	Birmingham	25Jul15
F60	Tina Gallagher	OMG AC	14.67	Tullamore	12Aug23
F65	Anne Maguire	St Anne's AC	18.29	Tullamore	26Jul15
F70	Anne Maguire	St Anne's AC	18.99	Malaga	5Sep18
F75	Anne Maguire	St Anne's AC	22.22	Pescara,Ita	22Sep23

200

F35	Maeve Kyle	Ballymena&Antrim	25.00	Czech Rep	11Jul65
F35	Laura Frey	Lagan Valley	26.38	Morton,Dublin	13Jul24
F35	Kathryn McDevitt	Letterkenny	27.59	IrishChamp	2019
F40	Maeve Kyle	Ballymena&Antrim	25.60		28Jul71
F40	Kathryn McDevitt	Letterkenny	26.64	Morton	5Sep21
F40	Gemma Thompson	City of Derry	27.16	MPT	27Jun26
F45	Averil McClelland	Ballymena&Antrim	25.74	Spain	28Aug05
F50	Averil McClelland	Ballymena&Antrim	26.38	Slovenia	1Aug08
F50	Sarah Mulholland	Rosses AC	33.26	Letterkenny	24May26
F55	Averil McClelland	Ballymena&Antrim	28.17	France	9Aug15
F60	Tina Gallagher	OMG AC	30.99	Ormskirk	6Jun26
F65	Anne Maguire	St Anne's AC	38.52	Tullamore	29Aug16

400

F35	Maeve Kyle	Ballymena&Antrim	55.80	London	19Jul68
F35	Laura Frey	Lagan Valley	57.35	MPT	15Jun24
F40	Maeve Kyle	Ballymena&Antrim	55.30	Edinburgh	22Jul70
F40	Kelly Neely	City of Lisburn	60.34	Belfast	26Jun21
F40	Kathryn McDevitt	Letterkenny	61.21	Pescara,Ita	26Sep23
F45	Denise Toner	Clones AC	62.83	MPT	27Jun26

F45	Judith McGirr	Strabane AC	62.94	MPT	27Jun26
F50	Ruth Perioli	Lagan Valley	68.46	Bangor	13Aug12
F55	Geraldine Finegan	NE Runners	72.25	Reusell,NED	3May25
F55	Heather Williams	Enniskillen RC	72.28	MPT	21Jun25
F60	Geraldine Finegan	NE Runners	69.56	SETU,Carlow	23May26
F60	Ruth Perioli	Ballydrain	73.48	Belfast	30Jun18

800

F35	Kelly Neely	City of Lisburn	2:05.56	Belfast	7May16
F40	Denise Toner	Clones	2:08.90	Belfast	10Jul21
F40	Kelly Neely	City of Lisburn	2:09.31	Belfast	10Jul21
F45	Kelly Neely	City of Lisburn	2:14.27	MPT	27Apr24
F45	Denise Toner	Clones	2:15.29	Morton	29Jun24
F45	Kelly Neely	City of Lisburn	2:22.79	MPT	19Aug23
F50	Ruth Perioli	Lagan Valley	2:33.32	Germany	22Aug12
F50	Helen Stockdale	Finn Valley	2:34.64	Belfast	30Aug14
F55	Ruth Perioli	Lagan Valley	2:46.12	Belfast	22Aug15
F55	Geraldine Finegan	NE Runners	2:50.02	Italy	2Sep23
F60	Tina Gallagher	OMG AC	2:56.05	Tullamore	8Jun24
F60	Audrey Harraghy	Monaghan Phoenix	3:08.18	MPT	27Jun26
F65	Noreen Bonner	Finn Valley	3:15.30	Morton	5Sep21
F70	Brigid Quinn	Ballymena Runners	3:36.46	Belfast	30Aug14

1500

F35	Kelly Neely	City of Lisburn	4:15.14	Belgium	4Jun16
F40	Denise Toner	Clones AC	4:20.80	Belfast	29May21
F40	Kelly Neely	City of Lisburn	4:23.17	Manch	25May19
F45	Kelly Neely	City of Lisburn	4:34.13	MPT	11May24
F45	Denise Toner	Clones AC	4:40.75	Madeira	12Oct25
F50	Catriona Devine	Finn Valley	4:59.26	Tullamore	26Jul25
F50	Ruth Perioli	Lagan Valley	5:16.71	Belfast	29Aug09
F55	Ruth Perioli	Lagan Valley	5:26.80	Belfast	16Aug14
F60	Kay Byrne	Finn Valley	5:46.76	Tullamore	26Jul25
F65	Noreen Bonner	Finn Valley	6:35.83	Morton	5Sep21
F70	Brigid Quinn	Ballymena Runners	7:10.97	Belfast	30Aug14

1Mile

F35	Kelly Neely	City of Lisburn	4:58.93	Belfast	1May15
F40	Kelly Neely	City of Lisburn	4:53.86	MPT	9Jul22
F45	Kelly Neely	City of Lisburn	5:05.91(Irish Rec)	MPT	23May26
F45	Denise Toner	Clones AC	5:06.77(Irish Rec)	Belfast	21Aug25
F45	Helen Stockdale	Derry City Track Club	5:34.91	Belfast	6May14
F50	Ann Terek	City of Lisburn	5:33.83	Belfast	3Jun16
F55	Patricia Brown	Newry	6:09.67	Belfast	3Jun16

3000

F35	Sharon Hatch	City of Derry	9:37.42	Scotland	Aug01
F40	Denise Toner	Clones	9:27.97	Belfast	4Jun21

F40	Kerry O'Flaherty	Newcastle	9:41.42	MPT	22Jul22
F45	Denise Toner	Cockham Running Club	9:52.44	MPT	2Jun23
F45	Helen C Stockdale	Derry City Track Club	10:40.42	Bangor	15Apr14
F50	Elisoa Crawford	North Belfast Harr	10:31.54	MPT	19Aug23
F55	Ruth Perioli	Lagan Valley	11:17.32	Bangor	May14
F55	Kay Byrne	Finn Valley	11:30.87	Irish Mas	6Sep20
F60	Kay Byrne	Finn Valley	11:53.98	MPT	21Jun25
F60	Mary Slocum	Ward Park	12:15.81	MPT	19Aug23
F65	Noreen Bonner	Finn Valley	13:33.47	Tullamore	13Aug22

5000

F35	Sharon Hatch	City of Derry	16:18.71	Manch	15Jun02
F40	Ann Marie McGlynn	Letterkenny	15:46.08	MPT	23Apr22
F40	Denise Toner	Clones	16:45.77	Belfast	8May21
F45	Denise Toner	Clones	17:51.68	MPT	20Apr24
F45	Helen C Stockdale	Derry City Track Club	18:18.90	Belfast	7Jun14
F50	Elisoa Crawford	North Belfast Harriers	17:44.61	MPT	22Apr23
F55	Ruth Perioli	Lagan Valley	21:11.78	France	7Aug15

10000

F35	Ann-Marie McGlynn	Letterkenny	33:16.73	London	20May17
F40	Ann-Marie McGlynn	Letterkenny	33:17.50	Highgate	18May24
F40	Cathy McCourt	NBH	38:50.77	Australia	2016
F50	Helen C Stockdale	Derry City Track Club	38:09.15	Belfast	16Aug14

80H

F40	Geraldine Finegan	NIMAA	12.67	Italy	Sep07
F40	Danea Herron	City of Derry	13.51	Gateshead	3Aug99
F45	Geraldine Finegan	Dunleer	12.70	Sacramento	16Jul11
F45	Orlagh Colton	Omagh AC	14.59	Dublin	23Jun19
F50	Geraldine Finegan	NIMAA	13.66	Belfast	17Aug16
F50	Danea Herron	City of Derry	14.85	Belfast	27Jun10
F55	Geraldine Finegan	NE Runners	13.67	Finland	9Jul22
F55	Danea Herron	City of Derry	16.58	Lyon	4Aug15
F60	Geraldine Finegan	NE Runners	13.88(IR)	SETU, Carlow	23May26
F60	Tina Gallagher	OMG AC	14.64 (Irish Rec)	Lifford	10May26

100H

F35	Laura Frey	Lagan Valley	15.37 (Irish Rec)	Morton	13Jul24
F40	Geraldine Finegan	NIMAA	16.00	Antrim	16Jun07
F50	Geraldine Finegan	NIMAA	17.99	Helsinki	2019

300H

F40	Emma Smith	Orangetown	57.37	Belfast	22Jun17
F50	Geraldine Finegan	NIMAA	49.48	Perth	2016
F55	Geraldine Finegan	NE Runners	53.05	Finland	5Jul22
F60	Tina Gallagher	OMG AC	54.15	MPT	27Jun26

400H

F35	Laura Frey	Lagan Valley	61.63	Gothenburg	17Aug24
F35	Geraldine Finegan	Dunleer	64.21	San Sebastián	23Aug05
F40	Geraldine Finegan	NIMAA	67.40	Poland	23Jul06
F40	Emma Smith	Orange Grove	83.84	Belfast	8Jul17
F45	Geraldine Finegan	Dunleer	66.75	Sacramento	9Jul11

2000S/C

F35	Geraldine Finegan	NIMAA	7:41.26	Denmark	1Aug04
F40	Geraldine Finegan	NIMAA	8:00.42	Poland	30Jul06

3000S/C

F35	Kerry O'Flaherty	Newcastle	9:45.35	Rio de Janeiro	13Aug16
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3000 Walk

F35	Siobhan Quinn	Armagh AC	20:27.29	MPT	19Aug23
F40	Siobhan Grant	Newcastle&Dis	27:25.59	Tullamore	26Jul25
F45	Sinead McConnell	Finn Valley	15:37.96	Tullamore	2Jul17
F50	Sinead McConnell	Finn Valley	15:06.05	Tullamore	18Aug18
F50	Hazel McCausland	Omagh AC	21:33.14	Belfast	31Aug13
F55	Sinead McConnell	Finn Valley	15:54.22	Tullamore	4Aug24
F65	Helen Gilmour	Enniskillen RC	22:10.77	Tullamore	26Jul25

5000 Walk

F55	Sinead McConnell	Finn Valley	27:04.39	Gothenburg	19Aug24
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10K Walk (Road)

F55	Sinead McConnell	Finn Valley	56:16	Gothenburg	16Aug24
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Hammer

F35	Lynsey Glover	Lagan Valley	40.21	Athboy	27Jun26
F40	Siobhan Grant	Newcastle&Dis	24.12	MPT	21Aug25
F40	Stacey McMullan	Milford AC	17.72	Lifford	10May26
F45	Jana Cervenková	Lagan Valley	20.52	Belfast	25Jun16
F50	Linda Craig	Lagan Valley	24.21	MPT	27Jun26
F50	Sharon Tshimbudzi	Letterkenny	23.32	Tullamore	26Jul25
F55	Geraldine Finegan	NE Runners	24.86	Bangor	8Jul21
F55	Jacqueline Doherty	Finn Valley	19.02	Letterkenny	24May26
F60	Danea Herron	City of Derry	10.70(4K)	MPT	26May24
F70	Liz Glover	Lagan Valley	12.04	Dunedin, NZ	31Jan26

Shot

F35	Geraldine Stewart	Tir Chonaill	11.40	Tullamore	2Jul17
F35	Vera Donnelly	Ballymena&Ant	10.29	MPT	27Jun26
F40	Geraldine Stewart	Tir Chonaill	11.77	MPT	18Jun22
F40	Amy Graham	Lagan Valley	10.94	MPT	27Jun26
F45	Geraldine Finegan	Dunleer	10.81	Navan	2Sep12

F45	Jana Cervenкова	Lagan Valley	7.47	Belfast	30Aug14
F50	Geraldine Finegan	North East	11.79	Belfast	17Aug16
F50	Danea Herron	City of Derry	9.09	WorldMas	28Jul09
F55	Geraldine Finegan	NE Runners	11.79	Drogheda	5Jul21
F55	Danea Herron	City of Derry	8.39	Donegal	19Apr15
F55	Kathleen Harrison	Letterkenny	5.28	Letterkenny	24May26
F60	Tina Gallagher	OMG AC	7.68	MPT	1Jun25
F65	Danea Herron	City of Derry	6.70	Lifford	11May25
F70	Anne Maguire	St Anne's AC	6.86	Belfast	26Apr18
F75	Anne Maguire	St Anne's AC	6.17	MPT	7May26

Discus

F35	Vera Donnelly	Ballymena&Ant	27.86	MPT	27Jun26
F40	Ciara Burrows	Lagan Valley	29.05	MPT	27Jun26
F40	Michelle O'Donnell	Olympian Yth	21.62	MPT	29Jun24
F40	Kim Bradley	Milford AC	12.98	Letterkenny	24May26
F45	Jana Cervenкова	Lagan Valley	19.20	Belfast	30Aug14
F45	Leanne Bourne	Letterkenny	14.64	Letterkenny	24May26
F50	Geraldine Finegan	NIMAA	22.42	Grangemouth	Jul18
F50	Sharon Tshimbudzi	Letterkenny	12.81	Letterkenny	24May26
F55	Geraldine Finegan	NE Runners	22.41	Reusell,NED	4May25
F55	Kathleen Harrison	Letterkenny	15.01	Lifford	10May26
F60	Anne Maguire	St Anne's	18.31	Solihull	16Aug09
F60	Rosemarie Gallagher	Milford AC	15.69	Lifford	12May24
F65	Anne Maguire	St Anne's AC	15.38	Tullamore	26Jul15
F70	Geraldine McGlynn	Strabane AC	14.19	Tullamore	26Jul25
F75	Anne Maguire	St Anne's AC	15.03	MPT	19Aug23

Javelin

F35	Danea Herron	City of Derry	32.70		4Aug96
F35	Geraldine Finegan	NIMAA	32.59	Belfast	May05
F35	Kelly Gallagher	Rosses AC	10.52	Letterkenny	24May26
F40	Geraldine Finegan	NIMAA	32.80	Italy	Sep07
F40	Danea Herron	City of Derry	30.30	BritMas	23Jun01
F40	Stacey McMullan	Milford AC	17.66	Lifford	10May26
F45	Geraldine Finegan	Dunleer	32.11	Sacramento	8Jul11
F45	Danea Herron	City of Derry	27.09	Tullamore	20Aug06
F45	Leanne Bourne	Letterkenny	17.54	Letterkenny	24May26
F50	Geraldine Finegan	North East	32.21	Grangemouth	2018
F50	Danea Herron	City of Derry	26.88	Tullamore	21Aug11
F55	Geraldine Finegan	NE Runners	29.40	Santry	Sep 20
F55	Danea Herron	City of Derry	23.74	Belfast	30Aug14
F60	Geraldine Finegan	NE Runners	27.75	Toruń,Poland	28Mar26
F60	Danea Herron	City of Derry	21.02 (400g IR)	FinnVal	19Sep20
F60	Danea Herron	City of Derry	21.43 (500g)	Italy	1Aug2019
F65	Danea Herron	City of Derry	20.06	Lifford	11May25
F70	Geraldine McGlynn	Strabane AC	8.00	Tullamore	26Jul25

Long Jump

F35	Ciara Kearns	Finn Valley	5.58	Finland	5Jul22
F35	Danea Herron	City of Derry	5.19	Tullamore	14Jun97
F40	Maeve Kyle	Ballymena&Antrim	5.24		26 May70
F40	Ciara Kearns	Finn Valley	5.15	Lifford	12May24
F40	Danea Herron	City of Derry	4.93		21Aug99
F45	Averil McClelland	Ballymena&Antrim	5.29	Blackpool	16May04
F45	Geraldine Finegan	NIMAA	4.35	Brazil	Oct13
F50	Maeve Kyle	Ballymena&Antrim	5.04	Hannover	29Jul79
F50	Geraldine Finegan	NIMAA	4.50	Germany	2019
F55	Averil McClelland	Ballymena&Antrim	4.57	Solihull	19Jul15
F55	Geraldine Finegan	NE Runners	4.25	Toruń, Poland	18Mar24
F60	Averil McClelland	Ballymena&Antrim	4.11	Hyndburn	26May18
F65	Danea Herron	City of Derry	2.88	Letterkenny	24May26
F70	Wendy Forsythe	Co Antrim Harriers	1.96	MPT	21Jun25

High Jump

F35	Michelle During	City of Derry	1.55	Tullamore	12Aug23
F35	Laura Doherty	Finn Valley	1.30	Letterkenny	24May26
F40	Michelle During	City of Derry	1.55	MPT	27Jun26
F45	Geraldine Finegan	NIMAA	1.45	Brazil	Oct13
F45	Trisha Gillespie	Rosses AC	1.40	Belfast	26Jun21
F45	Danea Herron	City of Derry	1.33	Birmingham	8Jul06
F50	Geraldine Finegan	NIMAA	1.48	Germany	2019
F50	Danea Herron	City of Derry	1.33	Finland	Jul09
F55	Geraldine Finegan	NE Runners	1.40	Sheffield	5May21
F55	Tina Gallagher	OMG AC	1.25	Templemore	24Apr22
F60	Tina Gallagher	OMG AC	1.29	Madeira	11Oct25

Triple Jump

F35	Mary Devlin	City of Derry	10.86	MPT	2015
F40	Michelle During	City of Derry	11.12	Lifford	11May25
F45	Geraldine Finegan	Dunleer	10.33	Sacramento	10Jul11
PF45	Danea Herron	City of Derry	9.35	Belfast	26Aug06
F50	Geraldine Finegan	NIMAA	9.82	Belfast	May19
F50	Danea Herron	City of Derry	8.91	Birmingham	26Jun11
F55	Geraldine Finegan	NE Runners	9.35	Finland	9Jul22
F55	Danea Herron	City of Derry	8.67	Belfast	25Jun16
F60	Danea Herron	City of Derry	7.56	Turin	2019
F65	Danea Herron	City of Derry	7.28(Irish Rec)	Lifford	11May25

Pole Vault

F40	Geraldine Finegan	NIMAA	2.00	Antrim	Aug07
F50	Geraldine Finegan	NIMAA	2.55	Iceland	2019
F55	Geraldine Finegan	NE Runners	2.50	Pescara,Ita	29Sep23

Weight(Irish)

F35	Lynsey Glover	Lagan Valley	5.58	Tullamore	26Jul25
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F45	Caroline Greene	u/a	4.63	Omagh	8Mar26
F50	Orlagh Colton	Strabane AC	6.15	Omagh	8Mar26
F55	Jacqueline Doherty	Finn Valley AC	4.53	Lifford	10May26
F60	Tina Gallagher	OMG AC	4.00	Omagh	8Mar26
F60	Geraldine Finegan	NE Runners	5.25	SETU,Carlow	23May26

Weight(Euro)

F35	Lynsey Glover	Lagan Valley	11.50	MPT	27Jun26
F40	Siobhan Grant	Newcastle&Dist	6.65	MPT	21Jun25
F50	Jacqueline Doherty	Finn Valley	8.16	MPT	29Jun24
F70	Liz Glover	Lagan Valley	5.54	Dunedin,NZ	31Jan26
F75	Ann Maguire	St Anne's AC	5.73	MPT	27Jun26

WeightForHeight

F45	Caroline Greene	u/a	2.40	Omagh	8Mar26
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Pentathlon

%F55 Geraldine Finegan NE Runners 4354 Boissano, Italy 2Sep23
[80mH 13.83(993); LJ 4.19(732); SP 10.74(842); HJ 1.39(978); 800 2:50.02(809)]

%F60 Tina Gallagher OMG AC 3202(Irish Rec) Carlow 19Jul25
[80mH 14.79(914); LJ 3.14(386); SP 7.53(542); HJ 1.20(689); 800 3:08.63(671)]

Heptathlon

F35 Laura Frey Lagan Valley 4337 Morton,Dublin 13/14Jul24
[100mH 15.37(793); HJ 1.48(599); SP 9.70(510); 200 26.38(764)//
LJ 4.76(495); Jav 19.55(271); 800 2:14.87(895)]

F35	Danea Herron	City of Derry	4265pts	BritMas	9+10Sep95
F40	Danea Herron	City of Derry	4460pts	WorldMas	29+30Jul99
F50	Danea Herron	City of Derry	4560pts	WorldMas	28+29Jul09

F55 Geraldine Finegan NE Runners 5827pts Finland 1/2Jul22

F60 Tina Gallagher OMG AC 4777pts Madeira 11/12Oct25
[14.88(902); 1.29(830); 7.12(505); 31.55(778); 3.52(522); 18.99(474); 2:59.41(766)]

Decathlon

F50	Geraldine Finegan	NIMAA	7298pts	Germany	2019
F55	Danea Herron	City of Derry	4189pts	WorldMas	4+5Aug15

Tetra Decathlon (14 events)

F50	Geraldine Finegan	NIMAA	10,380pts (WR)	Helsinki	2019
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