

Masters - Women (as at 31st March 2026)

Any additions and amendments are welcome, particularly clarification about weights of implements in field events etc.

35-39

100 Metres					
1	Chloe Williams	13.1 (13.15)			18 th June 2023 13th July 2025)
2	Lesley Felton	13.4			27 th September 1998
3	Ruth O'Sullivan	13.7	W40		16 th June 1999
4	Cathy Matthews	15.1			5 th April 2008
200 Metres					
1	Lesley Felton	27.3			27 th September 1998
2	Ruth O'Sullivan	27.8	W40		16 th June 1999
3	Chloe Williams	28.38			15 th July 2023
4	Nina Brennan	29.01			25 th September 2022
5	Amy Leech	29.92	W40		17 th August 2024
6	Tina Quinlivan	30.2			12 th July 2014
400 Metres					
1	Chloe Williams	59.78			19th July 2025
2	Lesley Felton	61.0	W40		4 th September 1999
3	Ruth O'Sullivan	61.1			10 th April 1993
4	Nina Brennan	63.64			3 rd September 2023
5	Tina Quinlivan	69.4			25 th April 2015
600 Metres					
1	Ruth O'Sullivan	1.46.4	W40		3 rd April 1999
800 Metres					
1	Lesley Felton	2:20.7			30 th May 1998
2	Ginte Bailey	2:25.26			13th July 2025
3	Amy Leech	2:42.81	W40		17 th August 2024
4	Morgan Campbell	2:43.53			31st May 2025
5	Robyn Matson	2:44.20			11 th June 2023
6	Clare Rudgley	3:23.9			21 st April 2012
1500 Metres					
1	Lauren Reed	4:38.84	W40		17th May 2025
2	Ginte Bailey	4:51.26			11th May 2025
2	Lauren Deadman	4:52.01			6 th June 2021
3	Lesley Felton	4:58.8			19 th August 1998
4	Christine Wilkins	5:07.0			20 th May 1989
5	Cathy Matthews	5:30.22	W40		6 th July 2008
6	Ruth O'Sullivan	5:34.7	W40		28 th August 2000
7	Robyn Matson	5:42.01			15 th July 2023
3000 Metres					
1	Lauren Reed	10:02.02	W40		31st May 2025
2	Ginte Bailey	10:28.20			31 st July 2021
3	Robyn Matson	11:04.22			1 st June 2024
4	Morgan Campbell	11:17.50			13th July 2025
5	Lesley Felton	12:21.26	W45		2 nd July 2006
6	Dawn Hawes	12:41.5	W40		15 th July 2000
7	Jane Hallam	13:07.3	W45		18 th May 2013
8	Ruth O'Sullivan	13:24.0			4 th September 1993
9	Mo Lear	14:57.48			10 th August 2013

2026 Updates in **blue**

2025 Updates in **red**

9	Hannah Connor	15:15.90		17 th August 2019
5000 Metres				
1	Lauren Reed	16:44.6 mx	W40	17th May 2025
		(17:21.7)		16 th June 2023)
		(17:24.61)		13 th July 2019)
2	Ginte Bailey	18:39.78		11 th September 2021
3	Robyn Matson	19:30.57		15 th June 2024
4	Clare Davies	22:19.45		17 th August 2024
10000 Metres				
1	Lauren Reed	36:25.54mx	W40	15th July 2025
Half Marathon				
1	Lauren Reed	73:38		25 th February 2024
Marathon				
1	Lauren Reed	2:38.02	W40	21 st April 2024
2	Debbie Appleton	2:48.38	W40	21 st April 2013
3	Robyn Matson	3:03.37		23 rd April 2023
4	Clare Davies	3:34.04		23 rd April 2023
5	Denise Harris	3:34.51		13 th Apr 2008
6	Tina Quinlivan	3:50.10		13 th April 2014
7	Lesley Gahagan	3:56.33	W50	26 th April 2009
8	Linda Smith	3:57.21	W50	18 th April 2004
9	Jane Hallam	3:57.32	W40	25 th April 2010
60 Metres Hurdles				
1	Chloe Williams	8.75 indoor		21st February 2026
100 Metres Hurdles				
1	Chloe Williams	14.13		10th May 2025
2	Claire Brennan	16.92		7 th May 2017
3	Cathy Matthews	18.6	W40	26 th July 2008
4	Ruth O'Sullivan	20.0		13 th August 1994
400 Metres Hurdles				
1	Chloe Williams	65.98		22 nd June 2024
2	Claire Brennan	68.56		3 rd July 2016
3	Ruth O'Sullivan	71.5	W40	26 th June 1999
4	Cathy Matthews	74.3	W40	26 th April 2008
1500m S/chase				
1	Ginte Bailey	6:12.82		17 th August 2024
2	Tina Quinlivan	6:44.0		10 th August 2013
2000m S/chase				
1	Morgan Campbell	8:00.81		31st May 2025
2	Ginte Bailey	8:43.4		14 th July 2024
Long Jump				
1	Lesley Felton	4.35m		19 th July 1997
2	Cathy Matthews	4.24m	W40	28 th June 2008
3=	María Luck	4.22m	W45	11 th August 2002
3=	Claire Brennan	4.22m		21 st May 2017
5	Ginte Bailey	3.85m		14th September 2025
6	Ruth O'Sullivan	3.71m	W40	28 th August 2000
7	Robyn Matson	3.32m		11 th June 2023

2026 Updates in **blue**

2025 Updates in **red**

High Jump				
1	Chloe Williams	1.41m		22 nd June 2024
2	Claire Brennan	1.40m		3 rd July 2016
Triple Jump				
1	Claire Brennan	10.03m		16 th September 2018
2	Cathy Matthews	8.68m		26 th April 2008
3	Maria Luck	8.12m	W45	11 th August 2002
4	Ginte Bailey	7.28m		5 th August 2023
5	Ruth O'Sullivan	6.84m	W40	4 th September 1999
Pole Vault				
1	Tina Quinlivan	2.90m ind (2.80m)		6 th February 2016 10 th June 2015)
2	Claire Brennan	2.70m	W40	14 th August 2021
3	Nina Brennan	1.85m		19 th August 2023
Javelin				
1	Claire Brennan	21.18m		21 st May 2017
2	Tina Quinlivan	13.98m		14 th July 2012
Discus				
1	Nina Brennan	23.84m		19 th September 2021
2	Claire Brennan	21.52m		17 th April 2016
Shot				
1	Nina Brennan	8.03m		17 th August 2024
2	Claire Brennan	7.90m		18 th September 2016
Hammer				
1	Ruth Lovell	24.30m	W40	2 nd August 1997
2	Nina Brennan	22.80m	W40	19th July 2025
3	Hannah Connor	18.97m		17 th August 2019
<u>40-44</u>				
100 Metres				
1	Lesley Felton	13.5		15 th August 1999
2	Ruth O'Sullivan	13.7		16 th June 1999
Wind assisted				
	Amy Leech	14.05w		17th May 2025
200 Metres				
1	Lesley Felton	27.5		15 th August 1999
2	Ruth O'Sullivan	27.8		16 th June 1999
3	Amy Leech	29.70		17th May 2025
4	Claire Brennan	30.3		4th June 2025
300 Metres				
1	Nina Brennan	46.60		10th May 2025
400 Metres				
1	Lesley Felton	61.0		4 th September 1999
2	Ruth O'Sullivan	61.4		26 th June 1999
3	Nina Brennan	64.86		6th April 2025

600 Metres					
1	Ruth O'Sullivan	1.46.4			3 rd April 1999
800 Metres					
1	Lesley Felton	2:19.15			3 rd August 1999
2	Amy Leech	2:42.81			17 th August 2024
1500 Metres					
1	Lauren Reed	4:38.84			17th May 2025
2	Lesley Felton	4:59.3	W45		23 rd July 2005
3	Cathy Matthews	5:30.22			6 th July 2008
4	Ruth O'Sullivan	5:34.7			28 th August 2000
3000 Metres					
1	Lauren Reed	10:02.02			31st May 2025
2	Lesley Felton	12:21.26	W45		2 nd July 2006
3	Dawn Hawes	12:41.5			15 th July 2000
4	Jane Hallam	13:07.3	W45		18 th May 2013
5	Ruth O'Sullivan	13:26.3	W45		4 th August 2002
5000 Metres					
1	Lauren Reed	16:44.6 mx			17th May 2025
2	Juliet Ward	24:51.7	W45		4 th July 2015
Half Marathon					
1	Lauren Reed	75:58			22nd March 2026
Marathon					
1	Lauren Reed	2:38.02			21 st April 2024
2	Debbie Appleton	2:48.38			21 st April 2013
3	Lesley Gahagan	3:56.33	W50		26 th April 2009
4.	Linda Smith	3:57.21	W50		18 th April 2004
5	Jane Hallam	3:57.32			25 th April 2010
100 Metres Hurdles					
1	Claire Brennan	17.71			22 nd June 2024
2	Cathy Matthews	18.6			26 th July 2008
400 Metres Hurdles					
1	Claire Brennan	68.75			3 rd July 2021
2	Ruth O'Sullivan	71.5			26 th June 1999
3	Cathy Matthews	74.6			30 th August 2008
High Jump					
1	Claire Brennan	1.40m			20 th June 2021
Long Jump					
1	Cathy Matthews	4.24m			28 th June 2008
2	Maria Luck	4.22m	W45		11 th August 2002
3	Ruth O'Sullivan	3.71m			28 th August 2000
Triple Jump					
1	Cathy Matthews	8.64m			28 th June 2008
2	Maria Luck	8.12m	W45		11 th August 2002
3	Ruth O'Sullivan	6.84m			4 th September 1999

Pole Vault					
	1	Tina Quinlivan	2.90m		18 th August 2017
	2	Claire Brennan	2.70m		14 th August 2021
Shot					
	1	Nina Brennan	7.60m		5th July 2025
	2	Claire Brennan	7.56m		18 th June 2023
Discus					
	1	Nina Brennan	22.39m		14th September 2025
Javelin					
	1	Claire Brennan	20.51m		14 th August 2021
	2	Nina Brennan	15.88m		1st August 2025
Hammer					
	1	Ruth Lovell	24.30m		2 nd August 1997
	2	Nina Brennan	22.80m		19th July 2025
	3	Claire Brennan	15.23m		5th July 2025
45-49					
200 Metres					
	1	Lesley Felton	29.2		4 th September 2005
400 Metres					
	1	Lesley Felton	63.4		3 rd August 2005
800 Metres					
	1	Lesley Felton	2:23.61		17 th July 2005
1500 Metres					
	1	Lesley Felton	4:59.3		23 rd July 2005
3000 Metres					
	1	Lesley Felton	12:21.26		2 nd July 2006
	2	Jane Hallam	13:07.3		18 th May 2013
	3	Ruth O'Sullivan	13:26.3		4 th August 2002
5000 Metres					
	1	Juliet Ward	24:51.7		4 th July 2015
Marathon					
	1	Lesley Gahagan	3:56.33	W50	26 th April 2009
	2	Linda Smith	3:57.21	W50	18 th April 2004
	3	Jane Hallam	3:57.32		25 th April 2010
Long Jump					
	1	Maria Luck	4.22m		11 th August 2002
Triple Jump					
	1	Maria Luck	8.12m		11 th August 2002

50+

400 Metres

1 Haleema Asmal 90.35 15th September 2024

800 Metres

1 Anne Gifford 2:57.6 20th July 2019
(2:58.50 26th August 2019)
2 Haleema Asmal 3:46.54 23rd July 2024
3 Ruth O'Sullivan 3:48.4 14th July 2012

1500 Metres

1 Tracy O'Neill 6:58.71 17th August 2019
2 Ruth O'Sullivan 7:46.9 14th July 2012

3000 Metres

1 Ruth O'Sullivan 16:07.5 14th July 2012

Marathon

1 Lesley Gahagan 3:56.33 26th April 2009
2 Linda Smith 3:57.21 18th April 2004

Shot Putt (4k)

1 Haleema Asmal 5.56 13th July 2025

Shot Putt (3k)

1 Haleema Asmal 6.08 6th April 2025