

Masters - Women (as at 31st March 2024)

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		18th June 2023
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		15th July 2023
4	Nina Brennan	29.01		25 th September 2022
5	Tina Quinlivan	30.2		12 th July 2014

400 Metres

1	Lesley Felton	61.0	W40	4 th September 1999
2	Ruth O'Sullivan	61.1		10 th April 1993
3	Nina Brennan	63.64		3rd September 2023
4	Chloe Williams	63.89		17th 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
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800 Metres

1	Lesley Felton	2:20.7		30 th May 1998
2	Ginte Bailey	2:26.61		7 th August 2021
3	Robyn Matson	2:44.20		11th June 2023
4	Clare Rudgley	3:23.9		21 st April 2012

1500 Metres

1	Ginte Bailey	4:51.87		14 th August 2021
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		15th July 2023

3000 Metres

1	Lauren Deadman	10:10.29		6 th June 2021
2	Ginte Bailey	10:28.20		31 st July 2021
3	Robyn Matson	11:20.11		11th June 2023
4	Lesley Felton	12:21.26	W45	2 nd July 2006
5	Dawn Hawes	12:41.5	W40	15 th July 2000
6	Jane Hallam	13:07.3	W45	18 th May 2013
7	Ruth O'Sullivan	13:24.0		4 th September 1993
8	Mo Lear	14:57.48		10 th August 2013
9	Hannah Connor	15:15.90		17 th August 2019

5000 Metres

1	Lauren Reed (Deadman)	17:21.7		16th June 2023
		(17:24.61)		13 th July 2019)
2	Ginte Bailey	18:39.78		11 th September 2021

2024 Updates in **blue**

2023 Updates in **red**

Half Marathon

1	Lauren Reed	73:38		25th Feb 2024
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Marathon

1	Lauren Reed	2:44.04		16th April 2023
2	Debbie Appleton	2:48.38	W40	21 st April 2013
3	Robyn Matson	3:03.37		23rd April 2023
4	Clare Davies	3:34.04		23rd 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	9.02 indoor		26th March 2023
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100 Metres Hurdles

1	Chloe Williams	14.48		13th May 2023
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	66.24		5th August 2023
2	Claire Brennan	68.56		3 rd July 2016
3	Ruth O'Sullivan	71.5		26 th June 1999
4	Cathy Matthews	74.3		26 th April 2008

1500m S/chase

1	Tina Quinlivan	6:44.0		10 th August 2013
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Long Jump

1	Lesley Felton	4.35m		19 th July 1997
2	Cathy Matthews	4.24m	W40	28 th June 2008
3=	Maria Luck	4.22m	W45	11 th August 2002
3=	Claire Brennan	4.22m		21 st May 2017
5	Ginte Bailey	3.77m		27 th August 2022
6	Ruth O'Sullivan	3.71m	W40	28 th August 2000
7	Robyn Matson	3.32m		11th June 2023

High Jump

1	Claire Brennan	1.40m		3 rd July 2016
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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		5th 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	2.60m		9 th April 2017
3	Nina Brennan	1.85m		19th 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	7.86m		2 nd July 2022
	2	Claire Brennan	7.85m		18 th September 2016
Hammer					
	1	Ruth Lovell	24.30m	W40	2 nd August 1997
	2	Hannah Connor	18.97m		17 th August 2019
	3	Nina Brennan	18.63m		7 th August 2021
<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
200 Metres					
	1	Lesley Felton	27.5		15 th August 1999
	2	Ruth O'Sullivan	27.8		16 th June 1999
400 Metres					
	1	Lesley Felton	61.0		4 th September 1999
	2	Ruth O'Sullivan	61.4		26 th June 1999
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
1500 Metres					
	1	Lesley Felton	4:59.3	W45	23 rd July 2005
	2	Cathy Matthews	5:30.22		6 th July 2008
	3	Ruth O'Sullivan	5:34.7		28 th August 2000
3000 Metres					
	1	Lesley Felton	12:21.26	W45	2 nd July 2006
	2	Dawn Hawes	12:41.5		15 th July 2000
	3	Jane Hallam	13:07.3	W45	18 th May 2013
	4	Ruth O'Sullivan	13:26.3	W45	4 th August 2002
5000 Metres					
	1	Juliet Ward	24:51.7	W45	4 th July 2015
Marathon					
	1	Debbie Appleton	2:48.38		21 st April 2013
	2	Lesley Gahagan	3:56.33	W50	26 th April 2009
	3.	Linda Smith	3:57.21	W50	18 th April 2004
	4	Jane Hallam	3:57.32		25 th April 2010

100 Metres Hurdles				
1	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
Javelin				
1	Claire Brennan	20.51m		14 th August 2021
Hammer				
1	Ruth Lovell	24.30m		2 nd August 1997
2	Claire Brennan	14.21m		21 st August 2022
<u>45-49</u>				
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
<u>50+</u>				
800 Metres				
1	Anne Gifford	2:57.6		20 th July 2019
		(2:58.50)		26 th August 2019)
2	Ruth O'Sullivan	3:48.4		14 th July 2012
1500 Metres				
1	Tracy O'Neill	6:58.71		17 th August 2019
2	Ruth O'Sullivan	7:46.9		14 th July 2012
3000 Metres				
1	Ruth O'Sullivan	16:07.5		14 th July 2012
Marathon				
1	Lesley Gahagan	3:56.33		26 th April 2009
2	Linda Smith	3:57.21		18 th April 2004