

EVENT	NAME	CLUB	PERFORMANCE	DATE	VENUE
100m	Amy FOSTER	North Down	11.79 (1.2)	19 Jul 07	Henglo
200m	Amy FOSTER	North Down	24.30 (0.2)	11 Jun 05	Belfast MPT
300m	Katie KIRK	Lagan Valley	38.55	5 Jun 10	Tullamore
400m	Katie KIRK	Lagan Valley	53.69	26 Jun 11	Bedford
800m	Ciara MAGEEAN	City of Lisburn	2:03.07	12 Jul 09	Bressanone ITA
1500m	Ciara MAGEEAN	City of Lisburn	4:07.45	20 Aug 11	Birmingham
3000m	Alison O'NEILL	North Down	9:32.32	19 Jun 84	Belfast MPT
100 Hurdles	Jane HALE	Lagan Valley	13.85 (1.8)	29 May 93	Derby
400 Hurdles	Vicki JAMISON	Lagan Valley	57.27	28 Jul 96	Bedford
3000 s/chase	Helena DALZELL	Willowfield	12:43.65	7 Sep 06	Belfast MPT
High Jump	Ursula FAY	Belfast Ladies	1.84	6 Aug 83	Antrim Forum
Pole Vault	Zoe BROWN	Ballymena & Antrim	4.00	29 Jul 02	Manchester
Long Jump	Joanna MILLS	Ballymena & Antrim	6.04	4 Jul 10	Mannheim GER
Triple Jump	Sharon OAKES	Medway	11.93	13 Aug 00	Meadowbank
Shot	Eva MASSEY	North Down	14.49	9 Aug 99	Wrexham
Discus	Jacqueline MCKERNAN	Ulsterville	47.04	28 May 84	Cwmbran
Hammer	Gabrielle McNALLY	Abbey AC	51.94	4 Jun 11	Tullamore
Javelin	Laura KERR	Lagan Valley	45.03	15 Aug 85	Tullamore
Heptathlon					
4 x 100m					
4 x 400m	3:50.6	NI Junior		15 Jul 89	Dumfries