

EVENT	NAME	CLUB	PERFORMANCE	DATE	VENUE
<b>100m</b>	Amy FOSTER	North Down	11.98 (0.2)	4 Jul 05	Lignano ITL
<b>200m</b>	Amy FOSTER	North Down	24.30 (0.2)	11 Jun 05	Belfast MPT
<b>300m</b>	Katie KIRK	Lagan Valley	38.55	5 Jun 10	Tullamore
<b>400m</b>	Joanna MILLS	Ballymena & Antrim	54.76	11 Jul 10	Santry IRL
<b>800m</b>	Ciara MAGEEAN	City of Lisburn	2:03.07	12 Jul 09	Bressanone ITA
<b>1500m</b>	Ciara MAGEEAN	City of Lisburn	4:15.46	22 Jul 09	Tampere FIN
<b>3000m</b>	<i>Alison O'NEILL</i>	<i>North Down</i>	<i>9:32.32</i>	<i>19 Jun 84</i>	<i>Belfast MPT</i>
<b>100 Hurdles</b>	Jane HALE	Lagan Valley	14.30 (1.1)	7 Sep 91	Whitehaven
<b>400 Hurdles</b>	Christine MCMAHON	Ballymena & Antrim	59.55	23 July 09	Tampere FIN
<b>3000 s/chase</b>	Helena DALZELL	Willowfield	12:43.65	7 Sep 06	Belfast MPT
<b>High Jump</b>	Ursula FAY	Belfast Ladies	1.84	6 Aug 83	Antrim Forum
<b>Pole Vault</b>	Erin KINNEAR	Lagan Valley	3.50	11 Aug 01	Stoke
<b>Long Jump</b>	Joanna MILLS	Ballymena & Antrim	6.04	4 Jul 10	Mannheim GER
<b>Triple Jump</b>	Michelle DOHERTY	Sparta	11.75	21 Jul 01	Tullamore
<b>Shot</b>	Jenny BROWN	Mid Ulster	12.62	4 Aug 07	Antrim
<b>Discus</b>	Jacqueline MCKERNAN	Ulsterville	43.28	1 Aug 82	Antrim
<b>Hammer</b>	Gabraelle McNALLY	Abbey AC	51.18	12 Jun 10	Antrim
<b>Javelin</b>	Paula Fryer	Lagan Valley	40.98	21 Jun 01	Belfast MPT
<b>Javelin (old)</b>	Alison MOFFITT	North Down	45.46	21 Jun 86	Belfast MPT