

100m	10.17	Linford Christie	1888 Mary Peters Track	All Comers	11.67	Debbie Wells	1984 Antrim	All Comers
		Denis Mitchell	1988 Mary Peters Track		11.67	Geraldine Pillay	2002 Bangor	All Comers
		Olapade Adeniken	1990 Mary Peters Track		11.32w	Amy Foster	2010 Antrim	
	10.23w	Christie van Wyk	2002 Bangor		11.36w	Angela Williams	2002 Bangor	
	10.34	Drew McMAster	1984 Antrim					
200m	20.59	Eugene McNeill	1988 Mary Peters Track	All Comers	23.15	Angela Williams	2002 Mary Peters Track	
	20.72	Dominic Dermitte	2002 Bangor		22.8	Michelle Scutt	1982 Antrim	All Comers
	20.77	Drew McMAster	1984 Antrim					
300m	31.88	Darren Clarke	1986 Mary Peters Track	All Comers				
400m	45.26	Phil Brown	1985 Antrim	All Comers	52.06	Christine Amertil	2002 Bangor	All Comers
	45.42	Calvin Harrison	2002 Bangor		52.33	Joclyn Hoyte-Smith	1981 Antrim	
					53.90	Melanie Neef	1996 Mary Peters Track	
800m	1.45.25	Peter Elliott	1987 Mary Peters Track	All Comers	1.57.14	Jarmilla Kratochvilova	1985 Mary Peters Track	AC/ UKAC
	1.47.8	Mark Handelsman	1983 Antrim		2.05.50	Elizabeth McArthur	1985 Antrim	
	1.48.9	Bernard Kisilo	2002 Bangor		2.01.51	Agnes Samaria	2002 Bangor	
1000m	2.16.47	Peter Elliott	1988 Mary Peters Track	All Comers	2.40.30	Debbie Bowker	1990 Antrim	All Comers
	2.23.81	Colin Mathieson	1990 Antrim					
1500m	3.36.2	John Walker	1977 Mary Peters Track	All Comers	4.10.38	Lisa Corrigan	2010 Mary Peters Track	
	3.37.33	Andrew Graffin	2002 Bangor		4.09.56	Geraldine Hendricken	2002 Antrim	All Comers
	3.42.80	Steve Overtt	Antrim					
Mile	3.55.17	Peter Elliott	1991 Mary Peters Track	All Comers				
2000m	5.11.93	Harvey Mitro	1990 Antrim	All Comers	5.57.24	Ursula McKee	1990 Antrim	All Comers
3000m	7.44.83	Steve Overtt	1987 Mary Peters Track	All Comers	8.34.43	Zola Budd	1986 Mary Peters Track	All Comers
					9.06.36	Ruth Smeeth	1981 Antrim	
5000m	13.20.06	Steve Overtt	1986 Mary Peters Track	All Comers	15.28.00	Angela Tooby	1985 Antrim	All Comers
	13.48.54	Ian Hamer	1989 Antrim					
10000m					34.38.40	Mary Margaret Meade	2004 Antrim	All Comers
100/110m H	13.20	Colin Jackson	1990 Mary Peters Track	All Comers	13.01	Sally Gunnell	1987 Mary Peters Track	All Comers
	13.58	Tony Jarrett	2002 Bangor		13.33w	Lorna Booth	1981 Antrim	
	13.86	Nigel Walker	1989 Antrim		13.06	Nadine Faustin	2002 Bangor	
400mH	48.18	Edwin Moses	1987 Mary Peters Track	All Comers	56.52	Gretha Tromp	1988 Mary Peters Track	All Comers
	50.02	Willie Smith	2002 Bangor		57.0	Sue Morley	1982 Antrim	
	51.10	Phil Beattie	1983 Antrim		57.55	Anna Knoroz	2002 Bangor	
3000m S/C	8.39.1	Paul Lawther	1977 Mary Peters Track	All Comers				
	8.40.92	Peter McColgan	1987 Antrim		11.40.75	Elizabeth Egan	2008 Antrim	
Pole Vault	5.60	Mike Tully	1986 Mary Peters Track	All Comers	3.90	Zoe Brown	2002 Bangor	
	5.30	Doug Wood	1990 Antrim		4.00	Zoe Brown	2009 Antrim	
					4.30	Tori Pena	2013 Mary Peters Track	All Comers
High Jump	2.30	Javier Sotomayor	1985 Mary Peters Track	All Comers	1.86	Diane Davies	1987 Mary Peters Track	
	2.26	Mark Boswell	2002 Bangor		1.91	Vanessa Brown	1984 Antrim	All Comers
	2.21	Geoff Parsons	1989 Antrim		1.90	Vita Palamar	2002 Bangor	
Triple Jump	16.89	Willie Banks	1985 Mary Peters Track	All Comers	12.59	Sharon Foley Gallen	2002 Mary Peters Track	All Comers
	16.42	Eric McCalla	1985 Antrim					
Long Jump	8.15	Stewart Faulkner	1990 Mary Peters Track	All Comers	6.57	Shonell Ferguson	1984 Antrim	All Comers
	7.61	Mark Forsythe	1988 Antrim		6.11	Fatma Dulkan	1996 Mary Peters Track	
	7.56	Andrea Tolstic	2002 Bangor					
Shot Putt	21.50	Geoff Capes	1980 Mary Peters Track	All Comers	17.62	Venissa Head	1981 Antrim	All Comers
	19.63	Justin Anlezark	2002 Bangor		16.61	Veronica Abrahamsee	2002 Bangor	
Discus	60.40	Richard Slaney	1982 Mary Peters Track	All Comers	58.70	Mette Bergman	1988 Mary Peters Track	All Comers
	57.00	Ray Lazdins	1990 Antrim		54.44	Jacqueline Mckernan	1990 Antrim	
Javelin	84.28	Steve Backley	1990 Mary Peters Track		71.38	Fatima Whitbread	1986 Mary Peters Track	All Comers
	76.80	Nigel Bevan	1989 Antrim		56.22	Cheryl Coker	1990 Antrim	
	85.54	Steve Backley	2002 Bangor	All Comers				
Hammer	75.66	F Urbka	1985 Mary Peters Track		63.72	Carys Parry	2007 Antrim	
	77.04	Dave Smith	1985 Antrim	All Comers	64.60	Shelley Webb	2006 Mary Peters Track	All Comers
10k Walk	39.47.31	Guillaume Leblanc	1990 Antrim	All Comers	5k 21.52.95	Pascale Grand	1990 Antrim	All Comers
4x100m	41.3	Ireland Select	2002 Bangor		43.69	Bahamas	2002 Bangor	
	40.48	Scotland	1996 Mary Peters Track	All Comers				