

Men - Road

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:55:48	Gareth King	Team Runwell	19-Apr-80	18-Jun-22	Victoria Park, Belfast	Belfast 50 kms
40 miles	04:30:22 (s)	Gareth King	Team Runwell	19-Apr-80	03-Apr-22	Perth, Scotland	ACP 100 km
50 miles	5:27:55 (s)	Gareth King	Team Runwell	19-Apr-80	03-Apr-22	Perth, Scotland	ACP 100 km
100 km	06:32:04	Gareth King	Team Runwell	19-Apr-80	27-Aug-22	Berlin	World 100 km champs
100 miles	14:27:03 (s)	Ed McGroarty	Lifford Strabane AC	13-Feb-77	19-Jun-22	Victoria Park, Belfast	Belfast 24 hour
6 hours	90.478 km (s)	Gareth King	Team Runwell	19-Apr-80	03-Apr-22	Perth, Scotland	ACP 100 km
12 hours	121.455 km	Mark Walker		09-Aug-77	25-Jun-16	Victoria Park, Belfast	Energia 12 hours
24 hours	258.820 km	Ed McGroarty	Lifford Strabane AC	13-Feb-77	18-Sep-22	Verona (ITA)	European Champs 24 hr
48 hours							

Ladies - Road

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	03:19:42	Caitriona Jennings	Letterkenny AC	17-Jun-80	08-Oct-22	Atila (ESP)	European Champs 50 km
40 miles							
50 miles							
100 km	08:30:41	Karla Borland	Southampton AC	04-Jul-86	21-Aug-21	Mondello Park, Kildare	ACP 100 km
100 miles							
6 hours							
12 hours	114.586 km	Fiona Prue	Ballydrain Harriers	04-Mar-69	25-Jun-16	Victoria Park, Belfast	Energia 12 hours
24 hours	213.770 km	Louise Smart	County Antrim Harriers	10-Apr-79	23-Jun-19	Victoria Park, Belfast	Energia 24 hours
48 hours							

Men - Track

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km							
40 miles							
50 miles							
100 km							
100 miles							
6 hours							
12 hours							
24 hours							
48 hours							

Ladies - Track

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km							
40 miles							
50 miles							
100 km							
100 miles							
6 hours							
12 hours	114.750 km (s)	Susan McCartney	B.A.R.F.	29-Mar-77	20-Dec-15	Barcelona (ESP)	Barcelona 24 hr track
24 hours	197.130 km	Susan McCartney	B.A.R.F.	29-Mar-77	20-Jul-13	Mary Peters Track, Belfast	Energia 24 hour
48 hours							