



MUNSTER ATHLETICS
MASTERS MEN
INDOOR CHAMPIONSHIP BEST PERFORMANCES

O35 Men	CBP	Year	Holder	Club
60m Sprint	7.0	2008	John Corr	Leevale
200m Sprint	24.0	2008	John Corr	Leevale
800m Run	2.06.96	2014	Ciaran McManus	Ennis Track
1500m Run	4.19.26	2014	Brian Murphy	Carrick on Suir
3000m Run	9.04.93	2014	Brian Murphy	Carrick on Suir
Long Jump	5.46m	2015	Danny Meaney	Templemore
High Jump	1.60m	2008	Ciaran Scully	Nenagh Olympic
High Jump	1.60m	2011	Donnacha Dennehy	Rising Sun
Shot Put (7.26kg)	12.13m	2015	John Leahy	Kilmurry Ibricken
Weight for Distance 56lbs	6.94m	2007	Joe Nagle	Leevale
O40 Men	CBP	Year	Holder	Club
60m Sprint	7.30	2007	Richard McArthur	St Cronans
200m Sprint	24.9	2004	Kieran Leahy	Waterford AC
800m Run	2.06.1	2004	Pat Grace	Nenagh Olympic
1500m Run	4.22.0	2004	Pat Nugent	St Marys (Clare)
3000m Run	9.12.0	2004	Pat Nugent	St Marys (Clare)
Long Jump	5.88m	2015	Tomas Griffin	An Riocht
High Jump	1.60m	2011	Tom O'Brien	Waterford AC
High Jump	1.60m	2015	Donnacha Dennehy	Rising Sun
High Jump	1.60m	2015	Arthur Novak	St Brendans
Shot Put (7.26kg)	15.03m	2002	John Sheehan	Kilmallock
Weight for Distance 56lbs	7.99m	2007	Tom Greene	St Johns (Clare)
4 x 200m Relay	1.48.0	2014	Nenagh Olympic	
O45 Men	CBP	Year	Holder	Club
60m Sprint	7.6	2004	Brendan Moran	West Waterford
60m Sprint	7.6	2005	Pat Canty	Tralee Harriers
200m Sprint	25.52	2011	Richard McArthur	St Cronans
800m Run	2.10.0	2002	Joe Goff	West Waterford
1500m Run	4.32.88	2013	Harry O'Brien	West Waterford
3000m Run	9.11.7	2007	Eugene Moynihan	Marian
Long Jump	5.11m	2010	Richard McArthur	St Cronans
High Jump	1.60m	2008	John Murphy	Liscarroll
Shot Put (7.26kg)	12.83m	2002	Finbarr McCarthy	FanahanMcSweeney
56lbs Weight for Distance	7.44m	2007	Martin Fitzpatrick	Tralee Harriers



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O50 Men	CBP	Year	Holder	Club
60m Sprint	7.8	2008	Pat Canty	Tralee Harriers
200m Sprint	27.6	2004	James O'Hare	Limerick AC
200m Sprint	27.31	2015	Jimmy O'Neill	Menapians
800m Run	2.15.0	2008	Joe Gough	West Waterford
1500m Run	4.49.0	2003	Patrick O'Shea	Iveragh
3000m Run	10.11.0	2003	Patrick O'Shea	Iveragh
Long Jump	4.88m	2006	Joe Gough	West Waterford
High Jump	1.59m	2013	John Murphy	Liscarroll
Shot Put	13.48m	2007	Patsy O'Connor	Tralee Harriers
35lbs Weight for Distance	8.79m	2007	Patsy O'Connor	Tralee Harriers
4 x 200m Relay				

O55 Men	CBP	Year	Holder	Club
60m Sprint	7.9	2004	Brendan Dennehy	Rising Sun
60m Sprint	7.9	2008	James O'Hare	Limerick AC
200m Sprint	27.0	2004	Brendan Dennehy	Rising Sun
800m Run	2.28.63	2015	Eugene Moynihan	Marian
1500m Run	4.57.09	2013	Joe Gough	West Waterford
3000m Run	10.38.94	2014	Eugene Moynihan	Marian
Long Jump	4.96m	2006	Brendan Dennehy	Rising Sun
High Jump	1.55m	2015	John Murphy	Liscarroll
Shot Put	13.26m	2013	Patsy O'Connor	Tralee Harriers
35lbs Weight for Distance	8.86m	2013	John Rice	Grange Fermoy

O60 Men	CBP	Year	Holder	Club
60m Sprint	8.00	2007	Brendan Dennehy	Rising Sun
200m Sprint	27.76	2005	Joe McSweeney	Emerald
800m Run	2.18.41	2014	Joe Gough	West Waterford
1500m Run	5.33.0	2006	Michael Dundon	ThurlesCrokes
3000m Run	11.26.41	2015	Martin Loughname	Templemore
Long Jump	4.83m	2011	Brendan Dennehy	Rising Sun
High Jump	1.45m	2008	Brendan Dennehy	Rising Sun
Shot Put	10.92m	2002	Martin McDonagh	St Johns (Kerry)
Weight for Distance	8.86m	2013	John Rice	Grange Fermoy



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O65 Men	CBP	Year	Holder	Club
60m Sprint	8.57	2013	Brendan Dennehy	Rising Sun
200m Sprint	29.45	2009	Con O'Donovan	Rising Sun
800m Run	3.07.51	2013	Eddie Cahalane	Coolquill
1500m Run	6.03.96	2014	Paddy Shelly	Ballynonty
3000m Run	12.21.60	2014	Paddy Shelly	Ballynonty
Long Jump	4.29m	2009	Con O'Donovan	Rising Sun
High Jump	1.35m	2013	Brendan Dennehy	Rising Sun
Shot Put	10.20m	2015	Michael Kelly	Nenagh Olympic
35lbs Weight for Distance	8.10m	2014	Michael Kelly	Nenagh Olympic
O70 Men	CBP	Year	Holder	Club
60m Sprint	9.47	2013	Con O'Donovan	Rising Sun
200m Sprint	34.20	2013	Con O'Donovan	Rising Sun
800m Run	2.58.8	2008	Flor O'Leary	St Finbarrs
1500m Run	6.29.8	2008	Flor O'Leary	St Finbarrs
3000m Run	13.29.78	2014	Mike Browne	Gneeveguilla
Long Jump	3.91m	2015	Jim O'Shea	Farranfore Maine Valley
High Jump	1.30m	2015	Jim O'Shea	Farranfore Maine Valley
Shot Put	9.00m	2006	Martin McDonagh	Tralee Harriers
28lbs Weight for Distance	7.88m	2013	Gerry O'Connell	Marian
O75 Men	CBP	Year	Holder	Club
60m Sprint	12.60	2006	Michael Hayes	St Marys (Clare)
200m Sprint	1.19.15	2015	Joe Hogan	Rising Sun
800m Run	3.17.20	2013	Flor O'Leary	St Finbarrs
1500m Run	6.32.6	2010	Flor O'Leary	St Finbarrs
3000m Run	13.57.48	2010	Flor O'Leary	St Finbarrs
Long Jump	2.07m	2009	Michael O'Beirne	Dundrum
High Jump	1.20m	2008	Michael O'Beirne	Dundrum
Shot Put	8.25m	2006	Michael Hayes	St Marys (Clare)
28lbs Weight for Distance	7.85m	2009	Ed Mulcahy	Farranfore Maine Valley
O80 Men	CBP	Year	Holder	Club
60m Sprint				
200m Sprint	40.63	2014	Flor O'Leary	St. Finbarrs
800m Run	3.43.23	2014	Flor O'Leary	St. Finbarrs
1500m Run				
3000m Run		2015	Flor O'Leary	St. Finbarrs



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Long Jump	0.68m	2013	Michael O'Beirne	Dundrum
High Jump -				
Shot Put	8.14m	2010	Michael Hayes	St. Marys (Clare)
4kg Weight for Distance	7.12m	2014	Ed Mulcahy	Farranfore Maine Valley