



**MUNSTER ATHLETICS**  
**MASTERS WOMEN**  
**INDOOR CHAMPIONSHIP BEST PERFORMANCES**

<b>O35 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Sprint	8.3	2008	Liz Coomey	Bandon
200m Sprint	29.8	2006	Sandra Brazil White	West Waterford
800m Run	2.27.72	2013	Margaret Danagher	Templemore
1500m Run	4.57.55	2013	Margaret Danagher	Templemore
3000m Run	10.30.90	2012	Martina O'Dwyer	Carrick on Suir
Long Jump	4.37m	2006	Liz McCarthy Coomey	Bandon
High Jump	1.40m	2004	Kay O'Riordan	Fethard
Shot Put	9.25m	2006	Sheila Fitzpatrick	Gneeveguilla
4 x 200m Relay	1.51.9	2008	Nenagh	

  

<b>O40 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Sprint	8.7	2004	Maura McCarthy	Bantry
200m Sprint	30.80	2011	Brid Stack	Gneeveguilla
800m Run	2.37.82	2010	Aisling Power	Ennis Track
1500m Run	5.10.95	2013	Anna O'Neill	Dohenys
3000m Run	11.19.0	2004	Mary Sweeney	St Finbarrs
Long Jump	4.39m	2009	Liz McCarthy Coomey	Bandon
High Jump	1.45m	2013	Antoinette O'Brien	Gneeveguilla
Shot Put	10.54m	2012	Sheila O'Donoghue	Gneeveguilla

  

<b>O45 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Sprint	9.30	2004	Edbhana Finnegan	Rising Sun
60m Sprint	9.30	2015	Sheila O'Donoghue	Gneeveguilla
200m Sprint	33.12	2015	Sheila O'Donoghue	Gneeveguilla
800m Run	2.42.49	2015	Mary Cahill	Ennis Track
1500m Run	5.11.16	2015	Helen O'Hanlon	Ennis Track
3000m Run	11.26.40	2015	Anna O'Neill	Dohenys
Long Jump	3.81m	2015	Sheila O'Donoghue	Gneeveguilla
High Jump	1.15m	2004	Allyson O'Neill	Ennis Track
Shot Put	10.27	2015	Sheila O'Donoghue	Gneeveguilla

  

<b>O50 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Sprint	11.50	2004	Brid McCullough	Ennis Track
60m Sprint	11.02	2015	Siobhan Doyle	Menapians
200m Sprint	34.01	2009	Cushla Murphy Hehir	Marian
800m Run	2.45.54	2009	Cushla Murphy Hehir	Marian
1500m Run	5.28.23	2012	Mary McSweeney	St Finbarrs
3000m Run	11.30.56	2012	Mary Sweeney	St Finbarrs
Long Jump	2.85m	2012	Kathleen Hayes	Gneeveguilla
High Jump	1.20m	2005	Allyson O'Neill	Ennis Track
Shot Put	8.94m	2012	Kathleen Hayes	Bandon



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<b>O55 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Sprint	10.10	2015	Hazel Galloway	Clonmel
200m Sprint	34.87	2015	Hazel Galloway	Clonmel
800m Run	2.52.76	2012	Cushla Murphy Hehir	Marian
1500m Run	6.11.12	2010	Carmel MacDomhnaill	West Limerick
3000m Run	14.53.4	2010	Marion Lyons	St Finbarrs
Long Jump	2.63m			
High Jump				
Shot Put	5.74m	2010	Mary Coughlan	Kilmihill
<b>O60 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Sprint	11.3	2008	Terri Gough	West Waterford
200m Sprint	40.19	2015	Carmel MacDomhnaill	West Limerick
800m Run	2.47.3	2008	Terri Gough	West Waterford
1500m Run	5.58.96	2015	Carmel MacDomhnaill	West Limerick
3000m Run	13.47.0	2006	Terri Gough	West Waterford
Long Jump	2.33m	2006	Mary Barry	Grange Fermoy
High Jump				
Shot Put	5.32m	2015	Marie Coughlan	Kilmurrylbricken
<b>O65 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Sprint	12.17	2013	Mary Barry	Grange Fermoy
200m Sprint	46.60	2012	Terri Gough	West Waterford
800m Run	4.07.68	2012	Terri Gough	West Waterford
1500m Run				
3000m Run				
Long Jump	2.30m	2011	Mary Barry	Grange Fermoy
High Jump				
Shot Put	6.72m	2014	Terri Gough	West Waterford
<b>O70 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Sprint	14.40	2015	Terri Gough	West Waterford
200m Sprint	49.84	2015	Terri Gough	West Waterford
800m Run				
1500m Run				
3000m Run				
Long Jump				
High Jump				
Shot Put	5.84m	2015	Terri Gough	West Waterford