



MUNSTER ATHLETICS
MASTERS WOMEN
T & F CHAMPIONSHIP BEST PERFORMANCES

O35 WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	13.50	2005	Liz McCarthy Coomey	Bandon
200 Meter Dash	28.87	2014	Elaine Cronin	Gneeveguilla
400 Meter Dash	1:07.98	2009	Ann Marie Healy	Eagle
800 Meter Run	2:29.47	2017	Annette Quaid	Leevale
1500 Meter Run	4:55.30	2011	Corrina Walsh	West Waterford
3000 Meter Run	10:27.10	2006	Carmel McCarthy	Bandon
High Jump	1.40m	2011	Catriona Hannafin	Tralee Harriers
Long Jump	4.69m	2016	Catriona Moynihan	Gneeveguilla
Discus Throw (1kg)	26.80m	2006	Sheila Fitzpatrick	Gneeveguilla
Hammer Throw (4kg)	31.62m	2007	Liz McCarthy Coomey	Bandon
Javelin Throw (600gr)	23.07m	2017	Geneive Rowland	Templemore
Shot (4kg)	9.58m	2004	Sheila Fitzpatrick	Gneeveguilla

O40 WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	14.14	2014	Annette O'Brien	Gneeveguilla
200 Meter Dash	29.92	2012	Brid Stack	Gneeveguilla
400 Meter Dash	1:08.80	2013	Brid Stack	Gneeveguilla
800 Meter Run	2:35.90	2002	Mary Sweeney	St Finbarrs
1500 Meter Run	5:05.59	2011	Carmel McCarthy	Bandon
3000 Meter Run	10:31.80	2002	Mary Sweeney	St Finbarrs
High Jump	1.50m	2011	Liz Coomey	Bandon
Long Jump	4.51m	2017	Ursula Barrett	St. Brendan's
Discus Throw (1kg)	28.43m	2008	Maureen Glanton	Skibbereen
Hammer Throw (4kg)	35.06m	2011	Sheila Donoghue	Gneeveguilla
Javelin Throw (600gr)	21.27m	2010	Sheila Donoghue	Gneeveguilla
Shot 4kg)	10.47m	2011	Sheila Donoghue	Gneeveguilla

O45 WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	14.80	2006	Ann Kelly Crowley	Bandon
200 Meter Dash	31.50	2006	Anne Kelly Crowley	Bandon
400 Meter Dash	1:13.16	2012	Elaine Barry	Waterford A C
800 Meter Run	2:40.61	2016	Anne Marie Healy	St Finbarrs
1500 Meter Run	5:16.14	2008	Ailis Ni hAodh	St Finbarrs
3000 Meter Run	10:38.20	2002	Carmel Parnell	Leevale
High Jump	1.30m	2016	Norma O'Connor	Gneeveguilla
Long Jump	4.20m	2010	Eilis Ni Fhaolain	Leevale
Discus Throw (1kg)	32.48m	2014	Maureen Glanton	Skibbereen
Hammer Throw (4kg)	39.62m	2011	Priscilla O'Sullivan	Bandon
Javelin Throw (600gr)	21.60m	2017	Shirley Fennelly	Tramore
Shot (4kg)	10.37m	2012	Sheila Donoghue	Gneeveguilla



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O50 WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	15.74	2014	Gabrielle Blair	Waterford A C
200 Meter Dash	32.70	2010	Cushla Murphy Hehir	Marian
400 Meter Dash	1:14.51	2017	Helen Hartigan	An Bru
800 Meter Run	2:55.83	2016	Anne Marie Healy	St Finbarrs
1500 Meter Run	5:21.08	2012	Rita Kierce	St Marys Clare
3000 Meter Run	10:22.80	2006	Carmel Parnell	Leevale
High Jump	1.15m	2001	Allyson O'Neill	Ennis Track
Long Jump	3.57m	2009	Ann Ladden	Farranfore Maine Valley
Discus Throw (1kg)	31.27m	2012	Kathleen Hayes	Bandon
Hammer Throw (3kg)	45.88m	2016	Pricilla O'Sullivan	Clonakilty Runners
Javelin Throw (500gr)	22.02m	2015	Maureen Glanton	Skibbereen
Shot (3kg)	11.03m	2016	Pricilla O'Sullivan	Clonakilty Runners

O55 WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	15.46	2014	Hazel Galloway	Clonmel
200 Meter Dash	32.38	2014	Hazel Galloway	Clonmel
400 Meter Dash	1:21.20	2010	Carmel MacDomhnaill	West Limerick
800 Meter Run	3:08.30	2010	Carmel MacDomhnaill	West Limerick
1500 Meter Run	6:18.22	2012	Carmel MacDomhnaill	West Limerick
3000 Meter Run	11.15.00	2017	Niamh O'Sullivan	An Riocht
High Jump	1.30m	2014	Mary Barrett	Loughrea AC
Long Jump	2.61m	2003	Mary Barry	Grange Fermoy
Discus Throw (3kg)	23.84m	2014	Mary Barrett	Loughrea AC
Hammer Throw (3kg)	20.10m	2015	Edbhana Finnegan	Rising Sun
Javelin Throw (500gr)	22.85m	2014	Mary Barrett	Loughrea AC
Shot (3kg)	10.42m	2014	Mary Barrett	Loughrea AC

O60 WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	15:79	2016	Hazel Galloway	Grange Fermoy
200 Meter Dash	34.55	2016	Hazel Galloway	Clonmel
400 Meter Dash	1.32.67	2017	Carmel MacDomhnaill	West Limerick
800 Meter Run	3:11.91	2016	Mary Jennings	Waterford AC
1500 Meter Run	6:54.55	2014	Kathleen O'Brien	St Catherines
3000 Meter Run	13:14.00	2017	Majella Diskin	An Riocht
High Jump				
Long Jump	2.48m	2005	Mary Barry	Grange Fermoy
Discus Throw (1kg)	16.10m	2016	Mary Jennings	Waterford AC
Hammer Throw (3kg)	19.61m	2010	Terri Gough	West Waterford
Javelin Throw (400gr)	13.68m	2010	Terri Gough	West Waterford
Shot (3kg)	6.15m	2005	Terri Gough	West Waterford

O70 WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	22.69	2015	Mary Barry	Grange Fermoy
200 Meter Dash	51.55	2015	Mary Barry	Grange Fermoy



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400 Meter Dash				
800 Meter Run				
1500 Meter Run				
3000 Meter Run				
High Jump				
Long Jump				
Discus Throw (1kg)				
Hammer Throw (3kg)	14.63m	2017	Terri Gough	West Waterford
Javelin Throw (400gr)	10.22m	2017	Terri Gough	West Waterford
Shot (3kg)	5.41m	2017	Terri Gough	West Waterford