



## MUNSTER ATHLETICS MASTERS WOMEN INDOOR CHAMPIONSHIP BEST PERFORMANCES

O35 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Sprint	8.30	2008	Liz Coomey	Bandon
<b>200m Sprint</b>	<b>28.99</b>	<b>2018</b>	<b>Sinead O'Regan</b>	<b>Riverstick/Kinsale</b>
<b>400m</b>	<b>1.19.92</b>	<b>2018</b>	<b>Edel Delaney</b>	<b>Moyne</b>
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
<b>3000m Walk</b>	<b>15.09.6H</b>	<b>2017</b>	<b>Maggie Helen O'Connor (GUEST)</b>	<b>St. Josephs</b>
Long Jump	4.62m	2016	Ursula Barrett	St. Brendan's
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	
O40 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Sprint	8.70	2004	Maura McCarthy	Bantry
200m Sprint	30.13	2017	Ursula Barrett	St. Brendan's
800m Run	2.37.82	2010	Aisling Power	Ennis Track
1500m Run	5.10.95	2013	Anna O'Neill	Dohenys
<b>3000m Run</b>	<b>11.07.07</b>	<b>2018</b>	<b>Susan Murnane</b>	<b>Limerick</b>
<b>Long Jump</b>	<b>4.66m</b>	<b>2018</b>	<b>Ursula Barrett</b>	<b>St. Brendan's</b>
High Jump	1.45m	2013	Antoinette O'Brien	Gneeveguilla
Shot Put	10.54m	2012	Sheila O'Donoghue	Gneeveguilla
O45 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Sprint	9.30	2004	Edbhana Finnegan	Rising Sun
60m Sprint	9.30	2015	Sheila O'Donoghue	Gneeveguilla
60m Sprint	9.08	2017	Paula Reilly GUEST	Celbridge
200m Sprint	31.19	2016	Jackie McGee	Tramore
800m Run	2.42.49	2015	Mary Cahill	Ennis Track
1500m Run	5.11.16	2015	Helen O'Hanlon	Ennis Track
3000m Run	11.23.1H	2016	Anna O'Neill	Dohenys
Long Jump	3.93m	2017	Liz Coomey	Bandon
High Jump	1.35m	2016	Norma O'Connor	Gneeveguilla
	1.35m	2017	Liz Coomey	Bandon
Shot Put	10.27	2015	Sheila O'Donoghue	Gneeveguilla
O50 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Sprint	11.50	2004	Brid McCullough	Ennis Track
<b>60m Sprint</b>	<b>9.16</b>	<b>2018</b>	<b>Paula Reilly GUEST</b>	<b>Celbridge</b>
200m Sprint	34.01	2009	Cushla Murphy Hehir	Marian
<b>200m Sprint</b>	<b>31.76</b>	<b>2018</b>	<b>Paula Reilly GUEST</b>	<b>Celbridge</b>
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
3000m Walk	20.44.0H	2017	Brid Lawlor GUEST	St. Josph's
Long Jump	2.85m	2012	Kathleen Hayes	Gneeveguilla
Long Jump	4.06m	2017	Siobheal Murray GUEST	Ratoath



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High Jump	1.20m	2005	Allyson O'Neill	Ennis Track
High Jump	1.40m	2017	Siobheal Murray GUEST	Ratoath
Shot Put	11.23m	2017	Sheila O'Donoghue	Gneeveguilla

O55 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Hurdles (2'3")	11.78	2016	Mary Barrett GUEST	Loughrea
60m Sprint	9.83	2016	Hazel Galloway	Clonmel
200m Sprint	34.87	2015	Hazel Galloway	Clonmel
<b>400m</b>	<b>1.36.52</b>	<b>2018</b>	<b>Esme Alexander</b>	<b>Coolquill</b>
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	1.25	2016	Mary Barrett GUEST	Loughrea
Shot Put	5.74m	2010	Mary Coughlan	Kilmihill
Shot Put	9.74m	2016	Mary Barrett GUEST	Loughrea

O60 WOMEN	CBP	YEAR	HOLDER	CLUB
<b>60m Sprint</b>	<b>9.94</b>	<b>2018</b>	<b>Hazel Galloway</b>	<b>Clonmel</b>
<b>200m Sprint</b>	<b>35.84</b>	<b>2018</b>	<b>Hazel Galloway</b>	<b>Clonmel</b>
<b>400m</b>	<b>2.02.90</b>	<b>2018</b>	<b>Marion Lyons</b>	<b>St. Finbarr's</b>
800m Run	2.47.3	2008	Terri Gough	West Waterford
1500m Run	5.58.96	2015	Carmel MacDomhnaill	West Limerick
3000m Run	13.01.2H	2106	Carmel MacDomhnaill	West Limerick
Long Jump	2.33m	2006	Mary Barry	Grange Fermoy
Long Jump	2.89m	2016	Margaret Higgins GUEST	Corofin
High Jump	1.05m	2017	Margaret Higgins GUEST	Corofin
Shot Put	5.32m	2015	Marie Coughlan	Kilmurray/Ibricken
Shot Put	5.82m	2016	Margaret Higgins GUEST	Corofin

O65 WOMEN	CBP	YEAR	HOLDER	CLUB
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

O70 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Sprint	13.59	2016	Terri Gough	West Waterford
200m Sprint	49.18	2016	Terri Gough	West Waterford
<b>400m</b>	<b>1.40.56</b>	<b>2018</b>	<b>Terri Gough</b>	<b>West Waterford</b>
800m Run	4.25.25	2016	Terri Gough	West Waterford
1500m Run				



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

3000m Run				
Long Jump				
High Jump				
<b>Shot Put</b>	5.92m	2018	Terri Gough	West Waterford