



MUNSTER ATHLETICS
MASTERS MEN
INDOOR CHAMPIONSHIP BEST PERFORMANCES

O35 Men	CBP	Year	Holder	Club
60m Hurdles	9.26	2017	Ger Cremin	An Riocht
60m Sprint	7.0	2008	John Corr	Leevale
200m Sprint	24.0	2008	John Corr	Leevale
400m	56.64	2018	Colm Lynch	Iveragh
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
3000m Walk	14.58.88	2018	Ross Alexander	Coolquill
Long Jump	5.93m	2017	Ger Cremin	An Riocht
High Jump	1.60m	2008	Ciaran Scully	Nenagh Olympic
High Jump	1.60m	2011	Donnacha Dennehy	Rising Sun
High Jump	1.60m	2016	Kevin Shorthall	Templemore
High Jump	1.60m	2017	Stephen Flanagan	Moyne
Shot Put (7.26kg)	12.89m	2019	John Dwyer	Templemore
Weight for Distance 56lbs	7.40m	2019	John Dwyer	Templemore
4 x 200m Relay	1.44.24	2013	Templemore	

O40 Men	CBP	Year	Holder	Club
60m Hurdles (3'6")	11.23	2016	PJ O'Rourke	Limerick
60m Sprint	7.30	2007	Richard McArthur	St Cronans
200m Sprint	24.68	2019	Kevin Lynch	Lios Tuathail
400m	59.79	2019	John Dineen	Waterford
800m Run	2.06.1	2004	Pat Grace	Nenagh Olympic
1500m Run	4.21.23	2017	Laurence Arthur	Derg
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	2018	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 Hurdles (3'6")	9.91	2019	Anthony Greaney	An Riocht
60m Sprint	7.6	2004	Brendan Moran	West Waterford
60m Sprint	7.6	2005	Pat Canty	Tralee Harriers
200m Sprint	25.16	2018	Anthony Greaney	An Riocht
400m	58.66	2019	Paschall Halley	Waterford
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	5.48m	2017	Tomas Griffin	An Riocht
High Jump	1.63m	2016	Artur Nowak	St. Brendan's Kerry



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Shot Put (7.26kg)	12.83m	2002	Finbarr McCarthy	Fanahan McSweeney
56lbs Weight for Distance	7.44m	2007	Martin Fitzpatrick	Tralee Harriers

O50 Men	CBP	Year	Holder	Club
60m Sprint	7.8	2008	Pat Canty	Tralee Harriers
200m Sprint	26.55	2016	Richard McArthur	St. Cronans
200m Sprint	27.31	2015	Jimmy O'Neill GUEST	Menapians
400m	59.94	2018	John O'Loughlin GUEST	Crusaders
800m Run	2.15.0	2008	Joe Gough	West Waterford
1500m Run	4.34.25	2019	Dermot Hayes	Dundrum
3000m Run	9.41.69	2018	Dermot Hayes	Dundrum
3000m Walk	14.41.3H	2017	Patrick Murphy	Castleisland
Long Jump	5.19m	2019	Tom O'Brien	Waterford
High Jump	1.60m	2019	Tom O'Brien	Waterford
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
400m	1.01.63	2019	Tim Ryan	Dooneen
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	9.68m	2015	Martin Fitzpatrick	St. Mary's Clare

O60 Men	CBP	Year	Holder	Club
60m Sprint	8.00	2007	Brendan Dennehy	Rising Sun
200m Sprint	27.76	2005	Joe McSweeney	Emerald
400m	1.17.76	2019	James Sexton	Kilmurray Ibrickane
800m Run	2.18.41	2014	Joe Gough	West Waterford
1500m Run	5.23.60	2018	Michael Murphy	St. Finbarr's
3000m Run	11.04.81	2017	Neilus Aherne	Midleton
Long Jump	4.83m	2011	Brendan Dennehy	Rising Sun
High Jump	1.45m	2008	Brendan Dennehy	Rising Sun
Shot Put	13.87m	2017	Patsy O'Connor	Tralee Harriers
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	29.32	2018	Joe Gough	West Waterford
400m	1.02.25	2018	Joe Gough	West Waterford
800m Run	2.50.09	2018	Ken Higgs	Eagle
1500m Run	5.42.80	2019	Matt Alexander	Coolquill
3000m Run	12.21.60	2014	Paddy Shelly	Ballynonty
3000m Walk	17.12.22	2018	Sean McMullin GUEST	Mullingar Harriers
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	9.04	2017	Brendan Dennehy	Rising Sun
200m Sprint	30.25	2017	Brendan Dennehy	Rising Sun
400m	1.17.57	2019	Michael Kiely	Rising Sun
800m Run	2.58.8	2008	Flor O'Leary	St Finbarr's
1500m Run	6.19.49	2019	Michael Kiely	Rising Sun
3000m Run	13.29.78	2014	Mike Browne	Gneeveguilla
Long Jump	4.09m	2017	Brendan Dennehy	Rising Sun
High Jump	1.30m	2016	Jim O'Shea	Farranfore Maine Valley
High Jump	1.30m	2017	Brendan Dennehy	Rising Sun
Shot Put	10.05m	2018	Noel Monteith	Borrisokane
Shot Put	10.31m	2019	Murty Kelly GUEST	Brow Rangers
28lbs Weight for Distance	7.88m	2013	Gerry O'Connell	Marian

O75 Men	CBP	Year	Holder	Club
60m Sprint	9.57	2018	Con O'Donovan	Rising Sun
200m Sprint	34.85	2018	Con O'Donovan	Rising Sun
400m	1.50.59	2019	Billy Caball	Rising Sun
800m Run	3.17.20	2013	Flor O'Leary	St Finbarr's
1500m Run	6.32.6	2010	Flor O'Leary	St Finbarr's
3000m Run	13.57.48	2010	Flor O'Leary	St Finbarr's
Long Jump	3.89m	2018	Jim O'Shea	Farranfore Maine Valley
High Jump	1.25m	2019	Jim O'Shea	Farranfore Maine Valley
Shot Put	8.25m	2006	Michael Hayes	St Marys (Clare)
28lbs Weight for Distance	7.85m	2009	Ed Mulcahy	Farranfore Maine Valley



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O80 Men	CBP	Year	Holder	Club
60m Sprint	21.13	2019	Joe Hogan	Rising Sun
200m Sprint	40.63	2014	Flor O'Leary	St. Finbarr's
800m Run	3.43.23	2014	Flor O'Leary	St. Finbarr's
1500m Run				
3000m Run		2015	Flor O'Leary	St. Finbarr's
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

O85 Men	CBP	Year	Holder	Club
60m Sprint				
200m Sprint				
800m Run	4.08.02	2019	Flor O'Leary	St. Finbarr's
1500m Run				
3000m Run				
Long Jump				
High Jump				
Shot Put (4kg)	5.65m	2018	Michael Hayes	St Marys (Clare)
4kg Weight for Distance	1.75m	2018	Micheal O'Beirne	Dundrum