



MUNSTER ATHLETICS
MASTERS WOMEN
INDOOR CHAMPIONSHIP BEST PERFORMANCES

| O35 WOMEN | CBP | YEAR | HOLDER | CLUB |
|--------------------|------------|-------------|-------------------------------|--------------------|
| 60m Hurdles | 11.05 | 2019 | Genevieve Rowland | Templemore |
| 60m Sprint | 8.30 | 2008 | Liz Coomey | Bandon |
| 200m Sprint | 28.99 | 2018 | Sinead O'Regan | Riverstick/Kinsale |
| 400m | 1.09.65 | 2019 | Bernadette Spillane | Moyne |
| 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 |
| 3000m Walk | 15.09.6H | 2017 | Maggie Helen O'Connor (GUEST) | St. Josephs |
| Long Jump | 4.62m | 2016 | Ursula Barrett | St. Brendan's |
| High Jump | 1.40m | 2004 | Kay O'Riordan | Fethard |
| High Jump | 1.40m | 2019 | Catherine Madden | Borrisokane |
| Shot Put | 9.40m | 2019 | Genevieve Rowland | Templemore |
| 4 x 200m Relay | 1.51.9 | 2008 | Nenagh | |
| O40 WOMEN | CBP | YEAR | HOLDER | CLUB |
| 60m Hurdles | 14.52 | 2019 | Liz Colclough | Waterford |
| 60m Sprint | 8.70 | 2004 | Maura McCarthy | Bantry |
| 200m Sprint | 30.13 | 2017 | Ursula Barrett | St. Brendan's |
| 400m Sprint | 1.11.31 | 2019 | Mary Cahill | Ennis Track |
| 800m Run | 2.32.65 | 2019 | Suzanne Neilan | An Riocht |
| 1500m Run | 5.10.95 | 2013 | Anna O'Neill | Dohenys |
| 3000m Run | 11.07.07 | 2018 | Susan Murnane | Limerick |
| Long Jump | 4.66m | 2018 | Ursula Barrett | St. Brendan's |
| High Jump | 1.45m | 2013 | Antoinette O'Brien | Gneeveguilla |
| Shot Put | 10.54m | 2012 | Sheila O'Donoghue | Gneeveguilla |
| WFD (28lbs) | 3.04m | 2019 | Maria Carey | Ennis Track |
| O45 WOMEN | CBP | YEAR | HOLDER | CLUB |
| 60m Hurdles | 12.01 | 2019 | Liz McCarthy-Coomey | Bandon |
| 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 |
| 400m | 1.13.09 | 2019 | Ann Marie Connellan | Ennis Track |
| 800m Run | 2.42.49 | 2015 | Mary Cahill | Ennis Track |
| 1500m Run | 5.11.16 | 2015 | Helen O'Hanlon | Ennis Track |
| 3000m Run | 11.20.27 | 2019 | Ann Marie Connellan | Ennis Track |
| Long Jump | 3.93m | 2017 | Liz Coomey | Bandon |
| High Jump | 1.35m | 2016 | Norma O'Connor | Gneeveguilla |
| High Jump | 1.35m | 2017 | Liz Coomey | Bandon |
| High Jump | 1.35m | 2019 | Annette O'Brien | Gneeveguilla |
| High Jump | 1.35m | 2019 | Anna De Courcy | Waterford |
| Shot Put | 10.27 | 2015 | Sheila O'Donoghue | Gneeveguilla |
| WFD (28lbs) | 6.09m | 2019 | Eileen O'Riordan | Gneeveguilla |
| O50 WOMEN | CBP | YEAR | HOLDER | CLUB |



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| | | | | |
|--------------------|---------------|-------------|----------------------------|---------------------|
| 60m Sprint | 11.50 | 2004 | Brid McCullough | Ennis Track |
| 60m Sprint | 8.30 | 2019 | Paula Reilly GUEST | Celbridge |
| 200m Sprint | 34.01 | 2009 | Cushla Murphy Hehir | Marian |
| 200m Sprint | 31.76 | 2018 | Paula Reilly GUEST | Celbridge |
| 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. Josphe's |
| Long Jump | 3.66m | 2019 | Liz McCarthy-Coomey | Bandon |
| Long Jump | 4.06m | 2017 | Siobheal Murray GUEST | Ratoath |
| High Jump | 1.20m | 2005 | Allyson O'Neill | Ennis Track |
| High Jump | 1.40m | 2017 | Siobheal Murray GUEST | Ratoath |
| Shot Put | 12.76m | 2019 | Sheila O'Donoghue | Gneeveguilla |
| WFD (20lbs) | 6.21m | 2019 | Liz McCarthy-Coomey | Bandon |

| 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 |
| 400m | 1.30.36 | 2019 | Esme Alexander | Coolquill |
| 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 |
|-------------|----------|------|------------------------|--------------------|
| 60m Sprint | 9.94 | 2018 | Hazel Galloway | Clonmel |
| 200m Sprint | 35.84 | 2018 | Hazel Galloway | Clonmel |
| 400m | 2.02.90 | 2018 | Marion Lyons | St. Finbarr's |
| 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 | | | | |



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| | | | | |
|-----------|-------|------|-------------|----------------|
| 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 |
| 400m | 1.40.56 | 2018 | Terri Gough | West Waterford |
| 800m Run | 4.25.25 | 2016 | Terri Gough | West Waterford |
| 1500m Run | | | | |
| 3000m Run | | | | |
| Long Jump | | | | |
| High Jump | | | | |
| Shot Put | 6.95m | 2019 | Terri Gough | West Waterford |