



MUNSTER ATHLETICS
U23 WOMEN & MEN
INDOOR CHAMPIONSHIP BEST PERFORMANCES

U23 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Hurdles	9.11	2014	Lilly Ann O'Hora	Dooneen
60 Meters	7.86	2014	Shona Lowe	Leevale
200 Meters	26.59	2014	Lilly Ann O'Hora	Dooneen
400 Meters	1.00.41	2014	Jessica Neville	Leevale
800 Meters	2.19.36	2018	Ciara Cummins	Nenagh Olympic
1500 Meters	4.53.87	2014	Amy O'Donoghue	Emerald
3000m	10.48.9H	2016	Niamh Moore	Cork Varsity
3000m Walk	17.47.33	2014	Claudia Loughnane	Marian
High Jump	1.65m	2016	Sorcha Murphy	Ferrybank
Long Jump	5.32m	2018	Aoibheann O'Brien	Tralee Harriers
Triple Jump	11.25m	2019	Grace Furlong	Waterford
Shot (4kg)	12.56	2014	Niamh Murphy	Blarney Inniscara

U23 MEN	CBP	YEAR	HOLDER	CLUB
60m Hurdles	9.02	2014	PJ Galvin	St. Brendan's
60 Meters	7.24	2016	Shane Howard	Bandon
200 Meters	22.94	2016	Simon Archer	Templemore
400 Meters	50.50	2017	Paul White	Nenagh Olympic
800 Meters	2.01.60	2014	Kevin Chesser	Ennis Track
1500 Meters	4.06.74	2013	Darragh Lynch	Ennis Track
3000 Meters	8.36.0H	2018	Darren Dunne	Nenagh Olympic
5000m Walk	20.22.22	2014	Luke Hickey	Leevale
High Jump	2.00m	2013	Shane O'Dwyer	Ferrybank
High Jump	2.00m	2016	David Cussen	Old Abbey
Long Jump	7.13m	2016	Shane Howard	Bandon
Triple Jump	13.64m	2014	Sean Archer	Ferrybank
Pole Vault	4.00m	2018	Raymond Walsh	Abbey Striders
Shot (7.26kg)	12.35m	2013	Patrick McSweeney	Bandon
Weight for Dist. (35lb)	8.50m	2018	Seamus McMahan	Shannon
4 x 200m Relay	1.36.99	2017		Nenagh Olympic