



**MUNSTER ATHLETICS**  
**SENIOR WOMEN & MEN**  
**INDOOR CHAMPIONSHIP BEST PERFORMANCES**

Senior Women	CBP	Year	Holder	Club
60m Hurdles (2'9")	8.5	1996	Patricia Naughton	Nenagh Oly
60m	7.4	1997	Lena Barry	Emerald
200m	25.05	2004	Ailis McSweeney	U.C.C.
400m	58.05	2001	Jennifer McKenna	Metro
800m	2.10.80	1997	Freda Daveron	U.C.C.
1500m	4.25.10	1997	Freda Daveron	U.C.C.
3000m	9.59.38	2018	Sinead O Connor	Leevale
3000m Walk	13.23.50	1997	Gillian O'Sullivan	U.C.C.
High Jump	1.75m	2019	Ciara Kennelly	Killarney Valley
Pole Vault	3.30m	2019	Ciara Hickey	Blarney Inniscara
Long Jump	5.95m	2004	Antoinette Furlong	D.M.P
Triple Jump	11.38m	1999	Antoinette Furlong	D.M.P
Shot (7.26kg)	13.76m	1999	Emma Gavin	Limerick AC
WFD (28lbs)	6.07m	2019	Cara Kennedy	Ferrybank
4 x 200 Meters -	1.46.2	1994	Emerald AC	

Senior Men	CBP	Year	Holder	Club
60m Hurdles (3'6")	7.6	1997	Jeremy Lyons	Ferrybank
60m	6.79	2005	Ger O'Donoghue	Leevale
200m	21.92	1998	Tom Comyns	Limerick
400m	49.2	2002	Tomas Coman	Templemore
800m	1.53.30	1992	Danny O'Brien	Limerick AC
1500m	3.56.45	2009	Mark Hanrahan	Leevale
3000m	8.23.46	2011	Patrick McCartan	West Limerick
3000m Walk	13.13.39	2018	Evan Lynch	Clonmel
5000m Walk	19.14.82	2013	Robert Heffernan	Togher
High Jump	2.00m	2016	Simon Archer	Templemore
Pole Vault	4.91m	1996	Dylan McDermott	Borrisokane
Long Jump	7.21m	2017	Shane Howard	Bandon
Triple Jump	15.03m	2002	Michael Murray	West Waterford
Shot (7.26kg)	15.94m	1998	John Leahy	Limerick AC
56lbs Dist.	7.81m	2005	Paul Crowe	Menapians
4 x 200 Meters -	1.33.9	1994	Nenagh Oly	