

Munster Athletics
Masters Championship Best Performance, updated 08 Feb 2022

Event	Category	CBP	Year	Holder	Club
60m Hurdles	O35 Men	9.26	2017	Ger Cremin	An Ríocht
60m Sprint	O35 Men	7.0h	2008	John Corr	Leevale
200m	O35 Men	24.0h	2008	John Corr	Leevale
400m	O35 Men	56.64	2018	Colm Lynch	Iveragh
800m	O35 Men	2.06.96	2014	Ciarán MacManus	Ennis Track
1500m	O35 Men	4.19.26	2014	Brian Murphy	Carrick On Suir
3000m	O35 Men	9.04.93	2014	Brian Murphy	Carrick On Suir
3000m Walk	O35 Men	14.58.88	2018	Ross Alexander	Coolquill
Long Jump	O35 Men	5.93m	2017	Ger Cremin	An Ríocht
Triple Jump	O35 Men				
High Jump	O35 Men	1.60m	2008	Ciaran Scully	Nenagh Olympic
High Jump	O35 Men	1.60m	2011	Donnacha Dennehy	Rising Sun
High Jump	O35 Men	1.60m	2016	Kevin Shorthall	Templemore
High Jump	O35 Men	1.60m	2017	Stephen Flanagan	Moyne
Pole Vault	O35 Men	-			
Pentathlon	O35 Men				
Shot	O35 Men	12.89m	2019	John Dwyer	Templemore
Wt. for Dist. 56lb	O35 Men	7.70m	2022	John Dwyer	Templemore
4x200m Relay	O35 Men	1.44.24	2013	Templemore	
60m Hurdles	O40 Men	9.18	2020	Ger Cremin	An Ríocht
60m Sprint	O40 Men	7.30	2007	Richard McArthur	St Cronans
200m	O40 Men	24.68	2019	Kevin Lynch	Lios Tuathail
400m	O40 Men	55.39	2020	Ger Cremin	An Ríocht
800m	O40 Men	2.06.1h	2004	Pat Grace	Nenagh Olympic
1500m	O40 Men	4.21.23	2017	Laurence Arthur	Derg
3000m	O40 Men	9.12.0h	2004	Pat Nugent	St Marys Clare
3000m Walk	O40 Men	14.56.97	2022	Ross Alexander	Coolquill
Long Jump	O40 Men	5.88m	2015	Tomás Griffin	An Ríocht
Triple Jump	O40 Men	9.23m	2022	Martin Curley	Ennis Track
High Jump	O40 Men	1.60m	2011	Tom O'Brien	Waterford
High Jump	O40 Men	1.60m	2020	Derek McCarthy	St Brendans
High Jump	O40 Men	1.60m	2018	Donnacha Dennehy	Rising Sun
High Jump	O40 Men	1.60m	2015	Arthur Novak	St Brendans
Pole Vault	O40 Men				
Pentathlon	O40 Men				
Shot	O40 Men	15.03m	2002	John Sheehan	Kilmallock
Wt. for Dist. 56lb	O40 Men	7.99m	2007	Tommy Greene	St Johns Clare
4x200m Relay	O40 Men	1.48.0h	2014	Nenagh Olympic	
60m Hurdles	O45 Men	9.91	2019	Anthony Greaney	An Ríocht
60m Sprint	O45 Men	7.6h	2004	Brendan Moran	West Waterford
60m Sprint	O45 Men	7.6h	2005	Pat Canty	Tralee Harriers
200m	O45 Men	24.59	2020	Kevin Lynch	Lios Tuathail
400m	O45 Men	54.40	2020	Kevin Lynch	Lios Tuathail
800m	O45 Men	2.09.38	2022	Laurence Arthur	Derg
1500m	O45 Men	4.32.88	2013	Harry O'Brien	West Waterford
3000m	O45 Men	9.11.7h	2007	Eugene Moynihan	Marian
3000m Walk	O45 Men				

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Long Jump	O45 Men	5.48m	2017	Tomás Griffin	An Ríocht
Triple Jump	O45 Men	8.57m	2022	PJ O'Rourke	Limerick
High Jump	O45 Men	1.63m	2016	Arthur Novak	St Brendans
Pole Vault	O45 Men				
Pentathlon	O45 Men				
Shot	O45 Men	12.83m	2002	Finbarr McCarthy	Fanahan McSweeney
Wt. for Dist. 56lb	O45 Men	7.44m	2007	Martin Fitzpatrick	St Marys Clare
60m Hurdles	O50 Men				
60m Sprint	O50 Men	7.8h	2008	Pat Canty	Rising Sun
200m	O50 Men	26.55	2016	Richard McArthur	St Cronans
400m	O50 Men	59.24	2022	Paschal Halley	Waterford
800m	O50 Men	2.15.0h	2008	Joe Gough	West Waterford
1500m	O50 Men	4.34.20	2019	Dermot Hayes	Dundrum
3000m	O50 Men	9.41.69	2018	Dermot Hayes	Dundrum
3000m Walk	O50 Men	14.41.3h	2017	Patrick Murphy	Castleisland
Long Jump	O50 Men	5.19m	2019	Tom O'Brien	Waterford
Triple Jump	O50 Men				
High Jump	O50 Men	1.61m	2022	Tom O'Brien	Waterford
Pole Vault	O50 Men				
Pentathlon	O50 Men	2964pts	2022	Paschal Halley	Waterford
Shot	O50 Men	13.48m	2007	Patsy O'Connor	Tralee Harriers
Wt. for Dist. 35lb	O50 Men	8.79m	2007	Patsy O'Connor	Tralee Harriers
60m Hurdles	O55 Men				
60m Sprint	O55 Men	7.9h	2004	Brendan Dennehy	Rising Sun
60m Sprint	O55 Men	7.9h	2008	James O'Hare	Limerick
200m	O55 Men	26.86	2020	Richard McArthur	St Cronans
400m	O55 Men	1.01.63	2019	Tim Ryan	Dooneen
800m	O55 Men	2.19.15	2020	Michael Kelly	Derg
1500m	O55 Men	4.50.70	2022	John O'Gorman	Kilmurray Ibrickane North Clare
3000m	O55 Men	10.38.72	2020	Willie O'Donoghue	Mooreabbey Milers
3000m Walk	O55 Men	15.21.74	2020	Patrick Murphy	Castleisland
Long Jump	O55 Men	4.96m	2006	Brendan Dennehy	Rising Sun
Triple Jump	O55 Men				
High Jump	O55 Men	1.55m	2015	John Murphy	Liscarroll
Pole Vault	O55 Men				
Pentathlon	O55 Men	2089pts	2022	David Courtney	Ennis Track
Shot	O55 Men	13.26m	2013	Patsy O'Connor	Tralee Harriers
Wt. for Dist. 35lb	O55 Men	9.68m	2015	Martin Fitzpatrick	St Marys Clare
60m Hurdles	O60 Men				
60m Sprint	O60 Men	8.00	2007	Brendan Dennehy	Rising Sun
200m	O60 Men	27.76	2005	Joe McSweeney	Emerald
400m	O60 Men	1.13.11	2022	Niall Kelly	Nenagh Olympic
800m	O60 Men	2.18.41	2014	Joe Gough	West Waterford
1500m	O60 Men	5.23.60	2018	Michael Murphy	St Finbarrs
3000m	O60 Men	11.04.81	2017	Neilus Aherne	Midleton
3000m Walk	O60 Men	15.38.25	2022	Patrick Murphy	Castleisland
Long Jump	O60 Men	4.83m	2011	Brendan Dennehy	Rising Sun
Triple Jump	O60 Men				
High Jump	O60 Men	1.45m	2008	Brendan Dennehy	Rising Sun

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Pole Vault	O60 Men				
Quadrathon	O60 Men	1939pts	2022	Niall Kelly	Nenagh Olympic
Shot	O60 Men	13.87m	2017	Patsy O'Connor	Tralee Harriers
Wt. for Dist. 35lb	O60 Men	8.86m	2013	Joh Rice	Grange Fermoy
60m Hurdles	O65 Men				
60m Sprint	O65 Men	8.57	2013	Brendan Dennehy	Rising Sun
200m	O65 Men	29.32	2018	Joe Gough	West Waterford
400m	O65 Men	1.02.25	2018	Joe Gough	West Waterford
800m	O65 Men	2.22.44	2022	Joe Gough	West Waterford
1500m	O65 Men	5.07.09	2020	Joe Gough	West Waterford
3000m	O65 Men	12.21.60	2014	Paddy Shelly	Ballynonty
3000m Walk	O65 Men	20.44.20	2020	David Kissane	St Brendans
3000m Walk	O65 Men	17.12.22	2018	Sean McMullin (Guest)	Mulingar Harriers
Long Jump	O65 Men	4.32m	2020	Joe Gough	West Waterford
Triple Jump	O65 Men				
High Jump	O65 Men	1.35m	2013	Brendan Dennehy	Rising Sun
Pole Vault	O65 Men				
Quadrathon	O65 Men	2627pts	2022	Joe Gough	West Waterford
Shot	O65 Men	10.20m	2015	Michael Kelly	Nenagh Olympic
Wt. for Dist. 35lb	O65 Men	8.10m	2014	Michael Kelly	Nenagh Olympic
60m Sprint	O70 Men	9.04	2017	Brendan Dennehy	Rising Sun
200m	O70 Men	30.25	2017	Brendan Dennehy	Rising Sun
400m	O70 Men	1.12.76	2022	Ken Higgs	Eagle
800m	O70 Men	2.54.66	2022	Ken Higgs	Eagle
1500m	O70 Men	6.19.49	2019	Michael Kiely	Rising Sun
3000m	O70 Men	13.29.78	2014	Mike Browne	Gneeveguilla
3000m Walk	O70 Men	18.08.00	2020	Sean McMullin (Guest)	Mulingar Harriers
Long Jump	O70 Men	4.09m	2017	Brendan Dennehy	Rising Sun
Triple Jump	O70 Men				
High Jump	O70 Men	1.30m	2016	Jim O'Shea	Farranfore Maine Valley
High Jump	O70 Men	1.30m	2017	Brendan Dennehy	Rising Sun
Shot	O70 Men	10.05m	2018	Noel Monteith	Borrisokane
Shot	O70 Men	10.31m	2019	Murty Kelly (Guest)	Brow Rangers
Wt. for Dist. 28lb	O70 Men	7.88m	2013	Gerry O'Connell	Marian
60m Sprint	O75 Men	9.57	2018	Con O'Donovan	Rising Sun
200m	O75 Men	34.34	2020	Con O'Donovan	Rising Sun
400m	O75 Men	1.17.40	2020	Michael Kiely	Rising Sun
800m	O75 Men	3.03.77	2020	Michael Kiely	Rising Sun
1500m	O75 Men	6.26.50	2020	Michael Kiely	Rising Sun
3000m	O75 Men	13.57.48	2010	Flor O'Leary	St Finbarrs
3000m Walk	O75 Men				
Long Jump	O75 Men	3.89m	2018	Jim O'Shea	Farranfore Maine Valley
Triple Jump	O75 Men				
High Jump	O75 Men	1.25m	2019	Jim O'Shea	Farranfore Maine Valley
Shot	O75 Men	8.69m	2022	Noel Monteith	Borrisokane
Wt. for Dist. 28lb	O75 Men	7.85m	2009	Ed Mulcahy	Farranfore Maine Valley
60m Sprint	O80 Men	12.61	2022	George Salter Townshend	Skibbereen
200m	O80 Men	40.63	2014	Flor O'Leary	St Finbarrs
400m	O80 Men				

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800m	O80 Men	3.43.23	2014	Flor O'Leary	St Finbarrs
1500m	O80 Men				
3000m	O80 Men		2013	Flor O'Leary	St Finbarrs
3000m Walk	O80 Men				
Long Jump	O80 Men	2.17m	2022	George Salter Townshend	Skibbereen
Triple Jump	O80 Men	4.06m	2022	George Salter Townshend	Skibbereen
Shot	O80 Men	8.14m	2010	Michael Hayes	St Marys Clare
Wt. for Dist. 4Kg	O80 Men	7.12m	2014	Ed Mulcahy	Farranfore Maine Valley
60m Sprint	O85 Men				
200m	O85 Men	41.69	2020	Flor O'Leary	St Finbarrs
400m	O85 Men	4.08.02	2019	Flor O'Leary	St Finbarrs
800m	O85 Men				
1500m	O85 Men				
3000m	O85 Men				
Shot (4 kg)	O85 Men	5.65m	2018	Michael Hayes	St Marys Clare
Wt. for Dist. 4Kg	O85 Men	1.75m	2018	Michéal O'Beirne	Dundrum
Shot (4 Kg)	O90 Men	6.23m	2020	Michael Hayes	St Marys Clare
Wt. for Dist. 35lb	O90 Men	3.59m	2020	Michael Hayes	St Marys Clare
Wt. for Dist. 35lb	O70 Men	5.77m	2022	John Rice	Grange Fermoy
Wt. for Dist. 28lb	O80 Men	3.23m	2022	Joe Hogan	Rising Sun
Wt. for Dist. 28lb	O90 Men	2.50m	2020	Michael Hayes	St Marys Clare
Long Jump	O50 Men	5.19m	2022	Tom O'Brien	Waterford
Shot (3Kg)	O80 Men	7.94m	2022	Jimmy Shield	Limerick
Shot (3Kg)	O90 Men	4.98m	2022	Michael Hayes	St Marys Clare
60m Hurdles	O35 Women	11.05	2019	Genevieve Rowland	Templemore
60m Sprint	O35 Women	8.30	2008	Liz McCarthy Coomey	Bandon
200m	O35 Women	28.99	2018	Sinead O'Regan	Riverstick Kinsale
400m	O35 Women	1.08.80	2020	Orla McDonald	Templemore
800m	O35 Women	2.27.72	2013	Margaret Danagher	Templemore
1500m	O35 Women	4.57.55	2013	Margaret Danagher	Templemore
3000m	O35 Women	10.30.90	2012	Martina O'Dwyer	Carrick on Suir
3000m Walk	O35 Women	15.09.6h	2017	Maggie Helen O'Connor (Guest)	St Josephs
Long Jump	O35 Women	4.62m	2016	Ursula Barrett	St Brendans
Triple Jump	O35 Women				
High Jump	O35 Women	1.40m	2004	Kay O'Riordan	Fethard
High Jump	O35 Women	1.40m	2020	Catherine Madden	Nenagh Olympic
Pole Vault	O35 Women				
Pentathlon	O35 Women				
Shot	O35 Women	11.58m	2022	Olga Nedvede	Dooneen
Wt. for Dist. 28lb	O35 Women	5.72m	2020	Genevieve Rowland	Templemore
4x200m Relay	O35 Women	1.51.9h	2008	Nenagh Olympic	
60m Hurdles	O40 Women	10.49	2020	Nichola Tighe	Waterford
60m Sprint	O40 Women	8.20	2022	Sinead O'Regan	Riverstick Kinsale
200m	O40 Women	28.41	2020	Sinead O'Regan	Riverstick Kinsale
400m	O40 Women	1.09.16	2022	Bernadette Spillane	Moyne
800m	O40 Women	2.32.65	2019	Suzanne Neilan	An Ríocht
1500m	O40 Women	4.56.49	2022	Dymphna Ryan	Dundrum
3000m	O40 Women	11.00.48	2020	Susan Murnane	Limerick
3000m Walk	O40 Women				

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Long Jump	O40 Women	4.80m	2020	Ursula Barrett	St Brendans
Triple Jump	O40 Women				
High Jump	O40 Women	1.45m	2013	Antoinette O'Brien	Gneeveguilla
Pole Vault	O40 Women				
Pentathlon	O40 Women	2580 pts	2020	Nichola Tighe	Waterford
Shot	O40 Women	10.54m	2012	Sheila O'Donoghue	Gneeveguilla
Wt. for Dist. 28lb	O40 Women	6.49m	2022	Genevieve Rowland	Templemore
60m Hurdles	O45 Women	12.01	2019	Liz McCarthy Coomey	Bandon
60m Sprint	O45 Women	8.94	2022	Fiona Kelly	Newport
200m	O45 Women	31.19	2016	Jackie McGee	Tramore
400m	O45 Women	1.06.61	2022	Aisling Ferguson	Waterford
800m	O45 Women	2.35.25	2022	Aisling Ferguson	Waterford
1500m	O45 Women	5.11.16	2015	Helen O'Hanlon	Ennis Track
3000m	O45 Women	11.03.35	2022	Ann Marie Connellan	Ennis Track
3000m Walk	O45 Women				
Long Jump	O45 Women	4.31m	2022	Ursula Barrett	St. Brendan's
Triple Jump	O45 Women				
High Jump	O45 Women	1.35m	2016	Norma O'Connor	Gneeveguilla
High Jump	O45 Women	1.35m	2017	Liz McCarthy Coomey	Bandon
High Jump	O45 Women	1.35m	2019	Annette O'Brien	Gneeveguilla
High Jump	O45 Women	1.35m	2020	Anna De Courcy	Waterford
Pole Vault	O45 Women				
Pentathlon	O45 Women				
Shot	O45 Women	10.27m	2015	Sheila O'Donoghue	Gneeveguilla
Wt. for Dist. 28lb	O45 Women	6.09m	2019	Eileen O'Riordan	Gneeveguilla
60m Hurdles	O50 Women				
60m Sprint	O50 Women	9.69	2022	Sheila King	Tralee Harriers
60m Sprint	O50 Women	8.30	2019	Paula O'Reilly (Guest)	Celbridge
200m	O50 Women	32.96	2022	Sheila King	Tralee Harriers
200m	O50 Women	31.76	2018	Paula O'Reilly (Guest)	Celbridge
400m	O50 Women	1.12.13	2022	Sheila King	Tralee Harriers
800m	O50 Women	2.45.54	2009	Cushla Murphy Hehir	Marian
1500m	O50 Women	5.28.23	2012	Mary Sweeney	St Finbarrs
3000m	O50 Women	11.30.56	2012	Mary Sweeney	St Finbarrs
3000m Walk	O50 Women	20.44.0h	2017	Bríd Lawlor (Guest)	St Josephs
Long Jump	O50 Women	3.90m	2020	Liz McCarthy Coomey	Bandon
Long Jump	O50 Women	4.06m	2017	Siobheal Murray (Guest)	Ratoath
Triple Jump	O50 Women				
High Jump	O50 Women	1.30m	2020	Liz McCarthy Coomey	Bandon
High Jump	O50 Women	1.40m	2017	Siobheal Murray (Guest)	Ratoath
Pole Vault	O50 Women				
Quadrathon	O50 Women	2108pts	2020	Shirley Fennelly	Tramore
Shot	O50 Women	12.76m	2019	Sheila O'Donoghue	Gneeveguilla
Wt. for Dist. 20lb	O50 Women	6.21m	2019	Liz McCarthy Coomey	Bandon
60m Hurdles	O55 Women	11.78	2016	Mary Barrett (Guest)	Loughrea
60m Sprint	O55 Women	9.83	2016	Hazel Galloway	Clonmel
60m Sprint	O55 Women	9.61	2020	Tina Gallagher (Guest)	OMG
200m	O55 Women	34.87	2015	Hazel Galloway	Clonmel
200m	O55 Women	33.97	2020	Tina Gallagher (Guest)	OMG

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400m	O55 Women	1.30.36	2019	Esmé Alexander	Coolquill
800m	O55 Women	2.52.76	2012	Cushla Murphy Hehir	Marian
1500m	O55 Women	6.11.12	2010	Carmel MacDomhnaill	West Limerick
3000m	O55 Women	14.53.4h	2010	Marion Lyons	St Finbarrs
3000m Walk	O55 Women				
Long Jump	O55 Women	3.20m	2020	Tina Gallagher (Guest)	OMG
Triple Jump	O55 Women				
High Jump	O55 Women	1.25m	2016	Mary Barrett (Guest)	Loughrea
Pole Vault	O55 Women				
Quadrathon	O55 Women				
Shot	O55 Women	5.74m	2010	Mary Coughlan	Kilmihil
Shot	O55 Women	9.74m	2016	Mary Barrett (Guest)	Loughrea
Wt. for Dist. 20lb	O55 Women				
60m Hurdles	O60 Women	11.88	2020	Mary Barrett (Guest)	Loughrea
60m Sprint	O60 Women	9.94	2018	Hazel Galloway	Clonmel
200m	O60 Women	35.84	2018	Hazel Galloway	Clonmel
400m	O60 Women	2.02.90	2018	Marion Lyons	St Finbarrs
800m	O60 Women	2.47.3h	2008	Terri Gough	West Waterford
1500m	O60 Women	5.58.96	2015	Carmel MacDomhnaill	West Limerick
3000m	O60 Women	13.01.2h	2016	Carmel MacDomhnaill	West Limerick
3000m Walk	O60 Women				
Long Jump	O60 Women	2.33m	2006	Mary Barry	Grange Fermoy
Long Jump	O60 Women	3.29m	2020	Margaret Higgins (Guest)	Corofin
Triple Jump	O60 Women				
High Jump	O60 Women	1.05m	2017	Margaret Higgins (Guest)	Corofin
Quadrathon	O60 Women				
Shot	O60 Women	5.32m	2015	Mary Coughlan	Kilmurray Ibrickane North Clare
Shot	O60 Women	10.09m	2020	Mary Barrett (Guest)	Loughrea
Wt. for Dist. 20lb	O60 Women				
60m Sprint	O65 Women	12.17	2013	Mary Barry	Grange Fermoy
200m	O65 Women	46.60	2012	Terri Gough	West Waterford
400m	O65 Women	1.47.63	2022	Marion Lyons	St Finbarrs
800m	O65 Women	3.54.98	2022	Marion Lyons	St Finbarrs
1500m	O65 Women	7.39.79	2022	Marion Lyons	St Finbarrs
3000m	O65 Women				
3000m Walk	O65 Women				
Long Jump	O65 Women	2.30m	2011	Mary Barry	Grange Fermoy
Triple Jump	O65 Women				
High Jump	O65 Women				
Quadrathon	O65 Women				
Shot	O65 Women	6.72m	2014	Terri Gough	West Waterford
Wt. for Dist. 20lb	O65 Women				
60m Sprint	O70 Women	13.59	2016	Terri Gough	West Waterford
200m	O70 Women	49.18	2016	Terri Gough	West Waterford
400m	O70 Women	1.40.56	2018	Terri Gough	West Waterford
800m	O70 Women	4.25.25	2016	Terri Gough	West Waterford
1500m	O70 Women				
3000m	O70 Women				
Long Jump	O70 Women				

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Triple Jump	O70 Women				
High Jump	O70 Women				
Shot	O70 Women	6.95m	2019	Terri Gough	West Waterford
Wt. for Dist. 20lb	O70 Women				
60m Sprint	O75 Women	14.53	2020	Terri Gough	West Waterford
200m	O75 Women	55.32	2020	Terri Gough	West Waterford
400m	O75 Women	2.11.02	2020	Terri Gough	West Waterford
800m	O75 Women				
1500m	O75 Women				
3000m	O75 Women				
Long Jump	O75 Women				
Triple Jump	O75 Women				
High Jump	O75 Women				
Shot (3Kg)	O75 Women	6.78m	2020	Terri Gough	West Waterford
Wt. for Dist. 20lb	O75 Women				