

# MUNSTER SENIOR MEN RECORDS

Compiled by Sean Naughton

19/10/2011

Event	Record		Name	YOB	Club	Venue	Date	
100m.	10.35	2.0	Gary Ryan	72	Nenagh Olympic	Mardyke	03/07/2004	
200m.	20.67	1.5	Gary Ryan	72	Nenagh Olympic	Catania	26/08/1997	
400m.	45.84		Tomas Coman	79	Moycarkey/Coolcree	Santry	29/07/2000	
800m.	1.45.41		Thomas Chammev	84	Clonmel/Crusaders	Oslo	03/07/2009	
1500m.	3.33.61		Marcus O'Sullivan	61	Leevale	Monaco	10/08/1996	
1 Mile	3.50.62		Mark Carroll	72	Leevale	Oslo	28/07/2000	
2000m.	4.55.06		Marcus O'Sullivan	61	Leevale	Nice	10/07/1996	
3000m.	7.30.36		Mark Carroll	72	Leevale	Monaco	04/08/1999	
5000m.	13.03.93		Mark Carroll	72	Leevale	Berlin	01/09/1998	
10,000m.	27.46.82		Mark Carroll	72	Leevale	Stanford	05/05/2000	
1 Hour	19,625m		John Treacy	57	Waterford	Monaco	1997	
Marathon	2.09.15		John Treacy	57	Waterford	Boston	18/04/1988	
3kS/Chase	8.24.09		Brendan Quinn	60	Waterford	Brussels	30/08/1985	
110m.Hur.	14.71	0.2	Timothy Flannery	82	Nenagh Olympic	Santry	19/08/2000	
400m.Hur.	50.06		Thomas Barr	92	Ferrybank	Santry	07/08/2011	
High Jump	2.24	ind	Antoine Burke	75	Dooneen/Crusaders	Birmingham	08/02/1998	
Pole Vault	5.02	ind	John Hallissey	72	Ferrybank	Glasgow	19/01/1997	
Long Jump	7.61		Peter O'Connor		Waterford	Ballsbridge Dublin	05/08/2001	
Triple Jump	16.27	ind	Colm Cronin	57	Leevale	Detroit	10/03/1978	
Shot	16.82		Paul Crowe	74	Limerick	Sydney	20/01/2007	
Discus	57.36		Joe Brice	58	Middleton	Dartmouth	18/08/1980	
Hammer	66.94		Eugene Lawor	55	St.John's Tralee	Edinburgh	03/05/1980	
Javelin	82.75		Terry Mc.Hugh	63	Nenagh Oly/D.C.H.	London	05/08/2000	
Decathlon	7775		Barry Walsh	68	Limerick	Alhama	24/05/1992	
			11.38,7.05,14.36,2.03,50.19,15.40,43.98,4.50,56.84,4.13.77.					
4x100m	41.92		Nenagh Olympic A.C.				1998	
4x400m.	3.14.31		Limerick A.C.			Santry	17/08/1986	
			Liam Looney, Frank O'Mara, John Battles, Kieran Finn.					
3000m Walk	11.12.02		Jamie Costin	77	West Waterford	Cork I.T.	03/07/2010	
5000m.Walk	18.51.46	ind.	Robert Heffernan	78	Togher	Belfast	26/01/2008	
10,000m.Walk	38.27.52		Robert Heffernan	78	Togher	Santry	20/07/2008	
20k.Walk	1.19.22		Robert Heffernan	78	Togher	Oieboksary	10/05/2008	
50k.Walk	3.45.30		Robert Heffernan	78	Togher	Barcelona	31/07/2010	

# MUNSTER SENIOR WOMEN RECORD

Compiled by Sean Naughton

19/10/2011

Event	Record		Name	YOB	Club	Venue	Date
100m.	11.4	0.8	Ailish McSweeney	83	Leevale	Leige	13/07/2010
200m.	23.3	1.3	Niamh Whelan	90	Ferrybank	Budapest	30/06/2010
400m.	53.1		Marion Andrews	82	Togher	Santry	07/08/2011
800m.	2.00.69		Sonia O'Sullivan	69	Ballymore/Cobh	St.Petersburg	28/07/1994
1000m.	2.34.66		Sonia O'Sullivan	69	Ballymore/Cobh	Monte Carlo	03/07/1993
1500m.	3.58.85		Sonia O'Sullivan	69	Ballymore/Cobh	Monte Carlo	25/07/1995
1 Mile	4.17.25		Sonia O'Sullivan	69	Ballymore/Cobh	Oslo	22/07/1994
2000m.			Sonia O'Sullivan	69	Ballymore/Cobh	Edinburg	08/07/1994
3000m.	8.21.64		Sonia O'Sullivan	69	Ballymore/Cobh	London	15/07/1994
5000m.	14.41.02		Sonia O'Sullivan	69	Ballymore/Cobh	Sydney	25/09/2000
10000m	30.47.59		Sonia O'Sullivan	69	Ballymore/Cobh	Munich	06/08/2002
10 Mile Rd.	51.00		Sonia O'Sullivan	69	Ballymore/Cobh	Portsmouth	08/09/2002
Half Marathon	1.10.04		Sonia O'Sullivan	69	Ballymore/Cobh	Brussels	06/05/2002
Marathon	2.29.01		Sonia O'Sullivan	69	Ballymore/Cobh	London	17/04/2005
3k.S/Chase	10.51.54		Michelle Finn	89	Duhallow	U.S.A.	08/05/2010
100m.Hur.	12.65	-0.5	Derval O'Rourke	81	Leevale	Barcelona	31/07/2010
400m.Hur.	54.31		Susan Smith	71	Waterford	Zurich	12/08/1998
High Jump	1.78		Breda Tierney/Browne	64	Nenagh Olympic	Boston	24/01/1993
Pole Vault	3.70		Juliet Claffey	78	Borrisokane	Belfast	16/08/2003
Long Jump	6.6	1	Kelly Proper	88	Ferrybank	Brussels	08/08/2010
	6.62	ind.	Kelly Proper	88	Ferrybank	Vienna	23/01/2010
Triple Jump	13.62	0.9	Taneisha Scanlon	77	Limerick	Bratislava	07/06/2005
Shot	16.29		Patricia Walsh	60	Waterford		0/0/84
Discus	57.60		Patricia Walsh	60	Waterford	Santry	07/07/1984
Hammer	59.12		Rachel Achers	85	Marian Ennis	Santry	13/04/2007
Javelin	50.42	old	Mary T.Reale	71	Limerick	Waterford	20/06/1992
Heptathlon	5236		Brid Hallissey	67	Ferrybank	Haslett	10/11/7/93
			14.59,1.66,11.52,26.07,5.45,34.58,2.17.09.				
4x100m.	46.02		Ferrybank			Belgrade	28/05/2011
			M.Murphy,C.Giles Doran,N.Whelan,K.Proper				
4x400m.	3.35.67		Ferrybank			Tullamore	02/07/2006
			K.Sheehan,M.Deevy,M.O.Connor,J.Barr.				
3k Walk	11.35.34	ind.	Gillian O'Sullivan	76	Faranfore	Belfast	15/02/2003
5k.Walk	20.02.60		Gillian O'Sullivan	76	Faranfore	Santry	14/07/2002
10k Walk	45.28.75		Gillian O'Sullivan	76	Faranfore	SanSebastian	01/08/1998
10k WalkRD.	43.29		Gillian O'Sullivan	76	Faranfore	Phoenix Park	15/07/2000
20k. Walk	1.27.22		Gillian O'Sullivan	76	Faranfore	Sesto San Giovanni	01/05/2003

## MUNSTER U23 MEN RECORDS

Compiled by Sean Naughton

19/10/2011

Event	Record		Name	YOB	Club	Venue	Date
100m.	10.61	1.9	Christopher Russell	90	Ferrybank	Leiden	12/06/2010
200m.	21.11	1.5	Christopher Russell	90	Ferrybank	Santry	08/07/2011
400m.	45.90		Tomas Coman	79	Moycarkey	Edmoniton	04/08/2001
800m.	1.46.82		Tomas Chammeay	84	Clonmel	Oordegen	01/07/2006
1500m.	3.41.37		David McCarthy	88	West Waterford	GreensboroU.S.A.	30/05/2009
3000m.	7.47.93		John Treacy	57	Waterford	Lausanne	18/07/1979
5000m.	13.26.5		John Treacy	57	Waterford	Brussels	18/08/1978
10000m.	27.55.2		John Treacy	57	Waterford	Philadelphia	27/04/1978
3k. S/chase	8.29.60		Kieran Stack		North Cork	Austin	31/05/1985
110m.Hur.3'6"	14.71		Timothy Flannery	82	Nenagh Olympic	Limerick	16/06/1999
400m.Hurdles	50.06		Thomas Barr	92	Ferrybank	Santry	07/08/2011
High Jump	2.23	ind	Antoine Burke	75	Dooneen Limerick	Vienna	15/02/1997
Pole Vault	4.60		Thomas Houlihan	92	West Waterford	Tullamore	14/08/2010
	4.50		Thomas Houlihan	92	West Waterford	Tullamore	30/05/2009
Long Jump	7.35	-2.5	David Quilligan	90	Leevale	Santry	15/05/2011
Triple Jump	15.89		Colm Cronin	57	Leevale	Copenhagen	26/06/1977
Shot	16.66	ind	Eoin Leen	84	Tralee Hrs	Belfast	15/02/2003
Discus	57.36		Joe Brice	58	Middleton	Hanover U.S.A.	18/05/1980
Hammer	56.36	??	James Hall	92	West Waterford	U.S.A.	16/04/2011
Javelin	75.04		Terry McHugh	63	D.C.H./NenaghOly.	Zug	15/06/1985
Decathlon	7472		Barry Walsh	68	Limerick	Villanova	19/05/1989
			11.85,6.70,14.00,2.00,49.96,15.25,44.72,4.40,54.74,4.34.0.				
3000m.Walk	11.27.06		Robert Heffernan	78	Togher	Tullamore	13/08/2000
5000m.Walk	19.51.69	ind	Robert Heffernan	78	Togher	Nenagh	13/02/2000
10000m.Walk	40.16		Robert Heffernan	78	Togher	Tullamore	23/07/2000
20k.Walk	1.22.43		Robert Heffernan	78	Togher	EisenHullenstadt	17/06/2000

## Munster U23 Women Records

Compiled by Sean Naughton

19/10/2011

Event	Record		Name	YOB	Club	Venue	Date
100m.	11.59	0.5	Ailish McSweeney	83	Leevale	Cardiff	29/08/2005
200m.	23.3	1.3	Niamh Whelan	90	Ferrybank	Budapest	20/06/2010
400m.	55.31		Grainne Moynihan	94	West Muskerry	Trabzon	25/07/2011
800m.	2.04.23		Sonia O'Sullivan	69	Ballymore/Cobh	Santry	14/07/1991
1000m.	2.38.68		Sonia O'Sullivan	69	Ballymore/Cobh	Mansfield	24/07/1990
1500m.	4.05.81		Sonia O'Sullivan	69	Ballymore/Cobh	Monaco	03/08/1991
Mile	4.26.19		Sonia O'Sullivan	69	Ballymore/Cobh	New York	20/07/1998
2000m.	5.41.22		Sonia O'Sullivan	69	Ballymore/Cobh	London	13/07/1991
3000m.	8.52.65		Sonia O'Sullivan	69	Ballymore/Cobh	Split	29/08/1990
5000m.,	15.17.28	ind	Sonia O'Sullivan	69	Ballymore/Cobh	U.S.A.	25/1/091
10000m..	33.37.4		Aisling Ryan	69	Moycarkey	Walnut	23/04/1988
3kS/Chase	10.51.54		Michelle Finn	89	Duhallow	U.S.A.	08/05/2010
100m.Hur	12.96		Derval O'Rourke	81	Leevale	Bydgoszcz	19/07/2003
400m.Hur	56.62		Jesse Barr	89	Ferrybank	Ostrava	16/07/2011
High Jump	1.76		Elaine Ball	74	Limerick Emerald		1990
Pole Vault	3.4		Nikita Savage[3.50 indoor]	92	Youghal	Tullamore	04/07/2010
Long Jump	6.6	1	Kelly Proper[6.62 indoor]	88	Ferrybank	Brussels	08/08/2010
	6.62	ind	Kelly Proper	88	Ferrybank	Vienna	23/01/2010
Triple Jump	11.54		Maire O'Meara	72	Nenagh Olympic		1991
Shot	15.37		Patrica Walsh	60	Waterford	U.S.A.	1982
Discus	57.06		Patrica Walsh	60	Waterford	Leixington	13/05/1982
Hammer	59.12		Rachael Achers	85	Marian./Ennis	Santry	13/04/2007
Javelin	50.42		Mary T.Reale	71	Waterford	Waterford	20/06/1992
Heptathlon	5217		Brid Hallissey	67	Ferrybank	Waterford	15/16/6/91
			14.73,1.66,11.30,25.9,5.54,37.02,2.20.90.				
4x100m	46.93		Ferrybank			Santry	29/07/2006
			K.Proper,M.Murphy,H.Murphy,N.Whelan.				
3k Walk	12.18.86		Kate Veale	94	West Waterford	Tullamore	23/07/2011
5k Walk	21.30..18		Kate Veale	94	West Waterford	Santry	06/08/2011
10k Walk	45.28.75		Gillian O'Sullivan	76	U.C.C.	San Sebastian	01/08/1998
Road	46.32		Kate Veale	94	West Waterford	Olhao	21/05/2011

## MUNSTER JUNIOR MEN RECORDS

Compiled by Sean Naughton

19/10/2011

Event	Record		Name	YOB	Club	Venue	Date	
100m.	10.65	0.6	Christopher Russell	90	Ferrybank	Mannheim	13/06/2009	
200m.	21.46	1.9	Christopher Russell	90	Ferrybank	Kessel	06/06/2009	
400m.	46.82		Tomas Coman	79	Moycarkey	Edmoniton	04/08/2001	
800m.	1.48.60		P.J.O'Rourke	72	Nenagh Olympic	Limerick	14/06/1991	
1500m.	4.43.36		Mark Carroll	72	Leevale		1991	
3000m	8.09.43		Mark Carroll	72	Leevale		1991	
5000m.	14.04.6		John Treacy	57	Waterford	Kirby	26/06/1975	
10000m.	31.46.90	?	George Murray		North Cork		1991	
3k.S/Chase	8.42.5		Brendan Quinn	60	Waterford	Champaign	31/05/1979	
110m.Hur.	14.71		Timothy Flannery	82	Nenagh Olympic	Santry	19/08/2000	
400m.Hur.	50.06		Thomas Barr	92	Ferrybank	Santry	07/08/2011	
High Jump	2.21		Antoine Burke	75	U.C.D./Dooneen	Mardyke	25/06/1994	
Pole Vault	4.6		Thomas Houlihan	92	West Waterford	Tullamore	14/08/2010	
Long Jump	7.32		Brenan Burke	80	Limerick	Dublin	24/07/1999	
Triple Jump	15.56		Colm Cronin	57	Leevale	Reiti	13/06/1976	
Shot	16.61	ind	Eoin Leen	84	Tralee Hrs.	Belfast	15/02/2003	
Discus	48.94		Frank O'Brien	65	West Waterford	Meadowbank	01/09/1984	
Hammer	56.36		James Hall	92	West Waterford	U.S.A.	16/04/2011	
Javelin	71.30		Terry Mc.Hugh	63	D.C.H./Nenagh Oly.	Belfield	24/04/1982	
Decathlon	7336		Barry Walsh	68	Limerick	Birmingham	6/7/8/87	
			11.60,7.09,13.82,1.97,50.74,15.42,44.92,3.50,58.24,4.34.33.					
4x100m	43.7		Limerick A.C.				1985	
4x400m.	3.18.64		Leevale A.C.			Mardyke	03/07/1984	
			A.O'Regan,B.O'Sullivan,J.Riordan,P.O'Regan					
10k.Walk	43.20.78		Jamie Costin	77	West Waterford	Sydney	23/08/1996	
20k.Walk	1.28.56		Jamie Costin	77	West Waterford	Sligo	31/03/1996	

## MUNSTER JUNIOR WOMEN RECORDS

Compiled by Sean Naughton

19/10/2011

Event	Record		Name	YOB	Club	Venue	Date
100m.	11.63	1	Niamh Whelan	90	Ferrybank	Novi Sad	24/07/2009
200m.	23.83	1.6	Niamh Whelan	90	Ferrybank	Mannheim	14/06/2009
400m.	55.31		Grainne Moynihan	94	West Muskerry	Trabzon	25/07/2011
800m.	2.05.72		Sonia O'Sullivan	69	Balltmore/Cobh	Meadowbank	18/07/1987
1500m.	4.22.97		Sonia O'Sullivan	69	Balltmore/Cobh		
Mile	4.26.19		Sonia O'Sullivan	69	Balltmore/Cobh	New York	20/07/1998
3000m.	9.01.52		Sonia O'Sullivan	69	Balltmore/Cobh	Mardyke	07/07/1987
5000m.	16.21.0		Aisling Ryan	69	Moycarkey		
10000m.	33.37.4		Aisling Ryan	69	Moycarkey	Walnut	23/04/1988
100m.Hur.	13.61	0.6	Derval O'Rourke	81	Leevale	Santiago	17/10/2000
400m.Hur.	59.46		Lisa Nicholson	72	D.C.H./Dooneen	Tullamore	15/07/1990
High Jump	1.76		Elaine Ball	74	Limerick Emerald		0/0/90
Pole Vault	3.4		Nikita Savage	92	Youghal	Tullamore	04/07/2010
	3.51	ind.	Nikita Savage	92	Youghal	Cardiff	21/02/2010
Long Jump	6.34		Kelly Proper	88	Ferrybank	Limerick	16/06/2007
Triple Jump	11.54		Maire O'Meara	72	Nenagh Olympic	Waterford	05/05/1991
Shot	14.35		Clare Fitzgerald	91	Tralee Hrs	Castleisland	01/05/2009
Discus	51.80		Patricia Walsh	60	Waterford	Belfield	10-Jul
Hammer	58.26		Cara Kennedy	92	Ferrybank	Cork I.T.	03/07/2011
Javelin	47.52		Brenda Walsh	65	Limerick	Antrim	0/0/82
Heptathlon	5049		Mairead Murphy		Ferrybank	Monzon	02/07/2006
			14.94,1.72,11.04,25.39,5.38,31.57,2.29.44				
4x100m.	46.93		Ferrybank			Santry	29/07/2006
			K.Proper,M.Murphy,H.Murphy,N.Whelan				
4x400m.	3.35.67		Ferrybank			Tullamore	02/07/2006
			K.Sheehan,M.Deevy,M.O'Connor,J.Barr.				
3kWalk	12.18.86		Katie Veale	94	West Waterford	Tullamore	23/07/2011
5k Walk	21.30.18		Katie Veale	94	West Waterford	Santry	06/08/2011
10k Walk	54.21.0		Cathriona Mc.Mahon	85	St.Mary's Limerick		30/06/2002
Road	46.32		Katie Veale	94	West Waterford	Olhao	21/05/2011

## MUNSTER YOUTHS (WOMEN) RECORDS (17 Years)

Compiled by Sean Naughton

19/10/2011

Event	Record		Name	YOB	Club	Venue	Date
100m.	11.87	1.0	Niamh Whelan	90	Ferrybank	Beograd	24/07/2007
200m.	24.36	1.2	Niamh Whelan	90	Ferrybank	Mannheim	23/06/2007
400m.	55.31		Grainne Moynihan	94	West Muskerry	Trabzon	25/07/2011
800m.	2.08.31		Ciara Cronin	91	Ferrybank	Grangemouth	15/07/2006
1500m.	4.33.97		Amy O'Donoghue	94	Limerick Emerald	Santry	01/07/2010
3000m.	9.55.6		Paula Sheehan	81	Blarney	Tullamore	11/07/1998
5000m.	18.26.67		Mairead O'Callaghan	81	Nth Cork	Tullamore	05/07/1998
100mHur2'9	14.24		Patricia Naughton	75	Nenagh Olympic	Belfield	12/07/1992
100mHur.2'6	13.62		Sarah Lavin	94	Limerick Emerald	Trabzon	28/07/2011
300mHur	41.84		Ciara Giles Doran	95	Ferrybank		0/0/11
	41.29	??	Susan Smith	71	Waterford	??	??/??/??
400mHur	60.17		Kalyn Sheehan	89	Ferrybank	Cork I.T.	26/06/2006
High Jump	1.74		Aisling Croke	95	Dooneen Limerick	Tullamore	26/06/2010
Pole Vault	3.3		Nikita Savage	92	Youghal	Limerick	0/0/09
Long Jump	6.10	ind	Kelly Proper	88	Ferrybank	Nenagh	19/03/2005
Triple Jump	11.33	0.7	Jessie Barr	89	Ferrybank	Santry	22/07/2006
Discus 2k	44.82		Patricia Walsh	60	Waterford		0/0/77
Hammer4k	48.62		Mairead O'Neill	94	Gneevequilla	Antrim	13/08/2011
Javelin	47.42		Brenda Walsh	65	Limerick	Antrim	0/0/82
4x100m	48.92		Nenagh Olympic A.C.			Santry	23/08/1981
			F.White,B.Naughton,N.Murphy,N.Morrissey				
4x400m	3.53.67		Ferrybank A.C.			Tullamore	02/07/2006
			K.Sheehan,M.Deevy,M.O'Connor,J.Barr.				
Hepthalon	5049		Mairead Murphy	89	Ferrybank	Monzon	02/07/2006
			14.94,1.72,11.04,25.39,5.38,31.57,2.29.44				
3000m.Walk	12.18.86		Katie Veale	94	West Waterford	Tullamore	23/07/2011
5000m.Walk	21.30.18		Katie Veale	94	West Waterford	Santry	06/08/2011
10000.Walk	58.29.54		Linda O'Sullivan	75	Marian Ennis		0/0/92
	46.32		Katie Veale	94	West Waterford	Olhao	21/05/2011

## MUNSTER YOUTHS (MEN) RECORDS (17 Years)

Compiled by Sean Naughton

19/10/2011

Event	Record		Name	YOB	Club	Venue	Date
<b>100m.</b>	10.75	1.9	Christopher Russell	90	Ferrybank	Bedford	23/07/2007
<b>200m.</b>	21.96	0.4	Christopher Russell	90	Ferrybank	Tullamore	08/07/2007
<b>400m.</b>	48.06		Brian Murphy	82	Leevale		
<b>800m.</b>	1.51.22		David McCarthy	88	West Waterford	Mannheim	18/06/2005
<b>1500m.</b>	3.50.41		Ciaran O'Lionaird	88	Leevale	Mannheim	07/74
<b>3000m.</b>	8.20.4		John Treacy	57	Waterford	Edinburg	1974
<b>2k.S/Chase</b>	5.50.41		Liam Reale	83	Limerick	Bydgoszcz	17/07/1999
<b>110mHur3'3"</b>	14.28		Edmond O'Halloran	92	Leevale	Mardyke	19/04/2009
<b>110mHur3'6</b>	14.57		Timothy Flannery	82	Nenagh Olympic	Limerick	16/06/1999
<b>High Jump</b>	2.13		Antoine Burke	75	Dooneen Limerick	Seoul	18/09/1992
<b>Pole Vault</b>	4.5		Tom Houlihan	92	West Waterford	Tullamore	30/05/2009
<b>Long Jump</b>	6.90	1.9	David Quilligan	90	Leevale	Antrim	04/08/2007
<b>Triple Jump</b>	14.32		Nial McCarthy	61	Corbally Limerick	B.L.O.E.C'ships	1977
<b>Shot 5kg.</b>	18.95		Eoin Leen	84	Tralee Hrs	Debrecen	12/07/2001
<b>Discus 1.5kg.</b>	56.26		Frank O'Brien[59.34]?	65	West Waterford	B.L.O.E.C'ships	1982
<b>Hepathlon</b>	4679		Joseph Naughton	74	Nenagh Olympic	B.L.O.E.C'ships	1991
<b>4x100m.</b>	43.7		Togher A.C.			B.L.O.E.C'ships	1995