

MUNSTER SENIOR RECORDS

Compiled by Sean Naughton

01-Mar-15

MEN

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/Coolcroo	Santry	29/07/2000	
800m.	1.45.41		Thomas Chammey	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	19625m.		John Treacy	57	Waterford	Monaco	1987	
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.	48.90		Thomas Barr	92	Ferrybank	Geneva	14/06/2014	
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	1874	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	7,775		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	11.11.94		Robert Heffernan	78	Togher	Cork I.T.	02/07/2013	
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	3.37.54		Robert Heffernan	78	Togher	London	11/08/2012	

MUNSTER SENIOR RECORD

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WOMEN

100m.	11.40	0.8	Ailish McSweeney	83	Leevale	Leige	13/07/2010
200m.	23.15		Kelly Proper	88	Ferrybank	Zurich	14/08/2014
400m.	53.10		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	9.54.00		Michelle Finn	89	Duhallow	Nashville Tn.	01/06/2013
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/Brown	64	Nenagh Olympic	Boston	24/01/1993
Pole Vault	3.70		Juliet Claffey	78	Borrisokane	Belfast	16/08/2003
Long Jump	6.60	1.0	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		1984
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	5,442		Kelly Proper	88	Ferrybank	Firenze	03/05/2013
			14.80[0.0]1.66,10.40,24.10[-1.0]6.31[1.2]34.11,2.26.28.				
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	Farranfore	Belfast	15/02/2003
5k.Walk	20.02.60		Gillian O'Sullivan	76	Farranfore	Santry	14/07/2002
10k Walk	45.28.75		Gillian O'Sullivan	76	Farranfore	San Sebastian	01/08/1998
10k WalkRD.	43.29		Gillian O'Sullivan	76	Farranfore	Phoenix Park	15/07/2000
20k. Walk	1.27.22		Gillian O'Sullivan	76	Farranfore	Sesto San Giovanni	01/05/2003

MUNSTER U23. RECORDS

01-Mar-15

Compiled by Sean Naughton

MEN

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	Edmonton	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	48.90		Thomas Barr	92	Ferrybank	Geneva	14/06/2014	
High Jump	2.23	ind	Antoine Burke	75	Dooneen Limerick	Vienna	15/02/1997	
Pole Vault	4.70		Thomas Houlihan	92	West Waterford	Athlone	10/06/2012	
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	7,472		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 Records

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WOMEN

01-Mar-15

100m.	11.59	0.5	Ailish McSweeney	83	Leevale	Cardiff	29/08/2005	
200m.	23.30	1.3	Niamh Whelan	90	Ferrybank	Budapest	20/06/2010	
400m.	54.97		Grainne Moynihan	94	West Muskerry	Tullamore	30/06/2013	
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.	25/01/1991	
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	3.40		Nikita Savage[3.50 in	92	Youghal	Tullamore	04/07/2010	
Long Jump	6.60	1.0	Kelly Proper[6.62 ind	88	Ferrybank	Brussels	08/08/2010	
	6.62	ind	Kelly Proper	88	Ferrybank	Vienna	23/01/2010	
Triple Jump	12.10	0.3	Maria Carey	98	Newport	Cardiff	19/07/2014	
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	5,217.00		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	
5kWalk	21.30..18		Kate Veale	94	West Waterford	Santry	06/08/2011	
10kWalk	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 RECORDS

Compiled by Sean Naughton

MEN

01-Mar-15

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	Edmonton	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		0/0/91	
3000m	8.09.43		Mark Carroll	72	Leevale		0/0/91	
5000m.	14.04.6		John Treacy	57	Waterford	Kirby	26/06/1975	
10000m.	31.46.90	?	George Murray		North Cork		0/0/91	
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	4.60		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	7,336.00		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	43.70		Limerick A.C.				0/0/85	
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 RECORDS

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WOMEN

01-Mar-15

100m.	11.63	1.0	Niamh Whelan	90	Ferrybank	Novi Sad	24/07/2009
200m.	23.83	1.6	Niamh Whelan	90	Ferrybank	Mannheim	14/06/2009
400m.	54.97		Grainne Moynihan	94	West Muskerry	Tullamore	30/06/2013
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.	16.21.00	ind.	Aisling Ryan	69	Moycarkey		0/0/88
10000m.	33.37.4		Aisling Ryan	69	Moycarkey	Walnut	23/04/1988
100m.Hur.	13.34	1.3	Sarah Lavin	94	Limerick Emerald	Rieti	20/07/2013
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	3.40		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	12.10	0.3	Maria Carey	98	Newport	Cardiff	19/07/2014
Shot	14.35		Clare Fitzgerald	91	Tralee Hrs	Castleisland	01/05/2009
Discus	51.80		Patricia Walsh	60	Waterford	Belfield	10/07/1979
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	5,049.00		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 RECORDS (17 Years)

Compiled by Sean Naughton

GIRLS

01-Mar-15

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.	2.08.29		Louise Shanahan	97	Leevale	Nanjing	23/08/2014
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	3.30		Nikita Savage	92	Youghal	Cork I.T.	24/05/2009
Long Jump	6.10	ind	Kelly Proper	88	Ferrybank	Nenagh	19/03/2005
Triple Jump	12.10	0.3	Maria Carey	98	Newport	Cardiff	19/07/2014
Discus 2k	44.82		Patricia Walsh	60	Waterford		0/0/77
Hammer4k	53.78		Alice Ackers	96	Marian Ennis	Santry	09/06/2013
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	5,049.00		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 RECORDS {17 years}

Compiled by Sean Naughton

01-Mar-15

Boys

100m.	10.75	1.9	Christopher Russell	90	Ferrybank	Bedford	23/07/2007
200m.	21.79	-0.2	Greg O'Shea	95	Dooneen Limerick	Tullamore	24/06/2012
400m.	48.06		Brian Murphy	82	Leevale		
800m.	1.51.22		David McCarthy	88	West Waterford	Mannheim	18/06/2005
1500m.	3.50.41		Ciaran O'Lionaird	88	Leevale	Mannheim	0/7/74
3000m.	8.20.4		John Treacy	57	Waterford	Edinburg	0/7/74
2k.S/Chase	5.50.41		Liam Reale	83	Limerick	Bydgoszcz	17/07/1999
110mHur3'3	14.28		Edmond O'Halloran	92	Leevale	Mardyke	19/04/2009
110mHur3'6	14.57		Timothy Flannery	82	Nenagh Olympic	Limerick	16/06/1999
High Jump	2.13		Antoine Burke	75	Dooneen Limerick	Seoul	18/09/1992
High Jump	2.13		David Cussen	96	Old Abbey	Tullamore	18/08/2013
Pole Vault	4.50		Tom Houlihan	92	West Waterford	Tullamore	30/05/2009
Long Jump	6.90	1.9	David Quilligan	90	Leevale	Antrim	04/08/2007
Triple Jump	14.32		Nial McCarthy	61	Corbally Limerick	B.L.O.E.C'ships	0/0/77
Shot 5kg.	18.95		Eoin Leen	84	Tralee Hrs.	Debrecen	12/07/2001
Discus 1.5kg.	56.26		Frank O'Brien[59.34]?	65	West Waterford	B.L.O.E.C'ships	1982
Hepathlon	4,679.00		Joseph Naughton	74	Nenagh Olympic	B.L.O.E.C'ships	1991
4x100m.	43.70		Tocher A.C.			B.L.O.E.C'ships	1995