



MUNSTER ATHLETICS
MASTERS MEN
T & F CHAMPIONSHIP BEST PERFORMANCES

O35 MEN	CBP	YEAR	HOLDER	CLUB
110m Hurdles (3'6")				
100 Meter Dash	11.37	2018	Ger O'Donoghue	An Ríocht
200 Meter Dash	23.57	2012	Brendan Leahy	Waterford A C
400 Meter Dash	53.41	2014	Kevin Lynch	Listowel
800 Meter Run	2:03.34	2017	Denis Coughlan	St. Finbarrs
1500 Meter Run	4:18.40	2010	Dermot Kearns	Dooneen
3000 Meter Run	8:53.70	2015	Stuart Moloney	Mooreabbey Milers
High Jump	1.65m	2018	Kevin Shorthall	Templemore
Long Jump	5.72m	2008	Tomas Griffin	An Ríocht
Discus Throw (2kg)	31.27m	2014	John Leahy	Kilmurry/Ibrickane
Hammer Throw (7.26kg)	31.16m	2011	Brian Hayes	Leevale
Javelin Throw (800gr)	42.26m	2011	Brian Hayes	Leevale
Shot Put (7.26kg)	12.52m	2014	John Leahy	Kilmurry/Ibrickane
56lbs for Distance	5.78m	2017	Thomas Bouchier	Ferrybank

O40 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	11.63	2012	Tomas Griffin	An Ríocht
200 Meter Dash	23.68	2018	Ger Cremin	An Ríocht
400 Meter Dash	54.25	2017	Brendan Leahy	Waterford
800 Meter Run	2:05.13	2015	Kevin Lynch	Listowel
1500 Meter Run	4:14.44	2016	Lawrence Arthur	Derg
3000 Meter Run	9:05.50	2005	Gareth Barry	North Cork
High Jump	1.63m	2014	Arthur Nowak	St Brendans
Long Jump	6.12m	2014	Tomas Griffin	An Ríocht
Discus Throw (2kg)	38.50m	2008	Frank O'Brien	West Waterford
Hammer Throw (7.26kg)	46.40m	2016	Shane Scanlan	Finisk Valley AC
Javelin Throw (800gr)	44.42m	2001	Patsy O'Connor	Tralee Harriers
Shot Put (7.26kg)	12.55m	2001	Patsy O'Connor	Tralee Harriers
56lb for Distance	8.55m	2007	Tom Dwyer	Templemore

O45 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	11.90	2004	Brendan Moran	West Waterford
200 Meter Dash	24.70	2018	Anthony Greaney	An Ríocht
400 Meter Dash	57.02	2012	Tom O'Brien	Waterford A C
800 Meter Run	2:09.26	2011	Harry O'Brien	West Waterford
1500 Meter Run	4:24.45	2018	Michael Harrington	Durrus
3000 Meter Run	9:20.39	2018	Michael Harrington	Durrus
High Jump	1.70m	2014	Tom O'Brien	Waterford A C
Long Jump	5.60m	2014	Tom O'Brien	Waterford A C
Discus Throw (2kg)	36.27m	2010	Frank O'Brien	Waterford A C
Hammer Throw (7.26kg)	42.72m	2017	Shane Scanlon	Finisk Valley
Javelin Throw (800gr)	47.08m	2016	Andreas Purrmann	Leevale A C
Shot Put (7.26kg)	12.13m	2006	Patsy O'Connor	Tralee Harriers
56lbs for Distance	8.65m	2007	John O'Dea	Dundrum (Tipperary)

O50 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	12.55	2009	Pat Canty	Tralee Harriers



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200 Meter Dash	26.71	2011	Con Sheehan	Carraig na Bhfear
400 Meter Dash	1:00.29	2018	Jerome Foley	Farranfore Maine
800 Meter Run	2:14.00	2003	Joe Gough	West Waterford
1500 Meter Run	4:36.90	2007	Eamon McEvoy	Marian
3000 Meter Run	9:34.64	2018	Dermot Hayes	Dundrum
3k Race Walk	15:27.95	2016	John Joe Lawlor	St Josephs
5k Race Walk	24:30.98	2015	Tony Gartland	Sli Cualann
High Jump	1.60m	2012	John Murphy	Liscarroll
Long Jump	5.24m	2012	Con Sheehan	Carraig na Bhfear
Discus Throw (1.50kg)	42.02m	2011	Patsy O'Connor	Tralee Harriers
Hammer Throw (6kg)	25.40m	2015	Don McKinnon	Templemore
Javelin Throw (700gr)	44.48m	2014	Patsy O'Connor	Tralee Harriers
Shot Put (6kg)	12.67m	2011	Patsy O'Connor	Tralee Harriers
56lbs for Distance	9.14m	2005	Jack Dunlea	Fanahan Mc Sweeney
35lbs for Distance	8.64m	2010	Patsy O'Connor	Tralee Harriers

O55 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	12.60	2005	Brendan Dennehy Snr	Rising Sun
200 Meter Dash	25.90	2005	Brendan Dennehy Snr	Rising Sun
400 Meter Dash	59.10	2010	Joe Gough	West Waterford
800 Meter Run	2:16.37	2012	Joe Gough	West Waterford
1500 Meter Run	4:38.30	2010	Joe Gough	West Waterford
3000 Meter Run	10:09.96	2014	John Collins	Leevale
High Jump	1.52m	2016	John Murphy	Liscarroll
Long Jump	5.16m	2002	Brendan Dennehy Snr	Rising Sun
Discus Throw (1.50kg)	37.46m	2014	Patsy O'Connor	Tralee Harriers
Hammer Throw (6kg)	40.70m	2011	Finbar McCarthy	Fanahan McSweeney
Javelin Throw (700gr)	45.32m	2012	Patsy O'Connor	Tralee Harriers
Shot Put (6kg)	13.05m	2012	Patsy O'Connor	Tralee Harriers
56lbs for Distance	8.84m	2004	Batty McHugh	East Cork
35lbs for Distance	8.73m	2012	Gerry O'Connell	Marian

O60 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	12.90	2010	Brendan Dennehy Snr	Rising Sun
200 Meter Dash	27.10	2010	Brendan Dennehy Snr	Rising Sun
400 Meter Dash	1:02.30	2015	Joe Gough	West Waterford
800 Meter Run	2:19.34	2015	Joe Gough	West Waterford
1500 Meter Run	5:05.70	2010	Patrick O'Shea	Iveragh
3000 Meter Run	10:42.90	2010	Patrick O'Shea	Iveragh
High Jump	1.45m	2008	Brendan Dennehy Snr	Rising Sun
Long Jump	4.84m	2009	Brendan Dennehy Snr	Rising Sun
Discus Throw (1kg)	42.56m	2018	Patsy O'Connor	Tralee Harriers
Hammer Throw (5kg)	41.13m	2016	Paddy Hanily	Fr. Murphys A C
Javelin Throw (600gr)	40.04m	2017	Patsy O'Connor	Tralee Harriers
Shot Put (5kg)	13.16m	2017	Patsy O'Connor	Tralee Harriers
35lbs for Distance	10.20m	2002	Martin Mc Donagh	Tralee Harriers

O65 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	13.59	2012	Brendan Dennehy Snr	Rising Sun



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200 Meter Dash	27.89	2014	Brendan Dennehy Snr	Rising Sun
400 Meter Dash	1:02.76	2018	Joe Gough	West Waterford
800 Meter Run	2:46.19	2010	Michael Kiely	Rising Sun
1500 Meter Run	5:29.6	2016	Jimmy Murray	Rising Sun
3000 Meter Run	11:22.24	2004	Tony Buckley	Gneeveguilla
3000 Meter Walk	17.59.85	2018	Michael O'Connor	Farranfore MV
High Jump	1.65m	2012	Brendan Dennehy Snr	Rising Sun
Long Jump	4.55m	2006	Con O'Donovan	Rising Sun
Discus Throw (1kg)	28.53m	2004	Martin McDonagh	Tralee Harriers
Hammer Throw (5kg)	25.40m	2015	John Rice	Grange Fermoy
Javelin Throw (600gr)	27.70m	2018	James O'Hare	Limerick
Shot Put (5kg)	10.02m	2003	Martin McDonagh	Tralee Harriers
35lbs for Distance	10.02m	2002	Ed Mulcahy	Farranfore Main Valley

O70 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	14:38	2017	Brendan Dennehy Snr	Rising Sun
200 Meter Dash	29.55	2018	Brendan Dennehy Snr	Rising Sun
400 Meter Dash	1:14.81	2017	Michael Kiely	Rising Sun
800 Meter Run	2.56.16	2017	Michael Kiely	Rising Sun
1500 Meter Run	6:12.70	2007	Flor O'Leary	St Finbarrs
3000 Meter Run	12:07.81	2017	Richard Piotrowski	Eagle
High Jump	1.30m	2014	Jim O'Shea	Farranfore Maine Valley
Long Jump	4.14m	2017	Brendan Dennehy Snr	Rising Sun
Discus Throw (1kg)	38.00m	2006	Len Braham	Individual Cork
Hammer Throw (4kg)	29.05m	2018	John Rice	Grange Fermoy
Javelin Throw (500gr)	39.44m	2018	Pat Moore	Leevale
Shot Put (4kg)	10.21m	2018	Pat Moore	Leevale
28lbs for Distance	9.70m	2005	Len Braham	Individual Cork

O75 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	15.87	2018	Con O'Donovan	Rising Sun
200 Meter Dash	32.80	2010	Flor O'Leary	St Finbarrs
400 Meter Dash	1:19.40	2010	Flor O'Leary	St Finbarrs
800 Meter Run	3:13.77	2009	Flor O'Leary	St Finbarrs
1500 Meter Run	7.08.89	2010		
3000 Meter Run -				
High Jump	1.20m	2017	Jim O'Shea	Farranfore Maine Valley
Long Jump	3.79m	2017	Jim O'Shea	Farranfore Maine Valley
Discus Throw	21.82m	2006	Michael Hayes	St Marys (Clare)
Hammer Throw	23.13m	2018	Tim Fitzpatrick	Liscarroll
Javelin Throw	20.16m	2008	Ed Mulcahy	Farranfore MV
Shot Put	8.39m	2008	Ed Mulcahy	Farranfore MV
28lbs for Distance	7.96m	2011	Ed Mulcahy	Farranfore MV

O80 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	14.16	2014	Sean O'Sullivan	Rising Sun
200 Meter Dash	33.22	2011	Sean O'Sullivan	Rising Sun
400 Meter Dash				



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800 Meter Run				
1500 Meter Run	7.08.89	2014	Flor O'Leary	St Finbarrs
3000 Meter Run -				
High Jump				
Long Jump	2.52m	2010	Sean O'Sullivan	Rising Sun
Discus Throw (1kg)	18.72m	2008	Denis Howard	Rising Sun
Hammer Throw (3kg)	21.72m	2014	Ed Mulcahy	Farranfore Maine Valley
Javelin Throw (400gr)	13.00m	2012	Michael O'Beirne	Dundrum
Shot Put (3kg)	7.50m	2018	Patrick O'Donoghue	Gneeveguilla
(4kg) for Distance	6.84m	2014	Ed Mulcahy	Farranfore Maine Valley

O85 MEN	CBP	YEAR	HOLDER	CLUB
100 Meter Dash	23.75	2017	Sean O'Sullivan	Rising Sun
200 Meter Dash	55.46	2017	Sean O'Sullivan	Rising Sun
400 Meter Dash				
800 Meter Run				
1500 Meter Run				
3000 Meter Run -				
High Jump				
Long Jump	1.67m	2017	Sean O'Sullivan	Rising Sun
Discus Throw (1kg)	16.35m	2017	Micheal O'Beirne	Dundrum
Hammer Throw (3kg)				
Javelin Throw (400gr)	5.90m	2017	Micheal O'Beirne	Dundrum
Shot Put (3kg)	6.28m	2016	Michael Hayes	St. Mary's
(4kg) for Distance	2.92m	2017	Micheal O'Beirne	Dundrum