



**MUNSTER ATHLETICS**  
**MASTERS WOMEN**  
**INDOOR CHAMPIONSHIP BEST PERFORMANCES**

<b>O35 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Hurdles	11.05	2019	Genevieve Rowland	Templemore
60m Sprint	8.30	2008	Liz Coomey	Bandon
200m Sprint	28.99	2018	Sinead O'Regan	Riverstick/Kinsale
<b>400m</b>	<b>1.08.80</b>	<b>2020</b>	<b>Orla McDonald</b>	<b>Templemore</b>
800m Run	2.27.72	2013	Margaret Danagher	Templemore
1500m Run	4.57.55	2013	Margaret Danagher	Templemore
3000m Run	10.30.90	2012	Martina O'Dwyer	Carrick on Suir
3000m Walk	15.09.6H	2017	Maggie Helen O'Connor (GUEST)	St. Josephs
Long Jump	4.62m	2016	Ursula Barrett	St. Brendan's
High Jump	1.40m	2004	Kay O'Riordan	Fethard
<b>High Jump</b>	<b>1.40m</b>	<b>2020</b>	<b>Catherine Madden</b>	<b>Nenagh Olympic</b>
Shot Put	9.40m	2019	Genevieve Rowland	Templemore
<b>WFD (28lbs)</b>	<b>5.72m</b>	<b>2020</b>	<b>Genevieve Rowland</b>	<b>Templemore</b>
4 x 200m Relay	1.51.9	2008	Nenagh	

  

<b>O40 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
<b>60m Hurdles</b>	<b>10.49</b>	<b>2020</b>	<b>Nichola Tighe</b>	<b>Waterford</b>
<b>60m Sprint</b>	<b>8.43</b>	<b>2020</b>	<b>Sinead O'Regan</b>	<b>Riverstick Kinsale</b>
<b>200m Sprint</b>	<b>28.41</b>	<b>2020</b>	<b>Sinead O'Regan</b>	<b>Riverstick Kinsale</b>
400m Sprint	1.11.31	2019	Mary Cahill	Ennis Track
800m Run	2.32.65	2019	Suzanne Neilan	An Riocht
1500m Run	5.10.95	2013	Anna O'Neill	Dohenys
<b>3000m Run</b>	<b>11.00.48</b>	<b>2020</b>	<b>Susan Murnane</b>	<b>Limerick</b>
<b>Long Jump</b>	<b>4.80m</b>	<b>2020</b>	<b>Ursula Barrett</b>	<b>St. Brendan's</b>
High Jump	1.45m	2013	Antoinette O'Brien	Gneeveguilla
Shot Put	10.54m	2012	Sheila O'Donoghue	Gneeveguilla
<b>WFD (28lbs)</b>	<b>5.33m</b>	<b>2020</b>	<b>Naomi Morrissey</b>	<b>Moyne</b>

  

<b>O45 WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
60m Hurdles	12.01	2019	Liz McCarthy-Coomey	Bandon
60m Sprint	9.30	2004	Edbhana Finnegan	Rising Sun
60m Sprint	9.30	2015	Sheila O'Donoghue	Gneeveguilla
60m Sprint	9.08	2017	Paula Reilly GUEST	Celbridge
200m Sprint	31.19	2016	Jackie McGee	Tramore
<b>400m</b>	<b>1.12.50</b>	<b>2020</b>	<b>Ann Marie Connellan</b>	<b>Ennis Track</b>
<b>800m Run</b>	<b>2.36.50</b>	<b>2020</b>	<b>Aisling Ferguson</b>	<b>Waterford</b>
1500m Run	5.11.16	2015	Helen O'Hanlon	Ennis Track
3000m Run	11.20.27	2019	Ann Marie Connellan	Ennis Track
Long Jump	3.93m	2017	Liz Coomey	Bandon
High Jump	1.35m	2016	Norma O'Connor	Gneeveguilla
High Jump	1.35m	2017	Liz Coomey	Bandon
High Jump	1.35m	2019	Annette O'Brien	Gneeveguilla
<b>High Jump</b>	<b>1.35m</b>	<b>2020</b>	<b>Anna De Courcy</b>	<b>Waterford</b>
Shot Put	10.27	2015	Sheila O'Donoghue	Gneeveguilla
WFD (28lbs)	6.09m	2019	Eileen O'Riordan	Gneeveguilla



# MUNSTER ATHLETICS

## MASTERS WOMEN

### INDOOR CHAMPIONSHIP BEST PERFORMANCES

O50 WOMEN	CBP	YEAR	HOLDER	CLUB
<b>60m Sprint</b>	<b>9.95</b>	<b>2020</b>	<b>Shirley Fennelly</b>	<b>Tramore</b>
60m Sprint	8.30	2019	Paula Reilly GUEST	Celbridge
200m Sprint	34.01	2009	Cushla Murphy Hehir	Marian
200m Sprint	31.76	2018	Paula Reilly GUEST	Celbridge
<b>400m</b>	<b>33.14</b>	<b>2020</b>	<b>Aisling Power</b>	<b>Ennis Track</b>
800m Run	2.45.54	2009	Cushla Murphy Hehir	Marian
1500m Run	5.28.23	2012	Mary McSweeney	St Finbarrs
3000m Run	11.30.56	2012	Mary Sweeney	St Finbarrs
3000m Walk	20.44.0H	2017	Brid Lawlor GUEST	St. Josphe's
<b>Long Jump</b>	<b>3.90m</b>	<b>2020</b>	<b>Liz McCarthy-Coomey</b>	<b>Bandon</b>
Long Jump	4.06m	2017	Siobheal Murray GUEST	Ratoath
<b>High Jump</b>	<b>1.30m</b>	<b>2020</b>	<b>Liz McCarthy-Coomey</b>	<b>Bandon</b>
High Jump	1.40m	2017	Siobheal Murray GUEST	Ratoath
Shot Put	12.76m	2019	Sheila O'Donoghue	Gneeveguilla
WFD (20lbs)	6.21m	2019	Liz McCarthy-Coomey	Bandon

O55 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Hurdles (2'3")	11.78	2016	Mary Barrett GUEST	Loughrea
60m Sprint	9.83	2016	Hazel Galloway	Clonmel
<b>60m Sprint</b>	<b>9.61</b>	<b>2020</b>	<b>Tina Gallagher GUEST</b>	<b>OMG</b>
200m Sprint	34.87	2015	Hazel Galloway	Clonmel
<b>200m Sprint</b>	<b>33.97</b>	<b>2020</b>	<b>Tina Gallagher GUEST</b>	<b>OMG</b>
400m	1.30.36	2019	Esme Alexander	Coolquill
800m Run	2.52.76	2012	Cushla Murphy Hehir	Marian
1500m Run	6.11.12	2010	Carmel MacDomhnaill	West Limerick
3000m Run	14.53.4	2010	Marion Lyons	St Finbarrs
<b>Long Jump</b>	<b>3.20m</b>	<b>2020</b>	<b>Tina Gallagher GUEST</b>	<b>OMG</b>
High Jump	1.25	2016	Mary Barrett GUEST	Loughrea
Shot Put	5.74m	2010	Mary Coughlan	Kilmihill
Shot Put	9.74m	2016	Mary Barrett GUEST	Loughrea

O60 WOMEN	CBP	YEAR	HOLDER	CLUB
<b>60m Hurdles</b>	<b>11.88</b>	<b>2020</b>	<b>Mary Barrett GUEST</b>	<b>Loughrea</b>
60m Sprint	9.94	2018	Hazel Galloway	Clonmel
<b>60m Sprint</b>	<b>10.66</b>	<b>2020</b>	<b>Mary Barrett GUEST</b>	<b>Loughrea</b>
200m Sprint	35.84	2018	Hazel Galloway	Clonmel
400m	2.02.90	2018	Marion Lyons	St. Finbarr's
800m Run	2.47.3	2008	Terri Gough	West Waterford
1500m Run	5.58.96	2015	Carmel MacDomhnaill	West Limerick
3000m Run	13.01.2H	2106	Carmel MacDomhnaill	West Limerick
Long Jump	2.33m	2006	Mary Barry	Grange Fermoy
<b>Long Jump</b>	<b>3.29m</b>	<b>2020</b>	<b>Mary Barrett GUEST</b>	<b>Loughrea</b>
High Jump	1.05m	2017	Margaret Higgins GUEST	Corofin
Shot Put	5.32m	2015	Marie Coughlan	Kilmurray/Ibricken
<b>Shot Put</b>	<b>10.09m</b>	<b>2020</b>	<b>Mary Barrett GUEST</b>	<b>Loughrea</b>



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O65 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Sprint	12.17	2013	Mary Barry	Grange Fermoy
200m Sprint	46.60	2012	Terri Gough	West Waterford
<b>400m</b>	<b>1.53.27</b>	<b>2020</b>	<b>Marion Lyons</b>	<b>St. Finbarr's</b>
<b>800m Run</b>	<b>4.00.84</b>	<b>2020</b>	<b>Marion Lyons</b>	<b>St. Finbarr's</b>
<b>1500m Run</b>	<b>7.49.36</b>	<b>2020</b>	<b>Marion Lyons</b>	<b>St. Finbarr's</b>
3000m Run				
Long Jump	2.30m	2011	Mary Barry	Grange Fermoy
High Jump				
Shot Put	6.72m	2014	Terri Gough	West Waterford

O70 WOMEN	CBP	YEAR	HOLDER	CLUB
60m Sprint	13.59	2016	Terri Gough	West Waterford
200m Sprint	49.18	2016	Terri Gough	West Waterford
400m	1.40.56	2018	Terri Gough	West Waterford
800m Run	4.25.25	2016	Terri Gough	West Waterford
1500m Run				
3000m Run				
Long Jump				
High Jump				
Shot Put	6.95m	2019	Terri Gough	West Waterford

O75 WOMEN	CBP	YEAR	HOLDER	CLUB
<b>60m Sprint</b>	<b>14.53</b>	<b>2020</b>	<b>Terri Gough</b>	<b>West Waterford</b>
<b>200m Sprint</b>	<b>55.32</b>	<b>2020</b>	<b>Terri Gough</b>	<b>West Waterford</b>
<b>400m</b>	<b>2.11.02</b>	<b>2020</b>	<b>Terri Gough</b>	<b>West Waterford</b>
800m Run				
1500m Run				
3000m Run				
Long Jump				
High Jump				
<b>Shot Put (3kg)</b>	<b>6.78m</b>	<b>2020</b>	<b>Terri Gough</b>	<b>West Waterford</b>

**COMBINED EVENTS**

	CBP	YEAR	HOLDER	CLUB
<b>Pentathlon W40 – W49</b>	<b>2580 pts</b>	<b>2020</b>	<b>Nichole Tighe</b>	<b>Waterford</b>
<b>Quadrathlon W50+</b>	<b>2108 pts</b>	<b>2020</b>	<b>Shirley Fennelly</b>	<b>Tramore</b>