



**MUNSTER ATHLETICS**  
**MASTERS WOMEN**  
**T & F CHAMPIONSHIP BEST PERFORMANCES**

| O35 WOMEN                   | CBP            | YEAR        | HOLDER                   | CLUB              |
|-----------------------------|----------------|-------------|--------------------------|-------------------|
| 100m Hurdles (0.84m)        | 19.03          | 2019        | Genevieve Rowland        | Templemore        |
| 100 Meter Dash              | 13.50          | 2005        | Liz McCarthy Coomey      | Bandon            |
| 200 Meter Dash              | 28.87          | 2014        | Elaine Cronin            | Gneeveguilla      |
| <b>400 Meter Dash</b>       | <b>1:02.03</b> | <b>2021</b> | <b>Evelyn Maher</b>      | <b>Templemore</b> |
| 800 Meter Run               | 2:29.47        | 2017        | Annette Quaid            | Leevale           |
| 1500 Meter Run              | 4:55.30        | 2011        | Corrina Walsh            | West Waterford    |
| 3000 Meter Run              | 10:27.10       | 2006        | Carmel McCarthy          | Bandon            |
| High Jump                   | 1.44m          | 2019        | Catherine Madden         | Borrisokane       |
| Long Jump                   | 4.69m          | 2016        | Catriona Moynihan        | Gneeveguilla      |
| Discus Throw (1kg)          | 26.80m         | 2006        | Sheila Fitzpatrick       | Gneeveguilla      |
| <b>Hammer Throw (4kg)</b>   | <b>35.12</b>   | <b>2021</b> | <b>Genevieve Rowland</b> | <b>Templemore</b> |
| Javelin Throw (600gr)       | 24.38m         | 2019        | Marissa Hayes            | Templemore        |
| Shot (4kg)                  | 9.58m          | 2004        | Sheila Fitzpatrick       | Gneeveguilla      |
| Weight for Distance (28lbs) | 5.63m          | 2019        | Genevieve Rowland        | Templemore        |

| O40 WOMEN                   | CBP          | YEAR        | HOLDER                 | CLUB                      |
|-----------------------------|--------------|-------------|------------------------|---------------------------|
| 80m Hurdles (0.762m)        | 14.39        | 2019        | Nichola Tighe          | Waterford                 |
| <b>100 Meter Dash</b>       | <b>12.92</b> | <b>2021</b> | <b>Sinead O' Regan</b> | <b>Riverstick Kinsale</b> |
| <b>200 Meter Dash</b>       | <b>26.85</b> | <b>2021</b> | <b>Sinead O' Regan</b> | <b>Riverstick Kinsale</b> |
| 400 Meter Dash              | 1:08.80      | 2013        | Brid Stack             | Gneeveguilla              |
| 800 Meter Run               | 2:26.72      | 2018        | Susan Murnane          | Limerick                  |
| 1500 Meter Run              | 5:05.59      | 2011        | Carmel McCarthy        | Bandon                    |
| 3000 Meter Run              | 10:31.80     | 2002        | Mary Sweeney           | St Finbarrs               |
| High Jump                   | 1.50m        | 2011        | Liz Coomey             | Bandon                    |
| Long Jump                   | 4.68m        | 2018        | Catherine Moynihan     | Gneeveguilla              |
| Discus Throw (1kg)          | 28.43m       | 2008        | Maureen Glanton        | Skibbereen                |
| Hammer Throw (4kg)          | 35.06m       | 2011        | Sheila Donoghue        | Gneeveguilla              |
| Javelin Throw (600gr)       | 21.27m       | 2010        | Sheila Donoghue        | Gneeveguilla              |
| Shot 4kg)                   | 10.47m       | 2011        | Sheila Donoghue        | Gneeveguilla              |
| Weight for Distance (28lbs) | 4.20m        | 2019        | Mary Cahill            | Ennis Track               |

| O45 WOMEN                    | CBP            | YEAR        | HOLDER                     | CLUB                 |
|------------------------------|----------------|-------------|----------------------------|----------------------|
| <b>80m Hurdles (0.762m)</b>  | <b>14.01</b>   | <b>2021</b> | <b>Nichola Tighe</b>       | <b>Waterford</b>     |
| <b>100 Meter Dash</b>        | <b>14.00</b>   | <b>2021</b> | <b>Ursula Barrett</b>      | <b>St. Brendan's</b> |
| 200 Meter Dash               | 31.50          | 2006        | Anne Kelly Crowley         | Bandon               |
| <b>400 Meter Dash</b>        | <b>1:08.60</b> | <b>2021</b> | <b>Brid Stack</b>          | <b>Gneeveguilla</b>  |
| 800 Meter Run                | 2:35.26        | 2019        | Ann Marie Connellan        | Ennis Track          |
| <b>1500 Meter Run</b>        | <b>5:03.74</b> | <b>2021</b> | <b>Ann Marie Connellan</b> | <b>Ennis Track</b>   |
| 3000 Meter Run               | 10:38.20       | 2002        | Carmel Parnell             | Leevale              |
| High Jump                    | 1.35m          | 2019        | Anna De Courcy             | Waterford            |
|                              | 1.30m          | 2018        | Anna De Courcy             | Waterford            |
| <b>Long Jump</b>             | <b>4.72m</b>   | <b>2021</b> | <b>Ursula Barrett</b>      | <b>St. Brendan's</b> |
| Discus Throw (1kg)           | 32.48m         | 2014        | Maureen Glanton            | Skibbereen           |
| Hammer Throw (4kg)           | 39.62m         | 2011        | Priscilla O'Sullivan       | Bandon               |
| <b>Javelin Throw (600gr)</b> | <b>24.83m</b>  | <b>2021</b> | <b>Jocelyn Hanrahan</b>    | <b>Newport</b>       |
| Shot (4kg)                   | 10.37m         | 2012        | Sheila Donoghue            | Gneeveguilla         |



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|                             |       |      |                  |              |
|-----------------------------|-------|------|------------------|--------------|
| Weight for Distance (28lbs) | 6.04m | 2019 | Eileen O'Riordan | Gneeveguilla |
|-----------------------------|-------|------|------------------|--------------|

| <b>O50 WOMEN</b>      | <b>CBP</b>   | <b>YEAR</b> | <b>HOLDER</b>          | <b>CLUB</b>        |
|-----------------------|--------------|-------------|------------------------|--------------------|
| 100 Meter Dash        | 15.64        | 2019        | Helen Hartigan         | An Bru             |
| 200 Meter Dash        | 32.55        | 2018        | Helen Hartigan         | An Bru             |
| 400 Meter Dash        | 1:14.51      | 2017        | Helen Hartigan         | An Bru             |
| 800 Meter Run         | 2:49.65      | 2019        | Aisling Power          | Ennis Track        |
| 1500 Meter Run        | 5:21.08      | 2012        | Rita Kierce            | St Marys Clare     |
| 3000 Meter Run        | 10:22.80     | 2006        | Carmel Parnell         | Leevale            |
| <b>High Jump</b>      | <b>1.25m</b> | <b>2021</b> | <b>Anna De Courcy</b>  | <b>Waterford</b>   |
| <b>Long Jump</b>      | <b>3.70m</b> | <b>2021</b> | <b>Shirley Fennell</b> | <b>Tramore</b>     |
| Discus Throw (1kg)    | 31.33m       | 2018        | Maureen Glanton        | Skibbereen         |
| Hammer Throw (3kg)    | 45.88m       | 2016        | Pricilla O'Sullivan    | Clonakilty Runners |
| Javelin Throw (500gr) | 22.02m       | 2015        | Maureen Glanton        | Skibbereen         |
| Shot (3kg)            | 11.20m       | 2018        | Sheila O'Donoghue      | Gneeveguilla       |

| <b>O55 WOMEN</b>      | <b>CBP</b> | <b>YEAR</b> | <b>HOLDER</b>       | <b>CLUB</b>   |
|-----------------------|------------|-------------|---------------------|---------------|
| 100 Meter Dash        | 15.46      | 2014        | Hazel Galloway      | Clonmel       |
| 200 Meter Dash        | 32.38      | 2014        | Hazel Galloway      | Clonmel       |
| 400 Meter Dash        | 1:21.20    | 2010        | Carmel MacDomhnaill | West Limerick |
| 800 Meter Run         | 3:08.30    | 2010        | Carmel MacDomhnaill | West Limerick |
| 1500 Meter Run        | 6:18.22    | 2012        | Carmel MacDomhnaill | West Limerick |
| 3000 Meter Run        | 10:54.80   | 2018        | Niamh O'Sullivan    | An Riocht     |
| High Jump             | 1.30m      | 2014        | Mary Barrett        | Loughrea AC   |
| Long Jump             | 2.61m      | 2003        | Mary Barry          | Grange Fermoy |
| Discus Throw (3kg)    | 24.52m     | 2018        | Mary Barrett        | Loughrea AC   |
| Hammer Throw (3kg)    | 20.10m     | 2015        | Edbhana Finnegan    | Rising Sun    |
| Javelin Throw (500gr) | 22.85m     | 2014        | Mary Barrett        | Loughrea AC   |
| Shot (3kg)            | 10.42m     | 2014        | Mary Barrett        | Loughrea AC   |

| <b>O60 WOMEN</b>      | <b>CBP</b> | <b>YEAR</b> | <b>HOLDER</b>       | <b>CLUB</b>    |
|-----------------------|------------|-------------|---------------------|----------------|
| 100 Meter Dash        | 15:79      | 2016        | Hazel Galloway      | Grange Fermoy  |
| 200 Meter Dash        | 33.74      | 2018        | Hazel Galloway      | Clonmel        |
| 400 Meter Dash        | 1:32.67    | 2017        | Carmel MacDomhnaill | West Limerick  |
| 800 Meter Run         | 3:11.91    | 2016        | Mary Jennings       | Waterford AC   |
| 1500 Meter Run        | 6:54.55    | 2014        | Kathleen O'Brien    | St Catherines  |
| 3000 Meter Run        | 13:14.00   | 2017        | Majella Diskin      | An Riocht      |
| High Jump             |            |             |                     |                |
| Long Jump             | 2.48m      | 2005        | Mary Barry          | Grange Fermoy  |
| Discus Throw (1kg)    | 16.10m     | 2016        | Mary Jennings       | Waterford AC   |
| Hammer Throw (3kg)    | 19.61m     | 2010        | Terri Gough         | West Waterford |
| Javelin Throw (400gr) | 13.68m     | 2010        | Terri Gough         | West Waterford |
| Shot (3kg)            | 6.15m      | 2005        | Terri Gough         | West Waterford |



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| <b>O65 WOMEN</b>      | <b>CBP</b> | <b>YEAR</b> | <b>HOLDER</b>      | <b>CLUB</b>      |
|-----------------------|------------|-------------|--------------------|------------------|
| <b>100 Meter Dash</b> | 20.51      | 2021        | Marion O' Loughlin | Ennis Track A.C. |
| 200 Meter Dash        |            |             |                    |                  |
| 400 Meter Dash        |            |             |                    |                  |
| <b>800 Meter Run</b>  | 2.58.80    | 2021        | Marion Lyons       | St. Finbarrs     |
| 1500 Meter Run        |            |             |                    |                  |
| 3000 Meter Run        |            |             |                    |                  |
| High Jump             |            |             |                    |                  |
| Long Jump             |            |             |                    |                  |
| Discus Throw (1kg)    |            |             |                    |                  |
| Hammer Throw (3kg)    |            |             |                    |                  |
| Javelin Throw (400gr) |            |             |                    |                  |
| Shot (3kg)            |            |             |                    |                  |

| <b>O70 WOMEN</b>      | <b>CBP</b> | <b>YEAR</b> | <b>HOLDER</b> | <b>CLUB</b>    |
|-----------------------|------------|-------------|---------------|----------------|
| 100 Meter Dash        | 22.69      | 2015        | Mary Barry    | Grange Fermoy  |
| 200 Meter Dash        | 51.55      | 2015        | Mary Barry    | Grange Fermoy  |
| 400 Meter Dash        |            |             |               |                |
| 800 Meter Run         |            |             |               |                |
| 1500 Meter Run        |            |             |               |                |
| 3000 Meter Run        |            |             |               |                |
| High Jump             |            |             |               |                |
| Long Jump             |            |             |               |                |
| Discus Throw (1kg)    |            |             |               |                |
| Hammer Throw (3kg)    | 14.63m     | 2017        | Terri Gough   | West Waterford |
| Javelin Throw (400gr) | 10.22m     | 2017        | Terri Gough   | West Waterford |
| Shot (3kg)            | 5.41m      | 2017        | Terri Gough   | West Waterford |
| Shot (3kg)            | 5.41m      | 2017        | Terri Gough   | West Waterford |

| <b>O75 WOMEN</b>      | <b>CBP</b> | <b>YEAR</b> | <b>HOLDER</b> | <b>CLUB</b>    |
|-----------------------|------------|-------------|---------------|----------------|
| 100 Meter Dash        |            |             |               |                |
| <b>200 Meter Dash</b> | 56.10      | 2021        | Terri Gough   | West Waterford |
| 400 Meter Dash        |            |             |               |                |
| 800 Meter Run         |            |             |               |                |
| 1500 Meter Run        |            |             |               |                |
| 3000 Meter Run        |            |             |               |                |
| High Jump             |            |             |               |                |
| Long Jump             |            |             |               |                |
| Discus Throw (1kg)    |            |             |               |                |
| Hammer Throw (3kg)    |            |             |               |                |
| Javelin Throw (400gr) |            |             |               |                |
| <b>Shot (2kg)</b>     | 6.28m      | 2021        | Terri Gough   | West Waterford |



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