



**MUNSTER ATHLETICS**  
**JUNIOR WOMEN & MEN**  
**T & F CHAMPIONSHIP BEST PERFORMANCES**

<b>JUNIOR WOMEN</b>	<b>CBP</b>	<b>YEAR</b>	<b>HOLDER</b>	<b>CLUB</b>
100m Hurdles 2'9"	14.28	2008	Kalin Sheehan	Ferrybank
400m Hurdles 2'6"	60.29	2008	Kalin Sheehan	Ferrybank
100m Sprint	11.8h	1982	Noelle Morrissey	Nenagh Olympic
100m Sprint	11.8e	2008	Niamh Whelan	Ferrybank
200m Sprint	24.27	2008	Niamh Whelan	Ferrybank
400m Sprint	56.24	2014	Louise Shanahan	Leevale
800m	2.13.18	2004	Laura Crowe	Tralee Harriers
1500m	4.37.0	?	Anita Philpott	North Cork
3000m	10.06.96	2006	Lorna Comyn	Belgooly
2000m Steeplechase 2'6"	7.43.44	2014	Ciara Cummins	Nenagh Olympic
3000m Steeplechase 2'6"	-	-	-	-
3000m Walk	14.51.71	2016	Orla O'Connor	Waterford
High Jump	1.78m	2019	Aoife O'Sullivan	Liscarroll
Long Jump	6.04m	1985	Terri Horgan	Mallow
Triple Jump	11.56m	2014	Maria Carey	Newport
Pole Vault	3.40m	2019	Orla Coffey	Carraig na BhFear
Shot Putt 4KG	12.92m	2008	Claire Fitzgerald	Tralee Harriers
Discus 1KG	41.50m	2008	Claire Fitzgerald	Tralee Harriers
Javelin 600g (pre 1999)	45.10m	1990	Mary T Reale	Limerick
Javelin 600g	39.87m	2016	Orlaith O'Brien	Waterford
Hammer 4KG	58.26m	2011	Cara Kennedy	Ferrybank
Weight for Distance 28lbs	6.27m	2019	Ciara Sheehy	Emerald
4 X 100m Relay	48.95	2005	Ferrybank	
4 X 400m Relay	4.09.0	1992	Togher	



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<b>JUNIOR MEN</b>	<b>CBP</b>	<b>Year</b>	<b>Holder</b>	<b>Club</b>
110m Hurdles 3'3"	14.97	2017	Daniel Ryan	Moycarkey Coolcree AC
400m Hurdles 3'0"	55.1	1985	Ger Horan	Leevale
100m Sprint	10.4	1992	Tom Comyns	Limerick AC
200m Sprint	21.9	1992	Tom Comyns	Limerick AC
400m Sprint	48.00	2015	Scott Gibson	Bandon
800m	1.52.8	1990	Danny O'Brien	Limerick AC
1500m	3.51.72	2001	Liam Reale	Limerick AC
3000m	8.53.86	2008	Ferdia O hAodha	Ferrybank
5000m	16.38.80	2018	Kevin O'Grady	Dooneen AC
2000m Steeplechase 3'0"	6.03.62	2001	William Harty	K.C.K.
3000m Steeplechase 3'0"				
3000m Walk	12.26.89	2018	Gearoid McMahon	Shannon AC
5000m Walk	25.27.2	2005	Paul Murphy	Dooneen
High Jump	2.00m	2018	Joseph McEvoy	Nenagh Olympic AC
Long Jump	7.12m	2013	Eoin Carroll	Tralee Harriers
Triple Jump	13.93m	2018	Wymin Sivakumar	Leevale AC
<b>Pole Vault</b>	<b>4.61m</b>	<b>2021</b>	<b>Conor Callinan</b>	<b>Leevale AC</b>
Shot Putt KG	17.76m	2003	Eoin Leen	Clonagour
Discus 1.75KG	53.63m	1984	Frank O'Brien	Dungarvan
Javelin 800GR	53.65m	2010	Jaco Oosthuysen	Clonmel
Hammer 6KG	66.18	2019	Sean Mockler	Moycarkey Coolcree AC
Weight for Distance 35lbs	11.19m	2004	James Nagle	Farranfore MV
Weight for Height 35lbs	5.89m	2005	James Nagle	Farranfore MV
4 X 100m Relay	43.96	2018	Tralee Harriers AC	
4 X 400m Relay	3.31.66	1999	Togher	