



MUNSTER ATHLETICS
SENIOR WOMEN & MEN
T & F CHAMPIONSHIP BEST PERFORMANCES

SENIOR WOMEN	CBP	YEAR	HOLDER	CLUB
100 Meter Hurdles 2'9"	13.90	1990	Susan Smith	Waterford A C
400 Meter Hurdles 2'9"	58.00		Barbara Johnson	North Cork
100 Meter Dash	12.11	2003	Ailis McSweeney	Leevale
200 Meter Dash	24.45	2003	Ailis McSweeney	Leevale
400 Meter Dash -	55.33	2019	Jenna Bromell	Emerald
800 Meter Run	2.07.08	1985	Valerie Vaughan	Blarney Inniscara
1500 Meter Run	4.28.25	2006	Rosemary Ryan	Bilboa
5000 Meter Run	15.38.32	1999	Louise Cavanagh	UCC
3000 Meter Run	9.19.88	2018	Shona Heaslip	An Riocht
3000 Meter Race Walk	13.49.36	2017	Kate Veale	West Waterford
5000 Meter Race Walk	20.56.70	2002	Gillian O'Sullivan	Farranfore M/V
Triple Jump	12.41m	2021	Grace Furlong	Waterford
Long Jump	5.97m	2018	Sophie Meredith	St. Mary's Lk
High Jump	1.78m	2019	Aoife O'Sullivan	Liscarroll
Pole Vault	3.55m	2019	Clodagh Walsh	Abbey Striders
Shot Put	14.28m	2014	Claire Fitzgerald	Tralee Harriers
Discus Throw	50.91m	2014	Claire Fitzgerald	Tralee Harriers
Javelin Throw 600g (pre 1999)	44.98m	1992	Mary T Real	Limerick A C
Javelin Throw 600g	40.97m	2019	Katie Moynihan	Leevale
Hammer Throw	58.72m	2021	Nicola Tuthill	Bandon
Weight for Distance 28lbs	6.19m	2021	Roisin Howard	Bandon
4 x 100m Relay	49.10	1992	Nenagh Olympic	
4 x 400m Relay				



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110 Meter Hurdles 3'6"	15.23	2001	Maurice Donoghue	Carrick on Suir
400 Meter Hurdles 3'0"	54.5	1994	Jeremy Lyons	Templemore
100 Meter Dash	10.49	2021	Conor Morey	Leevale
200 Meter Dash	21.04	2018	Trevane Morrison	Tralee Harriers
400 Meter Dash	48.39	2004	Paddy O'Gorman	Leevale
800 Meter Run	1.53.20	1990	Danny O'Brien	Limerick A C
1500 Meter Run	3.49.60	1992	Garrett Barry	North Cork
5000 Meter Run	14.10.50	1994	Donnacha O'Mahony	East Cork
3000 Meter Steeplechase	8.54.80	1996	John Murray	North Cork
5000 Meter Race Walk	19.40.71	2014	Alex Wright	Leevale
10000 Meter Race Walk	40.40.08	2000	Robert Heffernan	Togher
Triple Jump	15.12m	2015	Denis Finnigan	An Riocht
Long Jump	7.59m	1995	Michael Hallahan	Togher
High Jump	2.10m	2021	David Cussen	Old Abbey
Pole Vault	4.60m	2014	Thomas Houlihan	West Waterford
Shot Put (7.26kg)	16.44m	2005	John Leahy	Limerick A C
Discus Throw (3kg)	49.52m	1988	Frank O'Brien	Dungarvan
Javelin Throw (800gr)	61.59m	1999	Brian Scanlon	Waterford
Hammer Throw (7.26kg)	53.85m	2006	Mark Hanley	Fr. Murphy's
56lbs for Distance	8.90m	1986	Gerry O'Connell	Marian
35lbs for Height	4.82m	1985	Gerry O'Connell	Marian
4 x 100m Relay	43.00	1992	Waterford A C	
4 x 400m Relay	3.21.10	1986	Waterford A C	

CHAMPIONSHIP BEST PERFORMANCES HELD BY GUESTS

SENIOR MEN	CBP	YEAR	HOLDER	CLUB
400 Meter Hurdles 3'0"	53.42	2014	Barry Upton	Menapians
Pole Vault	4.80m	2014	Ian Rodgers	Crusaders
Hammer Throw (7.26kg)	53.85m	2006	Mark Hanley	Fr. Murphy's
Discus Throw ()	52.77m	2015	Marco Pons	DMP