

## Bandon AC Junior (U20) Women Indoor Rankings

Last updated 26 February 2018

Event	Result	Athlete	Date	Venue
<b>60m</b>	<b>7.57</b>	<b>Joan Healy (U19)</b>	<b>06-02-2010</b>	<b>Belfast</b>
	7.58	Phil Healy	10-02-2013	Athlone
	7.81	Kate Bernard (U18)	20-02-2016	Nenagh
	8.37	Aisling Cassidy (U17)	25-03-2017	Athlone
	8.51	Ciara McKeon (U17)	20-02-2016	Nenagh
	8.54	Sinead Mulcahy (U17)	03-03-2012	Nenagh
<b>200m</b>	<b>24.94</b>	<b>Joan Healy (U17)</b>	<b>24-02-2008</b>	<b>Birmingham</b>
	25.52	Phil Healy	10-02-2013	Athlone
	26.76	Lauren McCourt (U17)	24-02-2018	Nenagh
	27.62	Kate Bernard (U17)	01-03-2015	Nenagh
	27.95	Roisin Howard (U19)	20-01-2008	Nenagh
	28.39	Aisling Cassidy (U17)	08-01-2017	Nenagh
	28.43	Amy Crowley (U19)	04-02-2017	Abbotstown
	28.69	Sinead Mulcahy (U17)	08-01-2012	Nenagh
	29.10	Amy Crowley (U19)	28-01-2017	Athlone
<b>400m</b>	<b>59.70</b>	<b>Aoibhin O'Connor (U18)</b>	<b>26-03-2017</b>	<b>Athlone</b>
	60.7	Margaret Crowley (U19)	21-03-1998	Nenagh
	64.50	Lauren McCourt (U17)	07-01-2018	Nenagh
	69.41	Amy Crowley (U19)	04-02-2017	Abbotstown
<b>800m</b>	<b>2.21.04</b>	<b>Margaret Crowley (U19)</b>	<b>25-01-1998</b>	<b>Nenagh</b>
	2.25.18	Laura Nicholson (U18)	25-02-2017	Nenagh
	2.27.56	Lynda O'Donovan (U19)	12-04-2008	Nenagh
	2.28.66	Aoibhin O'Connor (U17)	12-11-2016	Athlone
	2.42.47	Roisin Howard	10-01-2009	Nenagh
	2.47.61	Ciara McKeon (U17)	23-01-2016	Athlone
	2.52.02	Sinead Caulfield (U17)	23-02-2013	Nenagh
	3.01.46	Aoife Buckley (U18)	04-02-2017	Abbotstown
	3.25.39	Emily Palmer (U18)	09-03-2013	Nenagh
<b>1500m</b>	<b>4.49.37</b>	<b>Laura Nicholson (U18)</b>	<b>28-01-2017</b>	<b>Athlone</b>
	5.00.51	Bella Sherlock (U17)	23-02-2013	Nenagh
	5.30.26	Aisling Sheehy (U18)	22-03-2015	Athlone
	5.33.19	Bethany Haigh (U18)	22-03-2015	Athlone
<b>3000m</b>	<b>9.38.48</b>	<b>Laura Nicholson (U19)</b>	<b>04-02-2018</b>	<b>Abbotstown</b>
<b>4x200 Relay</b>	<b>1.51.2</b>	<b>Margaret Crowley (U19),</b>	<b>21-03-1998</b>	<b>Nenagh</b>

	1.52.06	Kate Bernard (U17), Ciara McKeon (U16), Eva Stack (U17), Carla Hicks (U17)	21-03-2015	Athlone
	1.53.8	Margaret Crowley (U18),	30-03-1997	Nenagh
<b>3000m Walk</b>		<i>No performance yet</i>		
<b>60mH</b> (84/13/8.5)	<b>9.90</b>	<b><i>Roisin Howard (U19)</i></b>	<b><i>06-01-2008</i></b>	<b><i>Nenagh</i></b>
<b>Long Jump</b>	<b>5.19</b>	<b><i>Roisin Howard (U19)</i></b>	<b><i>19-01-2008</i></b>	<b><i>Nenagh</i></b>
	5.06	Aoibhin O'Connor (U18)	08-01-2017	Nenagh
	4.83	Phil Healy (U17)	16-01-2010	Nenagh
	4.72	Ciara McKeon (U17)	23-01-2016	Athlone
	4.39	Michelle Hayes (U17)	19-02-2005	Nenagh
	3.97	Rachel Roche	08-02-2007	Nenagh
	3.43	Emily Palmer (U18)	09-03-2013	Nenagh
<b>Triple Jump</b>	<b>9.71</b>	<b><i>Amy Crowley (U19)</i></b>	<b><i>01-04-2017</i></b>	<b><i>Athlone</i></b>
	9.27	Aoibhin O'Connor (U18)	28-01-2017	Athlone
<b>High Jump</b>	<b>1.55</b>	<b><i>Roisin Howard</i></b>	<b><i>04-01-2009</i></b>	<b><i>Nenagh</i></b>
	<b>1.55</b>	<b><i>Aisling Cassidy (U17)</i></b>	<b><i>25-02-2017</i></b>	<b><i>Nenagh</i></b>
	1.50	Laura Nicholson (U17)	20-02-2016	Nenagh
	1.50	Ciara McKeon (U17)	20-02-2016	Nenagh
	1.48	Siobhan O'Leary (U17)	30-03-1997	Nenagh
	1.45	Ella Stack (U17)	04-02-2017	Abbotstown
	1.42	Aoibhin O'Connor (U17)	12-11-2016	Athlone
	1.32	Emily Palmer (U18)	09-03-2013	Nenagh
	1.20	Phil Healy (U17)	21-03-2010	Nenagh
<b>Pole Vault</b>	<b>2.20</b>	<b><i>Ella Stack (U17)</i></b>	<b><i>04-02-2017</i></b>	<b><i>Abbotstown</i></b>
	2.10	Carla Hicks (U17)	07-02-2015	Nenagh
	2.00	Helena Murphy (U17)	09-01-2011	Nenagh
<b>Shot Putt</b> (4kg)	<b>13.10</b>	<b><i>Laura McSweeney</i></b>	<b><i>26-01-2014</i></b>	<b><i>Athlone</i></b>
	10.63	Tracey Bradfield (U18)	06-02-2010	Belfast
	10.44	Erin Kingston (U17)	26-01-2014	Athlone
	9.94	Roisin Howard	04-01-2009	Nenagh
	9.74	Rachel Roche (U18)	19-03-2005	Nenagh
	8.65	Fiona Duggan (U17)	06-03-2012	Nenagh
	8.24	Lynn Bradfield (U18)	15-01-2011	Nenagh
	6.32	Emily Horgan (U19)	20-02-2016	Nenagh

<b>Weight For Distance (8kg)</b>	<b>8.06</b>	<b>Laura McSweeney</b>	<b>07-02-2014</b>	<b>Athlone</b>
	5.44	Rachel Roche	08-02-2007	Nenagh
<b>Pentathlon (60H, HJ, SP, LJ, 800)</b>	<b>2780 (10.67 (592), 1.52 (644), 8.83 (453), 4.95 (546), 2.42.47 (545))</b>	<b>Roisin Howard</b>	<b>10-01-2009</b>	<b>Nenagh</b>

Additional information and corrections are welcome.

Hand times and electronic times are compared as follows: 0.24 seconds

added to hand times up to 400m and 0.14 seconds added for distances 400m and up.

Identical results are listed in order of decreasing age.

For Combined Events Senior Women's IAAF Scoring Tables are used (ed. 2001)

<b>Score=INT(A*(B-Time)**C)</b>	<b>A</b>	<b>B</b>	<b>C</b>
60H	20.0479	17	1.835
800m	0.11193	254	1.88
<b>Score=INT(A*(Distance-B)**C)</b>			
Long Jump	0.188807	210	1.41
High Jump	1.84523	75	1.348
Shot Putt	56.0211	1.5	1.05

Time in seconds (electronic); Distance in centimeters for jumps and in meters for throws

\*=multiplied by; \*\*=raised to the power of

Scores to be rounded down to nearest whole number.