

Bandon AC Junior (U20) Women Indoor Rankings

Last updated 5 February 2024

Event	Result	Athlete	Date	Venue
60m	7.57	Joan Healy (U19)	06-02-2010	Belfast
	7.58	Phil Healy	10-02-2013	Athlone
	7.81	Kate Bernard (U18)	20-02-2016	Nenagh
	7.90	Lauren McCourt (U19)	15-02-2020	Nenagh
	8.33	Aoife Callen (U18)	05-02-2024	Nenagh
	8.37	Aisling Cassidy (U17)	25-03-2017	Athlone
	8.38	Victoria Good (U18)	25-02-2023	Nenagh
	8.51	Ciara McKeon (U17)	20-02-2016	Nenagh
	8.54	Sinead Mulcahy (U17)	03-03-2012	Nenagh
	8.56	Erin DeBurca (U18)	11-02-2019	Nenagh
	8.82	Ciara Lynch (U17)	22-02-2020	Nenagh
200m	24.94	Joan Healy (U17)	24-02-2008	Birmingham
	25.31	Lauren McCourt (U19)	22-02-2020	Nenagh
	25.52	Phil Healy	10-02-2013	Athlone
	27.47	Victoria Good (U18)	02-04-2023	Athlone
	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
	28.67	Erin DeBurca (U18)	11-02-2019	Nenagh
	28.69	Sinead Mulcahy (U17)	08-01-2012	Nenagh
	28.75	Ciara Lynch (U17)	15-02-2020	Nenagh
	28.83	Tzita Kingston (U17)	25-02-2023	Nenagh
	29.47	Eabha Crowley (U17)	22-02-2020	Nenagh
300m	43.1	Margaret Crowley	15-02-1997	Nenagh
	44.7	Majella Burn	04-01-1998	Nenagh
400m	57.78	Lauren McCourt (U19)	09-02-2020	Abbotstown, Dublin
	59.70	Aoibhin O'Connor (U18)	26-03-2017	Athlone
	60.7	Margaret Crowley (U19)	21-03-1998	Nenagh
	68.27	Olivia Tuthill (U18)	11-02-2019	Nenagh
	69.41	Amy Crowley (U19)	04-02-2017	Abbotstown
800m	2.21.04	Margaret Crowley (U19)	25-01-1998	Nenagh
	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

	2.36.33	Ruby Cummins (U17)	28-01-2024	Abbotstown, Dublin
	2.40.94	Aoife Callan (U17)	25-10-2023	Nenagh
	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
	2.54.84	Amy O'Donoghue (U17)	02-03-2019	Abbotstown, Dublin
	3.01.46	Aoife Buckley (U18)	04-02-2017	Abbotstown, Dublin
	3.25.39	Emily Palmer (U18)	09-03-2013	Nenagh
1500m	4.49.37	Laura Nicholson (U18)	28-01-2017	Athlone
	4.57.36	Ella Collins	20-01-2024	Athlone
	5.00.51	Bella Sherlock (U17)	23-02-2013	Nenagh
	5.02.00	Lucy O'Flynn	20-01-2024	Athlone
	5.30.26	Aisling Sheehy (U18)	22-03-2015	Athlone
	5.33.19	Bethany Haigh (U18)	22-03-2015	Athlone
3000m	9.38.48	Laura Nicholson (U19)	04-02-2018	Abbotstown
4x200 Relay	1.51.2	Margaret Crowley (U19),	21-03-1998	Nenagh
	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
	1.56.38	Eimar Nagle, Olivia Tuthill, Nicola Tuthill, Erin de Burca, Julie Sheehy	20-01-2019	Nenagh
1500m Walk	7.49.89	Aoife Tuthill (U17)	19-03-2022	Athlone
	8.25.38	Olivia Tuthill (U17)	10-02-2018	Nenagh
3000m Walk	15.28.07	Aoife Tuthill (U19)	20-01-2024	Athlone
60mH (84/13/8.5)	9.90	Roisin Howard (U19)	06-01-2008	Nenagh
Long Jump	5.31	Aoife Callan (U18)	28-01-2024	Abbotstown, Dublin
	5.28	Ruby Cummins (U17)	28-01-2024	Abbotstown, Dublin
	5.19	Roisin Howard (U19)	19-01-2008	Nenagh
	5.10	Stacey Komolafe (U18)	09-11-2019	Athlone
	5.06	Aoibhin O'Connor (U18)	08-01-2017	Nenagh
	4.83	Phil Healy (U17)	16-01-2010	Nenagh
	4.75	Tzita Kingston (U17)	26-02-2023	Nenagh

	4.72	Ciara McKeon (U17)	23-01-2016	Athlone
	4.70	Amy O'Donoghue (U17)	02-03-2019	Abbotstown, Dublin
	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
Triple Jump	10.58	Aoife Callan (U17)	02-04-2023	Athlone
	9.71	Amy Crowley (U19)	01-04-2017	Athlone
	9.41	Tzita Kingston (U17)	04-03-2023	Nenagh
	9.27	Aoibhin O'Connor (U18)	28-01-2017	Athlone
High Jump	1.60	Stacey Komolafe (U18)	22-10-2019	Nenagh
	1.55	Roisin Howard	04-01-2009	Nenagh
	1.55	Aisling Cassidy (U17)	25-02-2017	Nenagh
	1.53	Ruby Cummins (U17)	28-01-2024	Abbotstown, Dublin
	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
	1.48	Aoife Callan (U17)	25-10-2023	Nenagh
	1.45	Ella Stack (U17)	04-02-2017	Abbotstown, Dublin
	1.42	Aoibhin O'Connor (U17)	12-11-2016	Athlone
	1.40	Amy O'Donoghue (U17)	02-03-2019	Abbotstown, Dublin
	1.32	Emily Palmer (U18)	09-03-2013	Nenagh
	1.20	Phil Healy (U17)	21-03-2010	Nenagh
Pole Vault	2.20	Ella Stack (U17)	04-02-2017	Abbotstown
	2.10	Carla Hicks (U17)	07-02-2015	Nenagh
	2.00	Helena Murphy (U17)	09-01-2011	Nenagh
Shot Putt (4kg)	13.10	Laura McSweeney	26-01-2014	Athlone
	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
Weight For Distance (8kg)	8.06	Laura McSweeney	07-02-2014	Athlone
	5.44	Rachel Roche	08-02-2007	Nenagh

Pentathlon (60H, HJ, SP, LJ, 800)	2780 (10.67 (592), 1.52 (644), 8.83 (453). 4.95 (546), 2.42.47 (545))	Roisin Howard	10-01-2009	Nenagh
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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.

Performances from U17 to U20 age groups are included in the Junior rankings (if specs are comparable)

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

Score=INT(A*(B-Time)**C)	A	B	C
60H	20.0479	17	1.835
800m	0.11193	254	1.88
Score=INT(A*(Distance-B)**C)			
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.