

Bandon AC Junior/U20 Women Outdoor Club Records

Last updated: 15 May 2016

Event	Result	Athlete	Date	Venue
100m	11.80 (+1.2)	Phil Healy	30-06-2013	Tullamore
200m	23.95 (+1.3)	Phil Healy	18-05-2013	CIT, Cork
300m	40.97	Phil Healy (U18)	09-07-2011	Tullamore
400m	62.25	Margaret Crowley (U19)	05-07-1998	
800m	2.18.6	Margaret Crowley (U18)	07-06-1997	Tullamore
1500m	4.22.8	Carmel Mc Carthy (U17)	00/00/1984	
1 mile		No performance yet		
3000m	11.15.89	Fiona Everard (U17)	20-09-2014	Leiria, Portugal
Marathon		No performance yet		
5000m Race Walk		No performance yet		
100m Hurdles (84cm)		No performance yet		
400m Hurdles (76.2cm)	82.55	Emma Young (U18)	04-05-2014	CIT, Cork
3000m Steeple Chase	13.38.19	Aisling Everard	20-09-2014	Leiria, Portugal
4x100m	53.60	U18 team	14-06-1997	CIT, Cork
4x400m	4.33.94	Emma Young (U18), Sinead Caulfield (U18), Aisling Everard (U19), Fiona Everard (U17)	20-09-2014	Leiria, Portugal
High Jump	1.60	Emma Young (U18)	20-09-2014	Leiria, Portugal
Long Jump	5.29	Ella Nicholson (U17)	20-09-2014	Leiria, Portugal
Triple Jump	9.99	Aoibhinn O'Connor (U17)	05-05-2016	CIT, Cork
Pole Vault	2.30	Helena Murphy (U18)	19-08-2012	Tullamore
Shot Putt (4kg)	12.22	Laura McSweeney	05-04-2014	CIT, Cork
Hammer (4kg)	46.60	Laura McSweeney (U19)	18-05-2013	CIT, Cork
Discus (1kg)	36.58	Sarah Bradfield (U18)	20-06-2006	Tullamore
Javelin (600gr)	30.81	Rachel Roche (U19)	08-07-2006	Tullamore
8 kg Weight for Distance	7.56	Laura McSweeney	11-04-2014	Waterford
Heptathlon (100mH, Shot Putt, High Jump, Javelin, 200m, Long Jump, 800m)		No performance yet		

While some further updating is still required, additional information such as names on relay teams, missing dates & performances and corrections are much appreciated. Contact: frankstam3@gmail.com