

Bandon AC Junior/U20 Women Outdoor Rankings

Last updated: 17 May 2016

Event	Result	Athlete	Date	Venue
100m	11.80 (+1.2)	Phil Healy	30-06-2013	Tullamore
	11.95 (+1.0)	Joan Healy (U17)	19-07-2008	Bedford, UK
	12.53 (+0.0)	Kate Bernard (U17)	11-07-2015	Tullamore
	14.58 (+1.9)	Aisling Kelly (U19)	13-06-2015	RSC, Waterford
	14.95 (+1.1)	Bella Sherlock (U17)	26-05-2013	Tullamore
No wind measurment	11.78	Joan Healy (U18)	28-06-2009	Tullamore
	13.22	Ella Nicholson (U17)	20-09-2014	Leiria, Portugal
	14.48	Amy Crowley (U18)	15-05-2016	CIT, Cork
	14.50	Rachel O'Donovan (U18)	15-05-2016	CIT, Cork
	15.68	Liz Prout (U19)	08-05-2011	CIT, Cork
Wind assisted	11.64 (+3.3)	Phil Healy	18-05-2013	CIT, Cork
	11.92 (+2.7)	Joan Healy (U19)	16-05-2010	Castleisland
	12.29 (+4.4)	Kate Bernard (U17)	11-07-2015	Tullamore
	14.28 (+3.0)	Eva Stack (U17)	24-05-2015	Templemore
200m	23.95 (+1.3)	Phil Healy	18-05-2013	CIT, Cork
	24.46 (+2.0)	Joan Healy	20-08-2011	Tullamore
	26.26 (+0.5)	Kate Bernard (U17)	12-07-2015	Tullamore
No wind measurement	26.62	Aoibhinn O'Connor (U17)	15-05-2016	CIT, Cork
	28.63	Erin Kingston (U17)	20-09-2014	Leiria, Portugal
	30.31	Amy Crowley (U18)	15-05-2016	CIT, Cork
300m	40.97	Phil Healy (U18)	09-07-2011	Tullamore
	41.96	Margaret Crowley (U18)	07-06-1997	Tullamore
	47.18	Sinead Mulcahy (U17)	06-05-2012	CIT, Cork
Hand time	41.9	Margaret Crowley (U17)	8-9/6/1996	Waterford
	48.1	Eva Stack (U17)	06-05-2015	CIT, Cork
	48.5	Moira Barrett (U17)	05-05-2016	CIT, Cork
400m	62.25	Margaret Crowley (U19)	05-07-1998	
	62.62	Sinead Caulfield (U18)	20-09-2014	Leiria, Portugal
	62.78	Lynda O'Donovan (U19)	27-07-2008	Tullamore
	64.53	Roisin Howard	28-06-2009	Tullamore
	64.98	Ella Nicholson (U17)	21-06-2014	Tullamore
	65.40	Eva Stack (U17)	19-07-2015	Athlone
	68.98	Aisling Kelly (U19)	13-06-2015	RSC, Waterford
	69.10	Aoibh Cassidy (U18)	05-05-2016	CIT,Cork

800m	2.18.6	Margaret Crowley (U18)	07-06-1997	Tullamore
	2.23.20	Bella Sherlock (U17)	12-05-2013	CIT, Cork
	2.27.45	Fiona Everard (U17)	20-09-2014	Leiria, Portugal
	2.31.4	Roisin Howard (U18)	29-09-2007	Santry, Dublin
	2.32.69	Lynda O'Donovan (U18)	11-08-2007	Tullamore
	2.34.37	Aisling Everard (U17)	10-06-2012	Athlone
	2.46.96	Sinead Caulfield (U18)	11-05-2014	CIT, Cork
	2.48.91	Aoibhinn O'Connor (U17)	02-05-2016	Templemore
	3.08.9	Valery Lynch (U18)	27-05-2007	Castleisland
1500m	4.22.8	Carmel Mc Carthy (U17)	00/00/1984	
	4.55.84	Bella Sherlock (U17)	18-05-2013	CIT, Cork
	5.00.32	Fiona Everard (U18)	19-07-2015	Athlone
	5.06.4	Laura Nicholson (U17)	05-05-2016	CIT, Cork
	5.11.88	Aisling Everard (U17)	02-06-2012	Tullamore
	5.33.63	Bethany Haigh (U18)	13-06-2015	RSC, Waterford
	5.41.28	Sinead Caulfield (U18)	20-09-2014	Leiria, Portugal
	5.45.56	Ailish Crowley (U18)	03-05-2009	CIT, Cork
1 mile		No performance yet		
3000m	11.15.89	Fiona Everard (U17)	20-09-2014	Leiria, Portugal
	11.44.97	Aisling Sheehy (U18)	13-14/6/2015	Waterford
	11.53.79	Bethany Haigh (U18)	26-04-2015	CIT, Cork
	14.34.12	Mary Ann Everet (U19)	16-05-2010	CIT, Cork
5000m		No performance yet		
10000m		No performance yet		
1/2 Marathon		No performance yet		
Marathon		No performance yet		
5000m Race Walk		No performance yet		
100m Hurdles		No performance yet		
84/13/8.5				
400m Hurdles	82.55	Emma Young (U18)	04-05-2014	CIT, Cork
76.2/45/35	85.24	Aisling Kelly (U18)	20-09-2014	Leiria, Portugal
3000m Steeple Chase	13.38.19	Aisling Everard	20-09-2014	Leiria, Portugal
76.2-28-7wj-5jpl				
4x100m	53.60	U18 team	14-06-1997	CIT, Cork
	54.0	Margaret Crowley, Siobhan O'Leary,..	08-06-1996	Waterford

	54.68	Tracey Bradfield, Phil Healy,	17-05-2009	Tullamore
	54.79	Kate Bernard (U17), Eva Stack (U17), Fiona Everard(U18), Carla Hicks (U17)	24-05-2015	Templemore
	55.45	Ella Nicholson (U17), Helena Murphy (U20) , Aisling Kelly (U18), Erin Kingston (U17)	20-09-2014	Leiria, Portugal
	56.89		10-05-2015	CIT, Cork
	64.11		04-05-2014	CIT, Cork
4x400m	4.33.94	Emma Young (U18), Sinead Caulfield U18), Aisling Everard (U19), Fiona Everard (U17)	20-09-2014	Leiria, Portugal
	4.37.2	Lynda O'Donovan (U16), Emma Peters (U18), Rachel Roche (U18),	17-06-2005	CIT, Cork
	5.02.59	Fiona Duggan (U20), Kate Bernard (U17), Fiona Everard (U18), Eva Stack (U18)	24-05-2015	Templemore
High Jump	1.60	Emma Young (U18)	20-09-2014	Leiria, Portugal
	1.55	Roisin Howard	28-06-2009	Tullamore
	1.50	Laura Nicholson (U17)	01-05-2016	CIT, Cork
	1.45	Catriona O'Leary (U18)	09-07-1994	Tullamore
	1.45	Aoibhinn O'Connor (U17)	02-05-2016	Templemore
	1.40	Julie O'Sullivan (U18)	08-06-1996	Waterford
	1.40	Lynda O'Donovan (U17)	24-06-2006	Castleisland
	1.40	Emily Palmer (U17)	29-04-2012	CIT, Cork
	1.35	Emma Peters (U18)	15-05-2005	CIT, Cork
	1.35	Laura McSweeney U18)	29-04-2012	CIT, Cork
	1.31	Lynda O'Donovan U18)	27-05-2007	Castleisland
	1.25	Kate Bernard U17)	19-07-2015	Athlone
	1.19	Valery Lynch (U18)	27-05-2007	Castleisland
Long Jump	5.29	Ella Nicholson (U17)	20-09-2014	Leiria, Portugal
	5.20	Roisin Howard (U19)	27-07-2008	Tullamore
	4.98 (+2.0)	Roisin Howard	28-06-2009	Tullamore
	4.93	Aoibhinn O'Connor (U17)	05-05-2016	CIT, Cork
	4.68	Lynda O'Donovan (U17)	24-06-2006	Castleisland
	4.54	Tracey Bradfield (U17)	05-04-2009	CIT, Cork
	4.42	Rachel Roche (U19)	24-06-2006	Castleisland
	4.27	Aisling Kelly (U19)	26-04-2015	CIT, Cork

	4.21	Liz Prout (U19)	25-04-2011	CIT, Cork
	4.06	Aoibheann Harte (U17)	29-04-2012	CIT, Cork
	4.04	Eva Stack (U17)	19-07-2015	Athlone
	4.00	Lisa Lovell (U17)	06-07-2013	Tullamore
	3.96	Michelle Hayes (U17)	15-05-2005	CIT, Cork
	3.66	Valery Lynch (U18)	27-05-2007	Castleisland
	3.66	Rachel O'Donovan (U18)	05-05-2016	CIT, Cork
	3.64	Helena Murphy (U18)	29-04-2012	CIT, Cork
	3.31	Fiona Duggan (U18)	14-04-2013	CIT, Cork
	3.30	Laura McSweeney (U19)	14-04-2013	CIT, Cork
Wind assisted	5.46 (+3.6)	Ella Nicholson (U18)	30-06-2015	Tullamore
Triple Jump	9.99	Aoibhinn O'Connor (U17)	05-05-2016	CIT, Cork
	9.90	Aoibh Cassidy (U17)	16-05-2015	CIT, Cork
	9.34	Maira Barrett (U17)	05-05-2016	CIT, Cork
	9.21 (+0.8)	Emma Peters (U19)	20-08-2006	Tullamore
	9.17	Alison Hathaway (U17)	15-05-2016	CIT, Cork
	9.01	Emma Young (U18)	21-06-2-14	Tullamore
	8.64	Liz Prout (U19)	12-06-2011	Casleisland
	8.61	Aoibheann Harte (U17)	27-05-2012	CIT, Cork
	8.61	Carla Hicks (U17)	30-05-2015	Templemore
	8.12	Amy Crowley (U17)	19-07-2015	Athlone
Pole Vault	2.30	Helena Murphy (U18)	19-08-2012	Tullamore
	2.15	Carla Hicks (U17)	19-07-2015	Athlone
Shot Putt (4kg)	12.22	Laura McSweeney	05-04-2014	CIT, Cork
	10.59	Tracey Bradfield (U17)	10-05-2009	CIT, Cork
	10.14	Lynn Bradfield (U18)	23-07-2011	Tullamore
	9.66	Rachel Roche (U18)	27-05-2005	CIT, Cork
	9.59	Roisin Howard	28-06-2009	Tullamore
	9.57	Sarah Bradfield (U18)	24-06-2006	Castleisland
	9.16	Amy Crowley (U18)	05-05-2016	CIT, Cork
	9.10	Fiona Duggan (U19)	17-04-2014	CIT, Cork
	8.70	Erin Kingston (U18)	12-04-2015	CIT, Cork
	8.40	Sally Smith (U19)	05-05-2016	CIT, Cork
	7.18	Aisling Kelly (U19)	13-06-2015	RSC, Waterford
	6.45	Emily Horgan (U19)	01-05-2016	CIT, Cork
	6.42	Valery Lynch (U18)	27-05-2007	Castleisland
	5.31	Lynda O'Donovan (U18)	27-05-2007	Castleisland
Hammer (4kg)	46.60	Laura McSweeney (U19)	18-05-2013	CIT, Cork
	29.95	Erin Kingston (U17)	18-05-2014	Waterford
	21.18	Fiona Duggan (U19)	11-05-2014	CIT, Cork
	19.32	Emily Horgan (U19)	15-05-2016	CIT, Cork
	17.34	Rachel Roche (U19)	24-06-2006	Castleisland

Discus (1kg)	36.58	Sarah Bradfield (U18)	20-06-2006	Tullamore
	35.81	Laura McSweeney (U18)	24-06-2012	Tullamore
	34.37	Tracey Bradfield (U17)	30-05-2009	Tullamore
	32.89	Fiona Duggan (U18)	07-07-2013	Tullamore
	31.47	Rachel Roche (U19)	24-06-2006	Castleisland
	30.38	Sally Smith (U17)	31-05-2014	Tullamore
	29.02	Erin Kingston (U17)	12-04-2014	CIT, Cork
	28.71	Lynn Bradfield (U18)	18-06-2011	Castleisland
	26.62	Roisin Howard (U19)	05-07-2008	Antrim Forum
	22.62	Moira Barrett (U17)	05-05-2016	CIT, Cork
	17.52	Aoibheann Harte (U17)	06-05-2012	CIT, Cork
	15.46	Amy Allen (U17)	01-05-2016	CIT, Cork
Javelin (600gr)	30.81	Rachel Roche (U19)	08-07-2006	Tullamore
	27.44	Sarah Bradfield (U19)	28-07-2007	Tullamore
	23.68	Erin Kingston (U17)	20-09-2014	Leiria, Portugal
	23.22	Laura McSweeney (U18)	12-05-2012	CIT, Cork
	23.10	Roisin Howard (U19)	13-06-2008	CIT, Cork
	11.99	Fiona Duggan (U17)	06-05-2012	CIT, Cork
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

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 Senior Men's and Women's IAAF Scoring Tables are used , Ed. 2001

Score=INT(A*(B-Time)**C)	A	B	C
100mH	9.230760	26.70	1.8350
200m	4.990870	42.50	1.8100
800m	0.111930	254.00	1.8800
Score=INT(A*(Distance-B)**C)			
Long Jump	0.188807	210.00	1.41
High Jump	1.845230	75.00	1.3480
Score=INT(A*(Distance-B)**C)			
Shot Putt	56.021100	1.50	1.05
Javelin	15.980300	3.80	1.0400

Time in seconds (electronic); Distance in meters

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

Scores to be rounded down to nearest whole number.