

## Bandon AC Juvenile Girls Indoor Rankings

Last updated 5 February 2024

Event	Result	Athlete	Date	Venue
<b>Girls Under 9</b>				
<b>60m</b>	<i>10.65</i>	<i>Maia McCourt</i>	<i>08-02-2014</i>	<i>Nenagh</i>
	12.69	Seodhna Walsh	05-02-2017	Nenagh
<b>300m</b>	<i>1.02.78</i>	<i>Maia McCourt</i>	<i>08-02-2014</i>	<i>Nenagh</i>
<b>4x100 Relay</b>		No performance yet		
<b>Long Jump</b>	<i>2.86</i>	<i>Maia McCourt</i>	<i>08-02-2014</i>	<i>Nenagh</i>
<b>Girls Under 10</b>				
<b>60m</b>	<i>9.65</i>	<i>Laura Sheehy</i>	<i>08-03-2015</i>	<i>Nenagh</i>
	9.94	Lily Anna Clover	15-02-2020	Nenagh
	10.11	Maia McCourt	08-03-2015	Nenagh
	10.79	Kara Casey	15-02-2020	Nenagh
<b>500m</b>	<i>1.41.78</i>	<i>Lily Anna Clover</i>	<i>15-02-2020</i>	<i>Nenagh</i>
	1.43.32	Kara Casey	15-02-2020	Nenagh
	1.53.73	Clodagh Barry	04-02-2017	Nenagh
<b>4x100 Relay</b>		No performance yet		
<b>Long Jump</b>	<i>3.15</i>	<i>Maia McCourt</i>	<i>08-03-2015</i>	<i>Nenagh</i>
	3.04	Laura Sheehy	08-03-2015	Nenagh
<b>Girls Under 11</b>				
<b>60m</b>	<i>9.27</i>	<i>Lucy Calnan</i>	<i>08-02-2014</i>	<i>Nenagh</i>
	9.65	Maia McCourt	03-01-2016	Nenagh
<b>600m</b>	<i>2.08.71</i>	<i>Aoife Callan</i>	<i>04-02-2017</i>	<i>Nenagh</i>
	2.22.69	Maia McCourt	03-01-2016	Nenagh
<b>4x100 Relay</b>	<i>2.18.21</i>	<i>Leila Cummins, Anne O'Leary, Aisling Guinane, Emma McElwaine</i>	<i>19-01-2020</i>	<i>Nenagh</i>
<b>Long Jump</b>	<i>3.56</i>	<i>Lucy Calnan</i>	<i>08-02-2014</i>	<i>Nenagh</i>
	3.19	Maia McCourt	03-01-2016	Nenagh

<b>Shot putt</b> (2 kg)	<b>6.04</b>	<b>Leila Cummins</b>	<b>15-02-2010</b>	<b>Nenagh</b>
	5.43	Aoife Callan	04-02-2017	Nenagh
	4.30	Lucy Calnan	18-01-2014	Nenagh
	3.88	Maia McCourt	03-01-2016	Nenagh
<b>Triathlon (60, SP, LJ)</b>	<b>1185</b> (9.63 (537), 4.30 (292), 3.19 (356))	<b>Lucy Calnan</b>	<b>18-01-2014</b>	<b>Nenagh</b>
<b>Quadrathlon</b> (60, SP, LJ, 600)	<b>1447</b> (9.65 (534), 3.88 (260), 3.19 (356), 2.22.69 (297))	<b>Maia McCourt</b>	<b>03-01-2016</b>	<b>Nenagh</b>
		<b>Girls Under 12</b>		
<b>60m</b>	<b>8.95</b>	<b>Cara Daly</b>	<b>01-04-2023</b>	<b>Athlone</b>
	9.04	Laura Sheehy	05-02-2017	Nenagh
	9.20	Claire Sexton	24-02-2007	Nenagh
	9.33	Ellie O'Donovan	09-03-2013	Nenagh
	9.44	Lucy Calnan	08-03-2015	Nenagh
	9.92	Sarah O'Connor	09-03-2013	Nenagh
	9.99	Caroline Murphy	24-02-2007	Nenagh
	10.00	Aoibheann Harte	24-02-2007	Nenagh
	10.04	Cora Ni Chalchoir	09-03-2013	Nenagh
	10.19	Kate Toner	24-02-2007	Nenagh
	10.19	Ella Stack	25-02-2012	Nenagh
	10.60	Sinead Mulcahy	24-02-2007	Nenagh
	10.69	Erin de Burca	09-03-2013	Nenagh
<b>600m</b>	<b>1.52.72</b>	<b>Amy McCarthy</b>	<b>01-04-2017</b>	<b>Athlone</b>
	1.59.80	Clare Flynn	08-02-2014	Nenagh
	2.07.41	Sinead Caulfield	23-02-2008	Nenagh
	2.09.13	Aoife Callan	10-02-2018	Nenagh
<b>800m</b>	<b>3.11.05</b>	<b>Cora Ni Chalchoir</b>	<b>09-03-2013</b>	<b>Nenagh</b>
	3.13.29	Sarah O'Conor	09-03-2013	Nenagh
	3.16.44	Ellie O'Donovan	09-03-2013	Nenagh
	3.19.38	Erin de Burca	09-03-2013	Nenagh
<b>4x100 Relay</b>	<b>1.03.22</b>	<b>Claire Sexton, Sinead Mulcahy,</b>	<b>14-04-2007</b>	<b>Nenagh</b>
<b>Long Jump</b>	<b>3.95</b>	<b>Lucy Calnan</b>	<b>08-03-2015</b>	<b>Nenagh</b>
	3.84	Aoife Callan	10-02-2018	Nenagh

	3.64	Cora Ni Challchoir	09-03-2013	Nenagh
	3.54	Niamh O'Donovan	08-03-2015	Nenagh
	3.53	Amy O'Donoghue	08-02-2014	Nenagh
	3.45	Laura Sheehy	05-02-2017	Nenagh
	3.39	Carla Hicks	22-02-2009	Nenagh
	3.38	Ellie O'Donovan	09-03-2013	Nenagh
	3.27	Sarah O'Connor	09-03-2013	Nenagh
	3.03	Clare Flynn	08-02-2014	Nenagh
	2.32	Erin de Burca	09-03-2013	Nenagh
<b>High Jump</b>	<b>1.05</b>	<b>Kerin Chatterton</b>	<b>24-02-2007</b>	<b>Nenagh</b>
	1.02	Ellie O'Donovan	09-03-2013	Nenagh
	1.02	Sarah O'Connor	09-03-2013	Nenagh
	0.93	Cora Ni Challchoir	09-03-2013	Nenagh
	0.93	Erin de Burca	09-03-2013	Nenagh
<b>Shot Putt (2kg)</b>	<b>7.85</b>	<b>Laura McSweeney</b>	<b>25-03-2006</b>	<b>Nenagh</b>
	7.72	Lynn Bradfield	27-02-2005	Nenagh
	6.48	Cora Ni Challchoir	09-03-2013	Nenagh
	6.28	Erin Kingston	22-02-2009	Nenagh
	5.92	Kerin Chatterton	24-02-2007	Nenagh
	5.55	Aoife Callan	10-02-2018	Nenagh
	5.37	Fiona Duggan	24-02-2007	Nenagh
	5.32	Ellie O'Donovan	09-03-2013	Nenagh
	4.90	Erin de Burca	09-03-2013	Nenagh
	4.56	Lauren McCourt	10-02-2013	Nenagh
	3.92	Sarah O'Connor	09-03-2013	Nenagh
<b>Pentathlon (60, LJ, SP, HJ, 800)</b>	<b>2019</b> (9.33 (588), 3.38 (394), 5.32 (362), 1.02 (357), 3:16.44 (318))	<b>Ellie O'Donovan</b>	<b>09-03-2013</b>	<b>Nenagh</b>
	<b>1993</b> (10.04 (472), 3.64 (446), 6.48 (435), 0.93 (291), 3:11.05 (349))	Cora Ni Challchoir	09-03-2013	Nenagh
	<b>1718</b> (9.92 (490), 3.27 (372), 3.92 (263), 1.02 (357), 3:13.29 (236))	Sarah O'Connor	09-03-2013	Nenagh

	<b>1388</b> (10.69 (379), 2.32 (182), 4.90 (334), 0.93 (291), 3.19.29 (202))	Erin de Burca	09-03-2013	Nenagh
		<b>Girls Under 13</b>		
<b>60m</b>	<b>8.16</b>	<b><i>Nnaemeka Adaora</i></b>	<b><i>01-04-2023</i></b>	<b><i>Athlone</i></b>
	8.85	Stacey Komalafe	08-02-2014	Nenagh
	8.97	Kate Bernard	19-02-2011	Nenagh
	8.98	Molly O'Donovan	24-02-2019	Nenagh
	9.02	Lily Anna Clover	25-02-2023	Nenagh
	9.07	Phil Healy	04-02-2006	Glasgow
	9.19	Carla Hicks	19-02-2011	Nenagh
	9.38	Julie Sheehy	28-02-2015	Nenagh
	9.44	Aibhe Gray	25-02-2023	Nenagh
	9.94	Julie O'Keefe	25-02-2023	Nenagh
	10.45	Aoife Callan	24-02-2019	Nenagh
<b>600m</b>	<b>1.55.94</b>	<b><i>Jane Buckley</i></b>	<b><i>01-03-2015</i></b>	<b><i>Nenagh</i></b>
	2.02.22	Saoirse Walshe	25-02-2023	Nenagh
	2.09.12	Julie O'Keefe	25-02-2023	Nenagh
	2.20.7	Ella Stack	10-02-2013	Nenagh
	2.32.8	Nicolle Callanan	10-02-2013	Nenagh
<b>800m</b>	<b>2.45.89</b>	<b><i>Aisling Cassidy</i></b>	<b><i>16-10-2013</i></b>	<b><i>Nenagh</i></b>
	2.49.38	Ruby Cummins	05-01-2020	Nenagh
	2.51.10	Nicole Callalan	09-03-2013	Nenagh
	2.58.54	Grainne Mulcahy	09-03-2013	Nenagh
	2.59.70	Lilly Anna Clover	25-10-2023	Nenagh
	3.02.83	Stacey Komalafe	18-01-2014	Nenagh
<b>1000m Race Walk</b>	<b>5.57.80</b>	<b><i>Ruby Cummins</i></b>	<b><i>15-02-2020</i></b>	<b><i>Nenagh</i></b>
<b>4x100 Relay</b>	<b>58.14</b>	<b><i>Alexandra Good, Maia McCourt, Victoria Good, Laura Sheehy</i></b>	<b><i>21-01-2018</i></b>	<b><i>Nenagh</i></b>
<b>4x200 Relay</b>	<b>1.59.08</b>	<b><i>Kara Casey, Isla Wilson, Lilly Anne Clover, Adaora Nnaemeka</i></b>	<b><i>25-03-2023</i></b>	<b><i>Athlone</i></b>

	2.01.90	Clara Cullinane, Ava Deasy, Isla Wilson, Aoife Harte, Adaora Nnaemeka, Lilly Anne Clover, Adaora Nnaemeka	04-03-2023	Nenagh
	2.13.72	Neasa Shannon, Aibhe Gray, Julie O'Keefe. Kara Casey, Saoirse Walshe	04-03-2023	Nenagh
<b>60mH</b>	<b>10.12</b>	<b>Ruby Cummins</b>	<b>22-02-2020</b>	<b>Nenagh</b>
68.6/11/7.5	10.73	Ciara Mc Keon	26-02-2012	Nenagh
	10.96	Lilly Anna Clover	25-10-2023	Nenagh
	11.00	Aisling Cassidy	10-02-2013	Nenagh
	11.23	Moira Barrett	26-02-2012	Nenagh
	11.68	Leah Murphy	09-03-2013	Nenagh
	11.71	Stacey Komalafe	18-01-2014	Nenagh
	12.67	Nicole Callalan	09-03-2013	Nenagh
	12.74	Ella Stack	09-03-2013	Nenagh
	13.57	Grainne Mulcahy	09-03-2013	Nenagh
<b>Long Jump</b>	<b>4.35</b>	<b>Tracey Bradfield</b>	<b>26-02-2005</b>	<b>Nenagh</b>
	<b>4.35</b>	<b>Aisling Cassidy</b>	<b>10-02-2013</b>	<b>Nenagh</b>
	4.22	Lilly Anna Clover	25-10-2023	Nenagh
	4.16	Carla Hicks	19-02-2011	Nenagh
	4.16	Aoife Callen	24-02-2019	Nenagh
	4.12	Ruby Cummins	05-01-2020	Nenagh
	4.05	Toni Chatterton	18-02-2006	Nenagh
	3.99	Isla Wilson	26-02-2023	Nenagh
	3.93	Stacey Komalafe	18-01-2014	Nenagh
	3.90	Phil Healy	04-02-2006	Glasgow
	3.82	Aoife Harte	26-02-2023	Nenagh
	3.73	Nicole Callalan	09-03-2013	Nenagh
	3.60	Ciara McKeon	26-02-2012	Nenagh
	3.45	Laura Nicholson	26-02-2012	Nenagh
	3.40	Leah Murphy	09-03-2013	Nenagh
	3.37	Kara Casey	26-02-2023	Nenagh
	3.36	Grainne Mulcahy	09-03-2013	Nenagh
	3.17	Clodagh Young	26-02-2012	Nenagh
	3.15	Neasa Shannon	26-02-2023	Nenagh
	3.05	Ella Stack	09-03-2013	Nenagh
<b>High Jump</b>	<b>1.35</b>	<b>Ruby Cummins</b>	<b>22-02-2020</b>	<b>Nenagh</b>
	1.31	Aisling Cassidy	09-03-2013	Nenagh
	1.30	Molly O'Donovan	24-02-2019	Nenagh
	1.25	Moira Barrett	26-02-2012	Nenagh
	1.25	Laura Nicholson	26-02-2012	Nenagh
	1.24	Lily Anna Clover	25-10-2023	Nenagh

	1.20	Ciara McKeon	26-02-2012	Nenagh
	1.20	Stacey Komalafe	18-01-2014	Nenagh
	1.16	Ella Stack	09-03-2013	Nenagh
	1.16	Grainne Mulcahy	09-03-2013	Nenagh
	1.15	Laura McSweeney	24-02-2007	Nenagh
	1.15	Aoife Callen	24-02-2019	Nenagh
	1.10	Nicole Callalan	09-03-2013	Nenagh
	1.05	Leah Murphy	09-03-2013	Nenagh
<b>Shot Putt (2kg)</b>	<b>11.48</b>	<b>Tracey Bradfield</b>	<b>19-03-2005</b>	<b>Nenagh</b>
	10.08	Lilly Anna Clover	02-04-2023	Athlone
	9.95	Laura McSweeney	14-04-2007	Nenagh
	9.19	Lynn Bradfield	25-03-2006	Nenagh
	8.92	Molly O'Donovan	24-02-2019	Nenagh
	8.86	Ruby Cummins	22-02-2020	Nenagh
	8.58	Erin Kingston	27-03-2010	Nenagh
	7.44	Aoife Callen	24-02-2019	Nenagh
	7.35	Fiona Duggan	23-02-2008	Nenagh
	6.77	Kerin Chatterton	23-02-2008	Nenagh
	6.49	Grainne Mulcahy	09-03-2013	Nenagh
	6.07	Leah Murphy	09-03-2013	Nenagh
	6.01	Aisling Cassidy	09-03-2013	Nenagh
	5.92	Moira Barrett	26-02-2012	Nenagh
	5.81	Nicole Callalan	09-03-2013	Nenagh
	5.65	Ella Stack	09-03-2013	Nenagh
2.72 kg	8.48	Lily Anna Clover	25-10-2023	Nenagh
<b>Pentathlon (60H, LJ, SP, HJ, 800)</b>	<b>2254</b> (10.90 (493), 4.12 (442), 8.22 (433), 1.34 (492), 2.49.38 (394))	<b>Ruby Cummins</b>	<b>05-01-2020</b>	<b>Nenagh</b>
	<b>1989</b> (11.16 (463), 4.14 (446), 6.01 (307), 1.31 (470), 3.02.35 (303))	Aisling Cassidy	09-03-2013	Nenagh
	<b>1668</b> (12.67 (313), 3.73 (364), 5.81 (294), 1.10 (316), 2:51.10 (381))	Nicole Callalan	09-03-2013	Nenagh

	<b>1497</b> (11.71 (404), 3.93 (404), -, 1.20 (389), 3.02.83 (300))	Stacey Komalafe	18-01-2014	Nenagh
	<b>1294</b> (11.68 (407), 3.40 (298), 6.07 (310), 1.05 (279), -)	Leah Murphy	09-03-2013	Nenagh
	<b>1179</b> (12.74 (307), 3.05 (228), 5.65 (284), 1.16 (360), -)	Ella Stack	09-03-2013	Nenagh
<b>Pentathlon Minor Schools (60H, LJ, SP(2.72kg), HJ, 800)</b>	<b>2132</b> (10.96 (486), 4.22 (462), 8.48 (446), 1.24 (418), 2.59.7 (320))	Lilly Anna Clover	25-10-2023	Nenagh
		<b>Girls Under 14</b>		
<b>60m</b>	<b>8.34</b>	<b>Kate Bernard</b>	<b>24-03-2012</b>	<b>Nenagh</b>
	8.45	Joan Healy	19-03-2005	Nenagh
	8.72	Aoife Callen	22-02-2020	Nenagh
	8.77	Leila Cummins	25-02-2023	Nenagh
	8.84	Carla Hicks	03-03-2012	Nenagh
	8.85	Rachel O'Donovan	03-03-2012	Nenagh
	8.97	Ella Stack	05-11-2014	Nenagh
	9.04	Phil Healy	24-02-2007	Nenagh
	9.12	Toni Chatterton	24-02-2007	Nenagh
	9.15	Amy Crowley	03-03-2012	Nenagh
	9.25	Eva Stack	03-03-2012	Nenagh
	9.40	Aisling O'Reilly	25-02-2017	Nenagh
	9.45	Fionnuala Murphy	05-11-2014	Nenagh
	9.57	Andrea O'Brien	05-11-2014	Nenagh
	9.76	Emma Lovell	24-02-2007	Nenagh
	10.11	Ella Chambers	24-02-2018	Nenagh
<b>600m</b>	<b>1.54.3</b>	<b>Eva Stack</b>	<b>06-03-2012</b>	<b>Nenagh</b>
<b>800m</b>	<b>2.24.70</b>	<b>Jane Buckley</b>	<b>13-03-2016</b>	<b>Athlone</b>
	2.37.95	Moira Barrett	16-10-2013	Nenagh
	2.40.33	Laura Nicholson	16-10-2013	Nenagh

	2.42.8	Eabha Crowley	11-10-2017	Nenagh
	2.44.0	Aisling Cassidy	05-11-2014	Nenagh
	2.49.1	Ella Stack	05-11-2014	Nenagh
	2.50.45	Lilly Anna Clover	28-01-2024	Abbotstown, Dublin
	2.50.46	Ciara McKeon	16-10-2013	Nenagh
	2.51.48	Aoife Callan	18-01-2020	Athlone
	2.56.75	Maia McCourt	22-10-2019	Nenagh
	2.57.70	Aoife Buckley	09-03-2013	Nenagh
	2.59.17	Kate Bernard	28-01-2012	Nenagh
	3.01.00	Amy Mulcahy	09-03-2013	Nenagh
	3.02.9	Andrea O'Brien	05-11-2014	Nenagh
	3.03.28	Natalia Davidowicz	05-01-2020	Nenagh
	3.07.32	Rachel O'Donovan	28-01-2012	Nenagh
	3.10.9	Phil Healy	30-12-2006	Nenagh
	3.16.17	Ella Chambers	03-10-2018	Nenagh
	3.50.0	Laura McSweeney	06-01-2008	Nenagh
<b>4x200 Relay</b>	<b>1.55.73</b>	<b><i>Ellie O'Donovan, Jane Buttimer, Leah Woods, Sarah O'Connor</i></b>	<b>21-03-2013</b>	<b>Athlone</b>
	2.00.61	Moira Barrett, Laura Nicholson, Aoife Buckley, Ciara McKeon, Nicole Callalan	09-03-2013	Nenagh
	2.03.25	Maia McCourt, Vicki Good, Caroline Wesol, Laura Sheehy	20-01-2019	Nenagh
	2.04.47	Ava Nyhan, Leila Cummins, Isla Wilson, Aoife Harte, Adaora Nnaemaka, Lilly Anne Clover	04-03-2023	Nenagh
<b>1000m Walk</b>		<b>No performance yet</b>		
<b>60mH</b>	<b>9.54</b>	<b><i>Aisling Cassidy</i></b>	<b>23-03-2014</b>	<b>Athlone</b>
68.6/11.5/7.5 clubs & minor	10.20	Aoife Callan	18-01-2020	Athlone
	10.23	Carla Hicks	04-03-2012	Nenagh
	10.46	Moira Barrett	09-03-2013	Nenagh
	10.48	Lilly Anna Clover	28-01-2024	Abbotstown, Dublin
	10.61	Eabha Crowley	11-10-2017	Nenagh
	10.70	Ciara McKeon	23-02-2013	Nenagh
	11.11	Ella Stack	02-03-2014	Nenagh
	11.14	Kate Bernard	28-01-2012	Nenagh



	11.20	Phil Healy	30-12-2006	Nenagh
	11.21	Maia McCourt	22-10-2019	Nenagh
	11.41	Amy Mulcahy	09-03-2013	Nenagh
	11.67	Rachel O'Donovan	28-01-2012	Nenagh
	12.40	Laura McSweeney	06-01-2008	Nenagh
	12.69	Aoife Buckley	09-03-2013	Nenagh
	13.18	Natalia Dawidowicz	05-01-2020	Nenagh
	14.77	Claire Reilly	09-03-2013	Nenagh
76.2/11.5/7.5	9.96	Aisling Cassidy	05-11-2014	Nenagh
junior	10.35	Maira Barrett	16-10-2013	Nenagh
	10.75	Laura Nicholson	16-10-2013	Nenagh
	11.21	Maia McCourt	22-10-2019	Nenagh
	13.38	Ella Chambers	03-10-2018	Nenagh
<b>Long Jump</b>	<b>4.61</b>	<b>Toni Chatterton</b>	<b>24-03-2007</b>	<b>Nenagh</b>
	4.59	Aoife Callan	22-02-2020	Nenagh
	4.49	Stacey Komalafe	28-02-2015	Nenagh
	4.46	Tracey Bradfield	25-02-2006	Nenagh
	4.45	Maira Barrett	09-03-2013	Nenagh
	4.44	Aisling Cassidy	05-11-2014	Nenagh
	4.41	Eabha Crowley	11-10-2017	Nenagh
	4.39	Maia McCourt	22-10-2019	Nenagh
	4.35	Ciara McKeon	16-10-2013	Nenagh
	4.19	Phil Healy	24-02-2007	Nenagh
	4.17	Carla Hicks	03-03-2012	Nenagh
	4.07	Laura Nicholson	16-10-2013	Nenagh
	4.05	Eva Stack	03-03-2012	Nenagh
	4.05	Ella Stack	05-11-2014	Nenagh
	4.00	Aoife Buckley	09-03-2013	Nenagh
	3.98	Natalia Dawidowicz	05-01-2020	Nenagh
	3.95	Amy Mulcahy	09-03-2013	Nenagh
	3.89	Alison Hathaway	23-03-2013	Nenagh
	3.82	Lilly Anna Clover	28-01-2024	Abbotstown, Dublin
	3.65	Andrea O'Brien	05-11-2014	Nenagh
	3.62	Kate Bernard	28-01-2012	Nenagh
	3.59	Leah Murphy	01-03-2014	Nenagh
	3.49	Fionnuala Murphy	05-11-2014	Nenagh
	3.47	Laura Mc Sweeney	06-01-2008	Nenagh
	3.30	Rachel O'Donovan	28-01-2012	Nenagh
	3.18	Ella Chambers	03-10-2018	Nenagh
	3.15	Claire Reilly	09-03-2013	Nenagh
<b>High Jump</b>	<b>1.44</b>	<b>Maira Barrett</b>	<b>09-03-2013</b>	<b>Nenagh</b>
	1.43	Ella Stack	02-03-2014	Nenagh
	1.40	Laura Nicholson	16-10-2013	Nenagh

	1.40	Aisling Cassidy	11-01-2014	Athlone
	1.30	Carla Hicks	04-03-2012	Nenagh
	1.30	Eabha Crowley	11-10-2017	Nenagh
	1.30	Aoife Callen	05-01-2020	Nenagh
	1.27	Lilly Anna Clover	28-01-2024	Abbotstown, Dublin
	1.25	Serena Cross	20-03-2004	Nenagh
	1.25	Mary Theresa Murphy	07-02-2009	Nenagh
	1.25	Ella Chambers	03-10-2018	Nenagh
	1.24	Phil Healy	30-12-2006	Nenagh
	1.23	Ciara McKeon	09-03-2013	Nenagh
	1.20	Kate Bernard	28-01-2012	Nenagh
	1.20	Natalia Dawidowicz	05-01-2020	Nenagh
	1.19	Laura Mc Sweeney	06-01-2008	Nenagh
	1.15	Amy Mulcahy	09-03-2013	Nenagh
	1.15	Maia McCourt	22-10-2019	Nenagh
	1.10	Aoife Buckley	09-03-2013	Nenagh
	1.05	Rachel O'Donovan	28-01-2012	Nenagh
<b>Shot Putt (2 kg)</b>	<b>11.72</b>	<b>Tracey Bradfield</b>	<b>25-02-2006</b>	<b>Nenagh</b>
	11.43	Laura McSweeney	06-04-2008	Nenagh
	10.87	Lilly Anna Clover	28-01-2024	Abbotstown, Dublin
	10.51	Lynn Bradfield	24-03-2007	Nenagh
	10.06	Aoife Callen	05-01-2020	Nenagh
	9.42	Erin Kingston	19-03-2011	Magherafelt
	9.10	Ella Stack	05-11-2014	Nenagh
	8.38	Mairead Roche	22-03-2003	Nenagh
	8.34	Amy Crowley	04-03-2012	Nenagh
	8.30	Natalia Dawidowicz	22-02-2020	Nenagh
	7.74	Moira Barrett	09-03-2013	Nenagh
	7.58	Ella Chambers	25-02-2018	Nenagh
	7.31	Aisling Cassidy	11-01-2014	Athlone
	7.13	Toni Chatterton	24-02-2007	Nenagh
	6.70	Amy Allen	23-02-2013	Nenagh
	6.65	Rachel O'Donovan	28-01-2012	Nenagh
	6.35	Ciara McKeon	16-10-2013	Nenagh
	6.32	Emma Lovell	24-02-2007	Nenagh
	6.23	Carla Hicks	28-01-2012	Nenagh
	5.93	Laura Nicholson	09-03-2013	Nenagh
	5.49	Phil Healy	30-12-2006	Nenagh
	5.39	Andrea O'Brien	05-11-2014	Nenagh
	5.16	Kate Bernard	28-01-2012	Nenagh
	4.99	Fionnuala Murphy	05-11-2014	Nenagh

	3.86	Amy Mulcahy	09-03-2013	Nenagh
	3.81	Aoife Buckley	09-03-2013	Nenagh
(2.72kg)	8.44	Aoife Callan	03-03-2020	Nenagh
minor/junior school	7.86	Moira Barrett	16-10-2013	Nenagh
	7.51	Aisling Cassidy	05-11-2014	Nenagh
	7.18	Natalia Dawidowicz	03-03-2020	Nenagh
	6.62	Ella Chambers	03-10-2018	Nenagh
	5.95	Maia McCourt	22-10-2019	Nenagh
	5.82	Eabha Crowley	11-10-2017	Nenagh
	5.20	Laura Nicholson	16-10-2013	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800) Shot: 2kg	<b>2492</b> (9.96 (615)), 4.44 (506), 7.51 (394), 1.40 (541), 2.44.00 (436))	<i>Aisling Cassidy</i> (hurdles 76.2cm instead of 68.6cm & shot 2.72kg)	<b>05-11-2014</b>	<b>Nenagh</b>
	<b>2448</b> (10.46 (547), 4.45 (508), 7.74 (407), 1.44 (574), 2.46.97 (412))	Moira Barrett	09-03-2013	Nenagh
	<b>2366</b> (10.20 (581), 4.30 (478), 9.61 (503), 1.25 (426), 2.51.48 (378))	Aoife Callan	18-01-2020	Athlone
	<b>2316</b> (10.48 (545), 3.82 (382), 10.87 (563), 1.27 (440), 2.50.45 (386))	Lilly Anna Clover	28-01-2024	Abbotstown, Dublin
	<b>2230</b> (10.61 (528), 4.41 (500), 5.82 (295), 1.30 (462), 2.42.8 (445))	Eabha Crowley	11-10-2017	Nenagh

(hurdles 76.2cm instead of 68.6cm & shot 2.72kg)	<b>2205</b> (10.75 (511), 4.07 (432), 5.20 (255), 1.40 (541), 2.40.33 (466))	Laura Nicholson	16-10-2013	Nenagh
(hurdles 76.2cm instead of 68.6cm & shot 2.72kg)	<b>1948</b> (11.21 (457), 4.39 (496), 5.95 (303), 1.15 (352), 2.56.75 (340))	Maia McCourt	22-10-2019	Nenagh
	<b>1929</b> (11.75 (400), 3.55 (328), 7.50 (394), 1.37 (516), 3.04.22 (291))	Ella Stack	18-01-2014	Nenagh
	<b>1808</b> (10.72 (515), 4.13 (444), 6.15 (315), 1.23 (411), 3.34.92 (123))	Ciara McKeon	09-03-2013	Nenagh
	<b>1772</b> (11.14 (465), 3.62 (342), 5.16 (252), 1.20 (389), 2.59.17 (324))	Kate Bernard	28-01-2012	Nenagh
	<b>1760</b> (13.18 (270), 3.98 (414), 7.44 (390), 1.20 (389), 3.03.28 (297))	Natalia Dawidowicz	05-01-2020	Nenagh
	<b>1746</b> (10.60 (529), 4.12 (442), 6.23 (320), 1.29 (455), dnf)	Carla Hicks	28-01-2012	Nenagh

	<b>1730</b> (11.2 (432), 3.69 (356), 5.49 (274), 1.24 (418), 3.10.9 (250))	Phil Healy	30-12-2006	Nenagh
	<b>1666</b> (11.41, (435) 3.95 (408), 3.86 (159), 1.15 (352), 3:01.00 (312))	Amy Mulcahy	09-03-2013	Nenagh
	<b>1583</b> (12.40 (337), 3.47 (312), 9.43 (495), 1.19 (382), 3.50.0 (57))	Laura McSweeney	06-01-2008	Nenagh
	<b>1581</b> (11.67 (408), 3.30 (278), 6.65 (345), 1.05 (279), 3.07.32 (271))	Rachel O'Donovan	28-01-2012	Nenagh
	<b>1534</b> (12.69 (311), 4.00 (418), 3.81 (155), 1.10 (316), 2:57.70 (334))	Aoife Buckley	09-03-2013	Nenagh
(hurdles 76.2cm instead of 68.6cm & shot 2.72kg)	<b>1496</b> (13.38 (254), 3.18 (254), 6.62 (343), 1.25 (426), 3.16.17 (219))	Ella Chambers	03-10-2018	Nenagh
		<b>Girls Under 15</b>		
<b>60m</b>	<b>8.04</b>	<b>Joan Healy</b>	<b>04-02-2006</b>	<b>Glasgow</b>
	8.36	Kate Bernard	23-02-2013	Nenagh
	8.57	Alison Hathaway	01-03-2014	Nenagh
	9.10	Liz Prout	24-02-2007	Nenagh
	9.12	Erin de Burca	20-02-2016	Nenagh
<b>200m</b>	<b>26.81</b>	<b>Joan Healy</b>	<b>04-02-2006</b>	<b>Glasgow</b>

<b>800m</b>	<b>2.27.75</b>	<b>Jane Buckley</b>	<b>25-02-2017</b>	<b>Nenagh</b>
	2.30.70	Ruby Cummins	12-11-2022	Athlone
	2.32.31	Laura Nicholson	01-03-2014	Nenagh
	2.34.83	Aisling Cassidy	07-11-2015	Athlone
	2.35.71	Eabha Crowley	13-10-2018	Athlone
	2.37.00	Moira Barrett	05-11-2014	Nenagh
	2.39.84	Caoimhe O'Regan	25-02-2023	Nenagh
	2.41.83	Aoife Callan	20-11-2021	Athlone
	2.43.11	Eva Stack	09-03-2013	Nenagh
	2.46.00	Ciara McKeon	05-11-2014	Nenagh
	2.46.54	Ella Stack	17-01-2015	Athlone
	2.46.87	Aoibh Cassidy	09-03-2013	Nenagh
	2.51.40	Ella Nicholson	28-01-2012	Nenagh
	2.53.9	Amy O'Donoghue	11-10-2017	Nenagh
	3.05.88	Erin de Burca	20-02-2016	Nenagh
	3.06.14	Carla Hicks	09-03-2013	Nenagh
	3.09.78	Juliet Biggs	25-10-2022	Nenagh
1200m	3.57.0	Jane Buckley	07-03-2017	Nenagh
	4.11.8	Nicola Tuthill	07-03-2017	Nenagh
<b>4x200 Relay</b>	<b>1.56.44</b>	<b>Meabh O'Donovan, Leah Woods, Ella Stack, Aisling Cassidy</b>	<b>07-02-2015</b>	<b>Nenagh</b>
<b>1000m Walk</b>	<b>5.07.69</b>	<b>Olivia Tuthill</b>	<b>12-03-2016</b>	<b>Athlone</b>
<b>60mH</b> 76.2/12/8	<b>9.45</b>	<b>Ruby Cummins</b>	<b>20-03-2022</b>	<b>Athlone</b>
	10.06	Aisling Cassidy	17-01-2015	Athlone
	10.14	Carla Hicks	09-03-2013	Nenagh
	10.48	Amy O'Donoghue	07-01-2017	Nenagh
	10.69	Ciara McKeon	18-01-2014	Nenagh
	10.70	Ella Nicholson	28-01-2012	Nenagh
	10.73	Moira Barrett	02-03-2014	Nenagh
	10.74	Eabha Crowley	06-01-2018	Nenagh
	10.90	Laura Nicholson	02-03-2014	Nenagh
	11.24	Ella Stack	17-01-2015	Athlone
	12.06	Eva Stack	09-03-2013	Nenagh
	12.54	Aoibh Cassidy	09-03-2013	Nenagh
76.2/11.5/7.5	9.42	Aisling Cassidy	07-11-2015	Athlone
	9.81	Ciara McKeon	05-11-2014	Nenagh
	9.83	Carla Hicks	16-10-2013	Nenagh
	10.15	Moira Barrett	05-11-2014	Nenagh
	10.23	Eabha Crowley	03-10-2018	Nenagh
	10.28	Aoife Callan	09-10-2021	Nenagh

	10.32	Amy O'Donoghue	11-10-2017	Nenagh
	10.58	Laura Nicholson	05-11-2014	Nenagh
	10.69	Ella Stack	14-10-2015	Nenagh
	12.35	Juliet Biggs	25-10-2022	Nenagh
	13.10	Ella Chambers	22-10-2019	Nenagh
68.6/11.5/7.5	9.19	Ruby Cummins	12-11-2022	Athlone
Minor schools				
<b>Long Jump</b>	<b>5.22</b>	<b>Ruby Cummins</b>	<b>25-10-2022</b>	<b>Nenagh</b>
	4.93	Aoife Callan	20-11-2021	Athlone
	4.78	Aisling Cassidy	07-11-2015	Athlone
	4.74	Ciara McKeon	15-11-2014	Athlone
	4.73	Toni Chatterton	01-03-2008	Nenagh
	4.61	Ella Nicholson	06-03-2012	Nenagh
	4.58	Carla Hicks	09-03-2013	Nenagh
	4.58	Amy O'Donoghue	11-10-2017	Nenagh
	4.50	Eabha Crowley	03-10-2018	Nenagh
	4.49	Joan Healy	25-02-2006	Nenagh
	4.43	Phil Healy	01-03-2008	Nenagh
	4.37	Tracey Bradfield	24-02-2007	Nenagh
	4.33	Ella Stack	14-10-2015	Nenagh
	4.31	Moira Barrett	18-01-2014	Nenagh
	4.23	Eva Stack	09-03-2013	Nenagh
	4.22	Liz Prout	24-02-2007	Nenagh
	4.14	Laura Nicholson	11-01-2014	Athlone
	4.12	Sammy-Jo Ho	06-03-2010	Nenagh
	3.94	Alison Hathaway	01-03-2014	Nenagh
	3.90	Aoife Buckley	01-03-2014	Nenagh
	3.74	Aoibh Cassidy	09-03-2013	Nenagh
	3.69	Juliet Biggs	25-10-2022	Nenagh
	3.49	Ella Chambers	22-10-2019	Nenagh
<b>High Jump</b>	<b>1.55</b>	<b>Aisling Cassidy</b>	<b>07-11-2015</b>	<b>Athlone</b>
	1.54	Ruby Cummins	25-10-2022	Nenagh
	1.51	Laura Nicholson	01-03-2014	Nenagh
	1.51	Ella Stack	14-10-2015	Nenagh
	1.45	Ciara McKeon	05-11-2014	Nenagh
	1.45	Moira Barrett	05-11-2014	Nenagh
	1.45	Amy O'Donoghue	11-10-2017	Nenagh
	1.44	Carla Hicks	09-03-2013	Nenagh
	1.40	Emma Young	27-02-2011	Nenagh
	1.40	Eabha Crowley	25-02-2018	Nenagh
	1.39	Aoife Callan	20-11-2021	Athlone
	1.37	Ella Nicholson	28-01-2012	Nenagh
	1.35	Shauna Reilly	20-02-2016	Nenagh

	1.25	Juliet Biggs	25-10-2022	Nenagh
	1.20	Aoibh Cassidy	09-03-2013	Nenagh
	1.20	Ella Chambers	22-10-2019	Nenagh
	1.10	Eva Stack	09-03-2013	Nenagh
<b>PoleVaulting</b>	<b>2.40</b>	<b>Aisling Cassidy</b>	<b>21-03-2015</b>	<b>Athlone</b>
	2.25	Ella Stack	21-03-2015	Athlone
<b>Shot Putt</b> (2.72kg)	<b>11.87</b>	<b>Laura McSweeney</b>	<b>28-03-2009</b>	<b>Nenagh</b>
	11.48	Aoife Callan	20-11-2021	Athlone
	10.79	Tracey Bradfield	24-02-2007	Nenagh
	10.64	Ruby Cummins	12-11-2022	Athlone
	10.39	Erin Kingston	24-03-2012	Nenagh
	10.34	Lynn Bradfield	06-04-2008	Nenagh
	10.03	Sarah Bradfield	05-04-2003	Nenagh
	9.64	Ella Stack	28-02-2015	Nenagh
	9.55	Moira Barrett	01-03-2014	Nenagh
	9.51	Rachel Roche	13-04-2002	Nenagh
	9.46	Ciara McKeon	01-03-2014	Nenagh
	9.11	Fiona Duggan	07-03-2010	Nenagh
	9.03	Amy O'Donoghue	11-10-2017	Nenagh
	8.79	Aisling Cassidy	14-10-2015	Nenagh
	8.65	Amy Allen	01-03-2014	Nenagh
	7.98	Erin De Burca	20-02-2016	Nenagh
	7.95	Amy Crowley	23-02-2013	Nenagh
	7.78	Eabha Crowley	03-10-2018	Nenagh
	7.41	Laura Nicholson	18-01-2014	Nenagh
	6.69	Carla Hicks	09-03-2013	Nenagh
	6.62	Ella Nicholson	28-01-2012	Nenagh
	6.46	Juliet Biggs	25-10-2022	Nenagh
	5.74	Aoibh Cassidy	09-03-2013	Nenagh
	5.61	Eva Stack	09-03-2013	Nenagh
(3kg)	6.14	Ella Chambers	22-10-2019	Nenagh
(3.25kg)	6.23	Carla Hicks	16-10-2013	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800) Hurdles 76.2/12/8; Shot 2.72kg	<b>2524</b> (10.06 (601), 4.42 (502), 7.40 (388), 1.41 (549), 2.38.17 (484))	<b>Aisling Cassidy</b>	<b>17-01-2015</b>	<b>Athlone</b>



	<b>2379</b> (11.30 (447), 4.08 (434), 9.40 (493), 1.50 (623), 2.50.97 (382))	Ella Stack	04-01-2015	Nenagh
	<b>2371</b> (11.16 (463), 4.31 (480), 9.47 (497), 1.43 (566), 2.53.33 (365))	Moira Barrett	18-01-2014	Nenagh
	<b>2359</b> (10.69 (518), 4.59 (536), 8.34 (438), 1.43 (566), 3.02.88 (299))	Ciara McKeon	18-01-2014	Nenagh
	<b>2326</b> (10.14 (590), 4.58 (535), 6.69 (348), 1.44 (607), 3.06.14 (279))	Carla Hicks	09-03-2013	Nenagh
	<b>2317</b> (10.48 (545), 4.34 (486), 7.50 (394), 1.39 (532), 2.53.97 (360))	Amy O'Donoghue	07-01-2017	Nenagh
	<b>2282</b> (10.70 (517), 4.54 (527), 6.62 (343), 1.37 (516), 2.51.40 (378))	Ella Nicholson	28-01-2012	Nenagh
	<b>2281</b> (11.06 (474), 4.14 (446), 6.21 (319), 1.48 (607), 2.44.06 (435))	Laura Nicholson	11-01-2014	Athlone

	<b>2069</b> (11.26 (452), 4.37 (492), 9.57 (502), 1.50 (623), DQ (0))	Ruby Cummins	22-01-2022	Athlone
	<b>2065</b> (10.74 (512), 4.24 (466), 5.97 (304), 1.15 (352), 2.44.64 (431))	Eabha Crowley	06-01-2018	Nenagh
	<b>1873</b> (12.06 (369), 4.23 (464), 5.61 (281), 1.10 (316), 2.43.11 (443))	Eva Stack	09-03-2013	Nenagh
	<b>1782</b> (12.54 (324), 3.74 (366), 5.74 (290), 1.20 (389), 2.46.87 (413))	Aoibh Cassidy	09-03-2013	Nenagh
<b>Pentathlon</b> Jun. Schools (76.2/11.5/7.5 hurdles); 2.72kg shot	<b>2928</b> (9.42 (696), 4.78 (574), 8.73 (459), 1.55 (663), 2.34.83 (514))	Aisling Cassidy	07-11-2015	Athlone
	<b>2711</b> (10.61 (528), 4.93 (607), 11.48 (591), 1.39 (532), 2.41.83 (453))	Aoife Callan	20-11-2021	Athlone
	<b>2670</b> (9.88 (626), 4.74 (566), 9.07 (477), 1.45 (582), 2.46.41 (417))	Ciara McKeon	15-11-2014	Athlone

	<b>2588</b> (10.15 (588), 4.17 (462), 8.96 (471), 1.45 (582), 2.37.0 (495))	Moira Barrett	05-11-2014	Nenagh
	<b>2518</b> (10.32 (565), 4.58 (534), 9.03 (475), 1.45 (572), 2.53.9 (361))	Amy O'Donoghue	11-10-2017	Nenagh
	<b>2508</b> (10.69 (518), 4.33 (484), 9.22 (484), 1.51 (631), 2.49.8 (391))	Ella Stack	14-10-2015	Nenagh
	<b>2457</b> (10.23 (577), 4.50 (519), 7.78 (409), 1.35 (499), 2.41.85 (453))	Eabha Crowley	03-10-2018	Nenagh
	<b>2372</b> (10.58 (532), 3.91 (400), 7.18 (376), 1.45 (582), 2.38.5 (482))	Laura Nicholson	05-11-2014	Nenagh
	<b>1714</b> (12.35 (342), 3.69 (356), 6.46 (334), 1.25 (426), 3.09.78 (256))	Juliet Biggs	25-10-2022	Nenagh
	<b>1297</b> (13.10 (277), 3.49 (316), 6.14 (315), 1.20 (389), - (0))	Ella Chambers	22-10-2019	Nenagh

Minor Schools CE (68.6/11.5/7.5 hurdles); 2.72kg shot	<b>3062</b> (9.19 (733), 4.98 (617), 10.64 (553), 1.48 (607), 2.30.70)	Ruby Cummins	25-10-2022	Nenagh
<b>Girls Under 16</b>				
<b>60m</b>	<b>7.89</b>	<b>Joan Healy</b>	<b>17-02-2007</b>	<b>Glasgow</b>
	8.25	Ella Nicholson	23-03-2013	Athlone
	8.34	Aisling Cassidy	20-02-2016	Nenagh
	8.49	Sinead Mulcahy	26-02-2011	Nenagh
	8.53	Alison Hathaway	28-02-2015	Nenagh
	8.66	Phil Healy	07-02-2009	Nenagh
	9.08	Erin de Burca	25-02-2017	Nenagh
	9.30	Lisa Lovell	03-03-2012	Nenagh
<b>200m</b>	<b>25.58</b>	<b>Joan Healy</b>	<b>25-02-2007</b>	<b>Birmingham</b>
	28.81	Aoife Callen	06-02-2022	Nenagh
	30.54	Erin de Burca	26-02-2017	Nenagh
<b>800m</b>	<b>2.29.8</b>	<b>Laura Nicholson</b>	<b>14-10-2015</b>	<b>Nenagh</b>
	2.29.96	Ruby Cummins	21-01-2023	Athlone
	2.30.06	Aisling Cassidy	23-01-2016	Athlone
	2.35.26	Moira Barrett	17-01-2015	Athlone
	2.37.03	Aoife Callen	25-10-2022	Nenagh
	2.40.20	Ella Nicholson	16-11-2013	Athlone
	2.41.96	Ciara McKeon	07-11-2015	Athlone
	2.59.91	Ella Stack	02-01-2016	Nenagh
	3.06.0	Phil Healy	18-01-2009	Nenagh
<b>1500m</b>	<b>5.07.73</b>	<b>Jane Buckley</b>	<b>18-03-2018</b>	<b>Athlone</b>
	5.13.03	Laura Nicholson	28-02-2015	Nenagh
	5.22.11	Bethany Haigh	23-02-2013	Nenagh
<b>4x200 Relay</b>	<b>1.58.39</b>	<b>Ciara McKeon, Aoife Buckley, Ella Stack, Moira Barrett</b>	<b>07-02-2015</b>	<b>Nenagh</b>
<b>1500m Walk</b>	<b>7.13.53</b>	<b>Olivia Tuthill</b>	<b>25-02-2017</b>	<b>Nenagh</b>
	8.19.12	Juliet Biggs	12-03-2023	Nenagh
<b>60mH</b> 76.2/12/8	<b>9.09</b>	<b>Ruby Cummins</b>	<b>02-04-2023</b>	<b>Athlone</b>
	9.71	Aisling Cassidy	02-01-2016	Nenagh
	9.91	Ciara McKeon	04-01-2015	Nenagh

	10.33	Ella Stack	02-01-2016	Nenagh
	10.34	Stacey Komolafe	07-03-2017	Nenagh
	10.39	Moira Barrett	04-01-2015	Nenagh
	10.42	Amy O'Donoghue	25-02-2018	Nenagh
	10.47	Laura Nicholson	17-01-2015	Athlone
	10.81	Emma Young	04-03-2012	Nenagh
	12.88	Ella Nicholson	23-02-2013	Nenagh
	14.10	Phil Healy	18-01-2009	Nenagh
76.2/11.5/7.5	9.45	Ruby Cummins	02-12-2023	Cardiff, UK
Schools Juniors	9.59	Ciara McKeon	14-10-2015	Nenagh
	9.86	Aoife Callen	12-11-2022	Athlone
	10.13	Ella Nicholson	16-10-2013	Nenagh
<b>Long Jump</b>	<b>5.27</b>	<b><i>Ella Nicholson</i></b>	<b><i>23-02-2013</i></b>	<b><i>Nenagh</i></b>
	<b>5.27</b>	<b><i>Ruby Cummins</i></b>	<b><i>25-10-2023</i></b>	<b><i>Nenagh</i></b>
	5.08	Aoife Callan	25-10-2022	Nenagh
	4.82	Aisling Cassidy	23-01-2016	Athlone
	4.77	Ciara McKeon	14-10-2015	Nenagh
	4.77	Stacey Komolafe	07-03-2017	Nenagh
	4.59	Laura Nicholson	14-10-2015	Nenagh
	4.54	Phil Healy	07-02-2009	Nenagh
	4.52	Carla Hicks	01-03-2014	Nenagh
	4.36	Moira Barrett	04-01-2015	Nenagh
	4.30	Ella Stack	02-01-2016	Nenagh
	4.23	Eva Stack	01-03-2014	Nenagh
	4.22	Aoibheane Harte	26-02-2011	Nenagh
	3.87	Lisa Lovell	03-03-2012	Nenagh
<b>High Jump</b>	<b>1.60</b>	<b><i>Laura Nicholson</i></b>	<b><i>21-03-2015</i></b>	<b><i>Athlone</i></b>
	1.58	Ruby Cummins	25-10-2023	Nenagh
	1.55	Aisling Cassidy	20-02-2016	Nenagh
	1.54	Ciara McKeon	14-10-2015	Nenagh
	1.50	Ella Stack	20-02-2016	Nenagh
	1.44	Moira Barrett	04-01-2015	Nenagh
	1.43	Aoife Callan	22-01-2022	Athlone
	1.40	Emma Young	04-03-2012	Nenagh
	1.40	Ella Nicholson	16-10-2013	Nenagh
	1.40	Amy O'Donoghue	25-02-2018	Nenagh
	1.25	Phil Healy	18-01-2009	Nenagh
	1.20	Helena Murphy	06-03-2010	Nenagh
<b>PoleVaulting</b>	<b>2.65</b>	<b><i>Aisling Cassidy</i></b>	<b><i>24-01-2016</i></b>	<b><i>Nenagh</i></b>

<b>Shot Putt (3kg)</b>	<b>10.86</b>	<b>Ruby Cummins</b>	<b>02-12-2023</b>	<b>Cardiff, UK</b>
	10.82	Aoife Callan	19-03-2022	Athlone
	8.81	Ella Stack	20-02-2016	Nenagh
	8.62	Ciara McKeon	04-01-2015	Nenagh
	8.35	Moira Barrett	17-01-2015	Nenagh
	8.21	Aisling Cassidy	23-01-2016	Athlone
	6.96	Laura Nicholson	17-01-2015	Athlone
(4kg)	10.45	Laura McSweeney	21-02-2010	Cardiff
<b>Before 2014 (3.25kg)</b>	<b>11.43</b>	<b>Erin Kingston</b>	<b>23-02-2013</b>	<b>Nenagh</b>
	11.21	Laura McSweeney	06-03-2010	Nenagh
	10.30	Tracey Bradfield	01-03-2008	Nenagh
	9.98	Rachel Roche	05-04-2003	Nenagh
	9.81	Sarah Bradfield	20-03-2004	Nenagh
	9.72	Lynn Bradfield	07-02-2009	Nenagh
	9.12	Fiona Duggan	26-02-2011	Nenagh
	7.62	Phil Healy	06-04-2008	Nenagh
(2.72kg)	12.22	Ruby Cummins	25-10-2023	Nenagh
<b>Junior schools</b>	9.87	Ciara McKeon	07-11-2015	Athlone
	9.35	Aoife Callan	25-10-2022	Nenagh
	7.81	Ciara Lynch	05-03-2019	Nenagh
	6.62	Ella Nicholson	16-10-2013	Nenagh
<b>Pentathlon (60H, LJ, SP, HJ, 800m) hurdles: 76.2/12/8; shot: 3kg</b>	<b>3026</b> (9.23 (726), 5.01 (623), 10.29 (536), 1.45 (582), 2.29.96 (559))	<b>Ruby Cummins</b>	<b>21-01-2023</b>	<b>Athlone</b>
	<b>2841</b> (9.71 (651), 4.82 (585), 8.21 (432), 1.49 (615), 2.30.06 (558))	Aisling Cassidy	23-01-2016	Athlone
	<b>2784</b> (9.91 (622), 5.08 (636), 9.35 (491), 1.40 (541), 2.37.03 (494))	Aoife Callan	25-10-2022	Nenagh
	<b>2686</b> (9.91 (600), 5.00 (630), 9.35 (491), 1.40 (541), 2.37.03 (494))	Ciara McKeon	04-01-2015	Nenagh

	(622), 4.64 (548), 8.32 (438), 1.53 (647), 2.44.62 (431))			
	<b>2631</b> (10.65 (523), 4.59 (537), 6.68 (347), 1.55 (663), 2.29.8	Laura Nicholson	14-10-2015	Nenagh
	<b>2516</b> (10.39 (556), 4.36 (490), 8.28 (436), 1.44 (574), 2.40.99 (460))	Moira Barrett	04-01-2015	Nenagh
	<b>2419</b> (10.33 (564), 4.30 (478), 8.73 (479), 1.47 (599), 2.59.91 (319))	Ella Stack	02-01-2016	Nenagh
	<b>1744</b> (14.1 (184), 4.18 (454), 7.62 (400), 1.25 (426), 3.06.0 (280))	Phil Healy	18-02-2009	Nenagh
		563		
Jun. Schools CE (76.2/11.5/7.5 hurdles; 2.72kg shot)	<b>3131</b> (9.45 (691), 5.26 (672), 10.86 (563) 3kg shot, 1.56 (671), 2.32.60 (534))	Ruby Cummins	02-12-2023	Cardiff, UK
	<b>2783</b> (9.59 (669), 4.77 (574), 9.60 (503), 1.54 (655), 2.50.9 (382))	Ciara McKeon	14-10-2015	Nenagh

	<b>2468</b> (10.06 (601), 4.54 (527), 6.43 (332), 1.40 (541), 2.40.20 (467))	Ella Nicholson	16-11-2013	Athlone
		<b>Girls Under 17</b>		
<b>60m</b>	<b>7.70</b>	<b>Joan Healy</b>	<b>23-02-2008</b>	<b>Birmingham</b>
	8.07	Phil Healy	06-03-2010	Nenagh
	8.08	Kate Bernard	01-03-2015	Nenagh
	8.37	Aisling Cassidy	25-03-2017	Athlone
	8.51	Ciara McKeon	20-02-2016	Nenagh
	8.54	Sinead Mulcahy	03-03-2012	Nenagh
	8.82	Ciara Lynch	22-02-2020	Nenagh
<b>200m</b>	<b>24.94</b>	<b>Joan Healy</b>	<b>24-02-2008</b>	<b>Birmingham</b>
	26.76	Lauren McCourt	24-02-2018	nenagh
	27.37	Phil Healy	21-03-2010	Nenagh
	27.62	Kate Bernard	01-03-2015	Nenagh
	28.39	Aisling Cassidy	08-01-2017	Nenagh
	28.69	Sinead Mulcahy	08-01-2012	Nenagh
	28.75	Ciara Lynch	15-02-2020	Nenagh
	28.83	Tzita Kingston	25-02-2023	Nenagh
	29.47	Eabha Crowley	22-02-2020	Nenagh
<b>800m</b>	<b>2.28.66</b>	<b>Aoibhin O'Connor</b>	<b>12-11-2016</b>	<b>Athlone</b>
	2.36.33	Ruby Cummins	28-01-2024	Abbotstown, Dublin
	2.40.94	Aoife Callan	25-10-2023	Nenagh
	2.47.61	Ciara McKeon	23-01-2006	Athlone
	2.52.02	Sinead Caulfield	23-02-2013	Nenagh
	2.54.84	Amy O'Donoghue	02-03-2019	Abbotstown, Dublin
<b>1500m</b>	<b>5.00.51</b>	<b>Bella Sherlock</b>	<b>23-02-2013</b>	<b>Nenagh</b>
	5.06.53	Laura Nicholson	21-02-2016	Nenagh
<b>4x200 Relay</b>	<b>1.52.06</b>	<b>Kate Bernard, Ciara McKeon, Eva Stack, Carla Hicks</b>	<b>21-03-2015</b>	<b>Athlone</b>
<b>1500m Walk</b>	<b>7.49.89</b>	<b>Aoife Tuthill</b>	<b>19-03-2022</b>	<b>Athlone</b>
	8.25.38	Olivia Tuthill	10-02-2018	Nenagh
<b>60mH</b>	<b>9.24</b>	<b>Aisling Cassidy</b>	<b>01-04-2017</b>	<b>Athlone</b>



76.2/13/8.5	9.36	Ruby Cummins	28-01-2024	Abbotstown, Dublin
	9.83	Ciara McKeon	23-01-2016	Athlone
	10.77	Amy O'Donoghue	02-03-2019	Abbotstown, Dublin
	11.07	Aoife Callan	21-01-2023	Athlone
76.2/12/8	9.65	Aoife Callan	19-11-2023	Athlone
	10.28	Aoibhin O'Connor	12-11-2016	Athlone
Hand time	10.2	Amy O'Donoghue	05-03-2019	Nenagh
<b>Long Jump</b>	<b>5.28</b>	<b>Ruby Cummins</b>	<b>28-01-2024</b>	<b>Abbotstown, Dublin</b>
	5.18	Aoife Callan	25-10-2023	Nenagh
	4.88	Aoibhin O'Connor	12-11-2016	Athlone
	4.83	Phil Healy	16-01-2010	Nenagh
	4.75	Tzita Kingston	26-02-2023	Nenagh
	4.72	Ciara McKeon	23-01-2016	Athlone
	4.70	Amy O'Donoghue	02-03-2019	Abbotstown, Dublin
	4.39	Michelle Hayes	19-02-2005	Nenagh
<b>Triple Jump</b>	<b>10.58</b>	<b>Aoife Callan</b>	<b>02-04-2023</b>	<b>Athlone</b>
	9.41	Tzita Kingston	04-03-2023	Nenagh
<b>High Jump</b>	<b>1.55</b>	<b>Aisling Cassidy</b>	<b>25-02-2017</b>	<b>Nenagh</b>
	1.53	Ruby Cummins	28-01-2024	Abbotstown, Dublin
	1.50	Laura Nicholson	20-02-2016	Nenagh
	1.50	Ciara McKeon	20-02-2016	Nenagh
	1.48	Siobhan O'Leary	30-03-1997	Nenagh
	1.48	Aoife Callan	25-10-2023	Nenagh
	1.45	Ella Stack	04-02-2017	Abbotstown, Dublin
	1.42	Aoibhin O'Connor	12-11-2016	Athlone
	1.40	Amy O'Donoghue	02-03-2019	Abbotstown, Dublin
	1.20	Phil Healy	21-03-2010	Nenagh
<b>Pole Vault</b>	<b>2.20</b>	<b>Ella Stack</b>	<b>04-02-2017</b>	<b>Abbotstown, Dublin</b>
	2.10	Carla Hicks	07-02-2015	Dublin
	2.00	Helena Murphy	09-01-2011	Nenagh
<b>Shot Putt (3kg)</b>	<b>12.27</b>	<b>Erin Kingston</b>	<b>22-03-2014</b>	<b>Athlone</b>

	11.05	Aoife Callan	25-10-2023	Nenagh
	9.73	Ruby Cummins	28-01-2024	Abbotstown, Dublin
	9.63	Amy O'Donoghue	02-03-2019	Abbotstown, Dublin
	9.49	Ciara McKeon	23-01-2016	Athlone
	9.10	Aoibhin O'Connor	12-11-2016	Athlone
	6.99	Ciara Lynch	03-03-2020	Nenagh
Before 2014 (3.25kg)	<b>12.47</b>	<b>Laura McSweeney</b>	<b>26-02-2011</b>	<b>Nenagh</b>
	11.44	Tracey Bradfield	07-02-2009	Nenagh
	11.24	Sarah Bradfield	19-03-2005	Nenagh
	9.78	Fiona Duggan	03-03-2012	Nenagh
	9.61	Rachel Roche	20-03-2004	Nenagh
(4kg)	10.44	Erin Kingston	26-01-2014	Athlone
	8.65	Fiona Duggan	06-03-2012	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800) hurdles 76.6 / 13/ 8.5 Shot 3kg	<b>3256</b> (9.36 (836), 5.28 (637), 9.73 (512), 1.53 (655), 2.36.33 (616))	<b>Ruby Cummins</b>	<b>28-01-2024</b>	<b>Abbotstown, Dublin</b>
	<b>2824</b> (9.83 (744), 4.72 (485), 9.49 (496), 1.49 (610), 2.47.61 (489))	Ciara McKeon	23-01-2016	Athlone
	<b>2486</b> (10.77 (575), 4.70 (479), 9.63 (505), 1.40 (512), 2.54.84 (415))	Amy O'Donoghue	02-03-2019	Abbotstown, Dublin
	<b>2467</b> (11.07 (525), 4.78 (500), 10.51 (563), 1.25 (359), 2.44.69 (520))	Aoife Callan	21-01-2023	Athlone

<b>Pentathlon</b> (60H, LJ, SP, HJ, 800) Hurdles 76.6/12/8, Shot 3kg <i>Schools Intermediate</i>	<b>3141</b> (9.68 (773), 5.18 (609), 11.05 (598), 1.48 (599), 2.40.94 (562))	Aoife Callan	25-10-2023	Nenagh
	<b>2903</b> (10.28 (661), 4.88 (527), 9.10 (471), 1.42 (534), 2.28.66 (710))	Aoibhin O'Connor	12-11-2016	Athlone
		<b>Girls Under 18</b>		
<b>60m</b>	<b>7.74</b>	<b>Joan Healy</b>	<b>28-03-2009</b>	<b>Nenagh</b>
	7.81	Kate Bernard	20-02-2016	Nenagh
	7.96	Phil Healy	26-02-2011	Nenagh
	8.33	Aoife Callan	05-02-2024	Nenagh
	8.38	Victoria Good	25-02-2023	Nenagh
	8.56	Erin DeBurca	11-02-2019	Nenagh
<b>200m</b>	<b>25.70</b>	<b>Joan Healy</b>	<b>24-01-2009</b>	<b>Nenagh</b>
	26.03	Phil healy	02-04-2011	Nenagh
	27.47	Victoria Good	02-04-2023	Athlone
	28.67	Erin DeBurca	11-02-2019	Nenagh
<b>300m</b>	<b>43.1</b>	<b>Margaret Crowley</b>	<b>15-02-1997</b>	<b>Nenagh</b>
	44.7	Majella Burns	04-01-1998	Nenagh
<b>400m</b>	<b>59.70</b>	<b>Aoibhin O'Connor</b>	<b>26-03-2017</b>	<b>Athlone</b>
	68.27	Olivia Tuthill	11-02-2019	Nenagh
<b>800m</b>	<b>2.23.4</b>	<b>Margaret Crowley</b>	<b>15-02-1997</b>	<b>Nenagh</b>
	2.25.18	Laura Nicholson	25-02-2017	Nenagh
	2.38.92	Stacey Komolafe	09-11-2019	Athlone
	2.46.03	Aoife Callan	28-01-2024	Abbotstown, Dublin
	3.01.46	Aoife Buckley	04-02-2017	Abbotstown, Dublin
	3.25.39	Emily Palmer	09-03-2013	Nenagh
<b>1500m</b>	<b>4.49.37</b>	<b>Laura Nicholson</b>	<b>28-01-2017</b>	<b>Athlone</b>
	5.30.26	Aisling Sheehy	22-03-2015	Athlone

	5.33.19	Bethany Haigh	22-03-2015	Athlone
<b>4x200 Relay</b>	<b>1.53.8</b>	<b>Margaret Crowley,</b>	<b>30-03-1997</b>	<b>Nenagh</b>
	1.56.38	Eimar Nagle, Olivia Tuthill, Nicola Tuthill, Erin de Burca, Julie Sheehy	20-01-2019	Nenagh
<b>1500m Walk</b>		No performance yet		
3000m Walk	16.03.76	Aoife Tuthill	14-01-2023	Abbotstown, Dublin
<b>60mH</b> 76.2/13/8.5	<b>9.78</b>	<b>Aoife Callen</b>	<b>28-01-2024</b>	<b>Abbotstown, Dublin</b>
	12.47	Emily Palmer	09-03-2013	Nenagh
<b>60mH</b> 76.2/12/8 (Inter schools)	<b>9.23</b>	<b>Stacey Komolafe</b>	<b>09-11-2019</b>	<b>Athlone</b>
<b>Long Jump</b>	<b>5.31</b>	<b>Aoife Callen</b>	<b>28-01-2024</b>	<b>Abbotstown, Dublin</b>
	5.10	Stacey Komolafe	09-11-2019	Athlone
	5.06	Aoibhin O'Connor	08-01-2017	Nenagh
	4.67	Phil Healy	09-01-2011	Nenagh
	3.43	Emily Palmer	09-03-2013	Nenagh
<b>Triple Jump</b>	<b>9.27</b>	<b>Aoibhin O'Connor</b>	<b>28-01-2017</b>	<b>Athlone</b>
<b>High Jump</b>	<b>1.60</b>	<b>Stacey Komolafe</b>	<b>22-10-2019</b>	<b>Nenagh</b>
	1.50	Laura Nicholson	28-01-2017	Athlone
	1.45	Siobhan O'Leary	04-01-1998	Nenagh
	1.45	Aoife Callan	05-02-2024	Nenagh
	1.32	Emily Palmer	09-03-2013	Nenagh
<b>Pole Vault</b>		No performance yet		
<b>Shot Putt</b> (3kg)	<b>10.95</b>	<b>Aoife Callan</b>	<b>28-01-2024</b>	<b>Abbotstown, Dublin</b>
	10.29	Stacey Komolafe	30-11-2019	Glasgow
	9.64	Fiona Duggan	23-03-2013	Athlone
	4.74	Emily Palmer	09-03-2013	Nenagh
Before 2013 (4kg)	<b>11.59</b>	<b>Laura McSweeney</b>	<b>03-03-2012</b>	<b>Nenagh</b>
	10.63	Tracey Bradfield	06-02-2010	Belfast

	9.74	Rachel Roche	19-03-2005	Nenagh
	8.24	Lynn Bradfield	15-01-2011	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)	<b>3213</b> (9.23 (862), 5.10 (587), 9.57 (501), 1.55 (678), 2.38.92 (585))	<b>Stacey Komolafe</b>	<b>09-11-2019</b>	<b>Athlone</b>
	<b>3020</b> (9.78 (754), 5.31 (645), 10.95 (592), 1.41 (523), 2.46.03 (506))	Aoife Callan	28-01-2024	Abbotstown, Dublin
	<b>1292</b> (12.47 (320), 3.43 (186), 4.74 (192), 1.32 (429), 3.25.39 (165))	Emily Palmer	09-03-2013	Nenagh
		<b>Girls Under 19</b>		
<b>60m</b>	<b>7.57</b>	<b>Joan Healy</b>	<b>06-02-2010</b>	<b>Belfast</b>
	7.73	Phil Healy	22-01-2012	Nenagh
	7.90	Lauren McCourt	15-02-2020	Nenagh
<b>200m</b>	<b>25.31</b>	<b>Lauren McCourt</b>	<b>22-02-2020</b>	<b>Nenagh</b>
	25.76	Phil Healy	22-01-2012	Nenagh
	26.09	Joan Healy	16-01-2010	Nenagh
	27.95	Roisin Howard	20-01-2008	Nenagh
	28.43	Amy Crowley	04-02-2017	Abbotstown, Dublin
<b>400m</b>	<b>57.78</b>	<b>Lauren McCourt</b>	<b>09-02-2020</b>	<b>Abbotstown, Dublin</b>
	60.7	Margaret Crowley	21-03-1998	Nenagh
	69.41	Amy Crowley	04-02-2017	Abbotstown
<b>800m</b>	<b>2.21.04</b>	<b>Margaret Crowley</b>	<b>25-01-1998</b>	<b>Nenagh</b>
	2.27.56	Lynda O'Donovan	12-04-2008	Nenagh
	2.44.24	Roisin Howard	19-01-2008	Nenagh
<b>1500m</b>		<b>No performance yet</b>		
<b>3000m</b>	<b>9.38.48</b>	<b>Laura Nicholson</b>	<b>04-02-2018</b>	<b>Abbotstown, Dublin</b>

<b>4x200 Relay</b>	<b>1.51.2</b>	<b>Margaret Crowley,</b>	<b>21-03-1998</b>	<b>Nenagh</b>
<b>1500m Walk</b>		<b>No performance yet</b>		
3000m Walk	15.28.07	Aoife Tuthill	20-01-2024	Athlone
<b>60mH</b>	<b>9.90</b>	<b>Roisin Howard</b>	<b>06-01-2008</b>	<b>Nenagh</b>
84/13/8.5				
<b>Long Jump</b>	<b>5.19</b>	<b>Roisin Howard</b>	<b>19-01-2008</b>	<b>Nenagh</b>
	3.72	Rachel Roche	25-02-2006	Nenagh
<b>Triple Jump</b>	<b>9.71</b>	<b>Amy Crowley</b>	<b>01-04-2017</b>	<b>Athlone</b>
<b>High Jump</b>	<b>1.53</b>	<b>Roisin Howard</b>	<b>19-01-2008</b>	<b>Nenagh</b>
<b>Pole Vault</b>		<b>No performance yet</b>		
<b>Shot Putt (4kg)</b>	<b>11.88</b>	<b>Laura McSweeney</b>	<b>23-03-2013</b>	<b>Athlone</b>
	9.76	Roisin Howard	20-01-2008	Nenagh
	9.22	Tracey Bradfield	19-02-2011	Belfast
	9.10	Rachel Roche	25-02-2006	Nenagh
	8.56	Fiona Duggan	01-03-2014	Nenagh
	6.32	Emily Horgan	20-02-2016	Nenagh
<b>Pentathlon (60H, LJ, SP, HJ, 800)</b>	<b>2634</b> (9.90 (731), 4.85 (519), 9.31 (484), 1.47 (588), 3.05.9 (312)	<b>Roisin Howard</b>	<b>06-01-2008</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 U11 -U12 age groups in Combined Events the following Scoring Tables are used:  
"Puntentelling voor Junioren C/D en Pupillen", Ed. 2007.

<b>Score=INT((A/ Time)-B)</b>	<b>A</b>	<b>B</b>
60m	15365.0	1058
600m	160470.5	811.35
800m *	216604.8	784.5
<b>Score=INT(A*SQRT(Distance)-B)</b>		

Long Jump		887.99	1264.5
For distances <= 4.41m use: Score=INT((Distance-1.91)*200+100.5)			
High Jump		1977.53	1698.5
For heights<=1.35m use: INT((distance-0.67)*733.33333+100.7)			
Shot Putt		303.7	337.5
Time in seconds (electronic); Distance in meters Scores to be rounded down to nearest whole number.			

\* 800m taken from C/D tables and 100 points added

For U13 -U16 age groups in Combined Events the following Scoring Tables are used:

"Puntentelling voor Junioren C/D en Pupillen", Ed. 2007.

U13/U14 girls use the 76.2 cm 60H table (while their actual hurdle height is 68 cm).

<b>Score=INT((A/ Time)-B)</b>	<b>A</b>	<b>B</b>
60H 76.2cm	14050	795.5
60H 84cm	13820	714.5
800m	216604.8	884.5
<b>Score=INT(A*SQRT(Distance)-B)</b>		
Long Jump	887.99	1364.5
For distances <= 4.41m use: Score=INT((Distance-1.91)*200+0.5)		
High Jump	1977.53	1798.5
For heights<=1.35m use: INT((distance-0.67)*733.33333+0.7)		
Shot Putt	303.7	437.5
Time in seconds (electronic); Distance in meters Scores to be rounded down to nearest whole number.		

For Combined Events Girls U17 - U19, (Senior) Men's and 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.