

# Bandon AC Masters Women Indoor Club Records

Last updated 24 January 2018

Event	Result	Athlete	Date	Venue
<b>M1: 35-40</b>				
60m	8.3	Liz McCarthy Coomey	06-01-2008	Nenagh
200m	30.12	Liz McCarthy Coomey	31-01-2004	Nenagh
400m	70.62	Colette Hurley Tuthill	20-01-2007	Nenagh
800m	2.37.02	Carmel Crowley	31-01-2004	Nenagh
1500m	5.12.66	Carmel Crowley	31-01-2004	Nenagh
3000m	10.45.0	Carmel Crowley	03-01-2004	Nenagh
5000m		No performance		
3000m Race Walk	16.49.15	Colette Hurley Tuthill	20-01-2007	Nenagh
4x200 Relay		No performance		
60mH	11.90	Liz McCarthy Coomey	27-01-2007	Nenagh
Long Jump	4.40	Liz McCarthy Coomey	27-01-2007	Nenagh
High Jump	1.41	Liz McCarthy Coomey	27-01-2007	Nenagh
Pole Vault		No performance		
Shot Putt (4kg)	9.77	Liz McCarthy Coomey	16-02-2008	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)	1926 (11.9 (398), 4.40 (403), 8.70 (445), 1.41 (523), 3.26.8 (157))	Liz McCarthy Coomey	20-01-2007	Nenagh
<b>M2: 40-45</b>				
60m	8.99	Liz McCarthy Coomey	11-01-2009	Nenagh
200m	32.0	Ann Kelly McCarthy	06-01-2008	Nenagh
400m		No performance		
800m	3.07.48	Ann Kelly McCarthy	16-02-2008	Nenagh
1500m	6.33.83	Ann Kelly McCarthy	16-02-2008	Nenagh
3000m		No performance		
5000m		No performance		
3000m Race Walk		No performance		
4x200 Relay		No performance		
60mH	12.26	Liz McCarthy Coomey	23-01-2010	Nenagh
Long Jump	4.39	Liz McCarthy Coomey	08-02-2009	Nenagh
High Jump	1.37	Liz McCarthy Coomey	08-02-2009	Nenagh
Pole Vault		No performance		
Shot Putt (4kg)	9.92	Liz McCarthy Coomey	23-01-2010	Nenagh

<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)	<b>1680</b> (12.26 (348), 4.13 (338), 9.92 (524), 1.36 (470), 4.54.94 (0))	Liz McCarthy Coomey	24-01-2010	Nenagh
<b>M3: 45-50</b>				
<b>60m</b>	9.57	Liz McCarthy Coomey	15-01-2017	Nenagh
<b>200m</b>	36.82	Kate Coveney	16-02-2008	Nenagh
<b>400m</b>		No performance		
<b>800m</b>		No performance		
<b>1500m</b>	6.41.08	Kate Coveney	16-02-2008	Nenagh
<b>3000m</b>		No performance		
<b>5000m</b>		No performance		
<b>3000m Race Walk</b>		No performance		
<b>4x200 Relay</b>		No performance		
<b>60mH</b>	12.00	Liz McCarthy Coomey	05-03-2017	Athlone
<b>Long Jump</b>	3.93	Liz McCarthy Coomey	15-01-2017	Nenagh
<b>High Jump</b>	1.35	Liz McCarthy Coomey	15-01-2017	Nenagh
<b>Pole Vault</b>		No performance		
<b>Shot Putt</b> (4kg)	8.94	Kathleen Hayes	08-01-2012	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)		No performance		
<b>M4: 50-55</b>				
<b>60m</b>	11.51	Kathleen Hayes	08-01-2012	Nenagh
<b>200m</b>		No performance		
<b>400m</b>		No performance		
<b>800m</b>		No performance		
<b>1500m</b>		No performance		
<b>3000m</b>	13.17.63	Eileen Daniels	06-01-2001	Nenagh
<b>5000m</b>		No performance		
<b>3000m Race Walk</b>		No performance		
<b>4x200 Relay</b>		No performance		
<b>60mH</b>		No performance		
<b>Long Jump</b>	2.77	Kathleen Hayes	09-02-2013	Athlone
<b>High Jump</b>	0.80	Kathleen Hayes	06-01-2013	Nenagh
<b>Pole Vault</b>		No performance		
<b>Shot Putt</b> (3kg)	6.73	Kathleen Hayes	15-01-2012	Athlone
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)		No performance		

Additional information and corrections are welcome - [frankstam3@gmail.com](mailto: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.**