

# Bandon AC Masters Women Indoor Club Records

Last updated 15 January 2024

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		<i>No performance</i>		
3000m Race Walk	16.49.15	Colette Hurley Tuthill	20-01-2007	Nenagh
4x200 Relay		<i>No performance</i>		
60mH	11.90	Liz McCarthy-Coomey	27-01-2007	Nenagh
83.8/13/8.5				
Long Jump	4.40	Liz McCarthy-Coomey	27-01-2007	Nenagh
High Jump	1.41	Liz McCarthy-Coomey	27-01-2007	Nenagh
Pole Vaulting		<i>No performance</i>		
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		<i>No performance</i>		
800m	3.07.48	<i>Ann Kelly McCarthy</i>	16-02-2008	Nenagh
1500m	6.33.83	Ann Kelly McCarthy	16-02-2008	Nenagh
3000m		<i>No performance</i>		
5000m		<i>No performance</i>		
3000m Race Walk		<i>No performance</i>		
4x200 Relay		<i>No performance</i>		
60mH	12.26	Liz McCarthy-Coomey	23-01-2010	Nenagh
0.762/12/8				
Long Jump	4.39	Liz McCarthy-Coomey	08-02-2009	Nenagh
High Jump	1.37	Liz McCarthy-Coomey	08-02-2009	Nenagh
Pole Vaulting		<i>No performance</i>		

Shot Putt (4kg)	9.92	Liz McCarthy-Coomey	23-01-2010	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)	1680 (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>				
60m	9.57	Liz McCarthy-Coomey	15-01-2017	Nenagh
200m	36.82	Kate Coveney	16-02-2008	Nenagh
400m		No performance		
800m		No performance		
1500m	6.41.08	Kate Coveney	16-02-2008	Nenagh
3000m		No performance		
5000m		No performance		
3000m Race Walk		No performance		
4x200 Relay		No performance		
60mH 0.762/12/8	12.00	Liz McCarthy-Coomey	05-03-2017	Athlone
Long Jump	3.93	Liz McCarthy-Coomey	15-01-2017	Nenagh
High Jump	1.35	Liz McCarthy-Coomey	15-01-2017	Nenagh
Pole Vaulting		No performance		
Shot Putt (4kg)	8.94	Kathleen Hayes	08-01-2012	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)		No performance		
<b>M4: 50-55</b>				
60m	11.51	Kathleen Hayes	08-01-2012	Nenagh
200m		No performance		
400m		No performance		
800m		No performance		
1500m		No performance		
3000m	13.17.63	Eileen Daniels	06-01-2001	Nenagh
5000m		No performance		
3000m Race Walk		No performance		
4x200 Relay		No performance		
60mH 0.762/12/7	12.01	Liz McCarthy-Coomey	10-02-2019	Nenagh
Long Jump	3.90	Liz McCarthy-Coomey	15-02-2020	Nenagh
High Jump	1.35	Liz McCarthy-Coomey	10-02-2019	Nenagh
Shot Putt (3kg)	8.94	Liz McCarthy-Coomey	06-02-2022	Nenagh

<b>Weight for Distance</b> (28 lbs)	<i>6.21</i>	<i>Liz McCarthy-Coomey</i>	<i>10-02-2019</i>	<i>Nenagh</i>
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
		<b>M5: 55-60</b>		
<b>60m</b>		<i>No performance</i>		
<b>200m</b>		<i>No performance</i>		
<b>400m</b>		<i>No performance</i>		
<b>800m</b>		<i>No performance</i>		
<b>1500m</b>		<i>No performance</i>		
<b>3000m</b>		<i>No performance</i>		
<b>5000m</b>		<i>No performance</i>		
<b>3000m Race Walk</b>		<i>No performance</i>		
<b>4x200 Relay</b>		<i>No performance</i>		
<b>60mH</b>		<i>No performance</i>		
<b>Long Jump</b>		<i>No performance</i>		
<b>High Jump</b>		<i>No performance</i>		
<b>Pole Vaulting</b>		<i>No performance</i>		
<b>Shot Putt</b> (3kg)		<i>No performance</i>		
<b>Weight for Distance</b> (20 lbs)		<i>No performance</i>		
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
		<b>M6: 60-65</b>		
<b>60m</b>		<i>No performance</i>		
<b>200m</b>		<i>No performance</i>		
<b>400m</b>		<i>No performance</i>		
<b>800m</b>		<i>No performance</i>		
<b>1500m</b>		<i>No performance</i>		
<b>3000m</b>		<i>No performance</i>		
<b>5000m</b>		<i>No performance</i>		
<b>3000m Race Walk</b>		<i>No performance</i>		
<b>4x200 Relay</b>		<i>No performance</i>		
<b>60mH</b>		<i>No performance</i>		
<b>Long Jump</b>		<i>No performance</i>		
<b>High Jump</b>		<i>No performance</i>		
<b>Pole Vaulting</b>		<i>No performance</i>		
<b>Shot Putt</b> (3kg)		<i>No performance</i>		

<b>Weight for Distance</b> (20 lbs)		<i>No performance</i>		
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)		<i>No performance</i>		

**Additional information and queries - [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.**