

# Bandon AC Senior Women Indoor Club Records

Last updated 25 February 2018

Event	Result	Athlete	Date	Venue
<b>60m</b>	7.31	Phil Healy	15-02-2017	Athlone
	7.31	Joan Healy	18-02-2018	Abbotstown
<b>150m</b>	17.73	Joan Healy	13-12-2017	Athlone
<b>200m</b>	23.55	Phil Healy	10-02-2017	Athlone
<b>300m</b>	37.56	Phil Healy	13-12-2017	Athlone
<b>400m</b>	52.08	Phil Healy	27-01-2018	Vienna, Austria
<b>800m</b>	2.21.04	Margaret Crowley (U19)	25-01-1998	Nenagh
<b>1500m</b>	4.49.37	Laura Nicholson (U18)	28-01-2017	Athlone
<b>3000m</b>	9.38.48	Laura Nicholson (U19)	04-02-2018	Abbotstown
<b>5000m</b>	15.59.38	Breeda Dennehy-Willis	09-02-2002	Boston, USA
<b>3000m Race Walk</b>	16.49.15	Colette Hurley Tuthill (M1)	20-01-2007	Nenagh
<b>4x200 Relay</b>	1.51.2	Margaret Crowley (U19),	21-03-1998	Nenagh
<b>60mH</b> (84/13/8.5)	9.48	Roisin Howard	17-01-2005	Athlone
<b>Long Jump</b>	5.31	Roisin Howard	05-01-2013	Sheffield, UK
<b>Triple Jump</b>	9.71	Amy Crowley (U19)	01-04-2017	Athlone
<b>High Jump</b>	1.60	Roisin Howard	17-01-2015	Athlone
<b>Pole Vault</b>	2.20	Ella Stack (U17)	04-02-2017	Abbotstown
<b>Shot Putt</b> (4kg)	13.10	Laura McSweeney (U20)	26-01-2014	Athlone
<b>Weight for Distance</b> (8kg)	8.06	Laura McSweeney (U20)	07-02-2014	Athlone
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)	3251 (9.48 (812), 5.11 (589), 10.32 (550), 1.60 (736), 2.40.81 (564))	Roisin Howard	17-01-2015	Athlone

Additional information and corrections - [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.

For Combined Events Senior Women's IAAF Scoring Tables are used (ed. 2001)

Score=INT(A*(B-Time)**C)	A	B	C
60H	20.0479	17.00	1.835
800m	0.11193	254.00	1.88
Score=INT(A*(Distance-B)**C)			
Long Jump	0.188807	210.00	1.41
High Jump	1.84523	75.00	1.348

Shot Putt		56.0211	1.50	1.05
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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.