

Bandon AC Senior Women Indoor Club Records

Last updated 11 February 2024

Event	Result	Athlete	Date	Venue
60m	<i>7.31</i>	<i>Phil Healy</i>	<i>15-02-2017</i>	<i>Athlone</i>
	<i>7.31</i>	<i>Joan Healy</i>	<i>18-02-2018</i>	<i>Abbotstown, Dublin</i>
150m	<i>17.73</i>	<i>Joan Healy</i>	<i>13-12-2017</i>	<i>Athlone</i>
200m	<i>23.10</i>	<i>Phil Healy</i>	<i>12-02-2020</i>	<i>Athlone</i>
300m	<i>37.56</i>	<i>Phil Healy</i>	<i>13-12-2017</i>	<i>Athlone</i>
400m	<i>51.66</i>	<i>Phil Healy</i>	<i>02-03-2022</i>	<i>Gallur, Madrid, Spain</i>
800m	<i>2.12.06</i>	<i>Laura Nicholson</i>	<i>13-01-2024</i>	<i>Ann Arbor, MI, USA</i>
1500m	<i>4.22.93</i>	<i>Laura Nicholson</i>	<i>24-03-2023</i>	<i>Raleigh, NC, USA</i>
1 Mile	<i>4.34.35</i>	<i>Laura Nicholson</i>	<i>09-02-2024</i>	<i>Boston, MA, USA</i>
3000m	<i>9.30.13</i>	<i>Fiona Everard</i>	<i>19-02-2023</i>	<i>Abbotstown, Dublin</i>
5000m	<i>15.59.38</i>	<i>Breeda Dennehy-Willis</i>	<i>09-02-2002</i>	<i>Boston, USA</i>
3000m Race Walk	<i>15.28.07</i>	<i>Aoife Tuthill (U19)</i>	<i>20-01-2024</i>	<i>Athlone</i>
4x200 Relay	<i>1.51.2</i>	<i>Margaret Crowley (U19),</i>	<i>21-03-1998</i>	<i>Nenagh</i>
60mH (84/13/8.5)	<i>9.48</i>	<i>Roisin Howard</i>	<i>17-01-2015</i>	<i>Athlone</i>
Long Jump	<i>5.31</i>	<i>Roisin Howard</i>	<i>05-01-2013</i>	<i>Sheffield, UK</i>
	<i>5.31</i>	<i>Aoife Callan (U18)</i>	<i>28-01-2024</i>	<i>Abbotstown, Dublin</i>
Triple Jump	<i>10.58</i>	<i>Aoife Callan (U17)</i>	<i>02-04-2023</i>	<i>Athlone</i>
High Jump	<i>1.60</i>	<i>Roisin Howard</i>	<i>17-01-2015</i>	<i>Athlone</i>
	<i>1.60</i>	<i>Stacey Komolafe (U18)</i>	<i>22-10-2019</i>	<i>Nenagh</i>
Pole Vault	<i>2.20</i>	<i>Ella Stack (U17)</i>	<i>04-02-2017</i>	<i>Abbotstown, Dublin</i>
Shot Putt (4kg)	<i>13.10</i>	<i>Laura McSweeney (U20)</i>	<i>26-01-2014</i>	<i>Athlone</i>
Weight for Distance (28 lbs)	<i>6.58</i>	<i>Roisin Howard</i>	<i>05-02-2024</i>	<i>Nenagh</i>
Weight for Distance (8 kg)	<i>8.06</i>	<i>Laura McSweeney (U20)</i>	<i>07-02-2014</i>	<i>Athlone</i>

Pentathlon (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
--	---	----------------------	-------------------	----------------

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

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.

