

Bandon AC Senior Women Indoor Rankings

Last updated 18 February 2018

Event	Result	Athlete	Date	Venue
60m	7.31	<i>Phil Healy</i>	<i>15-02-2017</i>	<i>Athlone</i>
	7.31	<i>Joan Healy</i>	<i>18-02-2018</i>	<i>Abbotstown</i>
	7.81	Kate Bernard (U18)	20-02-2016	Nenagh
	8.41	Roisin Howard	01-02-2015	Athlone
	8.51	Ciara McKeon (U17)	20-02-2016	Nenagh
	8.51	Aisling Cassidy (U17)	25-02-2017	Nenagh
	8.3	Liz McCarthy Coomey (M1)	06-01-2008	Nenagh
	8.54	Sinead Mulcahy (U17)	03-03-2012	Nenagh
	9.0	Ann Kelly McCarthy (M1)	04-01-2003	Nenagh
	10.37	Geraldine Lovell (M2)	08-02-2009	Nenagh
	11.51	Kathleen Hayes (M4)	08-01-2012	Nenagh
150m	17.73	<i>Joan Healy</i>	<i>13-12-2017</i>	<i>Athlone</i>
	17.90	Phil Healy (U23)	16-12-2015	Athlone
200m	23.55	<i>Phil Healy</i>	<i>10-02-2017</i>	<i>Athlone</i>
	24.94	Joan Healy (U17)	24-02-2008	Birmingham
	26.76	Lauren McCourt (U17)	24-02-2018	Nenagh
	27.62	Kate Bernard (U17)	01-03-2015	Nenagh
	27.81	Roisin Howard (U23)	13-02-2010	Nenagh
	28.39	Aisling Cassidy (U17)	08-01-2017	Nenagh
	28.43	Amy Crowley (U19)	04-02-2017	Abbotstown
	28.69	Sinead Mulcahy (U17)	08-01-2012	Nenagh
	30.12	Liz McCarthy Coomey (M1)	31-01-2004	Nenagh
	30.50	Ann Kelly McCarthy (M1)	01-02-2003	Nenagh
	36.82	Kate Coveney (M2)	16-02-2008	Nenagh
	36.9	Geraldine Lovell (M2)	08-02-2009	Nenagh
300m	37.56	<i>Phil Healy</i>	<i>13-12-2017</i>	<i>Athlone</i>
	43.1	Margaret Crowley (U18)	15-02-1997	Nenagh
	44.7	Majella Burns (U18)	04-01-1998	Nenagh
400m	52.08	<i>Phil Healy</i>	<i>27-01-2018</i>	<i>Vienna, Austria</i>
	59.70	Aoibhin O'Connor (U18)	26-03-2017	Athlone
	60.7	Margaret Crowley (U19)	21-03-1998	Nenagh
	62.59	Roisin Howard (U23)	07-02-2010	Belfast
	64.50	Lauren McCourt (U17)	07-01-2018	Nenagh
	69.41	Amy Crowley (U19)	04-02-2017	Abbotstown
	70.62	Colette Hurley Tuthill (M1)	20-01-2007	Nenagh
	74.5	Ann Kelly McCarthy (M1)	01-02-2003	Nenagh

800m	2.21.04	Margaret Crowley (U19)	25-01-1998	Nenagh
	2.25.18	Laura Nicholson (U18)	25-02-2017	Nenagh
	2.27.56	Lynda O'Donovan (U19)	12-04-2008	Nenagh
	2.28.66	Aoibhin O'Connor (U17)	12-11-2016	Athlone
	2.37.02	Carmel Crowley (M1)	31-01-2004	Nenagh
	2.40.81	Roisin Howard	17-01-2015	Athlone
	2.47.61	Ciara McKeon (U17)	23-01-2016	Athlone
	2.52.02	Sinead Caulfield (U17)	23-02-2013	Nenagh
	3.01.46	Aoife Buckley (U18)	04-02-2017	Abbotstown
	3.01.8	Ann Kelly McCarthy (M1)	04-01-2003	Nenagh
	3.20.6	Kate Coveney (M2)	06-01-2008	Nenagh
	3.25.39	Emily Palmer (U18)	09-03-2013	Nenagh
	3.26.8	Liz McCarthy Coomey (M1)	27-01-2007	Nenagh
1500m	4.49.37	Laura Nicholson (U18)	28-01-2017	Athlone
	4.52.19	Fiona Everard (U23)	28-01-2018	Athlone
	5.00.51	Bella Sherlock (U17)	23-02-2013	Nenagh
	5.12.66	Carmel Crowley (M1)	31-01-2004	Nenagh
	5.30.26	Aisling Sheehy (U18)	22-03-2005	Athlone
	5.33.19	Bethany Haigh (U18)	22-03-2005	Athlone
	6.13.28	Ann Kelly McCarthy (M1)	01-02-2003	Nenagh
	6.41.08	Kate Coveney (M3)	16-02-2008	Nenagh
	6.41.22	Colette Hurley Tuthill (M1)	20-01-2007	Nenagh
3000m	9.38.48	Laura Nicholson (U19)	04-02-2018	Abbotstown
	10.39.17	Fiona Everard (U23)	09-02-2018	Athlone
	10.45.0	Carmel Crowley (M1)	03-01-2004	Nenagh
	13.17.63	Eileen Daniels (M4)	06-01-2001	Nenagh
5000m	15.59.38	Breeda Dennehy-Willis	09-02-2002	Boston, USA
3000m Race Walk	16.49.15	Colette Hurley Tuthill (M1)	20-01-2007	Nenagh
4x200 Relay	1.51.2	Margaret Crowley (U19),	21-03-1998	Nenagh
	1.52.06	Kate Bernard (U17), Ciara McKeon (U16), Eva Stack (U17), Carla Hicks (U17)	21-03-2015	Athlone
	1.53.8	Margaret Crowley (U18),	30-03-1997	Nenagh
	1.59.29	Joan Healy, Roisin Howard, Amy Crowley (U19), Aoife Buckley (U18)	04-02-2017	Abbotstown
60mH (84/13/8.5)	9.48	Roisin Howard	17-01-2005	Athlone
	11.90	Liz McCarthy Coomey	27-01-2007	Nenagh

Long Jump	5.31	<i>Roisin Howard</i>	05-01-2013	<i>Sheffield, UK</i>
	5.06	Aoibhin O'Connor (U18)	08-01-2017	Nenagh
	4.83	Phil Healy (U17)	16-01-2010	Nenagh
	4.72	Ciara McKeon (U17)	23-01-2016	Athlone
	4.40	Liz McCarthy Coomey (M1)	27-01-2007	Nenagh
	4.39	Michelle Hayes (U17)	19-02-2005	Nenagh
	3.97	Rachel Roche (U20)	08-02-2007	Nenagh
	3.90	Ann Kelly McCarthy (M2)	06-01-2008	Nenagh
	3.43	Emily Palmer (U18)	09-03-2013	Nenagh
	2.85	Kathleen Hayes (M3)	08-01-2012	Nenagh
	2.30	Kate Coveney (M3)	16-02-2008	Nenagh
Triple Jump	9.71	<i>Amy Crowley (U19)</i>	01-04-2017	<i>Athlone</i>
	9.27	Aoibhin O'Connor (U18)	28-01-2017	Athlone
High Jump	1.60	<i>Roisin Howard</i>	17-01-2015	<i>Athlone</i>
	1.55	Aisling Cassidy (U17)	25-02-2017	Nenagh
	1.50	Laura Nicholson (U17)	20-02-2016	Nenagh
	1.50	Ciara McKeon (U17)	20-02-2016	Nenagh
	1.48	Siobhan O'Leary (U17)	30-03-1997	Nenagh
	1.45	Ella Stack (U17)	04-02-2017	Abbotstown
	1.42	Aoibhin O'Connor (U17)	12-11-2016	Athlone
	1.41	Liz McCarthy Coomey (M1)	27-01-2007	Nenagh
	1.32	Emily Palmer (U18)	09-03-2013	Nenagh
	1.20	Phil Healy (U17)	21-03-2010	Nenagh
	0.80	Kathleen Hayes (M4)	06-01-2013	Nenagh
Pole Vault	2.20	<i>Ella Stack (U17)</i>	04-02-2017	Abbotstown
	2.10	Carla Hicks (U17)	07-02-2015	Nenagh
	2.00	Helena Murphy (U17)	09-01-2011	Nenagh
Shot Putt (4kg)	13.10	<i>Laura McSweeney (U20)</i>	26-01-2014	<i>Athlone</i>
	11.15	Roisin Howard	10-02-2017	Athlone
	10.63	Tracey Bradfield (U18)	06-02-2010	Belfast
	10.44	Erin Kingston (U17)	26-01-2014	Athlone
	9.92	Liz McCarthy Coomey (M2)	23-01-2010	Nenagh
	9.74	Rachel Roche (U18)	19-03-2005	Nenagh
	9.37	Priscilla O'Sullivan (M2)	08-02-2009	Nenagh
	8.94	Kathleen Hayes (M3)	08-01-2012	Nenagh
	8.65	Fiona Duggan (U17)	06-03-2012	Nenagh
	8.24	Lynn Bradfield (U18)	15-01-2011	Nenagh
	6.32	Emily Horgan (U19)	21-02-2016	Nenagh
	5.88	Kate Coveney (M2)	06-01-2008	Nenagh

Weight for Distance (8 kg)	8.06	Laura McSweeney (U20)	07-02-2014	Athlone
	7.14	Roisin Howard	10-02-2017	Athlone
	5.44	Rachel Roche (U20)	08-02-2007	Nenagh
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
	1926 (11.9 (398), 4.40 (403), 8.70 (445), 1.41 (523), 3.26.8 (157))	Liz McCarthy Coomey	20-01-2007	Nenagh

Additional information and corrections are welcome - 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)

			C
Score=INT(A*(B-Time)**C)	A	B	1.835
60H	20.0479	17.00	1.88
800m	0.11193	254.00	
Score=INT(A*(Distance-B)**C)			1.41
Long Jump	0.188807	210.00	1.348
High Jump	1.84523	75.00	1.05
Shot Putt	56.0211	1.50	

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.