

Bandon AC Senior Women Indoor Rankings

Last updated 11 February 2024

Event	Result	Athlete	Date	Venue
60m	7.31	Phil Healy	15-02-2017	Athlone
	7.31	Joan Healy	18-02-2018	Abbotstown, Dublin
	7.81	Kate Bernard (U18)	20-02-2016	Nenagh
	7.90	Lauren McCourt (U19)	15-02-2020	Nenagh
	8.33	Aoife Callan (U18)	05-02-2024	Nenagh
	8.37	Aisling Cassidy (U17)	25-03-2017	Athlone
	8.38	Victoria Good (U18)	25-02-2023	Nenagh
	8.41	Roisin Howard	01-02-2015	Athlone
	8.51	Ciara McKeon (U17)	20-02-2016	Nenagh
	8.3	Liz McCarthy Coomey (M1)	06-01-2008	Nenagh
	8.54	Sinead Mulcahy (U17)	03-03-2012	Nenagh
	8.56	Erin DeBurca (U18)	11-02-2019	Nenagh
	8.82	Ciara Lynch (U17)	22-02-2020	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	Joan Healy	13-12-2017	Athlone
	17.90	Phil Healy (U23)	16-12-2015	Athlone
200m	23.10	Phil Healy	12-02-2020	Athlone
	24.86	Lauren McCourt (U23)	27-01-2024	Abbotstown, Dublin
	24.94	Joan Healy (U17)	24-02-2008	Birmingham
	27.47	Victoria Good (U18)	02-04-2023	Athlone
	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, Dublin
	28.67	Erin DeBurca (U18)	11-02-2019	Nenagh
	28.69	Sinead Mulcahy (U17)	08-01-2012	Nenagh
	28.75	Ciara Lynch (U17)	15-02-2020	Nenagh
	28.83	Tzita Kingston (U17)	25-02-2023	Nenagh
	29.47	Eabha Crowley (U17)	22-02-2020	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	Phil Healy	13-12-2017	Athlone

	43.1	Margaret Crowley (U18)	15-02-1997	Nenagh
	44.7	Majella Burns (U18)	04-01-1998	Nenagh
400m	51.66	Phil Healy	02-03-2022	Gallur, Madrid, Spain
	55.60	Lauren McCourt (U23)	28-01-2023	Abbotstown, Dublin
	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
	68.27	Olivia Tuthill (U18)	11-02-2019	Nenagh
	69.41	Amy Crowley (U19)	04-02-2017	Abbotstown, Dublin
	70.62	Colette Hurley Tuthill (M1)	20-01-2007	Nenagh
	74.5	Ann Kelly McCarthy (M1)	01-02-2003	Nenagh
800m	2.12.06	Laura Nicholson	13-01-2024	Ann Arbor, MI, USA
	2.21.04	Margaret Crowley (U19)	25-01-1998	Nenagh
	2.27.56	Lynda O'Donovan (U19)	12-04-2008	Nenagh
	2.28.66	Aoibhin O'Connor (U17)	12-11-2016	Athlone
	2.36.33	Ruby Cummins (U17)	28-01-2024	Abbotstown, Dublin
	2.37.02	Carmel Crowley (M1)	31-01-2004	Nenagh
	2.40.81	Roisin Howard	17-01-2015	Athlone
	2.40.94	Aoife Callan (U17)	25-10-2023	Nenagh
	2.47.61	Ciara McKeon (U17)	23-01-2016	Athlone
	2.52.02	Sinead Caulfield (U17)	23-02-2013	Nenagh
	2.54.84	Amy O'Donoghue (U17)	02-03-2019	Abbotstown, Dublin
	3.01.46	Aoife Buckley (U18)	04-02-2017	Abbotstown, Dublin
	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	4.22.93	Laura Nicholson	24-03-2023	Raleigh, NC, USA
	4.38.93	Fiona Everard	28-01-2023	Abbotstown, Dublin
	4.57.36	Ella Collins (U20)	20-01-2024	Athlone
	5.00.51	Bella Sherlock (U17)	23-02-2013	Nenagh
	5.02.00	Lucy O'Flynn (U20)	20-01-2024	Athlone
	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
1 Mile	4.34.35	Laura Nicholson	09-02-2024	Boston MA, USA
3000m	9.30.13	Fiona Everard	19-02-2023	Abbotstown, Dublin
	9.38.48	Laura Nicholson (U19)	04-02-2018	Abbotstown, Dublin
	10.45.0	Carmel Crowley (M1)	03-01-2004	Nenagh
	13.17.63	Eileen Daniels (M4)	06-01-2001	Nenagh
5000m	15.59.38	Breda Dennehy-Willis	09-02-2002	Boston, USA
3000m Race Walk	15.28.07	Aoife Tuthill (U19)	20-01-2024	Athlone
	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
	1.55.39	Lauren McCourt (U19), Ciara Lynch (U17), Eabha Crowley (U17), Roisin Howard	15-02-2020	Nenagh
	1.56.38	Eimar Nagle, Olivia Tuthill, Nicola Tuthill, Erin de Burca, Julie Sheehy	20-01-2019	Nenagh
	1.59.29	Joan Healy, Roisin Howard, Amy Crowley (U19), Aoife Buckley (U18)	04-02-2017	Abbotstown, Dublin
60mH (84/13/8.5)	9.48	Roisin Howard	17-01-2015	Athlone
	11.90	Liz McCarthy Coomey	27-01-2007	Nenagh
Long Jump	5.31	Roisin Howard	05-01-2013	Sheffield, UK
	5.31	Aoife Callan (U18)	28-01-2024	Abbotstown, Dublin
	5.28	Ruby Cummins (U17)	28-01-2024	Abbotstown, Dublin
	5.10	Stacey Komolafe (U18)	09-11-2019	Athlone
	5.06	Aoibhin O'Connor (U18)	08-01-2017	Nenagh

	4.83	Phil Healy (U17)	16-01-2010	Nenagh
	4.75	Tzita Kingston (U17)	26-02-2023	Nenagh
	4.72	Ciara McKeon (U17)	23-01-2016	Athlone
	4.70	Amy O'Donoghue (U17)	02-03-2019	Abbotstown, Dublin
	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	10.58	Aoife Callan (U17)	02-04-2023	Athlone
	9.71	Amy Crowley (U19)	01-04-2017	Athlone
	9.41	Tzita Kingston (U17)	04-03-2023	Nenagh
	9.27	Aoibhin O'Connor (U18)	28-01-2017	Athlone
	8.84	Roisin Howard	11-02-2019	Nenagh
High Jump	1.60	Roisin Howard	17-01-2015	Athlone
	1.60	Stacey Komolafe (U18)	22-10-2019	Nenagh
	1.55	Aisling Cassidy (U17)	25-02-2017	Nenagh
	1.53	Ruby Cummins (U17)	28-01-2024	Abbotstown, Dublin
	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
	1.48	Aoife Callan (U17)	25-10-2023	Nenagh
	1.45	Ella Stack (U17)	04-02-2017	Abbotstown, Dublin
	1.42	Aoibhin O'Connor (U17)	12-11-2016	Athlone
	1.41	Liz McCarthy Coomey (M1)	27-01-2007	Nenagh
	1.40	Amy O'Donoghue (U17)	02-03-2019	Abbotstown, Dublin
	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	Ella Stack (U17)	04-02-2017	Abbotstown, Dublin
	2.10	Carla Hicks (U17)	07-02-2015	Nenagh
	2.00	Helena Murphy (U17)	09-01-2011	Nenagh
Shot Putt (4kg)	13.10	Laura McSweeney (U20)	26-01-2014	Athlone
	11.21	Roisin Howard	06-02-2022	Nenagh

	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 (28 lbs)	6.58	Roisin Howard	05-02-2024	Nenagh
	6.33	Laura McSweeney	12-02-2023	Nenagh
	6.21	Liz McCarthy-Coomey	10-02-2019	Nenagh
	3.74	Tracey Bradfield	06-02-2022	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

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. Performances from U17 to U20 are listed in the Junior rankings (if specs comparable) Performances from Juniors and U23 age groups are included in the senior rankings (if specs are comparable)

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.

Performance	Score
9.7	769
165.03	517

5.3	643
1.55	678
10.74	578
Total	3185