

Bandon AC Senior Women Outdoor Club Records

Last updated: 17 May 2016

Event	Result	Athlete	Date	Venue
100m	11.49 (+0.5)	Phil Healy (U23)	19-07-2014	Santry, Dublin
200m	23.93 (+1.5)	Phil Healy (U23)	16-04-2016	Santry, Dublin
300m	40.97	Phil Healy (U18)	09-07-2011	Tullamore
400m	54.96	Phil Healy (U23)	07-05-2016	CIT, Cork
800m	2.18.6	Margaret Crowley (U18)	07-06-1997	Tullamore
1500m	4.11.81	Breeda Dennehy-Willis	06-05-2000	Athens, USA
1 mile		No performance yet		
1 mile road	4.49.0	Breeda Dennehy-Willis	08-09-2001	Duluh, USA
3000m	8.58.90	Breeda Dennehy-Willis	13-07-2001	Santry, Dublin
5000m	15.12.83	Breeda Dennehy-Willis	05-08-2000	Heusden, Belgium
10000m	32.11.30	Breeda Dennehy-Willis	01-04-2000	Lisbon, Portugal
10km road	39.13	Carmel Crowley (M3)	11-04-2015	Phoenix Park, Dublin
1/2 Marathon	1.45.40	Aoife Gardner (M1)	01-06-2015	Cork
Marathon	3.42.42	Geraldine Corcoran (M2)	01-06-2015	Cork
3000 Race Walk	15.24.54	Colette Tuthill (M1)	19-08-2007	Tullamore
100m Hurdles	15.53 (+1.9)	Roisin Howard (U23)	19-08-2012	Tullamore
400m Hurdles	80.89	Valerie Lynch (U17)	20-08-2006	Tullamore
3000m Steeple Chase	13.38.19	Aisling Everard (U20)	20-09-2014	Leiria, Portugal
4x100m	53.60	U18 team	14-06-1997	CIT, Cork
4x400m	4.33.94	Emma Young (U18), Sinead Caulfield (U18), Aisling Everard (U19), Fiona Everard (U17)	20-09-2014	Leiria, Portugal
High Jump	1.65	Roisin Howard (U23)	03-09-2011	Stoke, UK
Long Jump	5.46 (+1.6)	Roisin Howard (U23)	24-06-2012	Tullamore
Triple Jump	9.99	Aoibhinn O'Connor (U17)	05-05-2016	CIT, Cork
Pole Vault	2.30	Helena Murphy (U18)	19-08-2012	Tullamore
Shot Putt (4kg)	12.39	Laura McSweeney (U23)	07-05-2016	CIT, Cork
Hammer (4kg)	46.60	Laura McSweeney (U19)	18-05-2013	CIT, Cork
Discus (1kg)	36.58	Sarah Bradfield (U18)	20-06-2006	Tullamore
Javelin (600gr)	34.32	Rachel Roche	20-08-2011	Tullamore
8 kg Weight for Distance	7.56	Laura McSweeney (U20)	11-04-2014	Waterford
Heptathlon (100mH, Shot Putt, High Jump, Javelin, 200m, Long Jump, 800m)	4251 (15.88 (-0.9) (729), 9.12 (472), 1.65 (795), 23.06 (346), 27.85 (-0.1) (643), 5.21 (0.0) (617), 2.33.57 (649))	Roisin Howard (U23)	03-09-2011	Stoke, UK

While some further updating is still required, additional information such as names on relay teams, missing dates & performances and corrections are much appreciated. Contact: frankstam3@gmail.com