

Bandon AC Senior Women Outdoor Rankings

Last updated: 17 May 2016

Event	Result	Athlete	Date	Venue
100m	11.49 (+0.5)	Phil Healy (U23)	19-07-2014	Santry, Dublin
	11.65 (+1.6)	Joan Healy	14-05-2016	RSC, Waterford
	12.53 (+0.0)	Kate Bernard (U17)	11-07-2015	Tullamore
	13.21 (+1.7)	Roisin Howard (U18)	11-08-2007	Tullamore
	14.58 (+1.9)	Aisling Kelly (U19)	13-06-2015	RSC, Waterford
	14.95 (+1.1)	Bella Sherlock (U17)	26-05-2013	Tullamore
No wind measurement/ hand times	13.22	Ella Nicholson (U17)	20-09-2014	Leiria, Portugal
	13.5	Liz McCarthy Coomey (M1)	19-06-2005	CIT, Cork
	14.48	Amy Crowley (U18)	15-05-2016	CIT, Cork
	14.50	Rachel O'Donovan (U18)	15-05-2016	CIT, Cork
	14.8	Anne McCarthy Kelly (M2)	28-05-2006	Castleisland
	15.0	Colette Tuthill (M1)	27-05-2007	Castleisland
	15.68	Liz Prout (U19)	08-05-2011	CIT, Cork
	15.7	Geraldine Lovell (M2)	28-05-2006	Castleisland
Wind assisted	11.36 (+3.0)	Phil Healy (U23)	08-07-2014	CIT, Cork
	11.64 (+2.8)	Joan Healy	16-04-2016	Santry, Dublin
	12.29 (+4.4)	Kate Bernard (U17)	11-07-2015	Tullamore
	13.64 (+2.5)	Ella Nicholson (U17)	21-06-2014	Tullamore
	14.28 (+3.0)	Eva Stack (U17)	24-05-2015	Templemore
200m	23.93 (+1.5)	Phil Healy (U23)	16-04-2016	Santry, Dublin
	24.46 (+2.0)	Joan Healy (U20)	20-08-2011	Tullamore
	26.26 (+0.5)	Kate Bernard (U17)	12-07-2015	Tullamore
	27.01 (-2.3)	Roisin Howard (U23)	31-07-2011	Tullamore
No wind measurement/ hand times	26.62	Aobhinn O'Connor (U17)	15-05-16	CIT, Cork
	28.63	Erin Kingston (U17)	20-09-2014	Leiria, Portugal
	29.29	Liz McCarthy Coomey (M1)	30-05-2004	Castleisland
	30.31	Amy Crowley (U18)	15-05-2016	CIT, Cork
	30.5	Colette Tuthill (M1)	27-05-2007	Castleisland
	31.5	Anne McCarthy Kelly (M2)	28-05-2006	Castleisland
	37.4	Kate Coveney (M3)	27-05-2007	Castleisland
	46.90	Geraldine Lovell (M2)	19-08-2007	Tullamore
Wind assisted	24.37 (+2.2)	Joan Healy (U23)	22-07-2012	Tullamore
300m	40.97	Phil Healy (U18)	09-07-2011	Tullamore
	41.96	Margaret Crowley (U18)	07-06-1997	Tullamore

	47.18	Sinead Mulcahy (U17)	06-05-2012	CIT, Cork
Hand times	41.9	Margaret Crowley (U17)	08-06-1996	Waterford
	48.1	Eva Stack (U17)	06-05-2015	CIT, Cork
	48.5	Moira Barrett (U17)	05-05-2016	CIT, Cork
400m	54.96	Phil Healy (U23)	07-05-2016	CIT, Cork
	62.25	Margaret Crowley (U19)	05-07-1998	
	62.59	Roisin Howard (U23)	23-04-2010	Santry, Dublin
	62.62	Sinead Caulfield (U18)	20-09-2014	Leiria, Portugal
	62.78	Lynda O'Donovan (U19)	27-07-2008	Tullamore
	64.98	Ella Nicholson (U17)	21-06-2014	Tullamore
	65.40	Eva Stack (U17)	19-07-2015	Athlone
	68.98	Aisling Kelly (U19)	13-06-2015	RSC, Waterford
	69.05	Colette Tuthill (M1)	19-08-2007	Tullamore
	69.10	Aoibh Cassidy (U18)	05-05-2016	CIT,Cork
800m	2.18.6	Margaret Crowley (U18)	07-06-1997	Tullamore
	2.23.14	Carmel Crowley	13-05-2001	CIT, Cork
	2.23.20	Bella Sherlock (U17)	12-05-2013	CIT, Cork
	2.27.45	Fiona Everard (U17)	20-09-2014	Leiria, Portugal
	2.32.69	Lynda O'Donovan (U18)	11-08-2007	Tullamore
	2.31.4	Roisin Howard (U18)	29-09-2007	Santry, Dublin
	2.34.37	Aisling Everard (U17)	10-06-2012	Athlone
	2.39.2	Colette Tuthill (M1)	27-05-2007	Castleisland
	2.46.96	Sinead Caulfield (U18)	11-05-2014	CIT, Cork
	2.48.91	Aoibhinn O'Connor (U17)	02-05-2016	Templemore
	3.05.4	Anne McCarthy Kelly (M2)	27-05-2007	Castleisland
	3.08.9	Valery Lynch (U18)	27-05-2007	Castleisland
	3.41.5	Kate Coveney (M3)	27-05-2007	Castleisland
1500m	4.11.81	Breeda Dennehy-Willis	06-05-2000	Athens, USA
	4.22.8	Carmel Mc Carthy (U17)	00/00/1984	
	4.55.84	Bella Sherlock (U17)	18-05-2013	CIT, Cork
	4.56.24	Carmel Crowley (M2)	20-08-2011	Tullamore
	5.00.32	Fiona Everard (U18)	19-07-2015	Athlone
	5.06.4	Laura Nicholson (U17)	05-05-2016	CIT, Cork
	5.11.88	Aisling Everard (U17)	02-06-2012	Tullamore
	5.33.63	Bethany Haigh (U18)	13-06-2015	RSC, Waterford
	5.41.28	Sinead Caulfield (U18)	20-09-2014	Leiria, Portugal
	5.45.56	Ailish Crowley (U18)	03-05-2009	CIT, Cork
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
	10.27.10	Carmel Crowley (M1)	28-05-2006	Castleisland

	11.15.89	Fiona Everard (U17)	20-09-2014	Leiria, Portugal
	11.44.97	Aisling Sheehy (U18)	13-06-2015	Waterford
	11.53.79	Bethany Haigh (U18)	26-04-2015	CIT, Cork
	13.12.49	Eileen Daniels (M3)	13-05-2001	CIT, Cork
	13.49.07	Lynda O'Donovan (U17)	20-08-2006	Tullamore
	14.34.12	Mary Ann Everet (U19)	16-05-2010	CIT, Cork
5000m	15.12.83	Breeda Dennehy-Willis	05-08-2000	Heusden, Belgium
	17.43.09	Carmel Crowley	13-05-2001	CIT, Cork
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
	1.49.07	Barbara Desmond (M2)	01-06-2015	Cork
	1.50.06	Aisling Barry (M1)	01-06-2015	Cork
	1.51.51	Orla Leane (M2)	01-06-2015	Cork
	2.01.39	Linda Hodnett	01-06-2015	Cork
	2.02.03	Gloria Helen (M4)	24-04-2016	Madrid
	2.13.25	Leonie Weir (M4)	24-04-2016	Madrid
Marathon	3.42.42	Geraldine Corcoran (M2)	01-06-2015	Cork
	3.50.28	Pauline Callan (M2)	01-06-2015	Cork
	3.55.00	Dolores Gibbons (M2)	01-06-2015	Cork
	3.58.36	Priscilla O'Sullivan (M3)	28-10-2013	Dublin
1500 Race Walk	7.07.77	Colette Tuthill (M1)	11-08-2007	Tullamore
	8.06.8	Priscilla O'Sullivan (M2)	08-08-2009	Tullamore
3000 Race Walk	15.24.54	Colette Tuthill (M1)	19-08-2007	Tullamore
	18.27.74	Priscilla O'Sullivan (M2)	16-08-2009	Tullamore
100m Hurdles	15.53 (+1.9)	Roisin Howard (U23)	19-08-2012	Tullamore
	24.05 (+1.9)	Liz McCarthy Coomey (M2)	26-05-2013	Tullamore
Wind assisted	15.33 (+2.6)	Roisin Howard (U23)	20-04-2012	Athlone
400m Hurdles	80.89	Valerie Lynch (U17)	20-08-2006	Tullamore
76.2/45/35	82.55	Emma Young (U18)	04-05-2014	CIT, Cork
	85.24	Aisling Kelly (U18)	20-09-2014	Leiria, Portugal
	86.49	Amy Crowley (U17)	19-07-2015	Athlone
3000m Steeple Chase	13.38.19	Aisling Everard (U20)	20-09-2014	Leiria, Portugal
76.2-28-7wj-5jpl				
4x100m	53.60	U18 team	14-06-1997	CIT, Cork

	54.0	Margaret Crowley, Siobhan O'Leary,...	08-06-1996	Waterford
	54.28	Kate Bernard (U17), Eva Stack (U17), Fiona Everard (U18), Carla Hicks (U17)	19-07-2015	Athlone
	54.68	Tracey Bradfield, Phil Healy,	17-05-2009	Tullamore
	54.79	Kate Bernard (U17), Eva Stack (U17), Fiona Everard(U18), Carla Hicks (U17)	24-05-2015	Templemore
	55.45	Ella Nicholson (U17), Helena Murphy (U20) , Aisling Kelly (U18), Erin Kingston (U17)	20-09-2014	Leiria, Portugal
	56.89		10-05-2015	CIT, Cork
	64.11		04-05-2014	CIT, Cork
4x400m	4.33.94	Emma Young (U18), Sinead Caulfield U18), Aisling Everard (U19), Fiona Everard (U17)	20-09-2014	Leiria, Portugal
	4.37.2	Lynda O'Donovan (U16), Emma Peters (U18), Rachel Roche (U18),	17-06-2005	CIT, Cork
	5.02.59	Fiona Duggan (U20), Kate Bernard (U17), Fiona Everard (U18), Eva Stack (U17)	24-05-2015	Tullamore
High Jump	1.65	Roisin Howard (U23)	03-09-2011	Stoke, UK
	1.60	Emma Young (U18)	20-09-2014	Leiria, Portugal
	1.50	Laura Nicholson (U17)	01-05-2016	CIT, Cork
	1.45	Catriona O'Leary (U18)	09-07-1994	Tullamore
	1.45	Aoibhinn O'Connor (U17)	02-05-2016	Templemore
	1.40	Julie O'Sullivan (U18)	08-06-1996	Waterford
	1.40	Lynda O'Donovan (U17)	24-06-2006	Castleisland
	1.40	Emily Palmer (U17)	29-04-2012	CIT, Cork
	1.35	Emma Peters (U18)	15-05-2005	CIT, Cork
	1.35	Liz McCarthy Coomey (M1)	18-08-2007	Tullamore
	1.35	Laura McSweeney U18)	29-04-2012	CIT, Cork
	1.31	Lynda O'Donovan U18)	27-05-2007	Castleisland
	1.25	Kate Bernard (U17)	19-07-2015	Athlone
	1.19	Valery Lynch (U18)	27-05-2007	Castleisland
Long Jump	5.46 (+1.6)	Roisin Howard (U23)	24-06-2012	Tullamore
	5.29	Ella Nicholson (U17)	20-09-2014	Leiria, Portugal
	4.93	Aoibhinn O'Connor (U17)	05-05-2016	CIT, Cork
	4.68	Lynda O'Donovan (U17)	24-06-2006	Castleisland
	4.54	Tracey Bradfield (U17)	05-04-2009	CIT, Cork

	4.51	Liz McCarthy Coomey (M1)	19-06-2005	CIT, Cork
	4.48	Lynda O'Donovan (U19)	13-07-2008	Tullamore
	4.42	Rachel Roche (U19)	24-06-2006	Castleisland
	4.27	Aisling Kelly (U19)	26-04-2015	CIT, Cork
	4.21	Liz Prout (U19)	25-04-2011	CIT, Cork
	4.06	Aoibheann Harte (U17)	29-04-2012	CIT, Cork
	4.04	Eva Stack (U17)	19-07-2015	Athlone
	4.00	Lisa Lovell (U17)	06-07-2013	Tullamore
	3.96	Michelle Hayes (U17)	15-05-2005	CIT, Cork
	3.95	Anne Kelly McCarthy (M2)	27-05-2007	Castleisland
	3.66	Valery Lynch (U18)	27-05-2007	Castleisland
	3.66	Rachel O'Donovan (U18)	05-05-2016	CIT, Cork
	3.64	Helena Murphy (U18)	29-04-2012	CIT, Cork
	3.45	Helena Murphy (U19)	14-04-2013	CIT, Cork
	3.31	Fiona Duggan (U18)	14-04-2013	CIT, Cork
	3.30	Laura McSweeney (U19)	14-04-2013	CIT, Cork
	3.15	Marion Roche (M3)	13-05-2001	CIT, Cork
Wind Assisted	5.54 (+2.1)	Roisin Howard (U23)	22-07-2012	Tullamore
Triple Jump	9.99	Aoibhinn O'Connor (U17)	05-05-2016	CIT, Cork
	9.90	Aoibh Cassidy (U17)	16-05-2015	CIT, Cork
	9.34	Moira Barrett (U17)	05-05-2016	CIT, Cork
	9.21 (+0.8)	Emma Peters (U19)	20-08-2006	Tullamore
	9.17	Alison Hathaway (U17)	15-05-2016	CIT, Cork
	9.01	Emma Young (U18)	21-06-2-14	Tullamore
	8.69 (+0.9)	Tracey Bradfield (U20)	19-08-2012	Tullamore
	8.64	Liz Prout (U19)	12-06-2011	Castleisland
	8.61	Aoibheann Harte (U17)	27-05-2012	CIT, Cork
	8.61	Carla Hicks (U17)	24-05-2015	Templemore
	8.49	Liz McCarthy Coomey (M2)	13-07-2008	Tullamore
	8.12	Amy Crowley (U17)	19-07-2015	Athlone
Wind Assisted	8.92 (+2.3)	Tracey Bradfield (U20)	19-08-2012	Tullamore
Pole Vault	2.30	Helena Murphy (U18)	19-08-2012	Tullamore
	2.15	Carla Hicks (U17)	19-07-2015	Athlone
	1.70	Roisin Howard (U23)	20-04-2012	Athlone
	1.60	Valery Lynch (U19)	13-07-2008	Tullamore
Shot Putt (4kg)	12.39	Laura McSweeney (U23)	07-05-2016	CIT, Cork
	11.11	Roisin Howard	13-05-2015	CIT, Cork
	10.59	Tracey Bradfield (U17)	10-05-2009	CIT, Cork
	10.14	Lynn Bradfield (U18)	23-07-2011	Tullamore
	9.97	Liz McCarthy Coomey (M1)	19-08-2007	Tullamore
	9.87	Priscilla O'Sullivan (M2)	27-07-2008	Tullamore
	9.66	Rachel Roche (U18)	27-05-2005	CIT, Cork
	9.57	Sarah Bradfield (U18)	24-06-2006	Castleisland

	9.16	Amy Crowley (U18)	05-05-2016	CIT, Cork
	9.10	Fiona Duggan (U19)	17-04-2014	CIT, Cork
	8.70	Erin Kingston (U18)	12-04-2015	CIT, Cork
	8.40	Sally Smith (U19)	05-05-2016	CIT, Cork
	7.22	Marion Roche (M3)	13-05-2015	CIT, Cork
	7.20	Susan McCourt (M2)	03-04-2016	CIT, Cork
	7.18	Aisling Kelly (U19)	13-06-2015	RSC, Waterford
	6.45	Emily Horgan (U19)	01-05-2016	CIT, Cork
	6.42	Valery Lynch (U18)	27-05-2007	Castleisland
	6.16	Kate Coveney (M3)	27-05-2007	Castleisland
	5.99	Sharon Nevin (M1)	14-04-2013	CIT, Cork
	5.73	Emily Horgan (U19)	03-04-2016	CIT, Cork
	5.72	Sinead Chambers	03-04-2016	CIT, Cork
	5.61	Geraldine Lovell (M3)	27-05-2007	Castleisland
	4.85	Ann Gayson (M2)	14-04-2013	CIT, Cork
	4.46	Denise Harrington (M2)	14-04-2013	CIT, Cork
Hammer (4kg)	46.60	Laura McSweeney (U19)	18-05-2013	CIT, Cork
	39.62	Priscilla O'Sullivan (M3)	30-04-2011	CIT, Cork
	36.55	Liz McCarthy Coomey (M2)	09-08-2008	Tullamore
	29.95	Erin Kingston (U17)	18-05-2014	Waterford
	21.18	Fiona Duggan (U19)	11-05-2014	CIT, Cork
	18.10	Roisin Howard	10-04-2015	Belfast
	19.32	Emily Horgan (U19)	15-05-2016	CIT, Cork
	17.34	Rachel Roche (U19)	24-06-2006	Castleisland
Discus (1kg)	36.58	Sarah Bradfield (U18)	20-06-2006	Tullamore
	35.81	Laura McSweeney (U18)	24-06-2012	Tullamore
	34.37	Tracey Bradfield (U17)	30-05-2009	Tullamore
	32.89	Fiona Duggan (U18)	07-07-2013	Tullamore
	31.47	Rachel Roche (U19)	24-06-2006	Castleisland
	30.38	Sally Smith (U17)	31-05-2014	Tullamore
	29.02	Erin Kingston (U17)	12-04-2014	CIT, Cork
	28.77	Priscilla O'Sullivan (M3)	10-06-2012	Athlone
	28.71	Lynn Bradfield (U18)	18-06-2011	Castleisland
	28.22	Liz McCarthy Coomey (M2)	15-08-2010	Tullamore
	28.22	Roisin Howard	08-06-2015	CIT, Cork
	28.16	Lynn Bradfield (U18)	20-08-2011	Tullamore
	22.62	Moira Barrett (U17)	05-05-2016	CIT, Cork
	18.46	Colette Tuthill (M1)	27-05-2007	Castleisland
	18.23	Marion Roche (M3)	13-05-2001	CIT, Cork
	17.52	Aoibheann Harte (U17)	06-05-2012	CIT, Cork
	15.46	Amy Allen (U17)	01-05-2016	CIT, Cork
Javelin (600gr)	34.32	Rachel Roche	20-08-2011	Tullamore
	27.44	Sarah Bradfield (U19)	28-07-2007	Tullamore
	25.21	Roisin Howard	25-05-2014	Bedford, UK
	23.68	Erin Kingston (U17)	20-09-2014	Leiria, Portugal

	23.22	Laura McSweeney (U18)	12-05-2012	CIT, Cork
	19.82	Priscilla O'Sullivan (M3)	02-06-2013	CIT, Cork
	14.96	Marion Roche (M3)	13-05-2001	CIT, Cork
	12.84	Geraldine Lovell (M2)	27-05-2007	Castleisland
	11.99	Fiona Duggan (U17)	06-05-2012	CIT, Cork
	5.75	Kare Coveny (M3)	27-05-2007	Castleisland
8 kg Weight for Distance	7.56	Laura McSweeney (U20)	11-04-2014	Waterford
	6.69	Roisin Howard	11-04-2015	Belfast
20 lbs for Distance	6.72	Laura McSweeney (U23)	18-04-2015	CIT, Cork
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

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 Senior Men's and Women's IAAF Scoring Tables are used , Ed. 2001

Score=INT(A*(B-Time)**C)	A	B	C
100mH	9.230760	26.70	1.8350
200m	4.990870	42.50	1.8100
800m	0.111930	254.00	1.8800
Score=INT(A*(Distance-B)**C)			
Long Jump	0.188807	210.00	1.41
High Jump	1.845230	75.00	1.3480
Score=INT(A*(Distance-B)**C)			
Shot Putt	56.021100	1.50	1.05
Javelin	15.980300	3.80	1.0400

Time in seconds (electronic); Distance in meters

*=multiplied by; **=raised to the power of

Scores to be rounded down to nearest whole number.