

Bandon AC U23 Women Indoor Club Records

Last updated 26 February 2018

Event	Result	Athlete	Date	Venue
60m	7.35	Phil Healy	06-02-2016	Athlone
150m	17.90	Phil Healy	16-12-2015	Athlone
200m	23.74	Phil Healy	07-02-2016	Athlone
300m	38.68	Phil Healy	14-12-2016	Athlone
400m	62.59	Roisin Howard	07-02-2010	Belfast
800m	2.42.66	Roisin Howard	04-02-2012	Nenagh
1500m	4.52.19	Fiona Everard	28-01-2018	Athlone
3000m	10.39.17	Fiona Everard	09-02-2018	Athlone
4x200 Relay		No performance yet		
3000m Walk		No performance yet		
60mH	9.58	Roisin Howard	04-02-2012	Nenagh
84/13/8.5				
Long Jump	5.10	Roisin Howard	04-02-2012	Nenagh
Triple Jump		No performance yet		
High Jump	1.56	Roisin Howard	05-02-2011	Nenagh
Pole Vault		No performance yet		
Shot Putt (4kg)	12.38	Laura Mc Sweeney	04-02-2017	Abbotstown
Weight For Distance (8kg/20lb)	7.24	Laura Mc Sweeney	12-02-2016	Athlone
Pentathlon (60H, LJ, SP, HJ, 800)	3057 (9.58 (792), 5.10 (587), 9.08 (469), 1.54 (666), 2.42.66 (543))	Roisin Howard	04-02-2012	Nenagh

Additional information and corrections are welcome.

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	1.835
800m	0.11193	254	1.88
Score=INT(A*(Distance-B)**C)			
Long Jump	0.188807	210	1.41
High Jump	1.84523	75	1.348
Shot Putt	56.0211	1.5	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.