

## Bandon AC U23 Women Indoor Rankings

Last updated 5 February 2024

Event	Result	Athlete	Date	Venue
<b>60m</b>	<b>7.35</b>	<b>Phil Healy</b>	<b>06-02-2016</b>	<b>Athlone</b>
	7.64	Joan Healy	26-01-2014	Athlone
<b>150m</b>	<b>17.90</b>	<b>Phil Healy</b>	<b>16-12-2015</b>	<b>Athlone</b>
<b>200m</b>	<b>23.74</b>	<b>Phil Healy</b>	<b>07-02-2016</b>	<b>Athlone</b>
	24.86	Lauren McCourt	27-01-2024	Abbotstown, Dublin
	27.81	Roisin Howard	13-02-2010	Nenagh
<b>300m</b>	<b>38.68</b>	<b>Phil Healy</b>	<b>14-12-2016</b>	<b>Athlone</b>
<b>400m</b>	<b>55.60</b>	<b>Lauren McCourt</b>	<b>28-01-2023</b>	<b>Abbotstown, Dublin</b>
	62.59	Roisin Howard	07-02-2010	Belfast
<b>800m</b>	<b>2.42.66</b>	<b>Roisin Howard</b>	<b>04-02-2012</b>	<b>Nenagh</b>
<b>1500m</b>	<b>4.52.19</b>	<b>Fiona Everard</b>	<b>28-01-2018</b>	<b>Athlone</b>
<b>1 Mile</b>	<b>4.56.09</b>	<b>Laura Nicholson</b>	<b>05-02-2022</b>	<b>Armory, New York, USA</b>
<b>3000m</b>	<b>9.55.39</b>	<b>Laura Nicholson</b>	<b>11-02-2022</b>	<b>Boston, MA, USA</b>
	10.39.17	Fiona Everard	09-02-2018	Athlone
<b>4x200 Relay</b>		<b>No performance yet</b>		
<b>3000m Walk</b>		<b>No performance yet</b>		
<b>60mH</b>	<b>9.58</b>	<b>Roisin Howard</b>	<b>04-02-2012</b>	<b>Nenagh</b>
84/13/8.5				
<b>Long Jump</b>	<b>5.10</b>	<b>Roisin Howard</b>	<b>04-02-2012</b>	<b>Nenagh</b>
<b>Triple Jump</b>		<b>No performance yet</b>		
<b>High Jump</b>	<b>1.56</b>	<b>Roisin Howard</b>	<b>05-02-2011</b>	<b>Nenagh</b>
<b>Pole Vault</b>		<b>No performance yet</b>		

<b>Shot Putt</b> (4kg)	<b>12.38</b>	<b>Laura Mc Sweeney</b>	<b>04-02-2017</b>	<b>Abbotstown, Dublin</b>
	10.05	Roisin Howard	13-02-2010	Nenagh
<b>Weight For Distance</b> (8kg/20lb)	<b>7.24</b>	<b>Laura Mc Sweeney</b>	<b>12-02-2016</b>	<b>Athlone</b>
	6.75	Roisin Howard	13-02-2010	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)	<b>3057</b> (9.58 (792), 5.10 (587), 9.08 (469), 1.54 (666), 2.42.66 (543))	<b>Roisin Howard</b>	<b>04-02-2012</b>	<b>Nenagh</b>

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.

Performances from U21, U22, and U23 age groups only are included in the U23 rankings.

The U23 performances are included in the Senior rankings (if specs are comparable).

For Combined Events Senior Women's IAAF Scoring Tables are used (ed. 2001)

<b>Score=INT(A*(B-Time)**C)</b>	<b>A</b>	<b>B</b>	<b>C</b>
60H	20.0479	17	1.835
800m	0.11193	254	1.88
<b>Score=INT(A*(Distance-B)**C)</b>			
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.