

Bandon AC U23 Women Outdoor Club Records

Last updated: 15 May 2016

Event	Result	Athlete	Date	Venue
100m	11.49 (+0.5)	Phil Healy	19-07-2014	Santry, Dublin
200m	23.93 (+1.5)	Phil Healy	16-04-2016	Santry, Dublin
400m	54.96	Phil Healy	07-05-2016	CIT, Cork
800m	2.33.57	Roisin Howard	03-09-2011	Stoke, UK
1500m		No performance yet		
1 mile		No performance yet		
3000m		No performance yet		
Marathon		No performance yet		
100m Hurdles	15.53 (+1.9)	Roisin Howard	19-08-2012	Tullamore
400m Hurdles		No performance yet		
3000m Steeple Chase		No performance yet		
4x100m		No performance yet		
4x400m		No performance yet		
High Jump	1.65	Roisin Howard	03-09-2011	Stoke, UK
Long Jump	5.46 (+1.6)	Roisin Howard	24-06-2012	Tullamore
Triple Jump		No performance yet		
Pole Vault	1.70	Roisin Howard	20-04-2012	Athlone
Shot Putt (4kg)	12.39	Laura McSweeney	07-05-2016	CIT, Cork
Hammer (4kg)	45.99	Laura McSweeney	07-05-2016	CIT, Cork
Discus (1kg)	31.07	Laura McSweeney	18-04-2015	CIT, Cork
Javelin (600gr)	33.49	Rachel Roche	28-06-2009	Tullamore
8 kg Weight for Distance	7.45	Laura McSweeney	16-04-2016	Santry, Dublin
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	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