

Bandon AC U23 Women Outdoor Rankings

Last updated: 17 May 2016

Event	Result	Athlete	Date	Venue
100m	11.49 (+0.5)	Phil Healy	19-07-2014	Santry, Dublin
	11.95 (+1.1)	Joan Healy	12-04-2013	Mardyke, Cork
Wind assisted	11.36 (+3.0)	Phil Healy	08-07-2014	CIT, Cork
200m	23.93 (+1.5)	Phil Healy	16-04-2016	Santry, Dublin
	25.15 (-2.1)	Joan Healy	24-06-2012	Tullamore
	27.01 (-2.3)	Roisin Howard	31-07-2011	Tullamore
400m	54.96	Phil Healy	07-05-2016	CIT, Cork
	62.59	Roisin Howard	23-04-2010	Santry, Dublin
800m	2.33.57	Roisin Howard	03-09-2011	Stoke, UK
1500m		No performance yet		
1 mile		No performance yet		
5000m		No performance yet		
1/2 Marathon		No performance yet		
Marathon		No performance yet		
100m Hurdles	15.53 (+1.9)	Roisin Howard	19-08-2012	Tullamore
Wind assisted	15.33 (+2.6)	Roisin Howard	20-04-2012	Athlone
400m Hurdles		No performance yet		
3000m Steeple Chase		No performance yet		
76.2-28-7wj-5jmp				
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
Wind Assisted	5.54 (+2.1)	Roisin Howard	22-07-2012	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
	9.84	Roisin Howard	29-04-2011	Antrim Forum, NI
Hammer (4kg)	45.99	Laura McSweeney	07-05-2016	CIT, Cork
Discus (1kg)	31.07	Laura McSweeney	18-04-2015	CIT, Cork
	29.21	Rachel Roche	28-06-2009	Tullamore
Javelin (600gr)	33.49	Rachel Roche	28-06-2009	Tullamore
	23.15	Roisin Howard	20-04-2012	Athlone
8 kg Weight for Distance	7.45	Laura McSweeney	16-04-2016	Santry, Dublin
	5.75	Roisin Howard	20-04-2012	Athlone
20 lb Weight for Distance	6.72	Laura McSweeney	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	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 Events 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.