

Bandon AC Juvenile Girls Outdoor Club Records

Last updated: 12 June 2016

Event	Result	Athlete	Date	Venue
Girls Under 9				
60m	9.83	Molly O'Donovan	03-05-2015	CIT, Cork
300m	55.90	Sarah Burrows	06-06-2015	CIT, Cork
4x100 Relay	71.15	Emma O'Connell, Ruby Cummins, Evelyn McCarthy, Clodagh Barry	28-05-2016	Ennis
Long Jump	3.10	Maya McCourt	11-05-2014	CIT, Cork
	3.10	Ruby Cummins	15-05-2016	CIT, Cork
Turbo Javelin	9.55	Clodagh Barry	17-04-2016	CIT, Cork
Girls Under 10				
60m	8.99	Laura Sweeney	31-05-2015	CIT, Cork
500m	1.35.90	Amy McCarthy	27-06-2015	Tullamore
4x100 Relay	63.17	Maia McCourt, Niamh Cotter, Laura Sheehy, Amy McCarthy, Brianagh Wilson	23-05-2015	Ennis
Long Jump	3.50	Claire Sexton	08-05-2005	CIT, Cork
Turbo Javelin	11.56	Brianagh Wilson	06-06-2015	CIT, Cork
Girls Under 11				
60m	9.17	Laura Sheehy	28-05-2016	Ennis
	9.17	Amy McCarthy	28-05-2016	Ennis
600m	1.54.67	Amy McCarthy	28-05-2016	Ennis
4x100 Relay	60.16	Laura Sheehy, Amy McCarthy, Maia McCourt, Victoria Good	28-06-2016	Ennis
High Jump	1.00	Laura McSweeney	08-05-2005	CIT, Cork
Long Jump	3.67	Carla Hicks	17-05-2009	CIT, Cork
Shot Putt (2 kg)	7.02	Tracey Bradfield	18-05-2003	CIT, Cork
Turbo Javelin	17.24	Maia McCourt	28-05-2016	Ennis
Quadrathlon (60m, Turbo javelin (300gr), Long Jump, 600m)	9.21 (610), 16.40 (364), 3.61 (440), 2.04.31 (480): 1894	Maia McCourt	02-05-2016	Templemore
Girls Under 12				
60m	8.81	Kate Bernard	19-06-2010	CIT, Cork
600m	1.55:54	Moira Barrett	17-07-2011	Templemore
4x100 Relay	58.6	Erin deBurka, Lauren McCourt, Stacey Komalafe, Cora Ni Gallechoir	08-06-2013	Ennis
60m Hurdles	11.11	Carla Hicks	18-04-2010	CIT, Cork
High Jump	1.27	Aisling Cassidy	22-07-2012	Ennis
Long Jump	4.33	Carla Hicks	19-06-2010	CIT, Cork
Shot Putt (2 kg)	9.19	Laura McSweeney	10-06-2006	CIT, Cork
Turbo Javelin	20.59	Niamh Sugrue	08-06-2013	Ennis

Discus (750gr)	13.95	Erin Kingston	17-05-2009	CIT, Cork
Pentathlon (60m, Turbo javelin (300gr), High Jump, Long Jump, 600m)	9.15 (521), 17.36 (372), 1 (242), 3.93 (404), 2.15.83 (270): 1809	Lucy Callanan	26-04-2015	CIT, Cork

Girls Under 13

80m	11.01 (-1.6)	Kate Bernard	09-07-2011	Tullamore
800m	2.50.16	Laura Nicholson	07-05-2012	Castleisland
4x100 Relay	56.30	Carla Hicks, Kate Bernard,...	24-07-2011	Tullamore
60m Hurdles	10.30	Aisling Cassidy	08-06-2013	Ennis
High Jump	1.38	Aisling Cassidy	09-06-2013	Ennis
Long Jump	4.33	Aisling Cassidy	28-04-2013	CIT, Cork
Shot Putt (2 kg)	11.78	Laura McSweeney	16-07-2007	Tullamore
Hammer (2 kg LW)	24.17	Ellie O'Donovan	11-05-2014	CIT, Cork
Discus Throw (750gr)	21.16	Tracey Bradfield	08-05-2005	CIT, Cork
Javelin (400gr)	26.37	Niamh Sugrue	26-07-2014	Tullamore
Pentathlon (60mH, Long Jump, Shot Putt (2kg), High Jump, 800m)	11.01 (480), 3.86 (390), 6.21 (319), 1.37 (516), 2.54.88 (354): 2059	Moirra Barrett	07-05-2012	Castleisland

Girls Under 14

80m	10.63 (-0.8)	Kate Bernard	14-07-2012	Tullamore
200m	27.03 (+0.3)	Kate Bernard	28-07-2012	Tullamore
800m	2.28.55	Jane Buckley	15-05-2016	CIT, Cork
1500m	5.20.29	Ashling Everard	20-06-2009	Waterford
2000m Walk	12.23.48	Olivia Tuthill	13-06-2015	RSC, Waterford
4x100 Relay	53.73	Kate Bernard, Rachel O'Donovan, Carla Hicks, Eva Stack, Amy Crowley	29-07-2012	Tullamore
75m Hurdles	12.15 (-0.6)	Aisling Cassidy	13-07-2014	Tullamore
200m Hurdles	32.15	Aisling Cassidy	04-05-2014	CIT, Cork
High Jump	1.50	Ella Stack	28-06-2014	CIT, Cork
Long Jump	5.11	Toni Chatterton	16-07-2007	Tullamore
Polevault	2.30	Aisling Cassidy	31-05-2014	Tullamore
Shot Putt (2kg)	12.40	Laura McSweeney	05-07-2008	Antrim Forum
Hammer (2.5 kg SW)	27.87	Niamh Sugrue	04-07-2015	Tullamore
Discus (750gr)	32.81	Sally Smith	09-07-2011	Tullamore
Javelin (400gr)	28.22	Niamh Sugrue	13-06-2015	Waterford
Pentathlon (75mH, Long Jump, Shot Putt (2kg), High Jump, 800m)	12.29 (568), 4.61 (542), 8.09 (426), 1.38 (524), 2.40.18 (467): 2527	Aisling Cassidy	02-08-2014	Tullamore

Girls Under 15

100m	12.63	Orla Coughlan	03-08-2002	Tullamore
200m	25.98	Joan Healy	24-06-2006	Castleisland

800m	2.24.46	Margaret Crowley	09-07-1994	Tullamore
1500m	5.09.34	Laura Nicholson	31-05-2014	Tullamore
2000m Walk		No performance yet		
4x100 Relay	52.40	Leah Wood, Ella Stack, Meabh O'Donovan, Aisling Cassidy, Ellie O'Donovan	19-07-2015	Tullamore
80m Hurdles	12.83	Aisling Cassidy	27-06-2015	Tullamore
250m Hurdles	37.65	Ciara McKeon	28-06-2014	CIT, Cork
High Jump	1.55	Ella Stack	06-05-2015	CIT, Cork
Long Jump	4.95	Phil Healy	17-05-2008	UL, Limerick
Triple Jump	9.45	Ciara McKeon	12-04-2014	CIT, Cork
Polevault	2.65	Aisling Cassidy	30-05-2015	Tullamore
Shot Putt (2.72kg)	12.65	Laura McSweeney	21-06-2009	Waterford
Hammer (2.5kg SW)	35.37	Laura McSweeney	11-07-2009	Tullamore
Discus (750gr)	34.08	Laura McSweeney	11-07-2009	Tullamore
Javelin (400gr)	31.50	Niamh Sugrue	15-05-2016	CIT, Cork
Pentathlon (80mH, Long Jump, Shot Putt (2.72kg), High Jump, 800m)	12.83 (606), 4.66 (552), 7.33 (384), 1.47 (599), 2.35.34 (509): 2650	Aisling Cassidy	27-06-2015	Tullamore

Girls Under 16

100m	12.44 (-0.8)	Joan Healy	16-07-2007	Tullamore
200m	25.27	Joan Healy	28-07-2007	Tullamore
800m	2.29.49	Bella Sherlock	30-06-2012	CIT, Cork
1500m	4.58.96	Laura Nicholson	13-06-2015	RSC, Waterford
2000m Walk		No performance yet		
4x100 Relay	53.05	26-05-2013	CIT, Cork
80m Hurdles	13.13	Ciara McKeon	27-06-2015	Tullamore
250m Hurdles	37.46	Ciara McKeon	12-07-2015	Tullamore
1500m S/Chase	5.22.01	Laura Nicholson	30-05-2015	Tullamore
High Jump	1.55	Laura Nicholson	25-04-2015	CIT, Cork
Long Jump	4.87	Phil Healy	03-05-2009	CIT, Cork
Triple Jump	9.74	Ciara McKeon	13-06-2015	RSC, Waterford
Polevault	2.20	Carla Hicks	28-06-2014	CIT, Cork
Shot Putt (3kg)	11.93	Erin Kingston	15-06-2013	Templemore
Hammer (3kg)	26.56	Erin Kingston	12-05-2013	CIT, Cork
Discus (1kg)	31.01	Laura McSweeney	02-05-2010	CIT, Cork
Javelin (500gr)	27.30	Rachel Roche	19-07-2003	Tullamore
Pentathlon (80mH, Long Jump, Shot Putt (3kg), High Jump, 800m)	13.13 (574), 4.64 (548), 8.11 (427), 1.46 (590), 2.47.45 (409): 2548	Ciara McKeon	27-06-15	Tullamore

Girls Under 17

100m	11.95 (+1.0)	Joan Healy	19-07-2008	Bedford, UK
200m	24.80 (+1.2)	Joan Healy	19-07-2008	Bedford, UK
400m	64.98	Ella Nicholson	21-06-2014	Tullamore
800m	2.19.1	Margaret Crowley	08-06-1996	Waterford
1500m	4.22.8	Carmel Mc Carthy	xx-xx-1984

2000m Race Walk	15.24.59	Sarah Stack	19-05-2012	CIT, Cork
4x100 Relay	54.0	Margaret Crowley, Siobhan O'Leary...	08-06-1996	Waterford
100m Hurdles	17.70	Aoibhinn O'Connor	02-05-2016	Templemore
300m Hurdles	56.96	Aoibheann Harte	03-05-2012	CIT, Cork
2000m S/Chase		No performance yet		
High Jump	1.50	Laura Nicholson	01-05-2016	CIT, Cork
	1.50	Aoibhinn O'Connor	12-06-2016	Athlone
Long Jump	5.43	Aoibhinn O'Connor	21-05-2016	RSC, Waterford
Triple Jump	9.99	Aoibhinn O'Connor	05-05-2016	CIT, Cork
Pole Vault	2.15	Carla Hicks	19-07-2015	Athlone
Shot Putt (3kg)	12.43	Erin Kingston	17-04-2014	CIT, Cork
Hammer (3kg)	34.74	Fiona Duggan	30-06-2012	CIT, Cork
Discus (1 kg)	35.07	Laura McSweeney	09-07-2011	Tullamore
Javelin (500gr)	28.40	Rachel Roche	10-07-2004	Tullamore
Pentathlon (80mH, Long Jump, Shot Putt (2.72kg), High Jump, 800m)	2596	Siobhan O'Leary	03-08-1997	Waterford

Girls Under 18

100m	12.18 (-0.4)	Phil Healy	16-07-2011	Cardiff, UK
200m	25.02	Phil Healy	18-06-2011	Castleisland
400m	62.62	Sinead Caulfield	20-09-2014	Leiria, Portugal
800m	2.18.6	Margaret Crowley	07-06-1997	Tullamore
1500m	5.00.32	Fiona Everard	19-07-2015	Athlone
3000m	11.44.97	Aisling Sheehy	13-06-2015	Waterford
3000m Walk		No performance yet		
4x100 Relay	53.60	Margaret Crowley,	14-06-1997	CIT, Cork
4x400 Relay		No performance yet		
100m Hurdles	20.9	Lynda O'Donovan	27-05-2007	Castleisland
400m Hurdles	82.55	Emma Young	04-05-2014	CIT, Cork
2000m S/Chase		No performance yet		
High Jump	1.60	Emma Young	20-09-2014	Leiria, Portugal
Long Jump	5.09	Ella Nicholson	19-06-2015	Santry, Dublin
Triple Jump	9.03	Aoibh Cassidy	05-05-2016	CIT, Cork
Pole Vault	2.30	Helena Murphy	19-08-2012	Tullamore
Shot Putt (3kg)	13.90	Laura McSweeney	30-06-2012	CIT, Cork
Hammer (3kg)	48.91	Laura McSweeney	30-06-2012	CIT, Cork
Discus (1kg)	36.58	Sarah Bradfield	20-06-2006	Tullamore
Javelin (500gr)	28.65	Rachel Roche	15-05-2005	CIT, Cork
Pentathlon (100mH, Long Jump, Shot Putt (4kg), High Jump, 800m)	2996	Catriona O'Leary	09-07-2004	Tullamore

Girls Under 19

100m	11.87 (+1.0)	Phil Healy	7-8/7/2012	Santry, Dublin
200m	24.60 (+0.4)	Phil Healy	28-07-2012	Tullamore
400m	62.25	Margaret Crowley	05-07-1998
800m	2.22.1	Margaret Crowley	05-07-1998
1500m	5.06.91	Fiona Everard	12-06-2016	Athlone
3000m	11.16.79	Fiona Everard	21-05-2016	RSC, Waterford
3000m Walk		No performance yet		

4x100 Relay	52.70	Kate Bernard, Aoibhinn O'Connor, Ella Nicholson, Amy Crowley	12-06-2016	Athlone
4x400 Relay	4.32.25	Fiona Everard, Aoibhinn O'Connor, Ella Nicholson, Amy Crowley	12-06-2016	Athlone
100m Hurdles		No performance yet		
400m Hurdles		No performance yet		
3000m S/Chase		No performance yet		
High Jump	1.50	Roisin Howard	21-06-2008	CIT, Cork
Long Jump	5.25	Ella Nicholson	21-05-2016	RSC, Waterford
Triple Jump	9.21 (+0.8)	Emma Peters	20-08-2006	Tullamore
Pole Vault	2.00	Ella Nicholson	12-06-2016	Athlone
Shot Putt (4kg)	12.14	Laura McSweeney	18-05-2013	CIT, Cork
Hammer (4kg)	46.60	Laura McSweeney	18-05-2013	CIT, Cork
Discus (1kg)	32.66	Laura McSweeney	28-04-2013	CIT, Cork
Javelin (600gr)	30.81	Rachel Roche	08-07-2006	Tullamore
Heptathlon (100mH, high Jump, Shot Putt (4 kg), 200m, Long Jump, javelin (600gr), 800m)		No performance yet		

While some further updating is 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 the U11 age group in Combined Events the following Scoring Table is used: "Puntentelling voor Junioren C/D en Pupillen", Ed. 2007.

Score=INT((A/ Time)-B)	A	B	Performance
60m	15365.00	1058.00	9.21
600m	160470.50	811.35	124.21
Score=INT(A*SQRT(Distance)-B)			
Long Jump	887.99	1264.5	3.61
For distances <= 4.41m use: Score=INT((Distance-1.91)*200+100.5)			
Turbo Javelin	126.0	245.5	16.40
Shot Putt	303.7	337.5	4.75
Time in seconds (electronic); Distance in meters Scores to be rounded down to nearest whole number.			Total

For U12 -U16 age groups in Combined Events the following Scoring Table is used:

"Puntentelling voor Junioren C/D en Pupillen", Ed. 2007.

U13/U14 girls use the 76.2 cm 60H table (while their actual hurdle height is 68 cm).

Score=INT((A/ Time)-B)	A	B	Performance
60m	15365	1158.00	9.84
60H 76.2cm	14050	795.5	12.69
80H 76.2cm	18100.00	904.50	15.01

600m		160470.50	911.35	144.41
800m		216604.8	884.5	182.9
Score=INT(A*SQRT(Distance)-B)				
Long Jump		887.99	1364.5	3.68
For distances <= 4.41m use: Score=INT((Distance-1.91)*200+0.5)				
High Jump		1977.53	1798.5	1.25
For heights<=1.35m use: INT((distance-0.67)*733.33333+0.7)				
Turbo Javelin		170.39	337.50	7.33
Shot Putt		303.73	437.50	5.83
Time in seconds (electronic); Distance in meters Scores to be rounded down to nearest whole number.				Total

For Combined Events U17, U18, U19 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.