



**MUNSTER ATHLETICS**  
**U23 WOMEN & MEN**  
**T & F CHAMPIONSHIP BEST PERFORMANCES**

U23 WOMEN	CBP	YEAR	HOLDER	CLUB
100m Hurdles 2'9"	14.2	1990	Brid Hallissey	Ferrybank
400m Hurdles 2'6"	63.3	1994	Marie O'Meara	Nenagh Olympic
<b>100m Sprint</b>	<b>11.95</b>	<b>2021</b>	<b>Sarah Leahy</b>	<b>Killarney Valley</b>
200m Sprint	24.87	2003	Ailis McSweeney	Leevale
400m Sprint	57.56	2003	Marian Andrews	Togher
800m	2.12.2	1996	Maura Prenderville	U.C.C
1500m	4.15.0	1992	Sonia O'Sullivan	Ballymore Cobh
<b>3000m</b>	<b>9.59.71</b>	<b>2021</b>	<b>Ruth Heery</b>	<b>Waterford</b>
3000m Steeplechase 2'6"				
3000m Walk	15.28.20	2001	Kelly O'Keeffe	Togher
High Jump	1.66m	1992	Brid Hallissey	Ferrybank
Long Jump	5.90m	1990	Marie O'Meara	Nenagh Olympic
Triple Jump	11.21m	1991	Jos Hanrahan	Limerick AC
Pole Vault	3.05m	2003	Edel O'Meara	Borrisokane
Shot Putt 4KG	14.31m	2013	Claire Fitzgerald	Tralee Harriers
Discus 1KG	46.64m	2013	Claire Fitzgerald	Tralee Harriers
Javelin 600g (pre 1999)	50.42m	1992	Mary T Reale	Limerick
Javelin 600g	37.98m	2014	Patricia Curtin	Youghal
Hammer 4KG	52.82m	2014	Cara Kennedy	Ferrybank
4 X 100m Relay	52.33	2001	Carrick on Suir	
4 X 400m Relay	4.09.56	2003	Belgooly	

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110m Hurdles 3'3"	15.0.	1997	Derek Hayes	West Waterford
400m Hurdles 3'0"	52.26	2018	Dion Marcos	An Riocht AC
100m Sprint	10.3	1991	Carlton Haddock	Togher
200m Sprint	21.9	1992	Tom Comyns	Limerick A C
400m Sprint	49.93	2003	Paddy O'Gorman	Leevale
800m	1.55.00	1995	Pat O'Keeffe	U.C.C
1500m	3.51.3	1990	Danny O'Brien	Limerick A C
3000m	8.46.22	2001	Brian Keane	Leevale
5000m	16.37.28	2018	Aaron Quigley	Nenagh Olympic AC
2000m Steeplechase 3'0"	6.31.88	2003	Stephen Macklin	Togher
3000m Steeplechase 3'0"	10.18.25	2016	Patrick Chesser	Ennis Track
5000m Walk	20.18.52	2014	Neil Fox	Clonmel
High Jump	2.00m	1997	Christopher Crowley	Belgooly
	2.00m	2016	David Cussen	Old Abbey
Long Jump	7.10m	1992	Michael Halahan	Leevale
Triple Jump	15.00m	2001	Michael Murray	West Waterford
Pole Vault	4.50m	2012	Thomas Houlihan	West Waterford
Shot Putt (7.26KG)	15.57m	?	John Leahy	Limerick A C
Discus 2KG	45.45m	1991	Brian Cusack	Ferrybank
Javelin 800GR	56.66m	1995	Brian Scanlon	Waterford AC
Hammer (7.26KG)	53.83m	2001	Danny Rockett	West Waterford
Weight for Distance 35lbs	10.36m	2001	Michael Murray	West Waterford



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4 X 100m Relay	44.90	1992	Leevale	
4 X 400m Relay	3.41.4	1992	Treaty AC Limerick	