

Tipperary Men's Masters Outdoors

O35	Record	Year	Holder	Club
110m Hurdles(3'3")	19.69secs	2016	Adrian Mc Ginley	Templemore AC
100m	11.90secs	2014	Kenneth Lee	Templemore AC
200m	24.41secs	2014	Kenneth Lee	Templemore AC
400m	54.22secs	2016	Adrian Mc Ginley	Templemore AC
800m	2.03.83mins	2017	Adrian Mc Ginley	Templemore AC
1500m	4.11.00mins	2016	Stuart Moloney	Moore Abbey Milers AC
3000m	8.53.70mins	2015	Stuart Moloney	Moore Abbey Milers AC
5000m	15.47.32mins	2019	John Fitzgibbon	Thurles Crokes Ac
3km Walk	14.48.62	2016	Ross Alexander	Coolquill AC
5km Walk	25.43.13mins	2018	Ross Alexander	Coolquill AC
4x100m	45.50secs	2015	D Meaney, B Murray, A Mc Ginley,K Lee	Templemore AC
4x400m	3.45.11mins	2016	J Doran,K Mc Donnell, A Mc Ginley,B Murray	Templemore AC
High Jump	1.70m	2017	Kevin Shorthall	Templemore AC
Long Jump	5.92m	2015	Danny Meaney	Templemore AC
Discus(2kg)	26.48m	2001	Tadhg Dwyer	Templemore AC
Hammer Throw (7.26kg)	52.21m	2018	John O Dwyer	Templemore AC
Javelin Throw (800gr)	29.70m	2006	Tadhg Dwyer	Templemore AC
Shot Putt (7.26kg)	12.93m	2019	John O Dwyer	Templemore AC
56lbs for Distance	7.65m	2017	John O Dwyer	Templemore AC
Pentathlon	2288pts	2016	Adrian Mc Ginley	Templemore AC
O40	Result	Year	Holder	Club
100m	12.60secs	2009	Kevin Finn	Nenagh Olympic AC
200m	25.00secs	2018	Adrian Mc Ginley	Templemore AC
400m	55.46secs	2019	Adrian Mc Ginley	Templemore AC
800m	2.03.32mins	2005	Pat Grace	Nenagh Olympic AC
1500m	4.18.43mins	2003	Tom Moloney	Thurles Crokes Ac
3000m	9.40.89mins	2014	David Ryan	Clonmel Ac
5000m	15.54.17mins	2015	Kevin o Connor	Dundrum AC
3km Walk	22.32.00mins	2014	Mark King	Moyne Ac
5Km Walk	28.36.79mins	1998	Martin O Brien	Templemore AC
4x100m	49.71secs	2019	D Meaney, R O Brien,A Mc Ginley,J Barry	Templemore AC
High Jump	1.65m	2007	Brendan Meagher	Nenagh Olympic AC
	1.65m	2007	Martin O Grady	Nenagh Olympic AC
Long Jump	5.60m	2019	Danny Meaney	Templemore AC
Discus(2kg)	30.61m	2006	Tom Dwyer	Templemore AC
Hammer Throw (7.26kg)	34.82m	2006	Tom Dwyer	Templemore AC
Javelin Throw (800gr)	46.18m	2014	Brian Mc Dermott	Dundrum AC

Shot Putt (7.26kg)	12.15m	2006	Tom Dwyer	Templemore AC
56lbs for Distance	8.55m	2007	Tom Dwyer	Templemore AC
O45	Result	Year	Holder	Club
100m	13.60secs	2002	Tom Mc Grath	Templemore AC
	13.09secs H	2019	Mark Burke	Moyglass AC
200m	26.24secs	2012	Kevin Finn	Nenagh Olympic AC
400m	56.66secs	2010	Kevin Finn	Nenagh Olympic AC
800m	2.07.88mins	2007	Joseph Kearney	Coolquill AC
1500m	4.25.03mins	2005	Tommy Moloney	Thurles Crokes Ac
3000m	9.59.34mins	2012	Derek Nolan	Clonmel Ac
5000m	16.48.77mins	2009	Mark Gleeson	Nenagh Olympic AC
3km Walk				
5km Walk	29.36.11mins	2002	Martin O Brien	Templemore AC
High Jump	1.45m	2010/11	Richard Butler	Ballynonty Ac
		2012	John Lyons	Newport Ac
		2018/19	Mark Bourke	Moyglass AC
Long Jump	4.80m	2014	Anthony Carolan	Nenagh Olympic AC
Discus(2kg)	32.40m	2015	Patrick Corcoran	Tipperary Town Ac
Hammer Throw (7.26kg)	27.28m	2015	Anthony Carolan	Nenagh Olympic AC
Javelin Throw (800gr)	45.72m	2013	Patrick Corcoran	Tipperary Town Ac
Shot Putt (7.26kg)	11.10m	1996	Michael Kelly	Nenagh Olympic AC
56lbs for Distance	8.65m	2007	John O Dea	Dundrum AC
O50	Result	Year	Holder	Club
100m	13.36secs	2003	Thomas Maguire	Nenagh Olympic AC
200m	27.56secs	2014	Niall Kelly	Nenagh Olympic AC
400m	59.03secs	2013	Patrick Grace	Nenagh Olympic AC
800m	2.11.93mins	2014	Patrick Grace	Nenagh Olympic AC
1500m	4.37.44mins	2016	Mark Gleeson	Nenagh Olympic AC
3000m	9.34.64mins	2018	Dermot Hayes	Dundrum AC
5000m	16.47.60mins	2017	Dermot Hayes	Dundrum AC
3km Walk				
5Km Walk	29.08.97mins	2008	Martin O Brien	Templemore AC
High Jump	1.45m	2012	Richard Butler	Ballynonty Ac
Long Jump	4.58m	2016	Adrian Young	Templemore AC
Discus(1.5kg)	36.24m	2017	Patrick Corcoran	Tipperary Town Ac
Hammer Throw (6kg)	34.89m	2002	Micheal Kelly	Nenagh Olympic AC
Javelin Throw (700gr)	45.44m	2017	Patrick Corcoran	Tipperary Town Ac
Shot Putt (6kg)	10.80m	2002	Micheal Kelly	Nenagh Olympic AC
35lbs for Distance	8.12m	2015	John O Dea	Dundrum AC
Quadrathlon	1154pts	2015	Adrian Young	Templemore AC
O55	Result	Year	Holder	Club
100m	13.10secs	2006	Tommy Maguire	Nenagh Olympic AC
200m	28.50secs	2012	Tom Mc Grath	Templemore AC
400m	59.75secs	2018	Patrick Grace	Nenagh Olympic AC
800m	2.18.03mins	2019	Patrick Grace	Nenagh Olympic AC
1500m	5.01.35mins	2019	Willie O Donoghue	Moore Abbey Milers AC

3000m				
5000m	16.36.00mins	2018	Dermot Hayes	Dundrum AC
3km Walk	21.13.00mins	2013	Martin O Brien	Templemore AC
5km Walk	33.09.10mins	2019	John Laste	Clonmel Ac
High Jump	1.40m	2018	Liam O Grady	Moore Abbey Milers AC
	1.40m		Pat Naughton	Nenagh Olympic AC
Long Jump	4.27m	2006	Tommy Maguire	Nenagh Olympic AC
Discus(1.5kg)	32.87m	2018	Liam O Grady	Moore Abbey Milers AC
Hammer Throw (6kg)	34.11m	2007	Micheal Kelly	Nenagh Olympic AC
Javelin Throw (700gr)	38.22m		Pat Naughton	Nenagh Olympic AC
Shot Putt (6kg)	10.51m	2006	Micheal Kelly	Nenagh Olympic AC
35lbs for Distance	8.45m	2004	Micheal Kelly	Nenagh Olympic AC
O60	Result	Year	Holder	Club
100m	13.40secs	2010	Bernard O Neill	Carrick on Suir Ac
200m	29.05secs	2009	Bernard O Neill	Carrick on Suir Ac
400m	74.65secs	2008	Micheal Kelly	Nenagh Olympic AC
800m	2.35.99mins	2006	Micheal Dundon	Thurles Crokes Ac
1500m	5.53.17mins	2017	Matt Alexander	Coolquill AC
3000m	11.35.70mins	2005	Eddie Cahalan	Coolquill AC
5000m	20.58.52mins	2019	John Moore	Dundrum AC
3km Walk	22.30.00mins	2018	Martin O Brien	Templemore AC
5km Walk	37.29.04mins	2018	Martin O Brien	Templemore AC
High Jump				
Long Jump	4.58m		Pat Naughton	Nenagh Olympic AC
Discus(1kg)	33.87m		Pat Naughton	Nenagh Olympic AC
Hammer Throw (5kg)	36.34m	2008	Micheal Kelly	Nenagh Olympic AC
Javelin Throw (600gr)	33.87m		Pat Naughton	Nenagh Olympic AC
Shot Putt (5kg)	11.04m	2008	Micheal Kelly	Nenagh Olympic AC
35lbs for Distance	8.45m	2004	Micheal Kelly	Nenagh Olympic AC
O65	Result	Year	Holder	Club
100m	12.95secs	2014	Noel Monteith	Borrisokane AC
200m	30.52secs	2016	Bernard O Neill	Clonmel Ac
400m	82.75secs	2014	Patrick Shelly	Ballynonty Ac
800m	2.53.17mins	2018	Matt Alexander	Coolquill AC
1500m	5.39.54mins	2019	Matt Alexander	Coolquill AC
3000m	13.46.90mins	2015	Patrick Shelly	Ballynonty Ac
5000m	20.42.89mins	2018	Matt Alexander	Coolquill AC
2km Walk	13.14.00mins	2014	Miceal Mc Cormack	Fethard AC
3km Walk	21.31.38mins	2016	Miceal Mc Cormack	Fethard AC
5km Walk				
High Jump	1.25m	1998	Pat Naughton	Nenagh Olympic AC
Long Jump	3.90m	2016	Bernard O Neill	Clonmel Ac
Discus(1kg)	27.50m	2007	John Kelly	Dundrum AC
Hammer Throw (5kg)	23.28m	2000	Timothy K Dwyer	Newport Ac
Javelin Throw (600gr)	31.90m	1998	Pat Naughton	Nenagh Olympic AC

Shot Putt (5kg)	9.92m	2014	Micheal Kelly	Nenagh Olympic AC
35lbs for Distance	8.35m	2002	Michael O Beirne	Dundrum AC
O70	Result	Year	Holder	Club
100m	16.8secs	2007	Pat Naughton	Nenagh Olympic AC
200m				
400m				
800m				
1500m				
3000m				
5000m				
3km Walk				
High Jump	1.25m	2003	Pat Naughton	Nenagh Olympic AC
		2019	Noel Monteith	Borrisokane Ac
Long Jump	3.79m	2019	Noel Monteith	Borrisokane AC
Discus(1kg)	27.77m	2019	Noel Monteith	Borrisokane AC
Hammer Throw (4kg)	21.03m	2018	Noel Monteith	Borrisokane AC
Javelin Throw (500gr)	31.27m	2018	Noel Monteith	Borrisokane AC
	31.27m	2003	Pat Naughton	Nenagh Olympic AC
Shot Putt (4kg)	9.66m	2018/19	Noel Monteith	Borrisokane AC
28lbs for Distance	7.58m	2018	Noel Monteith	Borrisokane AC
O75	Result	Year	Holder	Club
100m	16.59secs	2008	Pat Naughton	Nenagh Olympic AC
200m	44.80secs	2019	Myles Mc Hugh	Clonmel Ac
400m				
800m				
1500m				
3000m				
High Jump	1.20m	2011	Pat Naughton	Nenagh Olympic AC
Long Jump	2.99m	2010	Pat Naughton	Nenagh Olympic AC
Discus(1kg)	21.45m	2008	Pat Naughton	Nenagh Olympic AC
Hammer Throw (4kg)				
Javelin Throw (500gr)	28.76m	2008	Pat Naughton	Nenagh Olympic AC
Shot Putt (4kg)	9.09m	2009	Pat Naughton	Nenagh Olympic AC
28lbs for Distance	6.36m	2007	Michael O Beirne	Dundrum AC
O80	Result	Year	Holder	Club
100m	20.59secs	2015	Pat Naughton	Nenagh Olympic AC
200m				
400m				
800m				
1500m				
3000m				
High Jump	1.05m	2014	Pat Naughton	Nenagh Olympic AC
Long Jump	2.31m	2017	Pat Naughton	Nenagh Olympic AC
Discus(1kg)	9.70m	2012	Michael O Beirne	Dundrum AC
Hammer Throw (3kg)				
Javelin Throw (400gr)	21.79m	2013	Pat Naughton	Nenagh Olympic AC

Shot Putt (3kg)	8.83m		TK Dwyer	
4kg for Distance	4.44m	2012	Michael O Beirne	Dundrum AC
O85	Result	Year	Holder	Club
100m	22.54secs	2018	Pat Naughton	Nenagh Olympic AC
200m				
400m				
800m				
1500m				
3000m				
High Jump				
Long Jump	2.38m	2018	Pat Naughton	Nenagh Olympic AC
Discus(1kg)	16.35m	2017	Michael O Beirne	Dundrum AC
Hammer Throw (3kg)				
Javelin Throw (400gr)	18.86m	2018	Pat Naughton	Nenagh Olympic AC
Shot Putt (3kg)	8.10m	2019	Pat Naughton	Nenagh Olympic AC
4kg for Distance	2.92m	2019	Michael O Beirne	Dundrum AC

Tipperary Women's Masters Outdoors

O35	Record	Year	Holder	Club
100m Hurdles(3')	18.91secs	2019	Genevieve Rowland	Templemore AC
100m	13.73secs	2017	Genevieve Rowland	Templemore AC
200m	27.33secs	2011	Angela Hogan	Borrisokane
400m	65.38secs	2019	Evelyn Maher	Templemore AC
800m	2.30.19secs	2018	Evelyn Maher	Templemore AC
1500m	4.56.17mins	2011	Martina O Dwyer	Carrick on Suir AC
3000m	11.40.04mins	2018	Angela Fogarty	Moyne AC
2km Walk				
3km Walk	21.17.91mins	2012	Linda Hayes	Templemore AC
4x100m	55.42secs	2019	O Mc Donnell,E Maher,S Gillick,G Rowland	Templemore AC
4x400m	4.49.78mins	2018	K Harrison,B Gleeson, B Spillane,E Delaney	Moyne AC
High Jump	1.44m	2019	Catherine Madden	Borrisokane AC
Long Jump	5.07m	2001	Noelle Morrissey	Nenagh Olympic Ac
Discus(1kg)	22.03m	2019	Marissa Hayes	Templemore AC
Hammer Throw (4kg)	28.55m	2019	Genevieve Rowland	Templemore AC
Javelin Throw (600gr)	24.38m	2019	Marissa Hayes	Templemore AC
Shot Putt (4kg)	9.20m	2019	Genevieve Rowland	Templemore AC
28lbs for Distance	5.66m	2019	Genevieve Rowland	Templemore AC
Pentathlon	2157pts	2019	Genevieve Rowland	Templemore AC
Heptathlon	2914pts	2018	Genevieve Rowland	Templemore AC
O40	Result	Year	Holder	Club

100m	15.31secs	2001	Carmel Condon	Fethard AC
200m	33.74secs	2001	Carmel Condon	Fethard AC
400m				
800m	2.42.54mins	2015	Claire Kelly	Templemore AC
1500m				
3000m	10.48.00mins	2013	Angela Mc Cann	Clonmel AC
3km Walk	19.50.61mins	2014	Linda Hayes	Templemore AC
High Jump				
Long Jump	3.57m	2009	Grainne Carey	Newport AC
Discus(1kg)	26.92m	2013	Maaik van der Wal	Clonmel AC
Hammer Throw (4kg)				
Javelin Throw (600gr)	27.31m	2013	Maaik van der Wal	Clonmel AC
Shot Putt (4kg)	8.09m	2009	Grainne Carey	Newport AC
28lbs for Distance				
O45	Result	Year	Holder	Club
100m	15.82secs	2001	Carmel Condon	Fethard AC
200m	33.54secs	2001	Carmel Condon	Fethard AC
400m	77.9secs	2019	Sinead Tynan	Moyne AC
800m	2.43.97mins	2018	Brigid Gleeson	Moyne AC
1500m				
3000m	13.40.00mins	2017	Sinead Tynan	Moyne AC
3km Walk				
High Jump	1.25m	2019	Sinead Tynan	Moyne AC
Long Jump	2.36m	2010	Martina Hayden	Moycarkey Coolcree AC
Discus(1kg)				
Hammer Throw (4kg)				
Javelin Throw (600gr)	7.33m	2010	Martina Hayden	Moycarkey Coolcree AC
Shot Putt (4kg)				
28lbs for Distance				
O50	Result	Year	Holder	Club
100m	16.90secs H	2019	Corne Schoeman	Templemore AC
200m				
400m				
800m	3.13.00mins	2010	Hazel Galloway	Clonmel AC
1500m	7.12.23mins	2018	Esme Alexander	Coolquill AC
3000m				
3km Walk				
High Jump				
Long Jump	1.86m	2014	Liz Power	Moyne AC
Discus(1kg)	12.34m	2013	Mary Healy	Moycarkey Coolcree AC
Hammer Throw (3kg)				
Javelin Throw (500gr)	15.68m	2010	Hazel Galloway	Clonmel AC
Shot Putt (3kg)	6.67m	2010	Hazel Galloway	Clonmel AC
O55	Result	Year	Holder	Club

100m	15.22secs	2015	Hazel Galloway	Clonmel AC
200m	32.38secs	2014	Hazel Galloway	Clonmel AC
400m	84.16secs	2014	Hazel Galloway	Clonmel AC
800m	3.23.50mins	2019	Esme Alexander	Coolquill AC
1500m				
3000m				
3km Walk				
5km Walk				
High Jump				
Long Jump				
O60	Result	Year	Holder	Club
100m	15.66secs	2016	Hazel Galloway	Clonmel AC
200m	33.43secs	2017	Hazel Galloway	Clonmel AC
400m				
800m				
1500m				
3000m				
3km Walk				
High Jump				
Long Jump				

Tipperary Men's Masters Indoors Records

O35	Record	Year	Holder	Club
60m	7.65secs	2020	Richard Phelan	Carrick On Suir AC
200m	25.03secs	2017	Adrian Mc Ginley	Templemore AC
300m	39.70secs	2015	Adrian Mc Ginley	Templemore AC
400m	54.10Secs	2016	Adrian Mc Ginley	Templemore AC
800m	2.06.33mins	2017	John Dooley	Thurles Crokes AC
1500m	4.19.26mins	2014	Brian Murphy	Carrick On Suir AC
3000m	8.45.77mins	2016	Stuart Moloney	Mooreabbey Millers AC
3000m Walk	14.58.88mins	2018	Ross Alexander	Coolquill AC
60m Hurdles	10.82secs	2017	Adrian Mc Ginley	Templemore AC
High jump	1.70m	2018	Kevin Shorthall	Templemore AC
Long Jump	5.83m	2016	Danny Meaney	Templemore AC
Shot Putt(7.25kg)	12.89m	2019	John Dwyer	Templemore AC
Weight for Distance(56lbs)	7.40m	2019	John Dwyer	Templemore AC
4x200m Relay	1.41.70mins	2014	J Doran,A Mc Ginley, K Lee,B Murray	Templemore AC
Pentathlon	2226pts	2017	Adrian Mc Ginley	Templemore AC
O40	Record	Year	Holder	Club
60m	7.50secs	2003	Niall Kelly	Nenagh Olympic Ac
200m	25.52secs	2011	Kevin Finn	Nenagh Olympic Ac
400m	55.99secs	2018	Adrian Mc Ginley	Templemore AC

800m	2.05.62secs	2018	Adrian Mc Ginley	Templemore AC
1500m	4.32.76mins	2018	Patrick Roche	Carrick On Suir AC
3000m	8.58.80mins	2020	Stuart Moloney	Mooreabbey Millers AC
3000m Walk	16.30.58mins	2008	Nellie Hall	Ballynonty AC
60m Hurdles	12.71secs	2016	Mark Burke	Moyglass AC
High jump	1.70m	2008/09	Brendan Meagher	Nenagh Olympic Ac
Long Jump	5.55m	2011	Brendan Meagher	Nenagh Olympic Ac
Shot Putt(7.25kg)	13.28m	2002	John O Dea	Dundrum AC
Weight for Distance(56lbs)				
4x200m Relay	1.48.00mins	2004		Nenagh Olympic AC
O45	Record	Year	Holder	Club
60m	8.4secs	2005	Tom Mc Grath	Templemore AC
	8.20secs H	2010	Richard Butler	Ballynonty AC
	8.47secs	2016	Niall O Ceallaigh	Clonmel AC
	8.47secs	2018	Mark Burke	Moyglass AC
200m	26.04secs	2013	Kevin Finn	Nenagh Olympic Ac
400m	56.41secs	2006	Peter Gleeson	Nenagh Olympic Ac
800m	2.13.18mins	2010	Pat Grace	Nenagh Olympic Ac
1500m	4.33.09mins	2006	Tommy Moloney	Thurles Crokes AC
3000m	9.20.30mins	2007	Michael Moore	Dundrum AC
3000m Walk	17.44.98mins	2007	Martin O Brien	Templemore AC
60m Hurdles				
High jump	1.50m	2015	Martin O Grady	Nenagh Olympic Ac
Long Jump	4.86m	2004	Tom Mc Grath	Templemore AC
Shot Putt(7.25kg)	11.46m	2016	Peter Ryan	Nenagh Olympic Ac
Weight for Distance(56lbs)	7.26m	2015	Peter Ryan	Nenagh Olympic Ac
O50	Record	Year	Holder	Club
60m	8.20secs H	2003	Brendan Cahill	Clonmel AC
	8.44secs	2013	Niall Kelly	Nenagh Olympic Ac
200m	26.94secs	2014	Mick Pender	Clonmel AC
400m	60.76secs	2014	Joe Whelan	Clonmel AC
800m	2.12.14mins	2017	Pat Grace	Nenagh Olympic Ac
1500m	4.34.25mins	2019	Dermot Hayes	Dundrum AC
3000m	9.34.87mins	2019	Dermot Hayes	Dundrum AC
3000m Walk	16.04.68mins	2008	Martin O Brien	Templemore AC
High jump	1.55m	2017	Martin O Grady	Nenagh Olympic Ac
Long Jump	4.64m	2006	Tom Mc Grath	Templemore AC
Shot Putt(6kg)	12.64m	2002	John O Farrell	Borrisokane AC
Weight for Distance(35lbs)	6.60m	2014	Don Mc Kinnon	Templemore AC
Quadrathlon	1879pts	2017	Adrian Young	Templemore AC

O55	Record	Year	Holder	Club
60m	8.50secs	2008	Bernard O Neill	Dundrum AC
	8.50secs	2019	Niall Kelly	Nenagh Olympic Ac
200m	28.32secs	2019	Niall Kelly	Nenagh Olympic Ac
400m	66.25secs	2012	Tom Mc Grath	Templemore AC
800m	2.29.16mins	2020	Willie O Donoghue	Mooreabbey Millers AC
1500m	5.05.92mins	2018	Willie O Donoghue	Mooreabbey Millers AC
3000m	10.35.82mins	2019	Willie O Donoghue	Mooreabbey Millers AC
3000m Walk	19.06.76mins	2020	John Laste	Clonmel AC
High jump	1.35m	2018	Larry O Grady	Mooreabbey Millers AC
Long Jump	4.42m	2012	Tom Mc Grath	Templemore AC
Shot Putt(6kg)	11.49m	2006	Michael Kelly	Nenagh Olympic Ac
Weight for Distance(35lbs)	7.52m	2016	John O Dea	Dundrum AC
O60	Record	Year	Holder	Club
60m	8.66secs	2011	Bernard O Neill	Clonmel AC
200m	30.28secs	2011	Bernard O Neill	Clonmel AC
400m	80.66secs	2017	Martin O Brien	Templemore AC
800m	2.40.00mins	2006	Michael Dundon	Thurles Crokes AC
1500m	5.26.67mins	2007	Michael Dundon	Thurles Crokes AC
3000m	11.21.49mins	2019	John Moore	Dundrum AC
3000m Walk	20.49.58mins	2020	Martin O Brien	Templemore AC
High jump	1.30m	2020	Larry O Grady	Mooreabbey Millers AC
Long Jump	3.99m	2013	Bernard O Neill	Clonmel AC
Shot Putt(5kg)	11.52m	2008	Michael Kelly	Nenagh Olympic Ac
Weight for Distance(35lbs)	6.62m	2010	Michael Kelly	Nenagh Olympic Ac
O65	Record	Year	Holder	Club
60m	8.98secs	2016	Bernard O Neill	Clonmel AC
200m	30.98secs	2016	Bernard O Neill	Clonmel AC
400m				
800m	2.53.03mins	2011	Michael Dundon	Thurles Crokes AC
1500m	5.42.80mins	2019	Matt Alexander	Coolquill AC
3000m	12.16.65mins	2019	Matt Alexander	Coolquill AC
3000m Walk				
High jump	1.15m	2018	Liam O Dwyer	Dundrum AC
Long Jump	3.83m	2016	Bernard O Neill	Clonmel AC
Shot Putt(5kg)	10.46m	2014	Ciaran Kelly	Nenagh Olympic Ac
Weight for Distance(35lbs)	8.10m	2007	Michael O Riordan	Dundrum AC
O70	Record	Year	Holder	Club

60m	9.16secs	2020	Bernard O Neill	Clonmel AC
200m	32.09secs	2020	Bernard O Neill	Clonmel AC
400m				
800m	3.18.36mins	2019	Eddie Calahan	Coolquill AC
1500m	6.38.95mins	2019	Eddie Calahan	Coolquill AC
3000m				
3000m Walk	23.32.44mins	2017	Miceal Mc Cormack	Fethard AC
High jump	1.25m	2007	Pat Naughton	Nenagh Olympic Ac
	1.25m	2018/19	Noel Monteith	Borrisokane AC
Long Jump	3.64m	2019	Noel Monteith	Borrisokane AC
Shot Putt(4kg)	10.49m	2017	Noel Monteith	Borrisokane AC
Weight for Distance(28lbs)	5.80m	2019	Noel Monteith	Borrisokane AC
O75	Record	Year	Holder	Club
60m	10.24secs	2008	Pat Naughton	Nenagh Olympic Ac
200m	35.08secs	2008	Pat Naughton	Nenagh Olympic Ac
400m				
800m				
1500m				
3000m				
3000m Walk				
High jump	1.20m	2008	Micheal O Beirne	Dundrum AC
	1.20m	2008/09	Pat Naughton	Nenagh Olympic Ac
Long Jump	3.09m	2008	Pat Naughton	Nenagh Olympic Ac
Shot Putt(4kg)	9.44m	2008	Pat Naughton	Nenagh Olympic Ac
Weight for Distance(28lbs)	5.96m	2008	Micheal O Beirne	Dundrum AC
O80	Record	Year	Holder	Club
60m	11.76secs	2014	Pat Naughton	Nenagh Olympic Ac
200m	45.84secs	2016	Pat Naughton	Nenagh Olympic Ac
400m				
800m				
1500m				
3000m				
3000m Walk				
High jump	1.10m	2014	Pat Naughton	Nenagh Olympic Ac
Long Jump	2.83m	2015	Pat Naughton	Nenagh Olympic Ac
Shot Putt(3kg)	9.23m	2015	Pat Naughton	Nenagh Olympic Ac
Weight for Distance(4kg)	4.17m	2013	Micheal O Beirne	Dundrum AC
O85	Record	Year	Holder	Club
60m	13.02secs	2018	Pat Naughton	Nenagh Olympic Ac
200m	48.20secs	2018	Pat Naughton	Nenagh Olympic Ac
400m				

800m				
1500m				
3000m				
3000m Walk				
High jump	1.00m	2018	Pat Naughton	Nenagh Olympic Ac
Long Jump	2.35m	2018	Pat Naughton	Nenagh Olympic Ac
Shot Putt(3kg)	8.35m	2018	Pat Naughton	Nenagh Olympic Ac
Weight for Distance(4kg)	4.00m	2019	Pat Naughton	Nenagh Olympic Ac

Tipperary Women's Masters Indoors Records

O35	Record	Year	Holder	Club
60m	8.28secs	2004	Jacqui Freyne	Fethard AC
200m	27.64secs	2004	Jacqui Freyne	Fethard AC
300m	50.83secs	2018	Genevieve Rowland	Templemore AC
400m	64.73secs	2012	Angela Hogan	Borrisokane AC
600m	1.56.70	2018	Evelyn Maher	Templemore AC
800m	2.27.72mins	2013	Margaret Danagher	Templemore AC
1500m	4.57.55mins	2013	Margaret Danagher	Templemore AC
3000m	10.39.68mins	2012	Martina O Dwyer	Carrick on Suir AC
3000m Walk				
60m Hurdles	11.05secs	2019	Genevieve Rowland	Templemore AC
High jump	1.55m	2004	Jacqui Freyne	Fethard AC
Long Jump	5.14m	2004	Jacqui Freyne	Fethard AC
Shot Putt(4kg)	9.40m	2019	Genevieve Rowland	Templemore AC
Weight for Distance(28lbs)	6.33m	2020	Genevieve Rowland	Templemore AC
4x200m Relay	2.00.43mins	2019	O Mc Donald, E Maher,S Gillick,G Rowland	Templemore AC
Pentathlon	2098pts	2019	Genevieve Rowland	Templemore AC
O40	Record	Year	Holder	Club
60m	9.30secs H	2000	Carmel Condon	Fethard AC
	9.46secs	2020	Aileesh Loughnane	Templemore AC
200m	32.54secs	2007	Ann Murphy	Borrisokane AC
400m				
600m	2.01.00mins	2017	Marie O Shea	Mooreabbey Milers AC
800m	3.02.19mins	2019	Michelle Percy	Moyne AC
1500m	5.28.00mins	2017	Marie O Shea	Mooreabbey Milers AC
3000m				
3000m Walk				
60m Hurdles				
High jump				
Long Jump	3.17m	2011	Ann Fagan	Newport AC
Shot Putt(4kg)	7.17m	2018	Naomi Morrissey	Moyne AC

Weight for Distance(28lbs)	5.76m	2020	Naomi Morrissey	Moyne AC
O45	Record	Year	Holder	Club
60m	10.66secs	2018	Sinead Tynan	Moyne AC
200m	34.99secs	2019	Sinead Tynan	Moyne AC
400m	71.88secs	2019	Sinead Tynan	Moyne AC
600m	2.04.46mins	2018	Brigid Gleeson	Moyne AC
800m	2.44.44mins	2019	Brigid Gleeson	Moyne AC
1500m				
3000m				
3000m Walk				
60m Hurdles				
High jump	1.30m	2020	Sinead Tynan	Moyne AC
Long Jump				
Shot Putt(4kg)				
Weight for Distance(28lbs)				
O50	Record	Year	Holder	Club
60m	11.38secs	2018	Liz Power	Moyne AC
200m	34.63secs	2020	Sinead Tynan	Moyne AC
400m	75.26secs	2020	Sinead Tynan	Moyne AC
800m	3.27.00mins	2011	Marion Hughes	Thurles Crokes AC
1500m				
3000m				
3000m Walk				
High jump				
Long Jump				
Shot Putt(3kg)	6.86m	2018	Eibhlis Purcell	Moyne AC
O55	Record	Year	Holder	Club
60m	9.49secs	2016	Hazel Galloway	Clonmel AC
200m	33.60secs	2016	Hazel Galloway	Clonmel AC
400m	87.28secs	2019	Esme Alexander	Coolquill AC
600m	2.44.34mins	2018	Esme Alexander	Coolquill AC
800m	3.24.67mins	2019	Esme Alexander	Coolquill AC
1500m				
3000m				
3000m Walk				
High jump				
Long Jump	3.17m	2011	Hazel Galloway	Clonmel AC
O60	Record	Year	Holder	Club
60m	9.93secs	2017	Hazel Galloway	Clonmel AC
200m	33.81secs	2018	Hazel Galloway	Clonmel AC
400m				
800m				
1500m				
3000m				
3000m Walk				
High jump				

Long Jump

