

Connacht Athletics Records



100m	10.18	1.9	Paul Hession	Athenry	23.06.07
200m	20.30	0.1	Paul Hession	Athenry	21.07.07
400m	46.16		Chris O'Donnell	North Sligo	02.08.20
800m	1.46.13	i	Cian McPhillips	Longford	20.02.21
1000m	2.17.87		Enda Fitzpatrick	Longford	11.08.86
1500m	3.33.5		Ray Flynn	Longford	07.07.82
Mile	3.49.77		Ray Flynn	Longford	07.07.82
2000m	4.59.40		Ray Flynn	Longford	29.08.82
3000m	7.41.60		Ray Flynn	Longford	13.07.84
5000m	13.19.52		Ray Flynn	Longford	24.06.84
10000m	28.29.83		Richard Mulligan	Kilkerrin	20.06.86
Half Marathon	1.03.37		Hugh Armstrong	Ballina	17.10.20
Marathon	2.12.26		Hugh Armstrong	Ballina	23.02.20
3000m S/C	8.35.2		Eddie Leddy	Ballinamore	22.06.74
110m Hurdles	13.87	0.2	Gerard O'Donnell	Carrick-on-Shannon	21.07.15
400m Hurdles	53.25		Gerard O'Donnell	Carrick-on-Shannon	11.07.14
3,000m Walk	11.19.70		Colin Griffin	Ballinamore	04.07.09
5,000m Walk	19.36.42		Colin Griffin	Ballinamore	17.02.07
10,000m Walk	39.51.85		Colin Griffin	Ballinamore	22.07.07
20km Walk	1.23.53		Colin Griffin	Ballinamore	10.04.10
50km Walk	3.51.32		Colin Griffin	Ballinamore	24.03.07
High Jump	2.10		Nelvin Appiah	Longford	1.06.19
Pole Vault	5.36		Brian McGovern	Ballinamore	23.03.13
Long Jump	7.58	1.2	Colm Bourke	Sligo	14.05.19
Triple Jump	15.31	1.4	Anthony Daffum	St. Ronan's, Roscommon	11.08.18
Shot	18.30		Seán Breathnach	Galway City Harriers	18.02.18
Discus	51.18		Seán Breathnach	Galway City Harriers	26.06.16
Hammer	58.90		Eddie Campbell	Ballyhaunis	10.07.77
Javelin	64.87		Conor Cusack	Lake District	08.08.20
Decathlon	5169		Brian Flatley	Claremorris	28/29.05.07
4 x 100m	42.69		U19 Team	Galway City Harriers	09.07.16
4 x 400m	3.23.19		Erugo, Maher, Greene, Meagher	Galway City Harriers	20.07.19
56lbs H	4.80		Ned Tobin	Oughterard	30.07.44
56lbs D	8.79		Seán Breathnach	Galway City Harriers	20.07.19



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Event	Connacht Record		Name	Club	Date of Record
100m	11.78	0.3	Sarah Quinn	St Colman's South Mayo	25.05.19
200m	24.10	1.6	Lauren Cadden	Sligo	01.06.19
400m	53.52		Martina McCarthy	Athenry	02.06.01
800m	2.01.14		Aisling Molloy	Longford	27.08.90
1500m	4.10.50		Aisling Molloy	Longford	05.07.91
Mile	4.27.90		Aisling Molloy	Longford	05.07.91
3000m	8.43.74		Mary Cullen	North Sligo	13.02.09
5000m	15.18.34		Mary Cullen	North Sligo	07.02.09
10000m	31.25.49		Sinead Diver	Mayo	28.09.19
3000 St.	11.13.02		Laura Shaughnessy	Loughrea	28.05.16
Half Marathon	1.08.50		Sinead Diver	Mayo	02.02.20
Marathon	2.24.11		Sinead Diver	Mayo	28.04.19
100 Hurdles	13.47	1.6	Sarah Quinn	St Colman's South Mayo	27.07.19
400m Hurdles	64.06		Aoife Sheehy	Galway City Harriers	27.05.18
3000m Walk	12.36.27		Olive Loughnane	Loughrea	17.07.12
5000m Walk	21.03.45		Olive Loughnane	Loughrea	01.08.09
10km Walk	43.22		Olive Loughnane	Loughrea	19.09.09
20km Walk	1.27.45		Olive Loughnane	Loughrea	21.08.08
High Jump	1.86		Sharon Heveran	Westport	11.06.06
Pole Vault	2.65		Ciana Reidy	Craughwell	18.06.17
Long Jump	6.02	1.3	Adeyemi Talabi	Longford	02.06.18
Triple Jump	12.96	i	Caoimhe King	Westport	09.02.14
Shot	16.13		Michaela Walsh	Swinford	17.06.17
Discus	34.68		Michaela Walsh	Swinford	12.07.14
Hammer	64.57		Michaela Walsh	Swinford	30.06.18
Javelin	42.31		Michaela Walsh	Swinford	02.04.17
Heptathlon	4847		Mary Barrett	Loughrea	25/26.6.83
4 x 100m	49.94		U20 Team	Galway City Harriers	06.07.03
4 x 400m	3.59.73		O'Toole, Casey, Deeley, Rowe	Galway City Harriers	21.07.19

Connacht Records can be held by athletes either born in Connacht or competing with a Connacht club

For additions, amendments please contact pierce@savvysportsmgt.com