

# GCH RECORDS

All major GCH Records are outlined in this file – containing

- **NEW RECORDS** set/broken in 2019 for both **OUTDOORS** and **INDOORS**
- **GCH RECORDS** as they now stand for both **OUTDOORS** and **INDOORS**



## NEW RECORDS AT A GLANCE:

The following is an overview of the many, many records of different types that were broken/set in 2019 by GCH Athletes in the OUTDOORS and INDOORS seasons. The colour scheme typically uses Maroon/Pink for County, Blue for Connacht and Green for Nationals.

### OUTDOORS

		<b>New GCH Records for County Outdoors</b>	<i>performance</i>	<i>type of record</i>
u10B	Turbo Jav	Dara Breathnach	17.20m	County, CBP
u10G	LJ	Sarah Donald (equalled)	3.40m	County
u10B	LJ	Seamus Hayes	3.22m	County
u12G	LJ	Elisa Jaime Stapleton	3.85m	County
u12G	Turbo Javelin	Jessica Kay	13.65m	County
u12G	60mH	Jessica Kay	12.08s	County
u12B	60mH	Ben Moran	11.74s	County
u10G	RELAY	GCH (Donald,Dunne,Foley,Sisson)	1:06.97	County
u13G	Javelin	Tara Keane	21.32m	CBP, All C'ships
u14B	75m Hurdles	Evan Moran	13.64s	County
u14G	Discus	Grace Lynch	11.12m	County
u14G	Javelin	Grace Lynch	15.09m	County
u15B	High Jump	Matthieu Madden	1.70m	CBP
u16/17G	300m Hurdles	Emma Jane Moran [u17]	51.91s	County
u16/17G	Triple Jump	Aoife Waldron [u16]	9.57m	All C'ships u16
u16/17G	3kg Shot Putt	Gillian McGrath [u16]	7.03m	County
u16/17B	4kg Shot Putt	Oisín Keane [u16]	10.75m	County
u16/17B	Discus	Darragh Jennings [u16]	41.20m	CBP
u16/17B	Triple Jump	Conor Trehy [u17]	11.65m	County
u16/17B	Long Jump	Conor Hoade [u16]	5.88m	All C'ships u16

u16/17B	100m Hurdles	Conor Hoade [u16]	15.34s	CBP
u16/17B	250m Hurdles	Conor Hoade [u16]	34.41s	CBP All C'ships u16
u18/19B	Discus	Eoghan Jennings [u18]	34.0m	CBP
u18/19B	High Jump	Eoghan Jennings [u18]	1.55m	County
u18/19B	Long Jump	Eoghan Jennings [u18]	5.62m	County
u18/19G	Long Jump	Chloe Casey [u18]	5.43m	CBP, All C'ships u18
u18/19G	100m Hurdles	Chloe Casey [u18]	15.54s	CBP
u16/17	Relay	GCH (Dahler,Healy,Urquhart,Hoade)	48.71s	CBP* stc

		<b>New GCH Records for Connacht Outdoors</b>	<i>performance</i>	<i>type of record</i>
u10B	Turbo Jav	Dara Breathnach 1st Ind	18.44m	AllTime, Age Group
u10G	LJ	Lauren Foley 3 <sup>rd</sup>	3.37m	best at Connachts
u12B	60mH	Shane McGovern	12.19s	best at Connachts
u12B	Javelin	Charlie Van den Bergh 9th	8.45m	best at Connachts
u12G	60mH	Jessica Kay 5 <sup>th</sup>	12.12s	best at Connachts
u12G	LJ	Juno Hayes 4 <sup>th</sup>	3.99m	best at Connachts
u12G	Javelin	Jessica Kay 5 <sup>th</sup>	15.66m	best at Connachts
u13B	LJ	Richard McGrath 3rd	4.34m	best at Connachts
u13G	LJ	Tara Keane 2 <sup>nd</sup>	4.40m	AllTime, Age Group
u13G	Shot	Thea Power 14 <sup>th</sup>	5.21m	best at Connachts
u13G	Javelin	Tara Keane 4 <sup>th</sup>	21.65m	AllTime, all ages at Connachts

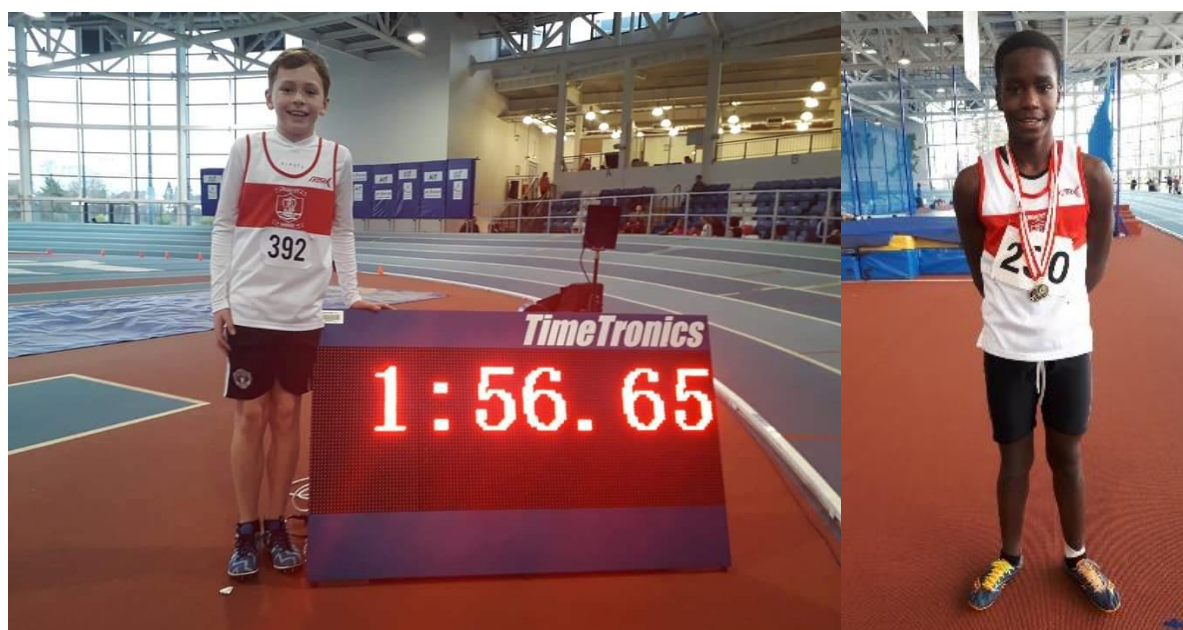
age	event	<b>New GCH Records for Connacht Outdoors</b>	<i>performance</i>	<i>record type:</i>
u14B	75mH	Evan Moran 1 <sup>st</sup>	12.64s	best at Connachts
u14G	Javelin	Grace Lynch 6 <sup>th</sup>	12.55m	best at Connachts
u15B	HJ	<b>Matthieu Madden 1st</b>	1.70m	=all time u15, CBP*
u16B	100m H	<b>Conor Hoade 1<sup>st</sup></b>	14.29s	all time u16
u16B	250mH	<b>Conor Hoade 1<sup>st</sup></b>	34.06s	all time u16, CBP*
u16B	HJ	Oisin Keane 3 <sup>rd</sup>	1.55m	best at Connachts
u16B	LJ	Conor Hoade 1 <sup>st</sup>	5.79m	best at Connachts
u16B	Javelin	Darragh Jennings 3rd	29.18m	best at Connachts
u16G	LJ	Aoife Waldron 1 <sup>st</sup>	4.67m	best at Connachts
u16G	TJ	Aoife Waldron 1 <sup>st</sup>	9.34m	best at Connachts
u16G	Javelin	Rebecca Lynch 2 <sup>nd</sup>	21.28m	best at Connachts
u17B	LJ	Conor Trehy 1 <sup>st</sup>	5.32m	best at Connachts
u17B	TJ	Conor Trehy 1 <sup>st</sup>	11.65m	best at Connachts
u18B	800m	Barry Murphy 1st	2:06.60	best at Connachts
u18B	TJ	<b>Richard Kamson 1st</b>	12.45m	all time, all ages
u18B	Discus	Eoghan Jennings 2nd	34.83m	best at Connachts all ages
u18B	Pole Vault	Eoghan Jennings 1st	2.50m	best at Connachts all ages
u18G	100mH	Chloe Casey 1 <sup>st</sup>	15.42s	best at Connachts all ages
u18G	LJ	<b>Chloe Casey 1<sup>st</sup></b>	5.54m	all time, all ages, CBP*
u18G	4x100m	GCH (O'Toole, Casey, Deeley, Moran)	50.96s	best at Connachts all ages, CBP*
u19G	800m	Rachel Hughes 2 <sup>nd</sup>	2:30.45	best at Connachts

		<b>New GCH Records for National Outdoors</b>	<i>performance</i>	<i>type of record</i>
U13b	LJ	Richard McGrath 9th	4.33m	Best at Nationals
U12b	LJ	Juno Hayes 4 <sup>th</sup>	4.26m	Best All Time
u10G	RELAY	GCH (Donald,Sisson,Dunne,Joyce subs Stapleton,Carroll) 9th	65.87s	Best at Nationals
u10B	Turbo Jav	Dara Breathnach 9th	17.39m	Best at Nationals
u13G	Javelin	Tara Keane 9 <sup>th</sup>	22.94m	Best All Time
u13B	Hurdles 60m	Richard McGrath 3rd	10.00s	Best All Time
u16G	Triple Jump	Aoife Waldron 3 <sup>rd</sup>	10.24m	Best All Time
u16B	Hurdles 100m	Conor Hoade 1 <sup>st</sup>	13.73s	Best All Time
u17B	Long Jump	Conor Trehy 3 <sup>rd</sup>	11.97m	Best All Time
u18B	Pole Vault	Eoghan Jennings 3rd	3.00m	Best All Time, All Ages
u16B	250m Hurdles	Conor Hoade 1 <sup>st</sup>	31.81s	Best All Time
u18G	400m Hurdles	Seren O'Toole 1 <sup>st</sup>	1:04.25	Best at Nationals
u18G	Long Jump	Chloe Casey 1 <sup>st</sup>	5.46m	Best All Time
u15B	100m	Christian Ogbemudia 1st	11.89s	Best All Time
u17B	4x100m	GCH (Gilligan,Egan,Breathnach,Hoade) 1 <sup>st</sup>	44.82s	Best All Time
u19G	4x100m	GCH (Hughes,Casey,O'Toole, Greene)	51.19s	Best All Time
u18G	4x400m	GCH (Hughes,Casey,O'Toole, Rowe, Moran)	3:59.73	Best All Time, All Ages
u18B	400m	Robert McDonnell (European Youth Olympic Festival)	48.42s	Best All Time,All Ages

CBPs		<b>New CBPs set by GCH at National Outdoors</b>	<i>performance</i>	<i>type of record</i>
u18G	4x400m	Casey, O'Toole, Deeley, Moran, Rowe	3:59.73	CBP
u16B	Pentathlon	Conor Hoade	4146	CBP
u15B	100m	Christian Ogbemudia	11.89s	CBP Bs

		<b>All Time, All Ages GCH Records at Outdoors 2019</b>		
u18B	Pole Vault	Eoghan Jennings 3rd	3.00m	All Time, All Ages GCH Record
u18G	4x400m	GCH (Hughes,Casey,O'Toole, Rowe, Moran)	3:59.73	All Time, All Ages GCH Record
u18B	400m	Robert McDonnell (European Youth Olympic Festival)	48.42s	All Time, All Ages GCH Record
u18B	Triple Jump	Richard Kamson	12.45m	All Time, All Ages GCH Record
u18G	400H	Seren O'Toole 1 <sup>st</sup>	1:04.25	All Time, All Ages GCH Record
u18G	Outdoor LJ	Chloe Casey 1 <sup>st</sup>	5.54m	All Time, All Ages GCH Record
u18G	Indoor LJ	Chloe Casey (International Schools CEs)	5.49m	All Time, All Ages GCH Record
u18G	Indoor Shot	Chloe Casey (International Schools CEs)	12.54m	All Time, All Ages GCH Record
u18G	Indoor Pentathlon	Chloe Casey (International Schools CEs)	3598	All Time, All Ages GCH Record

## INDOORS



		<b>New GCH Records for County Indoors</b>	<i>performance</i>	<i>type of record</i>
u9B	Long Jump	Dara Jacobson	1.96m	GCH record for County Indoors
u9B	60m	Conor Barwell	11.25s	GCH record for County Indoors
u9G	Long Jump	Natalia Jaime Stapleton	1.98m	GCH record for County Indoors
u10G	60m	Sarah Donald [AIT]	9.83s	AIT record
u10G	Relay	GCH u10 Girls [CBP]	2:27.11	CBP
u10G	400m	Orna Dunne	1:22.58	GCH record for County Indoors
u10G	Long Jump	Sarah Donald [AIT]	3.14m*	AIT record
u11B	Relay	GCH u11 Boys	2:41.95	GCH record for County Indoors
u11G	Relay	GCH u11 Girls	2:33.02	GCH record for County Indoors
u12B	Relay	GCH u12 Boys	2:11.90	GCH record for County Indoors
U12G	Relay	GCH u12 Girls	2:19.31	GCH record for County Indoors
u12B	High Jump	Ben Moran	1.25m	GCH record for County Indoors
u12G	Hurdles	Jessica Kay	12.05s	GCH record for County Indoors
u12G	Shot Putt	Jodie Quirke [AIT]	3.63m	AIT record
u12G	Long Jump	Elisa Jaime Stapleton [AIT]	3.44m	AIT record
u13B	60m Hurdles	Richard McGrath	10.32s	GCH record for County Indoors
u13G	Long Jump	Tara Keane	3.94m	GCH record for County Indoors
u14B	60m Hurdles	Evan Moran	10.47s	GCH record for County Indoors
u15G	60m Hurdles	Ava McKeon [CBP]	9.47s	CBP
u16/17B	60m Hurdles	Conor Hoade [CBP]	8.94s	CBP
u16/17B	Long Jump	Conor Hoade	5.77m	GCH record for County Indoors
u16/17G	200m	Emma Moore [CBP]	26.23s	CBP
u16/17G	800m	Emma Moore [CBP]	2:21.63	CBP
u18(Snr)	Long Jump	Chloe Casey [CBP]	5.35m	CBP

u18(Snr)	Shot Putt	Chloe Casey [cBP]	11.75m	CBP
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		<b>New GCH Records for Connacht Indoors</b>	<i>performance</i>	<i>type of record</i>
U12B	60mH	Ben Moran	10.92s	GCH record for Connacht Indoors
U12B	HJ	Ben Moran	1.15m	GCH record for Connacht Indoors
U12G	60mH	Jessica Kay	11.52s	GCH record for Connacht Indoors
U12G	Shot	Juno Hayes	6.08m	GCH record for Connacht Indoors
u12G	4x200	GCH u12 Girls [CBP]	2:10.32	CBP
u13B	4x200	GCH u13 Boys [CBP]	1:56.96	CBP
u13G	1k Walk	Caitlin Podmore	7:11.63	GCH record for Connacht Indoors
u13G	4x200	GCH u13 Girls	2:10.46	GCH record for Connacht Indoors
U14G	Shot Putt	Aoife Lawton	6.40m	GCH record for Connacht Indoors
u15B	High Jump	Matthieu Madden	1.50m	GCH record for Connacht Indoors
u15G	60m	Ava McKEon	8.33s	GCH record for Connacht Indoors
U15G	60mH	Ava McKeon [CBP]	9.22s	CBP
U15G	4x200	GCH u15 Girls	1:54.14	GCH record for Connacht Indoors
u16B	800m	William McDonnell	2:17.60	GCH record for Connacht Indoors
U16B	HJ	Conor Hoade	1.65m	GCH record for Connacht Indoors
U16G	Shot Putt	Gillian McGrath	6.41m	GCH record for Connacht Indoors
u17G	800m	Eimear Rowe	2:27.13	GCH record for Connacht Indoors
u17G	Shot Putt	Aibidh Ni Mhaille	8.93m	GCH record for Connacht Indoors
U18B	400m	Robert McDonnell [CBP]	51.25s	CBP
U18G	4x200m	GCH u18 Girls	1:48.76	GCH record for Connacht Indoors

		<b>New GCH Records for National Indoors</b>	<i>performance</i>	<i>type of record</i>
U12G	RELAY 4x200	GCH u12 Girls	2:07.51	best for GCH at Nationals
U13B	60m	Ronan Duggan	8.23s	best for GCH at Nationals
U13B	60mH	Ronan Duggan	9.72s	best for GCH at Nationals
U13B	RELAY 4x200	GCH u13 Boys	1:58.20	best for GCH at Nationals
U14B	60mH	Evan Moran	9.79s	best for GCH at Nationals
U15B	HJ	Mathieu Madden	1.65m	best for GCH at Nationals
U16B	LJ	Conor Hoade	5.77m	best for GCH at Nationals
U18B	200m	Robert McDonnell	22.07s	best for GCH at Nationals
U18B	400m	Robert McDonnell	49.98s	best for GCH at Nationals

		<b>New GCH Records for All Indoors</b>	<i>performance</i>	<i>type of record</i>
u9B	Long Jump	Dara Jacobson	1.96m	County
u9B	60m	Conor Barwell	11.25s	County
u9G	Long Jump	Natalia Jaime Stapleton	1.98m	County

u10G	60m	Sarah Donald	9.83s	AIT,County
u10G	Relay	GCH u10 Girls	2:27.11	County,CBP
u10G	400m	Orna Dunne	1:22.58	County
u10G	Long Jump	Sarah Donald	3.14m	AIT,County
u11B	Relay	GCH	2:41.95	County, CBP
U12B	60mH	Ben Moran	10.92s	Connacht
U12B	HJ	Ben Moran	1.25m	Galway
U12G	60mH	Jessica Kay	11.52s	Connacht
U12G	Long Jump	Elisa Jaime Stapleton	3.79m	AIT, Connacht
U12G	Shot Putt	Juno Hayes	6.59m	AIT, National
U12B	4x200m	GCH (Ben Moran)	2:11.90	Galway
U12G	4x200m	GCH (Kay,Hayes,Stapleton,Boo)	2:07.51	National
U13B	60m	Ronan Duggan	8.23s	National
U13B	60mH	Ronan Duggan	9.72s	National
U13B	4x200m	GCH Duggan,McGrath,Moran,Faherty	1:56.96	Connacht
U13G	4x200m	GCH (Keane,Greene,Power,Podmore)	2:10.46	Connacht
U14B	60mH	Evan Moran	9.76m	National
U15B	High Jump	Matthieu Madden	1.65m	National
U15G	60mH	Ava McKeon	9.10s	National
U16B	High Jump	Conor Hoade	1.71m	C.Events
U16B	LJ	Conor Hoade	5.77m	National
U16B	Shot Putt	Daragh Jennings	12.45m	C.Events
U16	Combined Events	Conor Hoade	3144	C.Events
U16B	60mH	Conor Hoade	8.83s	AIT,National
u18B	200m	Robert McDonnell	22.07s	National
U18B	400m	Robert McDonnell	49.98s	National
U18G	Long Jump	Chloe Casey	5.29m	National

# GCH RECORDS AS THEY NOW STAND AT A GLANCE:

## OUTDOORS

CLUB C'SHIPS			
<b>u9 boys</b>			
60m	Richard McGrath 2 <sup>nd</sup>	9.54s	2015
300m	John Maher 5 <sup>th</sup>	50.9s	2007
LJ	Conor Flynn 2 <sup>nd</sup>	3.23m	2012
Turbo Jav	Michael Cunningham Smith CBP	13.54m	2016
Ball throw	Louis Corr	83.6m?	2011
RELAY	GCH 5 <sup>th</sup>	68.73s	2010
<b>u9 girls</b>	(Corr, Costello, Flaherty, McDonnell, McGrath)		
60m	Amy Rohan 12 <sup>th</sup>	9.38s	2003
300m	Aoibhinn Costello 3 <sup>rd</sup>	54.2s	2012
LJ	Emma Moore 3 <sup>rd</sup>	2.89m	2012
Turbo Jav	Kate Thompson*	6.85m	2013
Ball throw	Rachel Courtney	14.02m	2006
Relay	GCH 1 <sup>st</sup>	70.5s	2012
4x50m	GCH 3 <sup>rd</sup>	34.35s	2004
<b>u10 boys</b>			
60m	Alan Campbell 2 <sup>nd</sup> , Richard MCGrath	9.2sH,9.49s	2001,2016
300m	Liam Costello 3 <sup>rd</sup>	52.97s	2008
500m	Dara Costello	1:36.01	2017
LJ	Seamus Hayes	3.22m	2019
Ball throw	Adam Healy	39.14m	2008
Turbo Jav	Dara Breathnach 1 <sup>st</sup> Ind	18.44m	2019
RELAY	GCH 5 <sup>th</sup>	64.47s	2011
<b>u10 girls</b>	(Costello,McDonnell,McGrath,Flaherty,Molloy)		
60m	Sinead Duggan 1 <sup>st</sup>	9.30s	2012
300m	Sarah McDonnell 8 <sup>th</sup>	57.01s	2008
500m	Aoibhinn Costello 2 <sup>nd</sup>	1:37.90	2013
LJ	Orlaith Dirrane 4 <sup>th</sup>	3.61m	2004
Ball throw	Emer Flatley 9 <sup>th</sup>	25.24m	2001
Turbo Jav	Mollie Reaney	8.38m	2017
RELAY	GCH 1 <sup>st</sup>	63.2s	2012
<b>u11 boys</b>			
60m	Robert McDonnell 1 <sup>st</sup>	8.80s	2012
600m	Liam Costello 1 <sup>st</sup>	1:54.94s	2009
500m	John Maher 1 <sup>st</sup>	1:31.81??	2008
LJ	Alan Campbell 5 <sup>th</sup>	3.95m	2002
Turbo Jav	Padraig Cunningham Smyth	13.11m	2017
Ball throw	Lloyd Solan	38.2m	2011
4x100m	GCH 2 <sup>nd</sup>	60.7s	2012
Relay			
4x50m	GCH 2 <sup>nd</sup>	30.21s	2002
<b>u11 girls</b>			
60m	Sinead Duggan CBP	8.65s	2013
80m	Laura Ann Costello 4 <sup>th</sup>	11.81s	2008

600m	Rachel Shaw 1 <sup>st</sup>	1:46.76	2003
LJ	Orlaith Durrane 6 <sup>th</sup>	3.74m	2005
Turbo Jav	<b>Emma Dempsey</b>	<b>7.95m</b>	<b>2017</b>
Ball Throw	Roisin Ni Chonghaile 11 <sup>th</sup>	24.20m	2005
RELAY	GCH 1 <sup>st</sup>	59.42s	2013
<b>U12 Boys</b>			
60m	Luke O'Shaughnessy	8.3s	2010
80m	Dylan Corr 13 <sup>th</sup>	11.48m	2012
600m	Colm Hughes 5 <sup>th</sup>	1:44.80	2007
60m H	Ben Moran	11.74s	<b>2019</b>
HJ	A Meagher, Conor Costello	1.20m	2004, '02
LJ	Louis Corr 1st	4.52m	2014
Shot	Darragh Jennings 2nd	9.16m	2015
Javelin	Louis Corr	19.35m	<b>2014</b>
Ball Throw	Seamus O'Conghaile 12th	35.43m	2003
RELAY	GCH 2nd	55.32s	2010
<b>U12 Girls</b>	(Asoyne, Costello, Dempsey, O'Shaughnessy, Kilmartin)		
60m	Emma Connolly/Sarah Agboola	8.3s/8.64s	2010,
80m	<b>Ailbhe Goulding</b>	<b>10.9s</b>	<b>2005</b>
600m	Emma Moore 1st	1:42.30	2015
60mH	<b>Jessica Kay</b>	<b>12.08s</b>	<b>2019</b>
HJ	Emma Moore 3rd	1.33m	2015
LJ	Juno Hayes	4.26m	<b>2019</b>
Shot	Debbi Taiwo 1st	7.05m	2013
Ball Throw	Niamh Heffernan 7th	26.84m	2012
Javelin	Kara McLane 16th	16.32m	2014
RELAY	GCH 3rd	56.65s	2014
<b>U13 Boys</b>	(Agboola, Rowe, Dunne, McLeane)		
80m	Jack Dempsey 1st	10.2s	2011
600m	Colm Hughes 3rd	1:38.98	2008
60mH	Richard McGrath 3rd	10.00s	2019
HJ	Danny Moore, Conor Costello	1.30m	2001, '03
LJ	Luke Dahler	4.42m	2016
Shot	Darragh Jennings 1st	10.78m	2016
Discus	Adam Healy	14.26m	2011
Javelin	Seamus O'Conghaile 12th	37.10m	2004
Ball Throw	John Evans	29.35m	2005
RELAY	GCH 4th	55.29s	2004
<b>U13 Girls</b>			
80m	Sarah Agboola 3rd	10.42s	2015
600m	Emma Moore 1st	1:37.50	2016
60mH	Laura Ann Costello 1st	10.10s	2009
HJ	Alexis Giwa 1st	1.43m	2005
LJ	Tara Keane 2nd	4.40m	2019
Shot	<b>Aedin Hanahoe</b>	<b>7.58m</b>	<b>2007</b>
Javelin	Tara Keane 9th	22.94m	<b>2019</b>
Ball Throw	Sinead Cummins 10th	27.34s	2002
RELAY	GCH 1st	52.63s	2015
<b>U14 Boys</b>	(Rowe, Duggan, Agboola, Moore, Trill)		
80m	Simon O'Shaughnessy	10.1s	2009



200m	Cillin Greene 1st	26.1s	2011
800m	Oisin Faherty 4th	2:17.31	2012
1500m	Aaron Brennan 4th	4:58.40	2014
75m H	Jonathan McGrath 6th	12.31s	2015
80m H	Patrick O'Malley 7th	12.99	1999
walk			
HJ	Alan Campbell 1st	1.61m	2005
LJ	Colm O'Muircheartaigh 3rd	4.99m	2007
Shot	Darragh Jennings 3rd	12.34m	2017
Hammer			
Discus	Darragh Jennings 1st	29.86m	2017
Javelin	Evan McGuire 1st	34.89m	2008
RELAY	GCH 2nd	51.15s	2012
<b>U14 Girls</b>	<b>(Costello,Dempsey, Kilmartin, Faherty)</b>		
80m	Laura Ann Costello 2nd,Gemma Hynes 1st	10.42s,10.3s	2010,2001
200m	Laura Ann Costello 1st	26.07s	2010
800m	Emma Moore 1st	2:17.65	2017
1500m	Maebh Brannigan 4th	4:57.23s	2010
75mH	Seren O'Toole 1st	11.25s	2015
HJ	Siobhan Murphy, Sinead Diskin	1.25m	1999,2002
LJ	Gemma Hynes 1st	5.01m	2001
Shot	Teresa Casserly 2nd'	10.15	1999
Hammer	Teresa Casserly 1st	28.28	1999
Discus	<b>Grace Lynch</b>	<b>11.12m</b>	<b>2019</b>
Javelin	Sinead Cummins	27.34m	2001
RELAY	GCH 2nd	52.41s	2016
<b>U15 Boys</b>			
100m	Christian Ogbemudia 1st Bs CBP	11.89s	2014
200m	Luke Dahler final	24.66	2018
800m	Daragh Jennings 5th	2:10.25	2018
1500m	Aaron Brennan 6th	4:29.51	2015
80m H	Conor Hoade 3rd	12.07	2018
250mH	Conor Hoade 3rd	35.48	2018
HJ	Matthieu Madden (Pentathlon)	1.72m	2019
LJ	Luke Dahler 4th	5.50m	2018
TJ	Kevin Dooley 5th	10.30m	2008
Shot	DarraghJennings 3rd	12.97m	2018
Discus	Darragh Jennings 1st	35.99	2018
Javelin	Evan McGuire 3rd	46.91m	2010
RELAY	RELAY	48.68	2018
<b>U15 Girls</b>	<b>(Jennings,Dahler,O'Toole,Hoade,Madden)</b>		
100m	Laura Ann Costello 1st	12.3s	2011
200m	Laura Ann Costello 1st	25.35s	2011
800m	Emma Moore	2:11.98	2018
1500m	Alanna Lally 1st	4:47.89	2010
80m H	Seren O'Toole 3rd	12.42s	2017
250mH	Seren O'Toole 1st	36.10s	2017
HJ	Aoife Cummins, Fiona Fitzgibbon	1.40m	2001,2005
LJ	Gemma Hynes 1st	4.99	2002
TJ	Mairead Breathnach	7.13m	2001

Shot	Cliona Ni cheallaigh 8th	8.74m	2002
Discus	Cliona Ni Cheallaigh 5th	24.60s	2002
Javelin	<b>Rebecca Lynch</b>	<b>22.61m</b>	<b>2018</b>
RELAY	GCH 1st	51.65s	2002
<b>U16 Boys</b>			
100m	Simon O'Shaughnessy 2nd	11.4s	2011
200m	Cillian Greene 2nd	23.56s	2013
800m	Frank Ryan 3rd	2:06.92	2006
1500m	Aaron Brennan 7th	4:19.87	2016
3000m	Padraic Creaven 1st	9:21.50	2012
100m H	Conor Hoade 1st	13.73s	2019
250mH	Conor Hoade 1st	31.81s	2019
HJ	Conor Hoade	1.69m	2019
LJ	Conor Hoade 2nd	6.15m	2019
TJ			
Shot	Eanna O'Cathain 3rd	12.58m	2006
Discus	Eanna O'Cathain 1st	43.64m	2006
Javelin	Niall Higgins 3rd	39.76m	2001
Pole Vault	Eoghan Jennings 1st	2.45m	2017
Relay	GCH 2nd	45.27s	2014
Pentathlon	Conor Hoade	4146	2019
<b>U16 Girls</b>			
	<i>(Kilmartin, Dempsey, Murray, Poniatowski)</i>		
100m	Alanna Lally/Laura Ann Costello	12.4s/12.44s	2011,2012
200m	Gemma Hynes 1st	25.50s	2003
300m	Emma Moore	41.56s	2019
800m	Alanna Lally 1st	2:15.540	2011
1500m	Alanna Lally 1st	4:45.73	2011
80mH	Lydia Doyle 4th	12.15s	2015
300H	Seren O'Toole 2nd	37.20s	2017
HJ	Sallyann O'Malley 4th	1.25m	2014
LJ	<b>Aoife Waldron</b>	<b>4.73m</b>	<b>2019</b>
TJ	Aoife Waldron 3rd	10.24m	2019
Shot	Brid Breathnach 1st	10.63	1999
Discus	Sarah Ni Lionsigh 3rd	28.21m	2007
Discus	Sarah Ni Lionsigh 3rd	28.21m	2007
Javelin	Brid Breathnach 4th	25.45	2007
RELAY	GCH 1st (Hynes,Lydon +2)	49.40s	2003
<b>U17 Boys</b>			
100m	Colm Mullen, Cillin Greene	11.1H, 11.18s	1999, 2014
200m	Cillin Greene 2nd	22.83s	2014
400m	Robert McDonnell	51.19	2018
800m	Keith Fallon 3rd	2:00.15	2009
1500m	Aaron Brennan 4th	4:09.20	2017
3000m	Aaron Brennan 3rd	9:03.83	2017
100mH	Simon Callaghan 1st	14.35s	2009
	Sean Kyne GCH	15.79s	2010

300H	Samuel Samson 3rd	40.40s	2013
250mH	Sean Kyne	35.4s	2009
	Paul Fahy 1st	7:25.4	2011
2k St	Paul Fahy 4th	7:02.76	2011
HJ	Bryan Kenechukwu Ndecro 2nd	1.96m	2015
LJ	Simon Callaghan 3rd	6.04m	2009
TJ	Conor Trehy 3rd	11.97m	2019
Shot	Eanna O'Cathain 1st	13.11m	2007
Discus	Eanna O'Cathain 1st	40.57m	2007
Javelin	Evan McGuire 1st	42.06m	2011
4x100m	GCH (Gilligan,Egan,Breathnach,Hoade) 1st	44.82s	2019
4x400m	GCH 1st	3:40.3	2018
<b>U17 Girls</b>			
100m	Laura Ann Costello 2nd	12.31s	2014
200m	Gemma Hynes 1st	25.60s	2004
300m	<b>Alanna Lally</b>	<b>39.4s</b>	<b>2012</b>
400m	Alanna Lally 1st	56.83s	2012
800m	Alanna Lally 1st	2:15.16	2012
1500m	Maebh Brannigan 2nd	4:56.02	2013
100m H	Lydia Doyle 1st	14.64s	2017
250mH	<b>Seren O'Toole CBP</b>	<b>37.88</b>	<b>2018</b>
300mH	Seren O'Toole	45.92	2018
HJ	<b>Fiona Fitzgibbon</b>	<b>1.35m</b>	<b>2006</b>
LJ	Orla Ni Mhuircheartaigh 3rd	5.33m	2001
TJ	Orla Ni Mhuircheartaigh 1st	10.96m	2001
Shot	<b>Aislinn Hanahoe*</b>	<b>6.28m*</b>	<b>2007</b>
Hammer			
Discus	Cliona Ni Cheallaigh 5th	28.49s	2009
Javelin	<b>Sarah Johnson</b>	<b>18.70m</b>	<b>2009</b>
Pole Vault			
4x100m	GCH 1st (Costello,Dobey,Lally, Maher,Olaide)	49.82s	2012
4x400m	GCH 2nd	4:06.47	2017
<b>U18 Boys</b>			
100m	Cillian Greene 2nd	10.96s	2015
200m	<b>Robert McDonnell</b>	<b>21.77s</b>	<b>2019</b>
400m	<b>Robert McDonnell 9th EYOF</b>	<b>48.42s</b>	<b>2019</b>
800m	Jack Larkin 4th	2:00.51	2009
1500m	Thomas McStay 6th	4:12.03	2017
3000m	Aaron Brennan	8:55.12	2018
100m H	Colm Connolly 2nd	14.82	1999
110mH	James Fleming 3rd	16.94s	2013
400mH	Evan McGuire 1st	55.11s	2012
1.5k St	<b>Eoghan Jennings</b>	<b>5:59.54</b>	<b>2019</b>
2k St	Gary Martyn Doyle 3rd	6:54.87	2017
HJ	Bryan Ndego 6th	1.75m	2016
LJ	Kevin Dooley 7th	6.00m	2011
TJ	Richard Kamson 1st	12.45m	2019
Shot	Eanna O'Cathain 2nd	14.00m	2008
Discus	Eanna O'Cathain 1st	43.37m	2008
Javelin	Eanna O'Cathain 1st	43.37m	2008
Pole Vault	Eoghan Jennings	3.00m x2	2019

4x100m	GCH 2nd (Diskin+3 unnamed)	42.26s	2009
4x400m	GCH (Campbell,Fallon,Larkin,Harrington,Roche)	3:31.63	2009
Decathlon	Eoghan Jennings	5119	2019
<b>U18 Girls</b>			
100m	Laura Ann Costello GCH	12.17s	2014
200m	Katie Lydon 1st	25.14s	2005
300m	Katie Lydon 1st	40.26s	2005
400m	Alanna Lally (World Youths)	55.15s	2013
800m	Maebh Brannigan 2nd	2:12.39	2013
1500m	Maebh Brannigan 2nd	4:42.92	2014
3000m	Aoife King 9th	11:34.40	2016
100m H	Lydia Doyle no time final	14.43s*	2017
300mH	Rebecca Nolan 1st	45.42s	2008
400mH	Seren O'Toole 1st	1:04.25	2019
HJ	Hannah Delaney 2nd	1.55m	2003
LJ	Chloe Casey 1st	5.54m	2019
TJ	Eadaoin Langan 6th	9.62m	2018
Shot			
Discus	Aine Breathnach 4th	25.84	1999
Javelin	Aine Breathnach 7th	21.54	1999
4x100m	GCH (Allen,Hynes,Harrington,Diskin,Carty)	50.34s	2005
4x300m	GCH 1st as above	2:52.22	2005
4x400m	GCH (Hughes,Casey,O'Toole, Rowe, Moran)	3:59.73	2019
<b>U19 Boys</b>			
100m	Cillin Greene CBP	10.92s	2016
200m	Cillin Greene CBP	22.05s	2016
400m	Evan McGuire 1st	49.07s	2013
800m	Thomas McStay	1:56.85	2018
1500m	Thomas McStay	04:01.5	2018
3000m	Thomas McStay	8:43.25	2018
110mH	James Fleming 1st	16.39s	2014
400mH	Anthony Hebron 3rd	57.91s	2012
HJ	Bryan Ndego 2nd	1.75m	2017
LJ	David Mullin 1st	6.58m	2001
TJ	Ayo Adeero	12.01m	2013
Shot	Eanna O'Cathain 1st	13.07m	2009
Hammer	Barry McCann 1st	47.35m	1999
Discus	Eanna O'Cathain 1st	41.33m	2009
Javelin	Michael Breathnanch 3rd	48.05m	2005
4x100m	GCH 1st	42.79s CBP	2016
4x400m	GCH 4x400 1st (Cooney,Duffy,Hebron,WhyteMcGuire)	3:27.25	
<b>U19 Girls</b>			
100m	Laura Ann Costello CBP	12.34s	2016
200m	Gemma Hynes 1st**	25.40s	2006
	Katie Lydon	41.7s	2005
400m	Alanna Lally 1st	56.64s	2014
800m	Maebh Brannigan CBP	2:17.31	2013
1500m	Ann Moroney 1st	4:53.3	2016
3000m	Ann Moroney 4th	10:53.60	2016
100m H	Lydia Doyle CBP	15.80s	2017
400H	Aoife Sheehy 2nd	1:04.87	2018
HJ			

LJ	<b>Solange Varanda</b>	<b>4.85m</b>	<b>2013</b>
TJ			
Shot			
Hammer			
Discus			
Javelin	<b>Eimear Hanahoe 1st</b>	<b>16.21m</b>	<b>2010</b>
4x100m	GCH 3rd	51.25s	2004
4x400m	GCH 1st	4:12.30	2014
<b>BOYS</b>			
100m	Cillian Greene 2nd	10.96s	2015
200m	Cillin Greene CBP	22.05s	2016
400m	Evan McGuire 1st	49.07s	2013
800m	Thomas McStay	1:56.85	2018
1500m	Thomas McStay	04:01.5	2018
3000m	Thomas McStay	8:43.25	2018
110mH	James Fleming 1st	16.39s	2014
400mH	Evan McGuire 1st	55.11s	2012
HJ	Bryan Kenechukwu Ndecro 2nd	1.96m	2015
LJ	David Mullin 1st	6.58m	2001
TJ	Kevin Dooley 3rd	12.43m	2011
Shot	Eanna O'Cathain 2nd [u18]	14.00m	2008
Hammer	Barry McCann 1st	47.35m	1999
Discus	Eanna O'Cathain 1st [u16]	43.64m	2006
Javelin	Michael Breathnach 3rd	48.05m	2005
TurboJav	Louis Corr	19.35m	<b>2014</b>
Pole Vault	Eoghan Jennings 1st	2.45m	2017
4x100m	GCH 2nd (Diskin+3 unnamed)	42.26s	2009
4x400m	GCH 4x400 1st (Cooney,Duffy,Hebron,WhyteMcGuire)	3:27.25	
<b>U19 Girls</b>			
100m	<b>Laura Ann Costello CBP</b>	<b>12.34s</b>	<b>2016</b>
200m	Gemma Hynes 1st**	25.40s	2006
300m	Katie Lydon 1st	40.26s	2005
400m	Alanna Lally 1st	56.64s	2014
800m	Emma Moore	2:11.98	2018
1500m	Ann Moroney 1st	4:53.3	2016
3000m	Ann Moroney 4th	10:53.60	2016
100m H	<b>Lydia Doyle CBP</b>	<b>15.80s</b>	<b>2017</b>
400H	Aoife Sheehy 2nd	1:04.87	2018
HJ	Hannah Delaney 2nd	1.55m	2003
LJ	Orla Ni Mhuircheartaigh 3rd	5.33m	2001
TJ	Orla Ni Mhuircheartaigh 1st	10.96m	2001
Shot	Brid Breathnach 1st	10.63	1999
Discus	Cliona Ni Cheallaigh 5th	28.49s	2009
Javelin	Sinead Cummins	27.34m	2001
TurboJav	Kara McLane 16th	16.32m	2014
4x100m	GCH (Hughes,Casey,O'Toole, Greene)	51.19s	<b>2019</b>
4x400m	GCH 1st	4:12.30	2014

# GCH RECORDS AS THEY NOW STAND AT A GLANCE:

## INDOORS

INDOORS		(including Schools, Combined Events, International etc.)	best	year
<b>U12 Boys</b>	60m	Richard McGrath	8.54	2018
	600m	Colm Hughes GCH	01:48.2	2007
	60mH	Sean Dunne	11.13	2016
	HJ	Seamus O'Congaile	1.20m	2003
	LJ	Alan Campbell	4.27m	2003
	Shot	Jonathan McGrath	6.97	2013
	RELAY	GCH (5th Final)	57.53	2018
	RELAY 4x200			
<b>U12 Girls</b>		Emma Moore	8.98	2015
	60m	Gemma Hynes	8.72s	2000
	600m	Emma Moore	1:45.23	2015
	60mH	Jessica Kay	11.52s	2019
	HJ	Emma Moore	1.32m	2015
	LJ	Gemma Hynes	3.94m	2000
	Shot	Andrea Trill	7.38m	2012
	RELAY	GCH 4th	58.57	2014
	RELAY 4x200	GCH 6th	2:03.1	2000
<b>u13 Boys</b>				
	60m	Ronan Duggan	8.23s	2019
	300m	Brian Lee	49.88	2000
	600m	Colm Hughes	1:42.44	2008
	60mH	Danny O'Toole	10.47	2016
	HJ	Darragh Jennings	1.3m	2016
	LJ	Luke Dahler	4.62	2016
	Shot	Darragh Kearney	11.29	2018
	RELAY	GCH (Shaughnessy, Dempsey, Kilmartin, Costello, Murray)	53.16	2011
	RELAY 4x200			
<b>u13 Girls</b>				
	60m	Sarah Agboola 4th	8.33s	2015
	600m	Laoise Geraghty	1:44.7	2013
	60mH	Emma Moore	10.13	2016
	HJ	Emma Moore	1.40m	2016
	LJ	Naoimi Whyte	4.15m	2012
	Shot	Aedin Hanahoe 9th	8.04s	2007
	RELAY	GCH 1st (Agboola/Rowe/Duggan/Trill/Moore)	53.81	2015
	RELAY 4x200	GCH 6th*	2:03.1	2000
<b>U14 Boys</b>				
	60m	Dylan Corr	7.68s	2013
	800m	Dylan Corr	2:23.68	2013
	60mH	Evan Moran	9.76m	2019
	HJ	Seamus O'Coinghoile 1st	1.35m	2005
	LJ	Alan Campbell 3rd	4.79m	2005
	Shot	Darragh Jennings	10.76	2017
	RELAY 4x200	GCH 2nd (Shaughnessy, Costello, 2 Kilmartins)	1:51.88	2012
<b>U14 Girls</b>				
	60m	Laura Ann Costello	8.18s	2010
	800m	Emma Moore	2:17.13	2017

60mH	Ava McKeon	9.27	2018
Walk 1km			
HJ	Amanda Gina	1.25m	2002
LJ	Zoe Moore	4.82m	2015
Shot	Sinead Cummins	7.78m	2003
RELAY 4x200	GCH 1st	1:49.51	2016
<b>u15 Boys</b>			
60m	Simon O'Shaughnessy	7.75s	2010
	Conor Hoade	23.70s	2013
800m	Darragh Jennings	2:11.61	2018
60mH	Conor Hoade	8.99s	2018
Walk 1km			
HJ	Mathieu Madden	1.65m	2019
LJ	Conor Hoade	5.35m	2018
Shot	<b>Darragh Jennings</b>	<b>13.04</b>	<b>2018</b>
	Eoghan Jennings	2.15m	2016
RELAY 4x200	GCH (2nd Final)	1:44.36	2018
<b>u15 Girls</b>			
60m	Laura Ann Costello, Amy Rohan	8.10s	2011,'07
200m	Orla Ni Mhuircheartaigh	28.62s	2000
800m	Emma Moore	2:13.16	2018
60mH	Ava McKeon	9.10s	2019
Walk 1km	Carol O'Donnell	6:03.0	2005
HJ	Hannah Delaney*	1.40m	2000
LJ	Roisin Dalton	4.32	2018
Shot	Andrea Trill	8.4	2015
RELAY 4x200	GCH (3rd Final)	1:50.39	2018
<b>U16 Boys</b>			
60m	Diarmuid Kilcommins/Aidan Conneely	7.58	2016,'12
200m	Cillian Greene	23.58	2013
800m	Samuel Samson	2:17.62	2012
1500m	Aaron Brennan	4:30.50	2016
60mH	Simon Callaghan	8.72m	2008
Walk 1km			
HJ	Conor Hoade	1.71m	2019
LJ	Conor Hoade	5.77m	2019
Pole Vault	Eoghan Jennings	2.75m	2017
Shot	Daragh Jennings	12.45m	2019
RELAY 4x200	GCH	1:36.41	2014
Combined Events	Conor Hoade	3144	2019
<b>U16 Girls</b>			
60m	Laura Ann Costello	7.86	2012
200m	Gemma Hynes	25.90s	2003
800m	Alanna Lally	2:18.43	2011
1500m	Alanna Lally	4:48.21	2011
60mH	Seren O'Toole	9.2	2017
Walk 1km			
HJ	A Cummings	1.40m	2002
LJ	Seren O'Toole	4.95m	2017
Shot	Katie Lydon	8.42m	2003
RELAY 4x200	GCH 2nd	1:47.30	2003
<b>u17 Boys</b>			

60m	Aidan Conneely	7.2	2012
200m	Robert McDonnell	22.69	2018
800m	Keith Fallon	2:05.29	2009
1500m	Aaron Brennan	4:18.28	2017
60mH	Evan McGuire	8.95s	2011
60mH	Simon Callaghan	8.8s	2009
HJ	Alan Campbell, Sean Diskin	1.65m	2008
LJ	Kevin Dooley	5.60m	2010
Shot	Eanna O'Cathain 2nd	13.08m	2007
RELAY 4x200	GCH 1st	1:33.41	2015
<b>u17 Girls</b>			
60m	Laura Ann Costello	7.5s	2012
200m	Laura Ann Costello	24.98	2013
800m	Alanna Lally	2:14.93	2012
1500m	Alanna Lally	4:46.57	2013
60mH	Laura Ann Costello	9.00s	2013
Walk 1km			
HJ	Chloe Casey	1.53m	2018
LJ	Chloe Casey	5.49m	2018
Shot	Chloe Casey	12.54m	2018
RELAY 4x200	GCH	1:46.14	2013
<b>U18 Boys</b>			
60m	Jack Dempsey	7.09	2016
200m	Robert McDonnell	22.07s	2019
400m	Robert McDonnell	49.98s	2019
800m	Keith Fallon 1st	2:01.66	2010
1500m	Aaron Brennan	4:09.40	2018
60mH	Sean Kyne GCH	9.46	2011
Walk 1km			
HJ	Bryan Ndego	1.95m	2016
LJ	Simon Callaghan	6.06m	2010
TJ	Kevin Dooley	12.31m	2011
Shot	Eanna O'Cathain	14.02m	2008
RELAY 4x200	GCH	92.29	2016
<b>U18 Girls</b>			
60m	Laura Ann Costello	7.69s	2014
200m	Gemma Hynes	25.33s	2005
300m	Gemma Hynes	40.0s	2005
400m	Alanna Lally	55.87	2013
800m	Alanna Lally	2:13.83	2013
1500m	Ann Moroney	5:24.83	2015
60mH	Lydia Doyle	8.99	2017
Walk 1km			
HJ	Hannah Delaney	1.50m	2003
LJ	Elaine Harrington	4.66m	2003
TJ	O Ni Mhuirceartaigh 2nd	10.45m	2002
Pole Vault			
Shot	Sarah Ni Loinsigh	7.94	2009
RELAY 4x200	GCH	1:43.90	2005
<b>u19 Boys</b>			
60m	Jack Dempsey	6.97	2017
200m	Cillian Greene	21.9	2016
400m	Evan McGuire	49.97	2013



800m	Keith Fallon	2:02.41	2011
1500m	Eanna Folan	4:11.76	2017
60mH	Simon Callaghan	9.04s	2011
Walk 1km			
HJ	Bryan Ndego GCH	1.90m	2016
LJ	Alan Campbell GCH	6.15m	2010
TJ			
Shot	Evan McGuire	8.39m	2011
RELAY 4x200	GCH	1:31.12	2016
u19 Girls			
60m	Lydia Doyle	7.82	2018
200m	Nicole King	25.46	2016
400m	Alannah Lally	56.75	2014
800m	Alannah Lally	2:17.22	2014
1500m	Maedbh Brannigan	4:50.67	2015
60mH	Lydia Doyle	9.29	2018
Walk 1km			
HJ	Aoife Sheehy	1.35	2017
LJ	Solange Varanda	4.59	2013
TJ	Orla Ni Mhuircheartaigh	10.16m	2003
Shot			
RELAY 4x200	GCH 1st	1:43.92	2014

*If you have a query regarding any of the records presented here, please contact Seamus Lynch at 087 2117697 or [seamus.lynch@nuigalway.ie](mailto:seamus.lynch@nuigalway.ie). All records are presented in good faith, and subject to available data/files. Athletics Ireland results begin at the turn of the Millennium and County and Connacht records are only available from 5 or 6 years later. For the purpose of establishing records, we have logged the best time or distance for every single championship event where a GCH competed – from 1999 to 2019.*

*Enormous credit is due to Iain Shaw of Athenry AC who helped us to assemble the necessary results to compile our records over the past 12 months.*

*It is intended that the records serve as a reminder of the club's rich history and wonderful athletes past and present as well as motivation for the season(s) ahead.*

