

Ireland
European Cup 1967-2007
Best Performances

Men:

100m	10.18(+1.9)	Paul Hession	Vaasa	2007
200m	20.61(-1.0)	Paul Hession	Vaasa	2007
400m	45.96	David Gillick	Leiria	2005
800m	1.47.62	James Nolan	Kaunas	2000
1500m	3.39.4	John Hartnett	Lisbon	1973
	3.39.40	Eamonn Coghlan	Dublin	1983
3000m	7.52.66	Shane Healy	Lisbon	1996
5000m	13.32.1	John Treacy	Geneva	1979
10,000m	28.48.12	John Treacy	London	1977
3000m S/C	8.34.05	Brendan Quinn	Dublin	1983
110m H	13.47(+1.1)	Peter Coghlan	Lahti	1999
400m H	49.96	Tom Mc Guirk	Lisbon	1996

Relays:

4x100m 39.70 (Mark Howard, Gary Ryan ,
Tom Comyns, Paul Brizzel) Aarhus 2003

4x400m 3.05.45 (Brian Forbes, Tomas Coman,
Paul Mc Kee, Tom Mc Guirk) Lahti 1999

H/J 2.23 Brendan Reilly Lahti 1999

P/V 4.60 John Hallissey Tallinn 1995

4.60 Ruairi O'Briain Reykjavik 2004

4.60 Anthony McCreery Vaasa 2007

L/J 7.86(+1.1) Ciaran Mc Donagh Lisbon 1996

T/J 15.89 Colm Cronin Sollerod 1977

Shot 17.90 Victor Costello Viseu 1991

Discus 63.16 Nick Sweeney Dublin 1994

Hammer 71.23 Roman Linscheid Kaunas 1998

Javelin 79.60 Terry Mc Hugh Dublin 1994

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Women:

100m	11.56W(+2.2)	Anna Boyle	Prague	2006
	11.61(+0.6)	Anna Boyle	Leiria	2005
200m	23.35(-0.6)	Ciara Sheehy	Tallinn	2002
400m	51.63	Joanne Cuddihy	Prague	2006
800m	2.02.23	Aisling Molloy	Dublin	1989
1500m	4.03.38	Sonia O'Sullivan	Rotterdam	1993
3000m	8.59.5	Deirdre Nagle	Sittard	1979
5000m	15.37.66	Catherina Mc Kiernan	Tallinn	1995
10,000m	31.19.11	Catherina Mc Kiernan	Dublin	1994
3000m S/C	9.47.0	Roisin Mc Gettigan	Leiria	2005
100mH	13.00(0.0)	Derval O'Rourke	Vaasa	2007
400mH	55.64	Susan Smith	Kaunas	1998

Relays :

4x100m	44.40	(Emily Maher, Anna Boyle, Ailis McSweeney, Ciara Sheehy)	Prague	2006
4x400m	3.31.51	(Michelle, Carey, Elaine Mc Caffery Ciara Sheehy, Joanne Cuddihy)	Prague	2006
H/J	1.89	Deirdre Ryan	Prague	2006
P/V	3.60	Erin Kinnear	Leiria	2005
L/J	6.39(+1.3)	Terri Horgan	Dublin	1989
T/J	13.54(-1.1)	Taheisha Robinson Scanlon	Leiria	2005
Shot	15.91	Marita Walton	Dublin	1983
Discus	54.06	Patricia Walsh	Reykjavik	1985
Hammer	69.44	Eileen O’Keeffe	Vaasa	2007
Javelin	46.76	Dara Shakespheare	Dublin	1994

Compiled by:

Liam Hennessy June 2007
(assisted by Pierce O’Callaghan)

N.B. Ireland hosted a division of the European Cup in 1967,1977,1983,1989, 1994 and 1997.

Top Performances from European Cup

Using the IAAF scoring tables , which are used as a reference for evaluating performances across all the disciplines, the following are the top ten European Cup individual performances.

1196pts	10,000 metres	Catherina McKiernan
1178pts	1500 metres	Sonia O’Sullivan
1178pts	110mHurdles	Peter Coghlan
1164pts	400mHurdles	Susan Smith
1149pts	100 metres	Paul Hession
1146pts	400 metres	Joanne Cuddihy
1138pts	100m Hurdles	Derval O’Rourke
1136pts	200metres	Paul Hession
1135pts	400mHurdles	Tom McGuirk
1126pts	200 metres	Ciara Sheehy
1120pts	400 metres	David Gillick
1120pts	3000 mS.C	Brendan Quinn

European Cup History

One of the highlights of the 2006 athletics year was the superb performance by the Irish women’s team which finished a record-breaking 4th place in the European Cup Division 1 in Prague. The same weekend saw the men’s team gain promotion to Division 1 after a stirring performance in Banska Bystrica. Consequently both teams will now compete together in Division 1 this year in Vaasa, Finland in June. Being the only full track and field team event available to our athletes the European Cup has considerable significance for the sport.

As a prelude to the 2007 season I have compiled a list of the best performances by Irish athletes since their first participation in 1967. It was an absorbing exercise and a perusal of the results elicited many gems of information. On a purely high performance level the top result was clearly the 10,000 metres by Catherina McKiernan of 31.19.11 in Dublin 1994 . I have a clear recollection of this fascinating race where Catherina ,in conditions not particularly conducive to fast running , lapped a quality field in a world-class time . On the converse side I'm afraid I lack the courage to list the worst performance! An item that hit me from the early years was the participation of Iggy Moriarty (current President of NUIG) in the 4x100 and 4x400 relay in both 1967 and 1970. With the recurrence of certain names in the results over a long period there is clearly a need for an exercise showing the greatest number of appearances. A name that showed up regularly was Gary Ryan the current Director of Coaching for Athletics Ireland and it will be interesting to see where he ranks on completion of the table. But back to the present where there is great potential among the current team for many revisions of the best performances in the coming years but this is largely predicated on the teams staying in Division 1. The latter is the real challenge.