

**Ireland**  
**European Cup 1967-2007**  
**Best Performances**

**Men:**

<b>100m</b>	<b>10.18(+1.9)</b>	<b>Paul Hession</b>	<b>Vaasa</b>	<b>2007</b>
<b>200m</b>	<b>20.61(-1.0)</b>	<b>Paul Hession</b>	<b>Vaasa</b>	<b>2007</b>
<b>400m</b>	<b>45.96</b>	<b>David Gillick</b>	<b>Leiria</b>	<b>2005</b>
<b>800m</b>	<b>1.47.62</b>	<b>James Nolan</b>	<b>Kaunas</b>	<b>2000</b>
<b>1500m</b>	<b>3.39.4</b>	<b>John Hartnett</b>	<b>Lisbon</b>	<b>1973</b>
	<b>3.39.40</b>	<b>Eamonn Coghlan</b>	<b>Dublin</b>	<b>1983</b>
<b>3000m</b>	<b>7.52.66</b>	<b>Shane Healy</b>	<b>Lisbon</b>	<b>1996</b>
<b>5000m</b>	<b>13.32.1</b>	<b>John Treacy</b>	<b>Geneva</b>	<b>1979</b>
<b>10,000m</b>	<b>29.03.66</b>	<b>Neil Cusack</b>	<b>Reykjavik</b>	<b>1985</b>
<b>3000m S/C</b>	<b>8.34.05</b>	<b>Brendan Quinn</b>	<b>Dublin</b>	<b>1983</b>
<b>110m H</b>	<b>13.47(+1.1)</b>	<b>Peter Coghlan</b>	<b>Lahti</b>	<b>1999</b>
<b>400m H</b>	<b>50.43</b>	<b>Tom Mc Guirk</b>	<b>Dublin</b>	<b>1997</b>

**Relays:**

<b>4x100m</b>	<b>39.70</b>	(Mark Howard, Gary Ryan , Tom Comyns, Paul Brizzel)	Aarhus	2003
<b>4x400m</b>	<b>3.05.45</b>	(Brian Forbes, Tomas Coman, Paul Mc Kee, Tom Mc Guirk)	Lahti	1999
<b>H/J</b>	<b>2.23</b>	Brendan Reilly	Lahti	1999
<b>P/V</b>	<b>4.60</b>	John Hallissey	Tallinn	1995
	<b>4.60</b>	Ruairi O'Briain	Reykjavik	2004
	4.60	Anthony McCreery	Vaasa	2007
<b>L/J</b>	<b>7.86(+1.1)</b>	Ciaran Mc Donagh	Lisbon	1996
<b>T/J</b>	<b>15.89</b>	Colm Cronin	Sollerod	1977
<b>Shot</b>	<b>17.90</b>	Victor Costello	Viseu	1991
<b>Discus</b>	<b>63.16</b>	Nick Sweeney	Dublin	1994
<b>Hammer</b>	<b>71.23</b>	Roman Linscheid	Kaunas	1998
<b>Javelin</b>	<b>79.60</b>	Terry Mc Hugh	Dublin	1994

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**Women:**

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

## Relays :

<b>4x100m</b>	<b>44.40</b>	(Emily Maher, Anna Boyle, Ailis McSweeney, Ciara Sheehy) Prague2006		
<b>4x400m</b>	<b>3.31.51</b>	( Michelle, Carey, Elaine Mc Caffery Ciara Sheehy, Joanne Cuddihy)	Prague	2006
<b>H/J</b>	<b>1.89</b>	Deirdre Ryan	Prague	2006
<b>P/V</b>	<b>3.60</b>	Erin Kinnear	Leiria	2005
<b>L/J</b>	<b>6.39(+1.3)</b>	Terri Horgan	Dublin	1989
<b>T/J</b>	<b>13.54(-1.1)</b>	Taheisha Robinson Scanlon	Leiria	2005
<b>Shot</b>	<b>15.91</b>	Marita Walton	Dublin	1983
<b>Discus</b>	<b>54.06</b>	Patricia Walsh	Reykjavik	1985
<b>Hammer</b>	<b>69.44</b>	Eileen O'Keeffe	Vaasa	2007
<b>Javelin</b>	<b>46.76</b>	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
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 4<sup>th</sup> 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.

