

Bandon AC Junior Men Indoor Club Records

Last updated: 5 February 2024

Event	Result	Holder	Date	Venue
60m	6.97	<i>Joe Gibson</i>	29-01-2017	<i>Athlone</i>
200m	22.40	<i>Darren Coughlan (U19)</i>	26-03-2000	<i>Nenagh</i>
400m	49.23	<i>Scott Gibson (U19)</i>	22-03-2015	<i>Athlone</i>
600m	1.40.41	Ruari Falvey (U18)	03-03-2020	Nenagh
800m	2.02.98	<i>Diarmuid O'Connor (U17)</i>	13-10-2018	<i>Athlone</i>
1000m	2.43.52	<i>Diarmuid O'Connor (U19)</i>	23-02-2020	<i>Abbotstown, Dublin</i>
1500m	4.20.92	<i>Ronan Duggan (U19)</i>	24-02-2007	<i>Nenagh</i>
3000m		No performance yet		
4x200 Relay	1.34.0	<i>Darren O'Driscoll (U19), Ronan Harris (U18), Darren Coughlan (U18),</i>	01-04-1999	<i>Nenagh</i>
3000m Race Walk		No performance yet		
60mH (99/13.72/9.14)	8.36	<i>Diarmuid O'Connor (U19)</i>	05-01-2020	<i>Nenagh</i>
Long Jump	6.77	<i>Timothy Harrington (U19)</i>	24-01-2009	<i>Nenagh</i>
Triple Jump	13.30	<i>Promice Okafar</i>	25-01-2015	<i>Athlone</i>
High Jump	1.95	<i>Diarmuid O'Connor (U19)</i>	05-01-2020	<i>Nenagh</i>
Pole Vault	3.80	<i>Davide Mazzali (U19)</i>	26-01-2014	<i>Athlone</i>
Shot Putt (6 kg)	13.28	<i>Patrick McSweeney</i>	08-01-2012	<i>Nenagh</i>
(7.26 kg)	11.17	Gavin Hicks	12-02-2016	Athlone
35 lb Weight for Distance	8.00	<i>Patrick McSweeney</i>	08-01-2012	<i>Nenagh</i>
Heptathlon (60, LJ, SP, HJ, 60H, PV, 1000m)	4881 (7.37 (755), 6.54 (707), 12.88 (660), 1.90 (714), 8.74 (804), 3.20 (406), 2.43.52 (835))	<i>Diarmuid O'Connor</i>	22/23-02-2020	<i>Abbotstown, Dublin</i>

Hand times and electronic times are compared as follows: 0.24 seconds added to hand times up to 400m and 0.14 seconds added for distances 400m and up. Identical results are listed in order of decreasing age.

