

## Bandon AC Junior Men Indoor Rankings

Last updated: 26 February 2018

Event	Result	Holder	Date	Venue
<b>60m</b>	<b>6.97</b>	<b>Joe Gibson</b>	<b>29-01-2017</b>	<b>Athlone</b>
	7.08	Joey Henchy	31-01-2016	Athlone
	7.11	David McInerney (U18)	13-12-2017	Athlone
	7.12	Darren Coughlan (U19)	26-03-2000	Nenagh
	7.12	Scott Gibson (U19)	25-01-2015	Athlone
	7.21	Fintan O'Shaughnessy (U19)	22-03-2014	Athlone
	7.31	Duncan Tsu (U19)	08-01-2012	Nenagh
	7.35	Daniel Landzaad (U19)	26-02-2017	Nenagh
	7.39	Timothy Harrington (U18)	20-01-2008	Nenagh
	7.2	Simon Mackey (U18)	04-01-1998	Nenagh
	7.57	Daniel Hathaway (U18)	01-03-2015	Nenagh
	7.68	Chris Spearman (U19)	24-02-2007	Nenagh
	7.48	Shane Conway (U18)	24-02-2007	Nenagh
	7.80	Eric Stam (U17)	16-01-2010	Nenagh
	7.82	Davide Mazzalli (U19)	02-03-2014	Nenagh
	7.90	Darragh Ryan (U18)	21-02-2016	Nenagh
	8.03	Daire Walshe (U18)	26-02-2011	Nenagh
<b>200m</b>	<b>22.40</b>	<b>Darren Coughlan (U19)</b>	<b>26-03-2000</b>	<b>Nenagh</b>
	23.34	Shane Conway (U18)	24-02-2007	Nenagh
	23.52	Joey Henchy (U18)	26-01-2014	Athlone
	23.94	David McInerney (U19)	06-01-2018	Nenagh
	24.13	Timothy Harrington (U18)	17-02-2008	Nenagh
	24.15	Eric Stam (U18)	03-12-2011	Glasgow
	24.18	Daniel Hathaway (U19)	31-01-2016	Athlone
	24.73	Chris Spearman (U19)	24-02-2007	Nenagh
	24.93	Daire Walshe	10-02-2013	Athlone
	25.51	Tristan Chambers (U17)	25-02-2018	Nenagh
	25.63	Scott Gibson (U17)	06-01-2013	Nenagh
	25.68	Dylan Chambers (U17)	25-02-2018	Nenagh
	26.31	Darragh Ryan(U18)	21-02-2016	Nenagh
	26.48	Mark O'Connell (U18)	09-01-2011	Nenagh
	30.21	Joseph Lancaster (U17)	23-02-2013	Nenagh
<b>400m</b>	<b>49.23</b>	<b>Scott Gibson (U19)</b>	<b>22-03-2015</b>	<b>Athlone</b>
	51.63	Shane Conway (U19)	01-03-2008	Nenagh
	53.7	Ronan Harris (U18)	27-02-1999	Nenagh
	53.87	Daire Walshe (U19)	03-03-2012	Nenagh
	54.08	Daniel Hathaway (U19)	12-03-2016	Athlone
	54.45	David McInerney (U18)	04-02-2017	Abbotstown
	56.20	Lukas Ross	31-01-2016	Athlone

	57.97	Billy Henchy (U19)	25-02-2006	Nenagh
<b>800m</b>	<b>2.07.41</b>	<b>Ronan Duggan (U19)</b>	<b>24-02-2007</b>	<b>Nenagh</b>
	2.07.98	Anthony Hennessy (U19)	20-01-2008	Nenagh
	2.12.15	Naoise O'Flaitheartaigh (U18)	26-02-2017	Nenagh
	2.15.00	Eric Stam (U18)	03-12-2011	Glasgow
	2.27.88	Matt Devine (U17)	21-02-2016	Nenagh
	2.37.59	Tristan Chambers (U17)	07-01-2018	Nenagh
	2.46.05	Shane Howard (U17)	12-12-2010	Nenagh
	2.58.96	Dylan Chambers (U17)	07-01-2018	Nenagh
<b>1000m</b>	<b>3.18.49</b>	<b>Tristan Chambers (U17)</b>	<b>20-01-2018</b>	<b>Athlone</b>
<b>1500m</b>	<b>4.20.92</b>	<b>Ronan Duggan (U19)</b>	<b>24-02-2007</b>	<b>Nenagh</b>
	4.32.30	Naoise O'Flaitheartaigh (U18)	26-03-2017	Athlone
	4.38.13	John Muckian (U18)	12-03-2016	Athlone
	4.42.37	Gavin Kenny (U17)	24-02-2018	Nenagh
	4.56.18	Conor Calnan (U17)	20-02-2016	Nenagh
	5.21.46	Shane Conway (U17)	25-02-2006	Nenagh
<b>3000m</b>		<b>No performance yet</b>		
<b>4x200 Relay</b>	<b>1.34.0</b>	<b>Darren O'Driscoll (U19), Ronan Harris (U18), Darren Coughlan (U18),</b>	<b>01-04-1999</b>	<b>Nenagh</b>
	1.35.1	Ian Wholihan (U18), Darren Coughlan (U17), Simon Mackey (U18),	21-03-1998	Nenagh
	1.39.5	Chris Spearman (U19), Ronan Duggan (U19), Shane Conway (U18), Anthony Hennessy (U18)	24-02-2007	Nenagh
	1.41.4	Shane Conway (U18), Anthony Hennessy (U18),	24-02-2007	Nenagh
	1.42.8	U17	30-03-1997	Nenagh
	1.48.44	Jake Inglis (U19), Thomas McCarthy (U19), Ciaran Murphy, Ciaran Healy	09-03-2013	Nenagh
<b>60mH</b> (99/13.72/9.14)	<b>8.98</b>	<b>Shane Howard</b>	<b>10-02-2013</b>	<b>Athlone</b>
	9.31	Eric Stam (U19)	28-01-2012	Nenagh
<b>Long Jump</b>	<b>6.77</b>	<b>Timothy Harrington (U19)</b>	<b>24-01-2009</b>	<b>Nenagh</b>
	6.74	Fintan O'Shaughnessy (U19)	01-03-2014	Nenagh
	6.69	Shane Howard	17-02-2013	Athlone
	6.44	Eric Stam (U19)	08-01-2012	Nenagh
	6.33	Promice Okafar	25-01-2015	Athlone

	5.85	Daire Walshe (U19)	03-03-2012	Nenagh
	5.59	Tristan Chambers (U17)	24-02-2018	Nenagh
	5.10	Dylan Chambers (U17)	07-01-2018	Nenagh
<b>Triple Jump</b>	<b>13.30</b>	<b>Promice Okafar</b>	<b>25-01-2015</b>	<b>Athlone</b>
	12.38	Eric Stam (U19)	04-03-2012	Nenagh
	12.37	Timothy Harrington (U18)	01-03-2008	Nenagh
	11.20	Darren O'Driscoll (U19)	27-02-1999	Nenagh
	10.74	Ian Wholihan (U18)	04-01-1998	Nenagh
<b>High Jump</b>	<b>1.78</b>	<b>Eric Stam (U17)</b>	<b>12-12-2010</b>	<b>Nenagh</b>
	1.76	Tristan Chambers (U17)	20-01-2018	Athlone
	1.65	Shane Howard (U18)	26-02-2011	Nenagh
	1.55	Scott Gibson (U17)	23-02-2013	Nenagh
	1.51	Dylan Chambers (U17)	07-01-2018	Nenagh
	1.50	Patrick McSweeney (U17)	07-02-2009	Nenagh
	1.45	David McInerney (U18)	28-01-2017	Athlone
<b>Pole Vault</b>	<b>3.80</b>	<b>Davide Mazzali (U19)</b>	<b>26-01-2014</b>	<b>Athlone</b>
	2.80	Eric Stam (U18)	30-01-2011	Nenagh
<b>Shot Putt</b>	<b>13.28</b>	<b>Patrick McSweeney</b>	<b>08-01-2012</b>	<b>Nenagh</b>
(6 kg)				
	11.98	Eric Stam (U19)	08-01-2012	Nenagh
	11.75	Gavin Hicks	31-01-2016	Athlone
	10.45	Duncan Tsu (U19)	04-03-2012	Nenagh
(7.26 kg)	11.17	Gavin Hicks	12-02-2016	Athlone
<b>35 lbWeight for Distance</b>	<b>8.00</b>	<b>Patrick McSweeney</b>	<b>08-01-2012</b>	<b>Nenagh</b>
	7.32	Gavin Hicks	31-01-2016	Athlone
	7.29	Duncan Tsu (U19)	08-01-2012	Nenagh
	6.20	Eric Stam (U19)	08-01-2012	Nenagh
	6.13	Lukas Ross	31-01-2016	Athlone
	5.42	Daire Walsh (U19)	08-01-2012	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800m)	<b>3019</b> (9.31 (679), 6.25 (641), 10.59 (521), 1.72 (560), 2.18.90 (618))	<b>Eric Stam (U19)</b>	<b>28-01-2012</b>	<b>Nenagh</b>

Additional information and corrections are welcome.

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.

For Junior Indoor Combined Events, "Senior Men's and Women's IAAF Scoring Tables" are used, Ed. 2001.

<b>Score=INT(A*(B-Time)**C)</b>	<b>A</b>	<b>B</b>	<b>C</b>
60H	20.5173	15.5	1.9200
800m #	0.13279	235	1.85
<b>Score=INT(A*(Distance-B)**C)</b>			
Long Jump	0.143540	220	1.40
High Jump	0.84650	75	1.420
Shot Putt	51.3900	1.5	1.05

Time in seconds (electronic); Distance in centimeters for jumps and in meters for throws |

\*=multiplied by; \*\*=raised to the power of

Scores to be rounded down to nearest whole number.

# Ireland uses 800m for Youth and (sometimes) Juniors CE indoors  
for the 800m the IAUM senior indoor scoring table is used