

Bandon AC Junior Men Indoor Rankings

Last updated: 5 February 2024

Event	Result	Holder	Date	Venue
60m	6.97	Joe Gibson	29-01-2017	Athlone
	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
	7.37	Diarmuid O'Connor (U19)	22-02-2020	Abbotstown, Dublin
	7.39	Timothy Harrington (U18)	20-01-2008	Nenagh
	7.2	Simon Mackey (U18)	04-01-1998	Nenagh
	7.46	Eoin O'Callaghan (U18)	27-01-2024	Abbotstown, Dublin
	7.48	Shane Conway (U18)	24-02-2007	Nenagh
	7.57	Daniel Hathaway (U18)	01-03-2015	Nenagh
	7.68	Chris Spearman (U19)	24-02-2007	Nenagh
	7.80	Eric Stam (U17)	16-01-2010	Nenagh
	7.82	Davide Mazzalli (U19)	02-03-2014	Nenagh
	7.88	Tristan Chambers (U19)	22-02-2020	Abbotstown, Dublin
	7.90	Darragh Ryan (U18)	21-02-2016	Nenagh
	8.03	Daire Walshe (U18)	26-02-2011	Nenagh
200m	22.40	Darren Coughlan (U19)	26-03-2000	Nenagh
	23.27	Diarmuid O'Connor (U17)	13-10-2018	Athlone
	23.34	Shane Conway (U18)	24-02-2007	Nenagh
	23.52	Joey Henchy (U18)	26-01-2014	Athlone
	23.61	Eoin O'Callaghan (U17)	02-12-2023	Cardiff, UK
	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
	24.22	Dylan Roberts (U19)	22-02-2020	Nenagh
	24.23	Tristan Chambers (U17)	13-10-2018	Athlone
	24.73	Chris Spearman (U19)	24-02-2007	Nenagh
	24.93	Daire Walshe	10-02-2013	Athlone
	25.33	Tristan Chambers (U18)	09-11-2019	Athlone
	25.55	Dylan Chambers (U18)	22-10-2019	Nenagh
	25.63	Scott Gibson (U17)	06-01-2013	Nenagh
	26.31	Darragh Ryan(U18)	21-02-2016	Nenagh

	26.48	Mark O'Connell (U18)	09-01-2011	Nenagh
	29.91	Daniel Dollard (U17)	25-10-2023	Nenagh
	30.21	Joseph Lancaster (U17)	23-02-2013	Nenagh
400m	49.23	Scott Gibson (U19)	22-03-2015	Athlone
	49.93	Diarmuid O'Connor (U19)	01-03-2020	Abbotstown, Dublin
	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, Dublin
	55.97	Ruari Falvey (U18)	22-02-2020	Nenagh
	56.20	Lukas Ross	31-01-2016	Athlone
	57.97	Billy Henchy (U19)	25-02-2006	Nenagh
600m	1.40.41	Ruari Falvey (U18)	03-03-2020	Nenagh
800m	2.02.98	Diarmuid O'Connor (U17)	13-10-2018	Athlone
	2.02.99	Eoin O'Callaghan (U17)	19-11-2023	Athlone
	2.07.41	Ronan Duggan (U19)	24-02-2007	Nenagh
	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
	2.18.21	Tristan Chambers (U17)	13-10-2018	Athlone
	2.21.30	Daniel Dollard (U17)	25-10-2023	Nenagh
	2.27.88	Matt Devine (U17)	21-02-2016	Nenagh
	2.39.87	Dylan Chambers (U17)	22-10-2019	Nenagh
	2.46.05	Shane Howard (U17)	12-12-2010	Nenagh
1000m	2.43.52	Diarmuid O'Connor (U19)	23-02-2020	Abbotstown, Dublin
	2.47.46	Eoin O'Callaghan (U18)	28-01-2024	Abbotstown, Dublin
	3.09.75	Tristan Chambers (U19)	23-02-2020	Abbotstown, Dublin
1500m	4.20.92	Ronan Duggan (U19)	24-02-2007	Nenagh
	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
3000m		No performance yet		

4x200 Relay	1.34.0	<i>Darren O'Driscoll (U19), Ronan Harris (U18), Darren Coughlan (U18),</i>	01-04-1999	Nenagh
	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
3000m Race Walk		No performance yet		
60mH (99/13.72/9.14)	8.36	<i>Diarmuid O'Connor (U19)</i>	05-01-2020	Nenagh
	8.98	Shane Howard	10-02-2013	Athlone
	9.31	Eric Stam (U19)	28-01-2012	Nenagh
	9.51	Tristan Chambers (U18)	22-10-2019	Nenagh
	9.86	Dylan Chambers (U18)	22-1-2019	Nenagh
Long Jump	6.77	<i>Timothy Harrington (U19)</i>	24-01-2009	Nenagh
	6.74	Fintan O'Shaughnessy (U19)	01-03-2014	Nenagh
	6.74	Diarmuid O'Connor (U19)	01-03-2020	Abbotstown, Dublin
	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
	6.27	Eoin O'Callaghan (U17)	02-12-2023	Cardiff, UK
	5.85	Daire Walshe (U19)	03-03-2012	Nenagh
	5.69	Tristan Chambers (U19)	03-03-2020	Nenagh
	5.43	Dylan Chambers (U19)	05-01-2020	Nenagh
Triple Jump	13.30	<i>Promice Okafar</i>	25-01-2015	Athlone
	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
High Jump	1.95	<i>Diarmuid O'Connor (U19)</i>	05-01-2020	Nenagh
	1.85	Eoin O'Callaghan (U18)	05-02-2024	Nenagh
	1.78	Eric Stam (U17)	12-12-2010	Nenagh

	1.78	Tristan Chambers (U17)	07-04-2018	Athlone
	1.65	Shane Howard (U18)	26-02-2011	Nenagh
	1.60	Dylan Chambers (U19)	05-01-2020	Nenagh
	1.55	Scott Gibson (U17)	23-02-2013	Nenagh
	1.50	Patrick McSweeney (U17)	07-02-2009	Nenagh
	1.45	David McInerney (U18)	28-01-2017	Athlone
Pole Vault	3.80	<i>Davide Mazzali (U19)</i>	<i>26-01-2014</i>	<i>Athlone</i>
	3.55	Diarmuid O'Connor (U19)	05-01-2020	Nenagh
	3.10	Eoin O'Callaghan (U18)	05-02-2024	Nenagh
	2.80	Eric Stam (U18)	30-01-2011	Nenagh
	2.65	Tristan Chambers (U19)	05-01-2020	Nenagh
Shot Putt (6 kg)	13.28	<i>Patrick McSweeney</i>	<i>08-01-2012</i>	<i>Nenagh</i>
	13.10	Diarmuid O'Connor (U19)	05-01-2020	Nenagh
	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
	9.60	Tristan Chambers (U19)	23-02-2020	Abbotstown, Dublin
	8.43	Dylan Chambers (U19)	05-01-2020	Nenagh
(7.26 kg)	11.17	Gavin Hicks	12-02-2016	Athlone
35 lb Weight for Distance	8.00	<i>Patrick McSweeney</i>	<i>08-01-2012</i>	<i>Nenagh</i>
	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
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>	<i>22/23-02- 2020</i>	<i>Abbotstown, Dublin</i>

	3562 (7.88 (595), 5.54 (490), 9.60 (462), 1.70 (544), 9.52 (635), 2.60 (264), 3.09.75 (572))	Tristan Chambers	22/23-02-2020	Abbotstown, Dublin
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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. Performances from U17 to U20 age groups are included in the Junior rankings (if specs are comparable).

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

Score=INT(A*(B-Time)**C)	A	B	C
60H	20.5173	15.5	1.9200
800m #	0.13279	235	1.85
Score=INT(A*(Distance-B)**C)			
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

