

## Bandon AC Juvenile Boys Indoor Rankings

Last updated: 5 February 2024

Event	Result	Holder	Date	Venue
<b>Boys Under 9</b>				
60m	10.82	Coen Crowley	08-02-2014	Nenagh
300m	<i>No performance yet</i>			
4x100 Relay	<i>No performance yet</i>			
Long Jump	3.15	Coen Crowley	08-02-2014	Nenagh
<b>Boys Under 10</b>				
60m	9.98	Cian Walsh	08-02-2014	Nenagh
500m	1.38.98	Eoghan Cassidy	08-02-2014	Nenagh
	1.43.10	Adam Barry	08-03-2015	Nenagh
	1.45.25	Dara Walsh	08-03-2015	Nenagh
4x100 Relay	<i>No performance yet</i>			
Long Jump	3.50	Eoghan Cassidy	08-02-2014	Nenagh
	3.15	Cian Walsh	08-02-2014	Nenagh
	2.95	Conor Payne	08-02-2014	Nenagh
	2.90	Hugh O'Mahony	08-02-2014	Nenagh
<b>Boys Under 11</b>				
60m	9.53	Henri Obialor	18-01-2014	Nenagh
	9.58	Jack Callanan	18-01-2014	Nenagh
	9.64	Callum McCourt	18-01-2014	Nenagh
	9.83	Eoghan Cassidy	04-01-2015	Nenagh
	10.33	Jack Cullen	18-01-2014	Nenagh
600m	1.56.90	Callum McCourt	08-02-2014	Nenagh
	1.59.96	Eoghan Cassidy	04-01-2015	Nenagh
	2.04.7	Keelan Crowley	10-02-2013	Nenagh
	2.09.6	Ruairi Harrington	10-02-2013	Nenagh
4x100 Relay	65.35	Promice Okafar,	26-02-2005	Nenagh
Long Jump	3.39	Eoghan Cassidy	04-01-2015	Nenagh
	3.32	Callum McCourt	18-01-2014	Nenagh
	3.27	Keelan Crowley	10-02-2013	Nenagh

	3.22	Henri Obialor	18-01-2014	Nenagh
	3.03	Jack Cullen	18-01-2014	Nenagh
	2.95	Ruairi Harrington	10-02-2013	Nenagh
	2.93	Jack Callanan	18-01-2014	Nenagh
<b>Shot Putt (2kg)</b>	<b>6.08</b>	<b>Henri Obialor</b>	<b>18-01-2014</b>	<b>Nenagh</b>
	5.57	Jack Cullen	18-01-2014	Nenagh
	5.40	Oisin Callan	10-02-2018	Nenagh
	5.02	Callum McCourt	18-01-2014	Nenagh
	4.93	Jack Callanan	18-01-2014	Nenagh
<b>Triathlon (60, LJ, SP)</b>	<b>1327 (9.53 (554), 3.22 (362), 6.08 (411))</b>	<b>Henri Obialor</b>	<b>18-01-2014</b>	<b>Nenagh</b>
	<b>1259 (9.64 (535), 3.32 (382), 5.02 (342))</b>	Callum McCourt	18-01-2014	Nenagh
	<b>1185 (9.58 (545), 2.93 (304), 4.93 (336))</b>	Jack Callanan	18-01-2014	Nenagh
	<b>1132 (10.33 (429), 3.03 (324), 5.57 (379))</b>	Jack Cullen	18-01-2014	Nenagh
		<b>Boys Under 12</b>		
<b>60m</b>	<b>8.62</b>	<b>Great Okafar</b>	<b>19-03-2005</b>	<b>Nenagh</b>
	8.97	Mighty Okafar	26-02-2005	Nenagh
	9.05	Promice Okafar	24-02-2007	Nenagh
	9.08	Fintan O'Shaugnessy	24-02-2007	Nenagh
	9.31	Keelan Crowley	18-01-2014	Nenagh
	9.45	Luke Quinlan	18-01-2014	Nenagh
	9.52	Mark Collins	18-01-2014	Nenagh
	9.56	Sean Nyhan	19-02-2022	Nenagh
	9.72	Shane Murphy	19-02-2022	Nenagh
	9.96	Andrew O'Leary	09-03-2013	Nenagh
	10.19	Fionn Harrington	09-03-2013	Nenagh
	10.86	Ruairi Harrington	18-01-2014	Nenagh
	11.82	Ben Mangan	09-03-2013	Nenagh
<b>600m</b>	<b>1.54.77</b>	<b>Callum McCourt</b>	<b>08-03-2015</b>	<b>Nenagh</b>
	2.00.46	Sean Nyhan	19-02-2022	Nenagh

	2.01.42	Max Clover	22-02-2020	Nenagh
	2.04.5	Fionn Harrington	10-02-2013	Nenagh
	2.07.06	Dara Walsh	05-02-2017	Nenagh
<b>800m</b>	<b>2.48.10</b>	<b>Keelan Crowley</b>	<b>18-01-2014</b>	<b>Nenagh</b>
	2.54.10	Mark Collins	18-01-2014	Nenagh
	2.54.17	Fionn Harrington	09-03-2013	Nenagh
	2.58.17	Ruairi Harrington	18-01-2014	Nenagh
	2.59.04	Luke Quinlan	18-01-2014	Nenagh
	3.04.90	Andrew O'Leary	09-03-2013	Nenagh
	3.17.31	Ben Mangan	09-03-2013	Nenagh
<b>4x100 Relay</b>	<b>61.23</b>	<b>Great Okafar, Mighty Okafar, Ronan Sheehan,</b>	<b>26-02-2005</b>	<b>Nenagh</b>
<b>Long Jump</b>	<b>4.42</b>	<b>Fintan O'Shaugnessy</b>	<b>24-02-2007</b>	<b>Nenagh</b>
	3.68	Mark Collins	18-01-2014	Nenagh
	3.65	Luke Quinlan	18-01-2014	Nenagh
	3.59	Keelan Crowley	18-01-2014	Nenagh
	3.39	Ruairi Harrington	18-01-2014	Nenagh
	3.35	Andrew O'Leary	09-03-2013	Nenagh
	3.34	Coen Crowley	04-02-2017	Nenagh
	3.25	Fionn Harrington	09-03-2013	Nenagh
	2.95	Adam Barry	04-02-2017	Nenagh
<b>High Jump</b>	<b>1.26</b>	<b>Fintan O'Shaugnessy</b>	<b>24-02-2007</b>	<b>Nenagh</b>
	1.20	Mark Sugrue	20-03-2004	Nenagh
	1.15	Luke Quinlan	18-01-2014	Nenagh
	1.10	Coen Crowley	04-02-2017	Nenagh
	1.10	Adam Barry	04-02-2017	Nenagh
	1.09	Mark Collins	18-01-2014	Nenagh
	1.09	Keelan Crowley	18-01-2014	Nenagh
	1.03	Andrew O'Leary	09-03-2013	Nenagh
	1.03	Fionn Harrington	09-03-2013	Nenagh
	1.00	Ben Mangan	09-03-2013	Nenagh
	0.95	Ruairi Harrington	18-01-2014	Nenagh
<b>Shot Putt (2kg)</b>	<b>8.49</b>	<b>Coen Crowley</b>	<b>05-02-2017</b>	<b>Nenagh</b>
	8.31	Jack Cullen	22-03-2015	Athlone
	8.08	Max Clover	22-02-2020	Nenagh
	7.94	Lewis Lenihan	31-03-2019	Athlone
	7.63	Travis Coomey	07-02-2010	Nenagh
	7.48	Mark Collins	18-01-2014	Nenagh
	7.40	Cian Kingston	19-02-2011	Nenagh
	6.77	Dara Walsh	05-02-2017	Nenagh
	6.71	Ruairi Harrington	08-02-2014	Nenagh

	6.70	Oisin Callan	24-02-2019	Nenagh
	6.69	Cian Walsh	14-02-2016	Nenagh
	6.50	Henri Obialor	08-03-2015	Nenagh
	5.73	Keelan Crowley	18-01-2014	Nenagh
	5.70	Andrew O'Leary	09-03-2013	Nenagh
	5.70	Luke Quinlan	18-01-2014	Nenagh
	5.59	Fionn Harrington	10-02-2013	Nenagh
	5.19	Ben Mangan	09-03-2013	Nenagh
<b>Pentathlon</b> (60, LJ, SP, HJ, 800m)	<b>2369</b> (9.52 (535), 3.68 (454), 7.48 (493), 1.09 (408), 2.54.10 (459))	<b>Mark Collins</b>	<b>18-01-2014</b>	<b>Nenagh</b>
	<b>2329</b> (9.31 (592), 3.59 (436), 5.73 (389), 1.09 (408), 2.48.10 (504))	Keelan Crowley	18-01-2014	Nenagh
	<b>2279</b> (9.45 (567), 3.65 (448), 5.70 (387), 1.15 (452), 2.59.04 (425))	Luke Quinlan	18-01-2014	Nenagh
	<b>2011</b> (9.96 (484), 3.35 (388), 5.70 (387), 1.03 (364), 3.04.60 (388))	Andrew O'Leary	09-03-2013	Nenagh
	<b>2005</b> (10.19 (449), 3.25 (368), 5.36 (365), 1.03 (364), 2.54.17 (459))	Fionn Harrington	09-03-2013	Nenagh
	<b>1892</b> (10.86 (356), 3.39 (396), 5.95 (403), 0.95 (306), 2.58.17 (431))	Ruairi Harrington	18-01-2014	Nenagh

	<b>1250</b> (11.82 (241), -, 5.19 (354), 1.00 (342), 3.17.31 (313))	Ben Mangan	09-03-2013	Nenagh
		<b>Boys Under 13</b>		
<b>60m</b>	<b>8.27</b>	<b>Great Okafar</b>	<b>25-03-2006</b>	<b>Nenagh</b>
	8.66	Promice Okafar	23-02-2008	Nenagh
	8.82	Olan Shannon	26-02-2023	Nenagh
	8.86	John Feheney	26-02-2023	Nenagh
	9.03	Fintan O'Shaughnessy	23-02-2008	Nenagh
	9.26	Sean Nyhen	26-02-2023	Nenagh
<b>600m</b>	<b>1.51.46</b>	<b>Sipke O'Shaughnessy</b>	<b>26-02-2005</b>	<b>Nenagh</b>
	1.56.56	Sean Nyhen	26-02-2023	Nenagh
<b>800m</b>	<b>2.48.20</b>	<b>Fionn Harrington</b>	<b>18-01-2014</b>	<b>Nenagh</b>
	3.02.78	Andrew O'Leary	18-01-2014	Nenagh
	3.04.60	Paul Hartnett	09-03-2013	Nenagh
<b>4x100 Relay</b>	<b>57.30</b>	<b>Great Okafar, Mighty Okafar, Ronan Sheehan, Jerry Crowley</b>	<b>18-02-2006</b>	<b>Nenagh</b>
	58.10	Promice Okafar, Fintan O'Shaughnessy, Edward Aherne,	23-02-2008	Nenagh
<b>4x200 Relay</b>	<b>2.03.36</b>	<b>Shane Winters, Shane Nyhan, Shane Murphy, John Feheney, Olan Shannon</b>	<b>04-03-2023</b>	<b>Nenagh</b>
<b>1000m Race Walk</b>	6.32.47	Eoin O'Callaghan	24-02-2019	Nenagh
	8.33.28	Oisin Callan	15-02-2020	Nenagh
<b>60mH</b>	<b>11.21</b>	<b>Great Okafar</b>	<b>25-02-2006</b>	<b>Nenagh</b>
76.2/11/7.25	11.84	Lewis Hamilton	22-02-2020	Nenagh
	12.16	Fionn Harrington	18-01-2014	Nenagh
	12.74	Gavin Hicks	21-02-2009	Nenagh
	12.88	Andrew O'Leary	12-01-2014	Nenagh
<b>Long Jump</b>	<b>4.69</b>	<b>Promice Okafar</b>	<b>23-02-2008</b>	<b>Nenagh</b>
	4.60	Fintan O'Shaughnessy	06-04-2008	Nenagh
	3.85	Gavin Hicks	21-02-2009	Nenagh
	3.82	Paul Hartnett	09-03-2013	Nenagh
	3.57	Fionn Harrington	18-01-2014	Nenagh
	3.47	Oisin Twomey	24-02-2007	Nenagh
	3.41	Andrew O'Leary	18-01-2014	Nenagh

<b>High Jump</b>	<b>1.34</b>	<b>Fintan O'Shaughnessy</b>	<b>23-02-2008</b>	<b>Nenagh</b>
	1.20	Eoin O'Callaghan	24-02-2019	Nenagh
	1.19	Gavin Hicks	21-02-2009	Nenagh
	1.13	Andrew O'Leary	18-01-2014	Nenagh
	1.11	Paul Hartnett	09-03-2013	Nenagh
<b>Shot Putt (2kg)</b>	<b>11.65</b>	<b>Colin Kingston</b>	<b>06-04-2008</b>	<b>Nenagh</b>
	10.43	Mark Sugrue	19-02-2005	Nenagh
	10.39	Cian Kingston	25-03-2012	Nenagh
	9.71	Coen Crowley	25-02-2018	Nenagh
	9.60	Crion Obialor	08-02-2014	Nenagh
	9.41	Jack Cullen	21-02-2016	Nenagh
	9.27	Eoin O'Callaghan	24-02-2019	Nenagh
	8.95	James Kirby	08-02-2014	Nenagh
	8.77	Oisin Callan	22-02-2020	Nenagh
	8.51	Travis Coomey	19-02-2011	Nenagh
	8.24	Gavin Hicks	07-02-2009	Nenagh
	8.16	Glen De Burca	24-02-2019	Nenagh
	8.06	Edward Aherne	23-02-2008	Nenagh
	6.52	Fionn Harrington	18-01-2014	Nenagh
	6.31	Andrew O'Leary	18-01-2014	Nenagh
	5.50	Paul Hartnett	09-03-2013	Nenagh
(2.72kg)	7.59	Patrick McSweeney	25-02-2005	Nenagh
<b>Pentathlon (60H, LJ, SP, HJ, 800m)</b>	<b>1558</b> (12.88 (295), 3.41 (300), 6.31 (325), 1.13 (338), 3.02.78 (300))	<b>Andrew O'Leary</b>	<b>18-01-2014</b>	<b>Nenagh</b>
	<b>1478</b> (12.74 (307), 3.85 (388), 7.64 (401), 1.19 (382), -)	Gavin Hicks	21-02-2009	Nenagh
	<b>1431</b> (12.16 (359), 3.57 (332), 6.52 (337), -, 2.48.20 (403))	Fionn Harrington	18-01-2014	Nenagh

	<b>1267</b> (-, 3.82 (382), 5.50 (274), 1.11 (323), 3.04.60 (288))	Paul Hartnett	09-03-2013	Nenagh
		<b>Boys Under 14</b>		
<b>60m</b>	<b>8.00</b>	<b>Denis Coughlan</b>	<b>18-03-1995</b>	<b>Nenagh</b>
	8.20	Max Clover	20-03-2022	Athlone
	8.47	Ronan Sheehan	24-02-2007	Nenagh
	8.48	Oisin Sedgwick	23-02-2008	Nenagh
	8.52	Colin Kingston	07-02-2009	Nenagh
	8.52	Joey Henchy	06-03-2010	Nenagh
	8.54	Great Okafar	24-02-2007	Nenagh
200m	26.40	Max Clover	25-10-2022	Nenagh
	26.90	Jack Cullen	11-10-2017	Nenagh
<b>800m</b>	<b>2.19.6</b>	<b>Donnagh Lucey</b>	<b>21-03-1998</b>	<b>Nenagh</b>
	2.23.38	Max Clover	25-10-2022	Nenagh
	2.24.9	Jack Cullen	11-10-2017	Nenagh
	2.28.06	Niall Desmond	28-02-2015	Nenagh
	2.38.19	Eoin O'Callaghan	22-02-2020	Nenagh
	2.42.18	Colin Kingston	21-02-2009	Nenagh
	2.44.62	Fintan O'Shaughnessy	21-02-2009	Nenagh
	2.50.40	Eoin O'Connor	26-02-2017	Nenagh
	2.50.80	Naoise O'Fhlaitheartaigh	09-03-2013	Nenagh
	2.51.69	Daniel Coughlan	05-01-2020	Nenagh
	2.56.58	Brian O'Riordan	09-03-2013	Nenagh
<b>4x200 Relay</b>	<b>2.00.0</b>	<b>Great Okafar, Patrick McSweeney, Mighty Okafar,</b>	<b>25-02-2006</b>	<b>Nenagh</b>
	2.00.5	Great Okafar, Ronan Sheehan, Mighty Okafar,	24-02-2007	Nenagh
	2.11.28	Brian O'Riordan, Adam Mangan, Cian Kingston, Naoise O'Fhlaitheartaigh, Paul Hartnett	09-03-2013	Nenagh
<b>1000m Race Walk</b>	<b>6.22.85</b>	<b>Eoin O'Callaghan</b>	<b>15-02-2020</b>	<b>Nenagh</b>
<b>60mH</b>	<b>9.22</b>	<b>Max Clover</b>	<b>12-11-2022</b>	<b>Athlone</b>
76.2/11.5/7.5	10.29	Jack Cullen	11-10-2017	Nenagh
	10.31	Fintan O'Shaughnessy	07-02-2009	Nenagh
	10.33	Eoin O'Callaghan	05-01-2020	Nenagh
	11.46	Daniel Coughlan	05-01-2020	Nenagh
	11.74	Colin Kingston	21-02-2009	Nenagh

	12.05	Joseph Gibson	26-02-2011	Nenagh
	12.11	Great Okafar	24-02-2007	Nenagh
	12.20	Brian O'Riordan	09-03-2013	Nenagh
	12.83	Mighty Okafar	24-02-2007	Nenagh
	14.12	Naoise O'Fhlaitheartaigh	09-03-2013	Nenagh
	14.19	Cian Kingston	09-03-2013	Nenagh
<b>Long Jump</b>	<b>5.14</b>	<b>Max Clover</b>	<b>25-10-2022</b>	<b>Nenagh</b>
	4.86	Jack Cullen	11-10-2017	Nenagh
	4.82	Fintan O'Shaughnessy	28-03-2009	Nenagh
	4.36	Eoin O'Callaghan	05-01-2020	Nenagh
	4.19	Colin Kingston	07-02-2009	Nenagh
	4.19	Brian O'Riordan	09-03-2013	Nenagh
	3.99	Daniel Coughlan	05-01-2020	Nenagh
	3.96	Paul Hartnett	01-03-2014	Nenagh
	3.47	Cian Kingston	09-03-2013	Nenagh
	2.45	Naoise O'Fhlaitheartaigh	09-03-2013	Nenagh
<b>High Jump</b>	<b>1.48</b>	<b>Fintan O'Shaughnessy</b>	<b>18-01-2009</b>	<b>Nenagh</b>
	1.40	Eoin O'Callaghan	22-02-2020	Nenagh
	1.35	Paul Hartnett	01-03-2014	Nenagh
	1.33	Jack Cullen	08-01-2017	Nenagh
	1.31	Colin Kingston	21-02-2009	Nenagh
	1.29	David Laffan	06-03-2010	Nenagh
	1.25	Brian O'Riordan	09-03-2013	Nenagh
	1.20	Daniel Coughlan	05-01-2020	Nenagh
	1.00	Naoise O'Fhlaitheartaigh	09-03-2013	Nenagh
<b>Shot Putt</b>	<b>13.28</b>	<b>Colin Kingston</b>	<b>07-02-2009</b>	<b>Nenagh</b>
(2.72kg)				
	11.41	Max Clover	20-03-2022	Athlone
	11.18	Jack Cullen	25-02-2017	Nenagh
	10.95	Patrick McSweeney	25-02-2006	Nenagh
	10.52	Mark Collins	21-02-2016	Nenagh
	9.86	Eoin O'Callaghan	22-02-2020	Nenagh
	8.92	Fintan O'Shaughnessy	18-01-2009	Nenagh
	7.93	Fiachra Harrington	26-02-2011	Nenagh
	7.01	Brian O'Riordan	09-03-2013	Nenagh
	6.65	Daniel Coughlan	05-01-2020	Nenagh
	3.45	Naoise O'Fhlaitheartaigh	09-03-2013	Nenagh
(3 kg)	11.58	Max Clover	25-10-2022	Nenagh
	10.63	Jack Cullen	11-10-2017	Nenagh
<b>Pentathlon</b>	<b>2555 (10.67)</b>	<b>Fintan O'Shaughnessy</b>	<b>21-02-2009</b>	<b>Nenagh</b>



(60H, LJ, SP, HJ, 800m)	(521), 4.79 (578), 8.26 (435), 1.46 (590), 2.44.62 (431))			
	<b>2539</b> (11.31 (507), 4.61 (542), 9.96 (520), 1.33 (484), 2.38.01 (486))	Jack Cullen	08-01-2017	Nenagh
	<b>2398</b> (11.74 (401), 4.04 (426), 12.83 (650), 1.31 (470), 2.42.18	Colin Kingston	21-02-2009	Nenagh
	<b>2375</b> (10.33 (564), 4.36 (490), 8.44 (444), 1.35 (499), 2.51.53 (378))	Eoin O'Callaghan	05-01-2020	Nenagh
	<b>1957</b> (11.46 (430), 3.99 (416), 6.65 (345), 1.20 (389), 2.51.69 (377))	Daniel Coughlan	05-01-2020	Nenagh
	<b>1946</b> (12.20 (356), 4.19 (456), 7.01 (366), 1.25 (426), 2.56.58 (342))	Brian O'Riordan	09-03-2013	Nenagh
	<b>1058</b> (14.12 (199), 2.45 (108), 3.45 (126), 1.00 (242), 2.50.80 (383))	Naoise O'Fhlaitheartaigh	09-03-2013	Nenagh
	<b>506</b> (14.19 (194), 3.47 (312), -, -, -)	Cian Kingston	09-03-2013	Nenagh

<b>Pentathlon Minor Schools</b> (60H, LJ, SP, 200, 800) 76.2/11.5/7.5 & Shot: 3 kg For 200m Sen. Women Scores used - 200	<b>3155</b> (9.26 (721), 5.14 (648), 11.58 (595), 26.40 (563), 2.23.38 (626))	Max Clover	25-10-2022	Nenagh
	<b>2844</b> (10.29 (569), 4.86 (593), 10.63 (552), 26.90 (520), 2.24.9 (610))	Jack Cullen	11-10-2017	Nenagh
<b>Boys Under 15</b>				
<b>60m</b>	<b>7.6</b>	<b><i>Darren Coughlan</i></b>	<b><i>03-02-1996</i></b>	<b><i>Nenagh</i></b>
	8.10	Oisin Sedgwick	07-02-2009	Nenagh
	8.21	Joey Henchy	26-02-2011	Nenagh
	8.29	Stephen O'Hea	21-02-2016	Nenagh
	8.33	Ronan Sheehan	01-03-2008	Nenagh
	8.41	Colin Kingston	07-03-2010	Nenagh
	8.50	Lennart Lidenfield	12-02-2022	Nenagh
	8.95	Cillian Hickey	28-02-2015	Nenagh
	9.25	Great Okafar	01-03-2008	Nenagh
<b>200m</b>	<b>24.67</b>	<b><i>Diarmuid O'Connor</i></b>	<b><i>10-12-2016</i></b>	<b><i>Athlone</i></b>
	24.75	Sipke O'Shaugnessy	08-12-2007	Glasgow
	26.90	Eoin O'Callaghan	04-12-2021	Glasgow
<b>800m</b>	<b>2.08.47</b>	<b><i>Diarmuid O'Connor</i></b>	<b><i>10-12-2016</i></b>	<b><i>Athlone</i></b>
	2.17.39	Sipke O'Shaugnessy	08-12-2007	Glasgow
	2.19.1	Donnagh Lucey	27-02-1999	Nenagh
	2.22.08	Eoin O'Callaghan	20-11-2021	Athlone
	2.30.68	Naoise O'Flairtheaigh	12-03-2014	Nenagh
	2.35.56	Mark O'Sullivan	24-02-2007	Nenagh
	2.42.90	Brian O'Riordan	18-01-2014	Nenagh
	2.46.5	Mark Sugrue	30-12-2007	Nenagh
	2.48.8	Patrick McSweeney	30-12-2007	Nenagh
<b>4x200 Relay</b>	<b>1.53.1</b>	<b><i>Ronan Sheehan, Great Okafar,</i></b>	<b><i>01-03-2008</i></b>	<b><i>Nenagh</i></b>
	1.55.5	Sipke O'Shaugnessy, Mark O'Sullivan, Patrick McSweeney,	24-02-2007	Nenagh

	1.59.4	Scott Gibson, Joey Henchy, Joseph Gibson,	26-02-2011	Nenagh
	2.03.05	Ben Mangan, Darragh Constadine, Paul Hartnett, Gerard O'Donovan	07-02-2015	Nenagh
<b>1000m Walk</b>		<i>No performance yet</i>		
<b>60mH</b>	<b>9.00</b>	<b>Diarmuid O'Connor</b>	<b>10-12-2016</b>	<b>Athlone</b>
84/12/8	9.04	Max Clover	01-04-2023	Athlone
	9.32	Sipke O'Shaugnessy	17-02-2007	Glasgow
	9.54	Eoin O'Callaghan	20-11-2021	Athlone
	10.39	Scott Gibson	26-02-2011	Nenagh
	12.2	Mark Sugrue	30-12-2007	Nenagh
	12.93	Brian O'Riordan	18-01-2014	Nenagh
	12.93	Adam Mangan	18-01-2014	Nenagh
	13.2	Patrick McSweeney	30-12-2007	Nenagh
	15.5	Cian Kingston	18-01-2014	Nenagh
<b>Long Jump</b>	<b>5.87</b>	<b>Diarmuid O'Connor</b>	<b>10-12-2016</b>	<b>Athlone</b>
	5.62	Sipke O'Shaugnessy	08-12-2007	Glasgow
	5.41	Philip Burns	20-03-2004	Nenagh
	5.11	Max Clover	21-01-2023	Athlone
	5.02	Eoin O'Callaghan	09-10-2021	Nenagh
	4.90	Tristan Chambers	21-02-2016	Nenagh
	4.43	Paul Hartnett	28-02-2015	Nenagh
	4.39	Mark Sugrue	30-12-2007	Nenagh
	4.36	Dylan Chambers	21-02-2016	Nenagh
	4.26	Brian O'Riordan	18-01-2014	Nenagh
	4.17	Stephen O'Hea	21-02-2016	Nenagh
	3.97	Mighty Okafar	09-02-2008	Glasgow
	3.87	Adam Mangan	18-01-2014	Nenagh
	3.73	Patrick McSweeney	30-12-2007	Nenagh
	3.54	Cian Kingston	18-01-2014	Nenagh
	3.52	Cillian Hickey	28-02-2015	Nenagh
<b>High Jump</b>	<b>1.69</b>	<b>Max Clover</b>	<b>01-04-2023</b>	<b>Athlone</b>
	1.50	Philip Burns	20-03-2004	Nenagh
	1.40	Scott Gibson	26-02-2011	Nenagh
	1.36	Mark Sugrue	30-12-2007	Nenagh
	1.30	Patrick McSweeney	30-12-2007	Nenagh
	1.25	Brian O'Riordan	18-01-2014	Nenagh
<b>Pole Vault</b>		<i>No performance yet</i>		
<b>Shot Putt</b>	<b>12.39</b>	<b>Max Clover</b>	<b>01-04-2023</b>	<b>Athlone</b>
(3 kg)				
	10.79	Dylan Chambers	12-03-2016	Athlone

	9.68	Chrion Obialor	01-03-2016	Nenagh
	9.49	Tristan Chambers	21-02-2016	Nenagh
	9.24	Cian Kingston	18-01-2014	Nenagh
	6.91	Brian O'Riordan	18-01-2014	Nenagh
<b>Shot Putt</b> (3.25kg)	<b>14.72</b>	<b>Colin Kingston</b>	<b>06-03-2010</b>	<b>Nenagh</b>
	12.18	Mark Collins	07-03-2017	Nenagh
	11.81	Patrick McSweeney	14-04-2007	Nenagh
	9.56	Daire Harrington	06-04-2008	Nenagh
	9.37	Mark Sugrue	30-12-2007	Nenagh
	8.76	Fiachra Harrington	04-03-2012	Nenagh
Shot Putt	11.78	Diarmuid O'Connor	10-12-2016	Athlone
(4kg)	10.55	Sipke O'Shaughnessy	08-12-2007	Glasgow
	9.76	Eoin O'Callaghan	04-12-2021	Glasgow
<b>Pentathlon</b> <b>(60H, LJ, SP(4kg), 200, 800)</b>	<b>3658</b> (9.00 (821), 5.87 (786), 11.78* (604), 24.67**(646), 2.08.47 (801))	<b>Diarmuid O'Connor</b> Junior Schools	<b>10-12-2016</b>	<b>Athlone</b>
	<b>3325</b> (9.71 (708), 5.62 (740), 10.55* (548), 24.75**(637), 2.17.39 (692))	Sipke O'Shaughnessy Junior Schools	08-12-2007	Glasgow
	<b>2950</b> (9.59 (726), 4.67 (554), 9.76* (511), 26.90**(520), 2.22.14 (639))	Eoin O'Callaghan Junior Schools	04-12-2021	Glasgow
<b>Pentathlon</b> <b>(60H, LJ, SP (3kg), HJ, 800)</b>	<b>3209</b> (9.38 (758), 5.11 (642), 11.39 (587), 1.53 (647), 2.28.35 (575))	Max Clover	21-01-2023	Athlone
	<b>2837</b> *** (?, 5.41 (700), ?, 1.50 (609), ?)	Philip Burns	20-03-2004	Nenagh

	<b>2307</b> (12.2 (396), 4.39 (496), 9.37 (492)*, 1.36 (507), 2.46.5 (416))	Mark Sugrue	30-12-2007	Nenagh
	<b>2079</b> (13.2 (313), 3.73 (364), 10.42 (542)*, 1.30 (462), 2.48.8 (398))	Patrick McSweeney	30-12-2007	Nenagh
	<b>2055</b> (12.93 (354), 4.26 (470), 6.91 (360)*, 1.25 (426), 2.42.90 (445))	Brian O'Riordan	18-01-2014	Nenagh
	<b>986</b> (15.53 (175), 3.54 (326), 9.24 (485)*, -, -)	Cian Kingston	18-01-2014	Nenagh
	<b>746</b> (12.93 (354), 3.87 (392), -, -, -)	Adam Mangan	18-01-2014	Nenagh
	* 4kg Shot			
** 200m instead of High jump - 200m senior men IAAF indoor scoring tables for Combined Events used				
*** Estimate, more details needed				
		<b>Boys Under 16</b>		
<b>60m</b>	<b>7.49</b>	<b>Darren Coughlan</b>	<b>15-02-1997</b>	<b>Nenagh</b>
	7.78	Joey Henchy	21-01-2012	Glasgow, UK
	7.97	Eoin Sexton	26-02-2023	Nenagh
	8.02	Ronan Sheehan	28-03-2009	Nenagh
	8.11	Lennart Lindenfeld	26-02-2023	Nenagh
	8.12	Colin Kingston	26-02-2011	Nenagh
	8.16	Padraig Sheehan	24-02-2007	Nenagh
<b>200m</b>	<b>24.18</b>	<b>Darren Coughlan</b>	<b>15-02-1997</b>	<b>Nenagh</b>
	24.63	Eoin O'Callaghan	26-11-2022	Glasgow, UK
	24.78	Sipke O'Shaughnessy	01-03-2008	Nenagh
	25.40	Tristan Chambers	11-10-2017	Nenagh
	25.60	Eric Stam	05-12-2009	Glasgow
	25.60	Dylan Chambers	11-10-2017	Nenagh
	26.04	Joey Henchy	04-03-2012	Nenagh

	26.31	Liam Crowley	26-02-2017	Nenagh
	28.35	Padraig Sheehan	24-02-2007	Nenagh
<b>800m</b>	<b>2.07.54</b>	<b>Eoin O'Callaghan</b>	<b>26-11-2022</b>	<b>Glasgow, UK</b>
	2.08.11	Diarmuid O'Connor	21-01-2017	Athlone
	2.17.0	Mark Lehane	27-02-1999	Nenagh
	2.25.15	Eric Stam	05-12-2009	Glasgow, UK
	2.37.2	Tristan Chambers	11-10-2017	Nenagh
	2.46.1	Dylan Chambers	11-10-2017	Nenagh
	2.49.1	Patrick McSweeney	06-01-2008	Nenagh
<b>1500m</b>		<b>No performance yet</b>		
<b>4x200 Relay</b>	<b>1.51.7</b>	<b>Colin Kingston, Scott Gibson, Joey Henchy,</b>	<b>26-02-2011</b>	<b>Nenagh</b>
	1.52.11	Adam Mangan, David Mc Inerney, Brian O'Riordan, Darragh Constadine	07-02-2015	Nenagh
<b>1500m Walk</b>		<b>No performance yet</b>		
<b>60mH</b>	<b>9.00</b>	<b>Eric Stam</b>	<b>28-03-2009</b>	<b>Nenagh</b>
84/13/8.5	9.05	Sipke O'Shaughnessy	06-04-2008	Nenagh
	9.07	Diarmuid O'Connor	21-01-2017	Athlone
	9.10	Eoin O'Callaghan	20-03-2022	Athlone
	12.40	Patrick McSweeney	06-01-2008	Nenagh
84/12/8	8.95	Eric Stam	05-12-2009	Glasgow, UK
91.4/13/8.5	8.88	Eoin O'Callaghan	12-11-2022	Athlone
	9.49	Tristan Chambers	11-10-2017	Nenagh
	11.32	Dylan Chambers	11-10-2017	Nenagh
<b>Long Jump</b>	<b>5.93</b>	<b>Eric Stam</b>	<b>28-03-2009</b>	<b>Nenagh</b>
	5.86	Eoin O'Callaghan	26-11-2022	Glasgow, UK
	5.77	Diarmuid O'Connor	21-01-2017	Athlone
	5.69	Fintan O'Shaughnessy	08-03-2011	Nenagh
	5.49	Tristen Chambers	26-02-2017	Nenagh
	5.42	Sipke O'Shaughnessy	06-04-2008	Nenagh
	5.08	Dylan Chambers	11-10-2017	Nenagh
	4.47	Liam Crowley	26-02-2017	Nenagh
	4.04	Patrick McSweeney	06-01-2008	Nenagh
<b>High Jump</b>	<b>1.75</b>	<b>Fintan O'Shaughnessy</b>	<b>08-03-2011</b>	<b>Nenagh</b>
	1.71	Eric Stam	07-03-2009	Sheffield, UK
	1.66	Diarmuid O'Connor	21-01-2017	Athlone
	1.60	Eoin O'Callaghan	22-01-2022	Athlone

	1.50	Patrick McSweeney	01-03-2008	Nenagh
<b>Pole Vault</b>		<i>No performance yet</i>		
<b>Shot Putt</b> (4 kg)	<b>14.20</b>	<b>James French</b>	<b>06-04-2013</b>	<b>Athlone</b>
	13.86	Colin Kingston	26-02-2011	Nenagh
	13.61	Patrick McSweeney	05-04-2008	Nenagh
	13.22	Eric Stam	05-12-2009	Glasgow, UK
	11.03	Diarmuid O'Connor	21-01-2017	Athlone
	10.91	Eoin O'Callaghan	22-01-2022	Athlone
	9.11	Daire Harrington	07-02-2009	Nenagh
(5kg)	11.95	Eoin O'Callaghan	12-11-2022	Athlone
	8.16	Dylan Chambers	11-10-2017	Nenagh
	8.11	Tristan Chambers	11-10-2017	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800m)	<b>3703</b> (9.07 (809), 5.77 (768), 11.03 (571), 1.66 (749), 2.08.11 (806))	<b>Diarmuid O'Connor</b>	<b>21-01-2017</b>	<b>Athlone</b>
	<b>3485</b> (9.40 (755), 5.75 (764), 11.15 (576), 1.71 (787), 2.25.61 (603))	Eric Stam	07-03-2009	Sheffield, UK
	<b>3288</b> (9.17 (792), 4.85 (591), 10.91 (56), 1.60 (702), 2.22.20 (638))	Eoin O'Callaghan	22-01-2022	Athlone
<b>Schools Junior Pentathlon</b> (60H, LJ, SP, 200, 800) hurdles: 84/12/ 8 *shot: 4kg	<b>3494</b> (8.95 (829), 5.72 (759), 13.22 * (666), 25.60 **(633), 2.25.15 (607))	Eric Stam	05-12-2009	Glasgow, UK

<b>Schools Inter Pentathlon</b> (60H, LJ, SP, 200, 800) hurdles: 91.4/13/ 8.5 *shot: 5kg	<b>3726</b> (8.91 (836), 5.86 (785), 11.04 (571), 24.63 (721), 2.07.54 (813))	Eoin O'Callaghan	26-11-2022	Glasgow. UK
	<b>3027</b> (9.49 (741), 5.49 (716), 8.11 (427), 25.40 (650), 2.37.2 (493))	Tristan Chambers	11-10-2017	Nenagh
	<b>2624</b> (11.32 (506), 5.08 (636), 8.16 (430), 25.60 (633), 2.46.1 (419))	Dylan Chambers	11-10-2017	Nenagh

\*\* 200m instead of High jump - 200m senior women IAAF indoor scoring tables for Combined Events used

		<b>Boys Under 17</b>		
<b>60m</b>	<b>7.0</b>	<b>Darren Coughlan</b>	<b>04-01-1998</b>	<b>Nenagh</b>
	7.48	Joey Henchy	10-02-2013	Athlone
	7.51	Timothy Harrington	24-03-2007	Nenagh
	7.51	Scott Gibson	10-02-2013	Athlone
	7.68	Daniel Hathaway	05-01-2014	Athlone
	7.72	Eoin O'Callaghan	21-01-2023	Athlone
	7.80	Eric Stam	16-01-2010	Nenagh
	8.10	Darragh Ryan	01-03-2015	Nenagh
<b>200m</b>	<b>23.27</b>	<b>Diarmuid O'Connor</b>	<b>13-10-2018</b>	<b>Athlone</b>
	23.3	Darren Coughlan	21-03-1998	Nenagh
	23.61	Eoin O'Callaghan	02-12-2023	Cardiff, UK
	24.23	Tristan Chambers	13-10-2018	Athlone
	24.93	Joey Henchy	06-01-2013	Nenagh
	25.18	Daniel Hathaway	02-03-2014	Nenagh
	25.63	Scott Gibson	06-01-2013	Nenagh
	25.66	Eric Stam	07-03-2010	Nenagh
	25.68	Dylan Chambers	25-02-2018	Nenagh
	26.92	Darragh Ryan	28-02-2015	Nenagh
	29.91	Daniel Dollard	25-10-2023	Nenagh
	30.21	Joseph Lancaster	23-02-2013	Nenagh



<b>800m</b>	<b>2.02.98</b>	<b>Diarmuid O'Connor</b>	<b>13-10-2018</b>	<b>Athlone</b>
	2.02.99	Eoin O'Callaghan	19-11-2023	Athlone
	2.18.21	Tristan Chambers	13-10-2018	Athlone
	2.21.30	Daniel Dollard	25-10-2023	Nenagh
	2.24.08	Eric Stam	12-12-2010	Nenagh
	2.27.88	Matt Devine	21-02-2016	Nenagh
	2.46.05	Shane Howard	12-12-2010	Nenagh
	2.58.96	Dylan Chambers	07-01-2018	Nenagh
<b>1000m</b>	<b>2.59.21</b>	<b>Eoin O'Callaghan</b>	<b>22-01-2023</b>	<b>Athlone</b>
	3.18.49	Tristan Chambers	20-01-2018	Athlone
<b>1500m</b>	<b>4.36.79</b>	<b>Naoise O'Flaitheartaigh</b>	<b>21-02-2016</b>	<b>Nenagh</b>
	4.42.37	Gavin Kenny	24-02-2018	Nenagh
	4.56.18	Conor Calnan	21-02-2016	Nenagh
	5.21.46	Shane Conway	25-02-2006	Nenagh
<b>4x200 Relay</b>	<b>1.42.8</b>	<b>?</b>	<b>30-03-1997</b>	<b>Nenagh</b>
<b>1500m Walk</b>		<b>No performance yet</b>		
<b>60mH</b>	<b>8.39</b>	<b>Diarmuid O'Connor</b>	<b>03-11-2018</b>	<b>Glasgow, UK</b>
91.4/13/8.5	<b>8.39</b>	<b>Eoin O'Callaghan</b>	<b>02-12-2023</b>	<b>Cardiff, UK</b>
	9.06	Tristan Chambers	13-10-2018	Athlone
	9.09	Eric Stam	12-12-2010	Nenagh
	9.42	Shane Howard	12-12-2010	Nenagh
	9.46	Scott Gibson	23-02-2013	Nenagh
	9.89	Daire Walsh	12-12-2010	Nenagh
	10.94	Dylan Chambers	03-10-2018	Nenagh
91.4/13.72/9.14	8.61	Eoin O'Callaghan	22-01-2023	Athlone
	9.61	Tristan Chambers	20-01-2018	Athlone
<b>Long Jump</b>	<b>6.56</b>	<b>Diarmuid O'Connor</b>	<b>03-11-2018</b>	<b>Glasgow, UK</b>
	6.35	Timothy Harrington	14-04-2007	Nenagh
	6.27	Eric Stam	02-03-2010	Nenagh
	6.27	Eoin O'Callaghan	02-12-2023	Cardiff, UK
	6.11	Fintan O'Shaughnessy	06-03-2012	Nenagh
	5.63	Daire Walsh	12-12-2010	Nenagh
	5.63	Tristan Chambers	13-10-2018	Athlone
	5.56	Shane Howard	12-12-2010	Nenagh
	5.10	Dylan Chambers	07-01-2018	Nenagh

<b>Triple Jump</b>		<i>No performance yet</i>		
<b>High Jump</b>	<b>1.78</b>	<b>Eric Stam</b>	<b>12-12-2010</b>	<b>Nenagh</b>
	1.78	Tristan Chambers	07-04-2018	Athlone
	1.75	Eoin O'Callaghan	02-04-2023	Athlone
	1.60	Shane Howard	06-03-2010	Nenagh
	1.55	Scott Gibson	23-02-2013	Nenagh
	1.51	Dylan Chambers	07-01-2018	Nenagh
	1.50	Patrick McSweeney	07-02-2009	Nenagh
<b>Pole Vault</b>	<b>3.00</b>	<b>Eoin O'Callaghan</b>	<b>01-04-2023</b>	<b>Athlone</b>
<b>Shot Putt</b>	<b>13.56</b>	<b>Colin Kingston</b>	<b>31-03-2012</b>	<b>Nenagh</b>
(5 kg)	12.60	Eric Stam	10-04-2010	Nenagh
	12.45	Patrick McSweeney	07-02-2009	Nenagh
	12.34	Eoin O'Callaghan	19-11-2023	Athlone
	12.27	Diarmuid O'Connor	03-10-2018	Nenagh
	10.02	Daire Walsh	12-12-2010	Nenagh
	9.75	Robert O'Sullivan	26-02-2011	Nenagh
	9.70	Dylan Chambers	03-10-2018	Nenagh
	9.09	Tristan Chambers	03-10-2018	Nenagh
	8.50	Daire Harrington	06-03-2010	Nenagh
	7.60	Shane Howard	12-12-2010	Nenagh
	5.47	Joseph Lancaster	23-02-2013	Nenagh
<b>Pentathlon</b> (60H, LJ, SP, HJ, 800m) Hurdles: 91.4/ 13/ 8.5	<b>3146</b> (9.09 (726), 6.22 (635), 12.17 (617), 1.78 (610), 2.24.08 (558))	<b>Eric Stam</b>	<b>12-12-2010</b>	<b>Nenagh</b>
	<b>2371</b> (9.66 (607), 5.33 (447), 8.01 (388), 1.69 (536), 2.37.59 (414))	Tristan Chambers	07-01-2018	Nenagh
	<b>2291</b> (9.42 (656), 5.56 (494), 7.60 (343), 1.60 (464), 2:46.05 (334))	Shane Howard	12-12-2010	Nenagh

	<b>1729 (11.34</b> (316), 5.10 (408), 8.36 (388), 1.51 (396), 2.58.96 (227))	Dylan Chambers	07-01-2018	Nenagh
<b>Pentathlon Youth</b> (60H, LJ, SP, HJ, 1000m) Hurdles: 91.4/13.72/9.14	<b>2530 (9.61</b> (617), 5.44 (469), 7.84 (357), 1.76 (593), 3.18.49 (494))	<b>Tristan Chambers</b>	<b>20-01-2018</b>	<b>Athlone</b>
<b>Schools Inter Pentathlon</b> (60H,LJ, SP, 200, 800) Hurdles: 91.4/13/ 8.5	<b>3626 (8.39</b> (886), 6.27 (646), 11.60 (582), 23.61 (728), 2.05.73 (784))	<b>Eoin O'Callaghan</b>	<b>02-12-2023</b>	<b>Cardiff, UK</b>
	<b>3544 (8.44</b> (874), 5.53 (487), 11.92 (602), 23.27 (760), 2.02.98 (821))	Diarmuid O'Connor	13-10-2018	Athlone
	<b>2936 (9.06</b> (733), 5.63 (508), 8.50 (396), 24.23 (673), 2.18.21 (626))	Tristan Chambers	13-10-2018	Athlone
	<b>1668 (10.94</b> (377), 4.75 (335), 9.70 (468), 26.47 (488), - ( ))	Dylan Chambers	03-10-2018	Nenagh
<b>Youth Heptathlon</b> (60, LJ, HJ, SP (5kg), 60H (91.4/13.72/9.14), PV, 1000m)	<b>4075 (7.72</b> (643), 5.73 (529), 1.73 (569), 10.93 (542), 8.61 (834), 2.70 (286), 2.59.21 (672))	<b>Eoin O'Callaghan</b>	<b>21/22-01-2023</b>	<b>Athlone</b>

<b>Boys Under 18</b>				
<b>60m</b>	<b>7.11</b>	<b>David McInerney</b>	<b>13-12-2017</b>	<b>Athlone</b>
	7.31	Joey Henchy	05-01-2014	Athlone
	7.33	Scott Gibson	05-01-2014	Athlone
	7.39	Timothy Harrington	20-01-2008	Nenagh
	7.2	Simon Mackey	04-01-1998	Nenagh
	7.45	Diarmuid O'Connor	02-03-2019	Abbotstown, Dublin
	7.46	Eoin O'Callaghan	27-01-2024	Abbotstown, Dublin
	7.48	Shane Conway	24-02-2007	Nenagh
	7.57	Daniel Hathaway	28-02-2015	Nenagh
	7.90	Darragh Ryan	21-02-2016	Nenagh
	8.03	Daire Walshe	26-02-2011	Nenagh
<b>200m</b>	<b>23.0</b>	<b>Darren Coughlan</b>	<b>27-02-1999</b>	<b>Nenagh</b>
	23.34	Shane Conway	24-02-2007	Nenagh
	23.52	Joey Henchy	26-01-2014	Athlone
	23.98	David McInerney	04-02-2017	Abbotstown
	24.13	Timothy Harrington	17-02-2008	Nenagh
	24.15	Eric Stam	03-12-2011	Glasgow
	25.33	Tristan Chambers	09-11-2019	Athlone
	25.55	Dylan Chambers	22-10-2019	Nenagh
	26.31	Darragh Ryan	21-02-2016	Nenagh
	26.48	Mark O'Connell	09-01-2011	Nenagh
<b>400m</b>	<b>52.06</b>	<b>Scott Gibson</b>	<b>26-01-2014</b>	<b>Athlone</b>
	53.7	Ronan Harris	27-02-1999	Nenagh
	54.45	David McInerney	04-02-2017	Abbotstown
	54.66	Daire Walshe	26-02-2011	Nenagh
	55.97	Ruairi Falvey	22-02-2020	Nenagh
<b>600m</b>	1.40.41	Ruairi Falvey	03-03-2020	Nenagh
<b>800m</b>	<b>2.12.15</b>	<b>Naoise O'Flaitheartaigh</b>	<b>26-02-2017</b>	<b>Nenagh</b>
	2.12.41	Anthony Hennessy	24-02-2007	Nenagh
	2.15.00	Eric Stam	03-12-2011	Glasgow
	2.28.93	Tristan Chambers	09-11-2019	Athlone
	2.39.87	Dylan Chambers	22-10-2019	Nenagh
<b>1000m</b>	<b>2.47.46</b>	<b>Eoin O'Callaghan</b>	<b>28-01-2024</b>	<b>Abbotstown, Dublin</b>
	2.48.27	Diarmuid O'Connor	19-01-2019	Athlone
<b>1500m</b>	<b>4.27.32</b>	<b>Ronan Duggan</b>	<b>25-02-2006</b>	<b>Nenagh</b>
	4.32.30	Naoise O'Flaitheartaigh	26-03-2017	Athlone

	4.38.13	John Muckian	12-03-2016	Athlone
<b>4x200 Relay</b>	<b>1.35.1</b>	<b>Ian Wholihan, Darren Coughlan, Simon Mackey,</b>	<b>21-03-1998</b>	<b>Nenagh</b>
	1.41.4	Shane Conway, Anthony Hennessy,	24-02-2007	Nenagh
<b>1500m Walk</b>		<b>No performance yet</b>		
<b>60mH</b>	<b>8.32</b>	<b>Eoin O'Callaghan</b>	<b>28-01-2024</b>	<b>Abbotstown, Dublin</b>
91.4/ 13.72/ 9.14	8.37	Diarmuid O'Connor	19-01-2019	Athlone
	8.90	Eric Stam	26-02-2011	Nenagh
	9.19	Shane Howard	26-02-2011	Nenagh
99.0/ 13.72/ 9.14	9.51	Tristan Chambers	22-10-2019	Nenagh
	9.86	Dylan Chambers	22-10-2019	Nenagh
<b>Long Jump</b>	<b>6.65</b>	<b>Timothy Harrington</b>	<b>12-04-2008</b>	<b>Nenagh</b>
	6.50	Fintan O'Shaughnessy	23-03-2013	Athlone
	6.35	Eric Stam	26-02-2011	Nenagh
	6.32	Diarmuid O'Connor	02-03-2019	Abbotstown, Dublin
	6.22	Eoin O'Callaghan	05-02-2024	Nenagh
	5.91	Shane Howard	02-04-2011	Nenagh
	5.15	Tristan Chambers	09-11-2019	Athlone
	5.13	Dylan Chambers	22-10-2019	Nenagh
<b>Triple Jump</b>	<b>12.37</b>	<b>Timothy Harrington</b>	<b>01-03-2008</b>	<b>Nenagh</b>
	10.74	Ian Wholihan	04-01-1998	Nenagh
<b>High Jump</b>	<b>1.85</b>	<b>Eoin O'Callaghan</b>	<b>05-02-2024</b>	<b>Nenagh</b>
	1.81	Diarmuid O'Connor	19-01-2019	Athlone
	1.72	Eric Stam	29-01-2011	Nenagh
	1.65	Shane Howard	26-02-2011	Nenagh
	1.45	David McInerney	28-01-2017	Athlone
<b>Pole Vault</b>	<b>3.10</b>	<b>Eoin O'Callaghan</b>	<b>05-02-2024</b>	<b>Nenagh</b>
	2.80	Eric Stam	30-01-2011	Nenagh
	2.80	Diarmuid O'Connor	03-03-2019	Abbotstown, Dublin
<b>Shot Putt (5 kg)</b>	<b>13.24</b>	<b>Patrick McSweeney</b>	<b>27-03-2010</b>	<b>Nenagh</b>
	13.09	Eric Stam	03-12-2011	Glasgow

	12.83	Eoin O'Callaghan	27-01-2024	Abbotstown, Dublin
	12.47	Diarmuid O'Connor	19-01-2019	Athlone
	11.49	Gavin Hicks	02-03-2014	Nenagh
(6kg)	9.33	Tristan Chambers	22-10-2019	Nenagh
	8.56	Dylan Chambers	22-10-2019	Nenagh
<b>35 lbWeight for Distance</b>	<b>6.67</b>	<b>Patrick McSweeney</b>	<b>21-03-2010</b>	<b>Nenagh</b>
<b>Heptathlon</b> (60, LJ, SP(5kg), HJ, 60H (91.4cm), PV, 1000m)	<b>4602</b> (7.46 (726), 5.98 (582), 12.83 (657), 1.75 (585), 8.32 (903), 3.00 (357), 2.47.46 (792))	<b>Eoin O'Callaghan</b>	<b>27/28-01- 2024</b>	<b>Abbotstown, Dublin</b>
	<b>4545</b> (7.45 (729), 6.32 (657), 12.39 (630), 1.75 (585), 8.47(867), 2.80 (309), 2.49.76 (768))	Diarmuid O'Connor	03-03-2019	Abbotstown, Dublin
<b>Pentathlon</b> (60H, LJ, SP, HJ, 1000m)	<b>3592</b> (8.37 (891), 6.27 (646), 12.47 (636), 1.81 (636), 2.48.27 (784))	<b>Diarmuid O'Connor</b>	<b>19-01-2019</b>	<b>Athlone</b>
Pentathlon (60H, LJ, SP, HJ, 800m)	<b>3144</b> (8.93 (761), 6.06 (600), 11.53 (578), 1.72 (560), 2.16.66 (645))	Eric Stam	29-01-2011	Nenagh

Schools Inter Pentathlon (60H, LJ, SP, 200, 800)	<b>3486</b> (8.79 ***(793), 6.28 (648), 13.09 * (673), 24.15 *(707), 2.15.00 (665))	Eric Stam	03-12-2011	Glasgow
***Hurdles: 91.4/13/8.5				
* 5kg Shot				
** 200m instead of High jump - 200m senior men IAAF indoor scoring tables for Combined Events used				
Schools Senior Pentathlon (60H, LJ, SP, 200, 800)	<b>2543</b> (9.59***(621), 5.15 (411), 9.06* (429), 25.33 *(578), 2.28.93 (504))	Tristan Chambers	09-11-2019	Athlone
***Hurdles: 99.0/13.72//9.14	<b>2329</b> (9.86 *(568), 5.14 (409), 8.56 * (400), 25.55 *(560), 2.39.87 (392))	Dylan Chambers	22-10-2019	Nenagh
* 6kg Shot				
** 200m instead of High jump - 200m senior men IAAF indoor scoring tables for Combined Events used				
<b>Boys Under 19</b>				
<b>60m</b>	<b>7.03</b>	<b>Joe Gibson</b>	<b>12-03-2016</b>	<b>Athlone</b>
	7.12	Darren Coughlan	26-03-2000	Nenagh
	7.12	Joey Henchy	25-01-2015	Athlone
	7.12	Scott Gibson	25-01-2015	Athlone
	7.16	David McInerney	18-03-2018	Athlone
	7.21	Fintan O'Shaughnessy	22-03-2014	Athlone
	7.31	Duncan Tsu	08-01-2012	Nenagh
	7.35	Daniel Landzaad	26-02-2017	Nenagh
	7.37	Diarmuid O'Connor	22-02-2020	Abbotstown, Dublin
	7.68	Chris Spearman	24-02-2007	Nenagh
	7.82	Davide Mazzalli	02-03-2014	Nenagh
	7.88	Tristan Chambers	22-02-2020	Abbotstown, Dublin
<b>200m</b>	<b>22.40</b>	<b>Darren Coughlan</b>	<b>26-03-2000</b>	<b>Nenagh</b>
	23.34	Shane Conway	17-02-2008	Nenagh
	23.94	David McInerney	06-01-2018	Nenagh
	24.18	Daniel Hathaway	31-01-2016	Athlone

	24.22	Dylan Roberts	22-02-2020	Nenagh
	24.73	Chris Spearman	24-02-2007	Nenagh
<b>400m</b>	<b>49.23</b>	<b>Scott Gibson</b>	<b>22-03-2015</b>	<b>Athlone</b>
	49.93	Diarmuid O'Connor	01-03-2020	Abbotstown, Dublin
	51.63	Shane Conway	01-03-2008	Nenagh
	53.87	Daire Walshe	03-03-2012	Nenagh
	54.08	Daniel Hathaway	12-03-2016	Athlone
	57.97	Billy Henchy	25-02-2006	Nenagh
<b>800m</b>	<b>2.07.41</b>	<b>Ronan Duggan</b>	<b>24-02-2007</b>	<b>Nenagh</b>
	2.07.98	Anthony Hennessy	20-01-2008	Nenagh
	2.18.90	Eric Stam	28-01-2012	Nenagh
<b>1500m</b>	<b>4.20.92</b>	<b>Ronan Duggan</b>	<b>24-02-2007</b>	<b>Nenagh</b>
<b>1000m</b>	<b>2.43.52</b>	<b>Diarmuid O'Connor</b>	<b>23-02-2020</b>	<b>Abbotstown, Dublin</b>
	3.09.75	Tristan Chambers	23-02-2020	Abbotstown, Dublin
<b>4x200 Relay</b>	<b>1.34.0</b>	<b>Darren O'Driscoll, Ronan Harris, Darren Coughlan,</b>	<b>01-04-1999</b>	<b>Nenagh</b>
	1.39.5	Chris Spearman, Ronan Duggan,	24-02-2007	Nenagh
	1.48.44	Jake Inglis, Thomas McCarthy, Ciaran Murphy, Ciaran Healy	09-03-2013	Nenagh
<b>1500m Walk</b>		<b>No performance yet</b>		
<b>60mH</b>	<b>8.36</b>	<b>Diarmuid O'Connor</b>	<b>05-01-2020</b>	<b>Nenagh</b>
99/13.72/9.14	9.04	Shane Howard	03-03-2012	Nenagh
	9.31	Eric Stam	28-01-2012	Nenagh
	9.52	Tristan Chambers	23-2-2020	Abbotstown, Dublin
	11.24	Dylan Chambers	05-01-2020	Nenagh
<b>Long Jump</b>	<b>6.77</b>	<b>Timothy Harrington</b>	<b>24-01-2009</b>	<b>Nenagh</b>
	6.74	Fintan O'Shaughnessy	01-03-2014	Nenagh
	6.74	Diarmuid O'Connor	01-03-2020	Abbotstown, Dublin
	6.44	Eric Stam	08-01-2012	Nenagh
	6.25	Shane Howard	31-03-2012	Nenagh
	6.00	Promice Okafar	19-01-2014	Nenagh
	5.85	Daire Walshe	03-03-2012	Nenagh
	5.69	Tristan Chambers	03-03-2020	Nenagh
	5.43	Dylan Chambers	05-01-2020	Nenagh



<b>Triple Jump</b>	<b>12.38</b>	<b>Eric Stam</b>	<b>04-03-2012</b>	<b>Nenagh</b>
	11.20	Darren O'Driscoll	27-02-1999	Nenagh
<b>High Jump</b>	<b>1.95</b>	<b>Diarmuid O'Connor</b>	<b>05-01-2020</b>	<b>Nenagh</b>
	1.75	Tristan Chambers	03-03-2020	Nenagh
	1.72	Eric Stam	28-01-2012	Nenagh
	1.60	Dylan Chambers	05-01-2020	Nenagh
<b>Pole Vault</b>	<b>3.80</b>	<b>Davide Mazalli</b>	<b>26-01-2014</b>	<b>Athlone</b>
	3.55	Diarmuid O'Connor	05-01-2020	Nenagh
	2.65	Tristan Chambers	05-01-2020	Nenagh
<b>Shot Putt</b> (6 kg)	<b>13.21</b>	<b>Patrick Mc Sweeney</b>	<b>02-04-2011</b>	<b>Nenagh</b>
	13.10	Diarmuid O'Connor	05-01-2020	Nenagh
	11.98	Eric Stam	08-01-2012	Nenagh
	11.73	Gavin Hicks	28-03-2015	Nenagh
	10.45	Duncan Tsu	04-03-2012	Nenagh
	9.60	Tristan Chambers	23-02-2020	Abottstown, Dublin
	8.43	Dylan Chambers	05-01-2020	Nenagh
<b>35 lb Weight for Distance</b>	<b>7.61</b>	<b>Patrick McSweeney</b>	<b>15-01-2011</b>	<b>Nenagh</b>
	7.29	Duncan Tsu	08-01-2012	Nenagh
	6.79	Gavin Hicks	25-01-2015	Athlone
	6.20	Eric Stam	08-01-2012	Nenagh
	5.42	Daire Walshe	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</b>	<b>28-01-2012</b>	<b>Nenagh</b>
1000m instead of 800m	<b>2555</b> (9.66 (607), 5.50 (481), 9.59 (461), 1.60 (464), 3.13.10 (542))	Tristan Chambers	18-01-2020	Athlone

<b>Heptathlon</b> (60, LJ, SP, HJ, 60H, PV, 1000m)	<b>4881</b> (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>	<b>22/23-02-2020</b>	<b>Abbotstown, Dublin</b>
	<b>3562</b> (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

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 U11 - U12 age groups in Combined Events the following Scoring Tables are used: "Puntentelling voor Pupillen", Ed. 2007.

**Score=INT((A/ Time)-B)**

60m	A	B
800m *	15365.0	1058
<b>Score=INT(A*SQRT(Distance)-B)</b>	216604.8	784.5
Long Jump		
For distances <= 4.41m use: Score	887.99	1264.5
High Jump		
For heights<=1.35m use: INT((dist	1977.53	1698.5
Shot Putt		
Time in seconds (electronic); Dista	303.7	337.5

Scores to be rounded down to nearest whole number.

\* 800m taken from C/D tables and 100 points added

For U13 -U16 age groups in Combined Events the following Scoring Tables are used: "Puntentelling voor Junioren C/D", Ed. 2007.

**Score=INT((A/ Time)-B)**

60H 76.2cm	A	B	C
60H 84cm	14050	795.5	
200m	13820	714.5	
800m	4.99087	42.5	1.81
<b>Score=INT(A*SQRT(Distance)-B)</b>	216604.8	884.5	
Long Jump			
For distances <= 4.41m use: Score	887.99	1364.5	
High Jump			

For heights<=1.35m use: INT((dist	1977.53	1798.5
Shot Putt		
Time in seconds (electronic); Dista	303.7	437.5
Scores to be rounded down to nearest whole number.		

**For Combined Events Boys U17 - U19, (Senior) Men's and Women's IAAF Scoring Tables are used, Ed. 2001.**

$$\text{Score}=\text{INT}(\text{A}*(\text{B}-\text{Time})^{**}\text{C})$$

60	A	B	C
60H	58.0150	11.50	1.81
800m #	20.5173	15.5	1.9200
1000m	0.13279	235	1.85
200	0.08713	305.5	1.85
	5.84250	38	1.81
<b>Score=INT(A*(Distance-B)**C)</b>			
Long Jump			
High Jump	0.143540	220	1.40
Polevaulting	0.84650	75	1.420
Shot Putt	0.27970	100	1.350
	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.