

# Bandon AC Masters Men Indoor Club Records

Last updated 24 January 2018

Event	Result	Athlete	Date	Venue
<b>M1: 35-40</b>				
60m		No performance		
200m		No performance		
400m		No performance		
800m		No performance		
1500m		No performance		
3000m		No performance		
3000m Race Walk		No performance		
60mH		No performance		
Long Jump		No performance		
High Jump		No performance		
Pole Vaulting		No performance		
Shot Putt (7.26 kg)	8.32	Patrick McSweeney	30-12-2008	Nenagh
Weight for Distance (56 lb)	5.68	Patrick McSweeney	30-12-2008	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)		No performance		
<b>M2: 40-45</b>				
60m	7.70	Jerry Healy	30-12-2008	Nenagh
200m	27.06	Jerry Healy	30-12-2008	Nenagh
400m		No performance		
800m		No performance		
1500m	4.37.19	Tom Laffan	08-02-2009	Nenagh
3000m	10.01.7	Tom Laffan	08-02-2009	Nenagh
3000m Race Walk		No performance		
60mH		No performance		
Long Jump		No performance		
High Jump		No performance		
Pole Vaulting		No performance		
Shot Putt (7.26 kg)	8.71	Paul Kingston	08-02-2009	Nenagh
Weight for Distance (56 lb)	4.56	Patrick McSweeney	06-01-2008	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)		No performance		

<b>M3: 45-50</b>				
<b>60m</b>	7.80	Liam O'Reilly	30-12-2008	Nenagh
<b>200m</b>	26.37	Liam O'Reilly	20-01-2008	Nenagh
<b>400m</b>	58.87	Liam O'Reilly	20-01-2008	Nenagh
<b>800m</b>		No performance		
<b>1500m</b>		No performance		
<b>3000m</b>		No performance		
<b>3000m Race Walk</b>		No performance		
<b>60mH</b>		No performance		
<b>Long Jump</b>	4.55	Liam O'Reilly	30-12-2008	Nenagh
<b>High Jump</b>		No performance		
<b>Pole Vaulting</b>		No performance		
<b>Shot Putt (7.26 kg)</b>	9.25	Liam O'Reilly	30-12-2008	Nenagh
<b>Weight for Distance (56 lb)</b>		No performance		
<b>Pentathlon (60H, LJ, SP, HJ, 800)</b>		No performance		
<b>M4: 50-55</b>				
<b>60m</b>		No performance		
<b>200m</b>		No performance		
<b>400m</b>		No performance		
<b>800m</b>		No performance		
<b>1500m</b>		No performance		
<b>3000m</b>		No performance		
<b>3000m Race Walk</b>		No performance		
<b>60mH</b>		No performance		
<b>Long Jump</b>		No performance		
<b>High Jump</b>		No performance		
<b>Pole Vaulting</b>		No performance		
<b>Shot Putt (6 kg)</b>	10.06	Frank Stam	21-03-2010	Nenagh
<b>Weight for Distance (35 lb)</b>	6.40	Frank Stam	08-01-2012	Nenagh
<b>Pentathlon (60H, LJ, SP, HJ, 800)</b>		No performance		
<b>M5: 55-60</b>				
<b>60m</b>		No performance		
<b>200m</b>		No performance		
<b>400m</b>		No performance		

<b>800m</b>		No performance		
<b>1500m</b>		No performance		
<b>3000m</b>		No performance		
<b>3000m Race Walk</b>		No performance		
<b>60mH</b>		No performance		
<b>Long Jump</b>	3.17	Frank Stam	14-01-2018	Nenagh
<b>High Jump</b>	1.25	Frank Stam	14-01-2018	Nenagh
<b>Pole Vaulting</b>		No performance		
<b>Shot Putt (6 kg)</b>	9.36	Frank Stam	14-01-2018	Nenagh
<b>Weight for Distance (35 lb)</b>	5.93	Frank Stam	14-01-2018	Nenagh
<b>Pentathlon (60H, LJ, SP, HJ, 800)</b>		No performance		

Additional information and corrections are welcome - [frankstam3@gmail.com](mailto:frankstam3@gmail.com)

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.