

Bandon AC Masters Men Indoor Club Records

Last updated 5 February 2024

Event	Result	Athlete	Date	Venue
M1: 35-40				
60m		<i>No performance</i>		
200m		<i>No performance</i>		
400m		<i>No performance</i>		
800m		<i>No performance</i>		
1500m		<i>No performance</i>		
3000m		<i>No performance</i>		
3000m Race Walk		<i>No performance</i>		
60mH 0.991/13.72/9.14		<i>No performance</i>		
Long Jump		<i>No performance</i>		
Triple Jump		<i>No performance</i>		
High Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (7.26 kg)	8.32	<i>Patrick McSweeney</i>	30-12-2007	<i>Nenagh</i>
Weight for Distance (56 lb)	5.68	<i>Patrick McSweeney</i>	30-12-2007	<i>Nenagh</i>
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
M2: 40-45				
60m	7.70	<i>Jerry Healy</i>	30-12-2007	<i>Nenagh</i>
200m	27.06	<i>Jerry Healy</i>	30-12-2007	<i>Nenagh</i>
400m		<i>No performance</i>		
800m		<i>No performance</i>		
1500m	4.37.19	<i>Tom Laffan</i>	08-02-2009	<i>Nenagh</i>
3000m	10.01.7	<i>Tom Laffan</i>	08-02-2009	<i>Nenagh</i>
3000m Race Walk		<i>No performance</i>		
60mH 0.991/13.72/9.14		<i>No performance</i>		
Long Jump		<i>No performance</i>		
Triple Jump		<i>No performance</i>		
High Jump		<i>No performance</i>		

Pole Vaulting		<i>No performance</i>		
Shot Putt (7.26 kg)	8.71	Paul Kingston	06-01-2008	Nenagh
Weight for Distance (56 lb)	4.56	Patrick McSweeney	06-01-2008	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
		M3: 45-50		
60m	7.80	Liam O'Reilly	30-12-2007	Nenagh
200m	26.37	Liam O'Reilly	20-01-2008	Nenagh
400m	58.87	Liam O'Reilly	20-01-2008	Nenagh
800m		<i>No performance</i>		
1500m		<i>No performance</i>		
3000m		<i>No performance</i>		
3000m Race Walk		<i>No performance</i>		
60mH		<i>No performance</i>		
0.991/13.72/9. 14				
Long Jump	4.55	Liam O'Reilly	30-12-2007	Nenagh
Triple Jump		<i>No performance</i>		
High Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (7.26 kg)	9.25	Liam O'Reilly	30-12-2007	Nenagh
Weight for Distance (56 lb)		<i>No performance</i>		
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
		M4: 50-55		
60m		<i>No performance</i>		
200m		<i>No performance</i>		
400m		<i>No performance</i>		
800m		<i>No performance</i>		
1500m		<i>No performance</i>		
3000m		<i>No performance</i>		
3000m Race Walk		<i>No performance</i>		
60mH		<i>No performance</i>		
0.914/13/8.5				
Long Jump		<i>No performance</i>		

Triple Jump		<i>No performance</i>		
High Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)	<i>10.06</i>	<i>Frank Stam</i>	<i>21-03-2010</i>	<i>Nenagh</i>
Weight for Distance (35 lbs)	<i>6.40</i>	<i>Frank Stam</i>	<i>08-01-2012</i>	<i>Nenagh</i>
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
		M5: 55-60		
60m		<i>No performance</i>		
200m		<i>No performance</i>		
400m		<i>No performance</i>		
800m		<i>No performance</i>		
1500m		<i>No performance</i>		
3000m		<i>No performance</i>		
3000m Race Walk		<i>No performance</i>		
60mH		<i>No performance</i>		
0.914/13/8.5				
Long Jump	<i>3.17</i>	<i>Frank Stam</i>	<i>14-01-2018</i>	<i>Nenagh</i>
Triple Jump		<i>No performance</i>		
High Jump	<i>1.25</i>	<i>Frank Stam</i>	<i>14-01-2018</i>	<i>Nenagh</i>
Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)	<i>9.36</i>	<i>Frank Stam</i>	<i>14-01-2018</i>	<i>Nenagh</i>
Weight for Distance (35 lbs)	<i>5.93</i>	<i>Frank Stam</i>	<i>14-01-2018</i>	<i>Nenagh</i>
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
		M6: 60-65		
		M7: 65-70		
		M8: 70-75		
		M9: 75-80		
		M10: 80-85		
60m	<i>10.07</i>	<i>Con O'Donovan</i>	<i>19-02-2023</i>	<i>Sheffield, UK</i>
200m	<i>36.10</i>	<i>Con O'Donovan</i>	<i>19-02-2023</i>	<i>Sheffield, UK</i>
400m		<i>No performance</i>		
800m		<i>No performance</i>		

1500m		<i>No performance</i>		
3000m		<i>No performance</i>		
3000m Race Walk		<i>No performance</i>		
60mH		<i>No performance</i>		
Long Jump	2.93	<i>Con O'Donovan</i>	05-02-2024	<i>Nenagh</i>
Triple Jump	4.79	<i>Con O'Donovan</i>	05-02-2024	<i>Nenagh</i>
High Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (3 kg)	7.32	<i>Con O'Donovan</i>	12-02-2023	<i>Nenagh</i>
Weight for Distance (35 lbs)		<i>No performance</i>		
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
		M11: 85-90		

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.

