Bandon AC Masters Men Indoor Rankings Last updated 24 January 2018

Event	Result	Athlete	Date	Venue
		M1: 35-40		
60m		No performance		
200m		No performance		
400		AT C		
400m		No performance		
800m		No performance		
		Tio perjornomice		
1500m		No performance		
3000m		No performance		
3000m Race		No performance		
Walk		No perjormance		
V V CALL				
60mH		No performance		
0.991				
/13.72/9.14				
Long Jump		No performance		
High Jump		No performance		
mgn Jump		140 perjormance		
Pole Vaulting		No performance		
Shot Putt	8.32	Patrick McSweeney	30-12-2008	Nenagh
(7.26 kg)				
Weight for	5.68	Patrick McSweeney	30-12-2008	Nenagh
Weight for Distance (56	3.00	Fairick McSweeney	30-12-2008	Nenagn
lb)				
,				
Pentathlon		No performance		
(60H, LJ, SP,				
HJ, 800)				
		NA2. 40 4E		
(0	7.70	M2: 40-45	20.12.2000	77 7
60m	7.70	Jerry Healy	30-12-2008	Nenagh
	8.21	Patrick Mulcahy	12-12-2010	Nenagh
200m	27.06	Jerry Healy	30-12-2008	Nenagh
2001II	27.15	Patrick Mulcahy	21-03-2010	Nenagh

	l			
400m		No performance		
400111		ivo perjormance		
000		N		
800m		No performance		
1500	4.27.10	T	00.02.2000	37 1
1500m	4.37.19	Tom Laffan	08-02-2009	Nenagh
2000	10.01.	T	00.02.2000	37 7
3000m	10.01.7	Tom Laffan	08-02-2009	Nenagh
3000m Race		No performance		
Walk				
60mH		No performance		
0.991/13.72/9.				
14				
Long Jump		No performance		
High Jump		No performance		
Pole Vaulting		No performance		
Shot Putt	8.71	Paul Kingston	08-02-2009	Nenagh
(7.26 kg)				
(7.20 lig)	7.59	Patrick McSweeney	06-01-2008	Nenagh
	7.37	T differ tyles weeney	00 01 2000	Tionagn
Weight for	4.56	Patrick McSweeney	06-01-2008	Nenagh
Distance (56	1.00	1 du ten 1/105 w eeneg	00 01 2000	Tionagn
lb)				
10)				
Pentathlon		No performance		
(60H, LJ, SP,		ivo perjormance		
HJ, 800)				
		M3: 45-50		
60m	7.80	Liam O'Reilly	30-12-2008	Nenagh
200m	26.37	Liam O'Reilly	20-01-2008	Nenagh
400m	58.87	Liam O'Reilly	20-01-2008	Nenagh
800m		No performance		
1500m		No performance		
		T P - J		
3000m		No performance		
- U U VARI		Tio perjoi nemico		
				ļ

3000m Race		No monforme and a		
		No performance		
Walk				
(O 77		27		
60mH		No performance		
0.991/13.72/9. 14				
Long Jump	4.55	Liam O'Reilly	30-12-2008	Nenagh
High Jump		No performance		
		= -		
Pole Vaulting		No performance		
Shot Putt (7.26 kg)	9.25	Liam O'Reilly	30-12-2008	Nenagh
Weight for Distance (56 lb)		No performance		
Pentathlon (60H, LJ, SP, HJ, 800)		No performance		
110, 000)				
		M4: 50-55		
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		
0.914/13/8.5				
Long Jump		No performance		
High Jump		No performance		
Pole Vaulting		No performance		
				1

Shot Putt (6 kg)	10.06	Frank Stam	21-03-2010	Nenagh
Weight for Distance (35 lb)	6.40	Frank Stam	08-01-2012	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)		No performance		
		M5: 55-60		
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		
0.914/13/8.5	2.75	7. 1.0	7.4.07.007.0	
Long Jump	3.17	Frank Stam	14-01-2018	Nenagh
High Jump	1.25	Frank Stam	14-01-2018	Nenagh
Pole Vaulting		No performance		
Shot Putt (6 kg)	9.36	Frank Stam	14-01-2018	Nenagh
Weight for Distance (35 lb)	5.93	Frank Stam	14-01-2018	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)	mation and cours	No performance	(Agmail com	

Additional information and corrections are welcome - 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.

For Combined Events Senior Men's IAAF Scoring Tables are used (ed. 2001)

Score=INT(A*(B-Time)**C)		Α	В		С
60H		20.0479	17	7.00	1.835
800m		0.11193	25	54.00	1.88
Score=INT(A*(Distance-B)**C)					
Long Jump		0.188807	21	10.00	1.41
High Jump		1.84523	75	5.00	1.348
Shot Putt		56.0211	1.	50	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.