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*		
400m		*No performance*		
800m		*No performance*		
1500m		*No performance*		
3000m		*No performance*		
3000m Race Walk		*No performance*		
60mH		*No performance*		
0.991 /13.72/9.14				
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*		
		M2: 40-45		
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*
	27.15	Patrick Mulcahy	21-03-2010	Nenagh

Event	Performance	Name	Date	Location
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 0.991/13.72/9.14		*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*
	7.59	Patrick McSweeney	06-01-2008	Nenagh
Weight for Distance (56 lb)	*4.56*	*Patrick McSweeney*	*06-01-2008*	*Nenagh*
Pentathlon (60H, LJ, SP, HJ, 800)		*No performance*		
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*		
3000m		*No performance*		

3000m Race Walk		*No performance*		
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*		
		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*		

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				
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)		*No performance*		

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)		A	B	C
60H		20.0479	17.00	1.835
800m		0.11193	254.00	1.88
Score=INT(A*(Distance-B)**C)				
Long Jump		0.188807	210.00	1.41
High Jump		1.84523	75.00	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.