

Bandon AC Masters Men Indoor Rankings

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		<i>No performance</i>		
0.991 /13.72/9.14				
Long Jump		<i>No performance</i>		
Triple 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>
	8.21	Patrick Mulcahy	12-12-2010	Nenagh
	8.67	Cosmos DeBurca	10-02-2019	Nenagh
200m	27.06	<i>Jerry Healy</i>	30-12-2007	<i>Nenagh</i>

	27.15	Patrick Mulcahy	21-03-2010	Nenagh
400m		<i>No performance</i>		
800m		<i>No performance</i>		
1500m	<i>4.37.19</i>	<i>Tom Laffan</i>	<i>08-02-2009</i>	<i>Nenagh</i>
3000m	<i>10.01.7</i>	<i>Tom Laffan</i>	<i>08-02-2009</i>	<i>Nenagh</i>
3000m Race Walk		<i>No performance</i>		
60mH		<i>No performance</i>		
0.991/13.72/9.14				
Long Jump		<i>No performance</i>		
Triple Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (7.26 kg)	<i>8.71</i>	<i>Paul Kingston</i>	<i>08-02-2009</i>	<i>Nenagh</i>
	8.16	Cosmos DeBurca	10-02-2019	Nenagh
	7.59	Patrick McSweeney	06-01-2008	Nenagh
Weight for Distance (56 lbs)	<i>4.56</i>	<i>Patrick McSweeney</i>	<i>06-01-2008</i>	<i>Nenagh</i>
	4.34	Cosmos DeBurca	10-02-2019	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
		M3: 45-50		
60m	<i>7.80</i>	<i>Liam O'Reilly</i>	<i>30-12-2007</i>	<i>Nenagh</i>
200m	<i>26.37</i>	<i>Liam O'Reilly</i>	<i>20-01-2008</i>	<i>Nenagh</i>
400m	<i>58.87</i>	<i>Liam O'Reilly</i>	<i>20-01-2008</i>	<i>Nenagh</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>		
0.991/13.72/9.14				
Long Jump	4.55	<i>Liam O'Reilly</i>	30-12-2007	<i>Nenagh</i>
Triple Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (7.26 kg)	9.25	<i>Liam O'Reilly</i>	30-12-2007	<i>Nenagh</i>
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>		

Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)	10.06	Frank Stam	21-03-2010	Nenagh
Weight for Distance (35 lbs)	6.40	Frank Stam	08-01-2012	Nenagh
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	3.17	Frank Stam	14-01-2018	Nenagh
Triple Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)	9.36	Frank Stam	14-01-2018	Nenagh
Weight for Distance (35 lbs)	5.93	Frank Stam	14-01-2018	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		

		M6: 60-65		
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>		
Long Jump		<i>No performance</i>		
Triple Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)		<i>No performance</i>		
Weight for Distance (35 lbs)		<i>No performance</i>		
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		

		M7: 65-70		
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>		
Long Jump		<i>No performance</i>		
Triple Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)		<i>No performance</i>		
Weight for Distance (35 lbs)		<i>No performance</i>		
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		

		M8: 70-75		
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>		
Long Jump		<i>No performance</i>		
Triple Jump		<i>No performance</i>		

Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)		<i>No performance</i>		
Weight for Distance (35 lbs)		<i>No performance</i>		
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		

		M9: 75-80		
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>		
Long Jump		<i>No performance</i>		
Triple Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)		<i>No performance</i>		
Weight for Distance (35 lbs)		<i>No performance</i>		

Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		
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		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	<i>2.93</i>	<i>Con O'Donovan</i>	<i>05-02-2024</i>	<i>Nenagh</i>
Triple Jump	<i>4.79</i>	<i>Con O'Donovan</i>	<i>05-02-2024</i>	<i>Nenagh</i>
Pole Vaulting		<i>No performance</i>		
Shot Putt (3 kg)	<i>7.32</i>	<i>Con O'Donovan</i>	<i>12-02-2023</i>	<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		
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>		
Long Jump		<i>No performance</i>		
Triple Jump		<i>No performance</i>		
Pole Vaulting		<i>No performance</i>		
Shot Putt (6 kg)		<i>No performance</i>		
Weight for Distance (35 lbs)		<i>No performance</i>		
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		

		M12: 90-95		
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>		

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>No performance</i>		
Weight for Distance (35 lbs)		<i>No performance</i>		
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		

		M13: 95-100		
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>		
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>No performance</i>		
Weight for Distance (35 lbs)		<i>No performance</i>		
Pentathlon (60H, LJ, SP, HJ, 800)		<i>No performance</i>		

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.



