

Bandon AC Senior Men Indoor Club Records

Last updated 27 February 2018

Event	Result	Holder	Date	Venue
60m	6.97	Joe Gibson (U20)	29-01-2017	Athlone
200m	22.40	Darren Coughlan (U19)	26-03-2000	Nenagh
400m	49.23	Scott Gibson (U19)	22-03-2015	Athlone
800m	1.57.70	Ronan Duggan (U23)	07-02-2010	Belfast
1000m	3.18.49	Tristan Chambers (U17)	20-01-2018	Athlone
1500m	4.05.07	Mark O'Sullivan (U23)	01-02-2013	Athlone
3000m	8.37.31	Mark O'Sullivan (U23)	22-02-2015	Athlone
4x200 Relay	1.34.0	Darren O'Driscoll (U19), Ronan Harris (U18), Darren Coughlan (U18),	01-04-1999	Nenagh
60mH (107/13.72/9.14)		No performance yet		
Long Jump	7.53	Shane Howard	28-01-2017	Glasgow, UK
Triple Jump	13.44	Promice Okafar (U23)	31-01-2016	Athlone
High Jump	1.78	Eric Stam (U17)	12-12-2010	Nenagh
Pole Vault	3.80	Davide Mazzali (U19)	26-01-2014	Athlone
Shot Putt (7.26 kg)	13.09	Patrick McSweeney	12-02-2016	Athlone
56 lb Weight for Distance	5.68	Patrick McSweeney Snr. (M1)	30-12-2007	Nenagh
Heptathlon (60, LJ, SP, HJ, 60H, PV, 1000)		No performance yet		

Additional information and corrections are welcome.

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 Senior Men Combined Events "Senior Men's and Women's IAAF Scoring Tables" are used, Ed. 2001.