

Bandon AC Senior Men Indoor Rankings

Last updated 27 February 2018

Event	Result	Holder	Date	Venue
60m	6.97	Joe Gibson (U20)	29-01-2017	Athlone
	7.08	Joey Henchy (U20)	31-01-2016	Athlone
	7.09	Shane Howard	14-01-2017	Athlone
	7.11	David McInerney (U18)	13-12-2017	Athlone
	7.12	Darren Coughlan (U19)	26-03-2000	Nenagh
	7.12	Scott Gibson (U19)	25-01-2015	Athlone
	7.21	Fintan O'Shaughnessy (U19)	22-03-2014	Athlone
	7.31	Duncan Tsu (U19)	08-01-2012	Nenagh
	7.35	Daniel Landzaad (U19)	26-02-2017	Nenagh
	7.39	Timothy Harrington (U18)	20-01-2008	Nenagh
	7.2	Simon Mackey (U18)	04-01-1998	Nenagh
	7.57	Daniel Hathaway (U18)	01-03-2015	Nenagh
	7.68	Chris Spearman (U19)	24-02-2007	Nenagh
	7.48	Shane Conway (U18)	24-02-2007	Nenagh
	7.80	Eric Stam (U17)	16-01-2010	Nenagh
	7.82	Davide Mazzalli (U19)	02-03-2014	Nenagh
	7.90	Darragh Ryan (U18)	21-02-2016	Nenagh
	7.7	Jerry Healy (M2)	30-12-2007	Nenagh
	8.03	Daire Walshe (U18)	26-02-2011	Nenagh
	7.8	Liam O'Reilly (M3)	30-12-2007	Nenagh
	8.2	Pat Mulcahy (M2)	12-12-2010	Nenagh
200m	22.40	Darren Coughlan (U19)	26-03-2000	Nenagh
	22.88	Scott Gibson (U23)	28-01-2018	Athlone
	23.14	Joey Henchy (U23)	28-01-2018	Athlone
	23.34	Shane Conway (U18)	24-02-2007	Nenagh
	23.94	David McInerney (U19)	06-01-2018	Nenagh
	24.13	Timothy Harrington (U18)	17-02-2008	Nenagh
	24.15	Eric Stam (U18)	03-02-2011	Glasgow
	24.18	Daniel Hathaway (U19)	31-01-2016	Athlone
	24.73	Chris Spearman (U19)	24-02-2007	Nenagh
	24.93	Daire Walshe (U20)	10-02-2013	Athlone
	25.51	Tristan Chambers (U17)	25-02-2018	Nenagh
	25.68	Dylan Chambers (U17)	25-02-2018	Nenagh
	26.31	Darragh Ryan (U18)	21-02-2016	Nenagh
	26.37	Liam O'Reilly (M3)	20-01-2007	Nenagh
	26.48	Mark O'Connell (U18)	09-01-2011	Nenagh
	27.06	Jerry Healy (M2)	30-12-2007	Nenagh
	27.15	Pat Mulcahy (M2)	08-02-2009	Nenagh
	30.21	Joseph Lancaster (U17)	23-01-2013	Nenagh

400m	49.23	Scott Gibson (U19)	22-03-2015	Athlone
	51.63	Shane Conway (U19)	01-03-2008	Nenagh
	53.7	Ronan Harris (U18)	27-02-1999	Nenagh
	53.87	Daire Walshe (U19)	03-03-2012	Nenagh
	54.08	Daniel Hathaway (U19)	12-03-2016	Athlone
	54.45	David McNerney (U18)	04-02-2017	Abbotstown
	56.20	Lukas Ross (U20)	31-01-2016	Athlone
	57.97	Billy Henchy	25-02-2006	Nenagh
	58.60	Liam O'Reilly (M3)	15-01-2005	Nenagh
800m	1.57.70	Ronan Duggan (U23)	07-02-2010	Belfast
	2.05.98	Thomas McCarthy (U23)	29-01-2017	Athlone
	2.07.98	Anthony Hennessy (U19)	20-01-2008	Nenagh
	2.12.15	Naoise O'Flaitheartaigh (U18)	26-02-2017	Nenagh
	2.15.00	Eric Stam (U18)	03-12-2011	Glasgow
	2.27.88	Matt Devine (U17)	21-02-2016	Nenagh
	2.32.44	John Daniels (M4)	06-01-2001	Nenagh
	2.37.59	Tristan Chambers (U17)	07-01-2018	Nenagh
	2.46.05	Shane Howard (U17)	12-12-2010	Nenagh
	2.58.96	Dylan Chambers (U17)	07-01-2018	Nenagh
1000m	3.18.49	Tristan Chambers (U17)	20-01-2018	Athlone
1500m	4.05.07	Mark O'Sullivan (U23)	01-02-2013	Athlone
	4.07.79	Ronan Duggan	17-02-2013	Athlone
	4.19.13	Thomas McCarthy (U23)	06-02-2015	Athlone
	4.32.30	Naoise O'Flaitheartaigh (U18)	26-03-2017	Athlone
	4.37.9	Tom Laffan (M2)	08-02-2009	Nenagh
	4.38.13	John Muckian (U18)	12-03-2016	Athlone
	4.42.37	Gavin Kenny (U17)	24-02-2018	Nenagh
	4.56.18	Conor Calnan (U17)	21-02-2016	Nenagh
	5.00.53	John Daniels (M5)	06-01-2001	Nenagh
	5.21.46	Shane Conway (U17)	25-02-2006	Nenagh
3000m	8.37.31	Mark O'Sullivan (U23)	22-02-2015	Athlone
	10.01.7	Tom Laffan (M2)	08-02-2009	Nenagh
4x200 Relay	1.34.0	Darren O'Driscoll (U19), Ronan Harris (U18), Darren Coughlan (U18),	01-04-1999	Nenagh
	1.35.1	Ian Wholihan (U18), Darren Coughlan (U17), Simon Mackey (U18),	21-03-1998	Nenagh
	1.39.5	Chris Spearman (U19), Ronan Duggan (U19), Shane Conway (U18), Anthony Hennessy (U18)	24-02-2007	Nenagh
	1.41.4	Shane Conway (U18), Anthony Hennessy (U18),	24-02-2007	Nenagh

	1.42.8	U17	30-03-1997	Nenagh
	1.48.44	Jake Inglis (U19), Thomas McCarthy (U19), Ciaran Murphy, Ciaran Healy	09-03-2013	Nenagh
60mH (107/13.72/9.14)		<i>No performance yet</i>		
Long Jump	7.53	Shane Howard	28-01-2017	Glasgow, UK
	6.86	Timothy Harrington (U23)	05-02-2011	Nenagh
	6.74	Fintan O'Shaughnessy (U19)	01-03-2014	Nenagh
	6.56	Promice Okafar (U23)	12-02-2016	Athlone
	6.44	Eric Stam (U19)	08-01-2012	Nenagh
	5.85	Daire Walshe (U19)	03-03-2012	Nenagh
	5.59	Tristan Chambers (U17)	24-02-2018	Nenagh
	5.10	Dylan Chambers (U17)	07-01-2018	Nenagh
	4.55	Liam O'Reilly (M3)	30-12-2007	Nenagh
Triple Jump	13.44	Promice Okafar (U23)	31-01-2016	Athlone
	12.38	Eric Stam (U19)	04-03-2012	Nenagh
	12.37	Timothy Harrington (U18)	01-03-2008	Nenagh
	11.20	Darren O'Driscoll (U19)	27-02-1999	Nenagh
	10.74	Ian Wholihan (U18)	04-01-1998	Nenagh
High Jump	1.78	Eric Stam (U17)	12-12-2010	Nenagh
	1.76	Tristan Chambers (U17)	20-01-2018	Athlone
	1.65	Shane Howard (U18)	26-02-2011	Nenagh
	1.55	Scott Gibson (U17)	23-02-2013	Nenagh
	1.51	Dylan Chambers (U17)	07-01-2018	Nenagh
	1.50	Patrick McSweeney (U17)	07-02-2009	Nenagh
	1.45	David McInerney (U18)	28-01-2017	Athlone
Pole Vault	3.80	Davide Mazzali (U19)	26-01-2014	Athlone
	2.80	Eric Stam (U18)	30-01-2011	Nenagh
Shot Putt (7.26 kg)	13.09	Patrick McSweeney	12-02-2016	Athlone
	11.70	Gavin Hicks (U23)	29-01-2017	Athlone
	9.25	Liam O'Reilly (M3)	30-12-2007	Nenagh
	8.71	Paul Kingston (M2)	08-02-2009	Nenagh
	7.59	Patrick McSweeney Snr. (M2)	06-01-2008	Nenagh
	6.69	Ronan Duggan	14-01-2017	Athlone
56 lbWeight for Distance	5.68	Patrick McSweeney Snr. (M1)	30-12-2007	Nenagh
	4.31	Martin O'Connell (M1)	08-02-2009	Nenagh

Heptathlon (60, LJ, SP, HJ, 60H, PV, 1000)		<i>No performance yet</i>		

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.