

Bandon AC Senior Men Indoor Rankings

Last updated 11 February 2024

Event	Result	Holder	Date	Venue
60m	6.96	Joe Gibson (U23)	27-01-2019	Athlone
	6.97	Shane Howard	09-02-2020	Abbotstown, Dublin
	7.02	Scott Gibson	11-01-2020	Abbotstown, Dublin
	7.08	Joey Henchy (U20)	31-01-2016	Athlone
	7.11	David McInerney (U18)	13-12-2017	Athlone
	7.12	Darren Coughlan (U19)	26-03-2000	Nenagh
	7.21	Fintan O'Shaughnessy (U19)	22-03-2014	Athlone
	7.29	Dylan Roberts (U23)	06-02-2022	Nenagh
	7.31	Duncan Tsu (U19)	08-01-2012	Nenagh
	7.35	Daniel Landzaad (U19)	26-02-2017	Nenagh
	7.37	Diarmuid O'Connor (U19)	22-02-2020	Abbotstown, Dublin
	7.39	Timothy Harrington (U18)	20-01-2008	Nenagh
	7.2	Simon Mackey (U18)	04-01-1998	Nenagh
	7.46	Eoin O'Callaghan (U18)	27-01-2024	Abbotstown, Dublin
	7.48	Shane Conway (U18)	24-02-2007	Nenagh
	7.57	Daniel Hathaway (U18)	01-03-2015	Nenagh
	7.68	Chris Spearman (U19)	24-02-2007	Nenagh
	7.80	Eric Stam (U17)	16-01-2010	Nenagh
	7.82	Davide Mazzalli (U19)	02-03-2014	Nenagh
	7.84	Victor Baraza	01-03-2020	Abbotstown, Dublin
	7.88	Tristan Chambers (U19)	22-02-2020	Abbotstown, Dublin
	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
	22.99	Dylan Roberts (U23)	22-01-2022	Athlone
	23.14	Joey Henchy (U23)	28-01-2018	Athlone
	23.27	Diarmuid O'Connor (U17)	13-10-2018	Athlone
	23.34	Shane Conway (U18)	24-02-2007	Nenagh
	23.61	Eoin O'Callaghan (U17)	02-12-2023	Cardiff, UK
	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
	24.23	Tristan Chambers (U17)	13-10-2018	Athlone
	24.73	Chris Spearman (U19)	24-02-2007	Nenagh
	24.93	Daire Walshe (U20)	10-02-2013	Athlone
	25.35	Victor Baraza	29-02-2020	Abbotstown, Dublin
	25.55	Dylan Chambers (U18)	22-10-2019	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
	29.91	Daniel Dollard (U17)	25-10-2023	Nenagh
	30.21	Joseph Lancaster (U17)	23-01-2013	Nenagh
400m	49.23	Scott Gibson (U19)	22-03-2015	Athlone
	49.93	Diarmuid O'Connor (U19)	01-03-2020	Abbotstown, Dublin
	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 McInerney (U18)	04-02-2017	Abbotstown, Dublin
	55.97	Ruairi Falvey (U18)	22-02-2020	Nenagh
	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
600m	1.40.41	Ruari Falvey (U18)	03-03-2020	Nenagh
800m	1.55.99	Ronan Duggan (U23)	19-02-2011	Belfast
	2.00.84	Gavin Kenny (U23)	27-02-2022	Abbotstown, Dublin
	2.02.98	Diarmuid O'Connor (U17)	13-10-2018	Athlone
	2.02.99	Eoin O'Callaghan (U17)	19-11-2023	Athlone
	2.03.53	Ruairi Falvey (U23)	22-01-2023	Athlone
	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
	2.18.21	Tristan Chambers (U17)	13-10-2018	Athlone
	2.27.88	Matt Devine (U17)	21-02-2016	Nenagh
	2.32.44	John Daniels (M4)	06-01-2001	Nenagh
	2.39.87	Dylan Chambers (U17)	22-10-2019	Nenagh
	2.46.05	Shane Howard (U17)	12-12-2010	Nenagh

1000m	2.43.52	Diarmuid O'Connor (U19)	23-02-2020	Abbotstown, Dublin
	2.47.46	Eoin O'Callaghan (U18)	28-01-2024	Abbotstown, Dublin
	3.09.75	Tristan Chambers (U19)	23-02-2020	Abbotstown, Dublin
	3.30.86	Dylan Chambers (U23)	29-01-2022	Athlone
1500m	3.58.00	Gavin Kenny (U23)	10-02-2024	Abbotstown, Dublin
	4.02.62	Fionn Harrington (U23)	19-03-2022	Conway, Arkansas, USA
	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
	4.26.94	Ruairi Falvey (U23)	20-01-2024	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
	4.56.18	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
1 mile	4.22.38	Fionn Harrington (U23)	29-01-2022	Lubbock, Texas, USA
	4.35.07	Gavin Kenny (U23)	27-01-2024	Haverford, PA, USA
Oversized track	4.09.76	Fionn Harrington (U23)	20-01-2024	Notre Dame, IN, USA
3000m	7.56.21	Richard O'Flynn	02-02-1985	Dallas, USA
	8.13.50	Fionn Harrington (U23)	27-01-2024	Chicago, IL, USA
	8.37.31	Mark O'Sullivan (U23)	22-02-2015	Athlone
	8.39.62	Gavin Kenny (U23)	27-01-2024	Abbotstown, Dublin
	10.01.7	Tom Laffan (M2)	08-02-2009	Nenagh
2 Miles	8.34.4	Richard O'Flynn	02-02-1985	Dallas, USA
5000m	13.39.44	Richard O'Flynn	09-02-1985	East Rutherford, USA
	14.39.45	Fionn Harrington (U23)	02-12-2023	Boston, MA, USA

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
3k Race Walk		No performance yet		
60mH (1.07/13.72/9.14)	9.68	Tristan Chambers (U23)	29-01-2022	Athlone
	11.18	Dylan Chambers (U23)	29-01-2022	Athlone
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
	6.74	Diarmuid O'Connor (U19)	01-03-2020	Abbotstown, Dublin
	6.56	Promice Okafar (U23)	12-02-2016	Athlone
	6.44	Eric Stam (U19)	08-01-2012	Nenagh
	6.27	Eoin O'Callaghan (U17)	02-12-2023	Cardiff, UK
	5.85	Daire Walshe (U19)	03-03-2012	Nenagh
	5.69	Tristan Chambers (U19)	03-02-2023	Nenagh
	5.43	Dylan Chambers (U19)	05-01-2020	Nenagh
	5.02	Victor Baraza	03-03-2020	Abbotstown, Dublin
	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
	12.28	Dylan Roberts (U23)	13-03-2022	Athlone
	11.20	Darren O'Driscoll (U19)	27-02-1999	Nenagh
	10.74	Ian Wholihan (U18)	04-01-1998	Nenagh
High Jump	1.95	Diarmuid O'Connor (U19)	05-01-2020	Nenagh
	1.85	Eoin O'Callaghan (U18)	05-02-2024	Nenagh

	1.78	Eric Stam (U17)	12-12-2010	Nenagh
	1.78	Tristan Chambers (U17)	07-04-2018	Athlone
	1.65	Shane Howard (U18)	26-02-2011	Nenagh
	1.55	Scott Gibson (U17)	23-02-2013	Nenagh
	1.55	Dylan Chambers (U23)	29-01-2022	Nenagh
	1.50	Patrick McSweeney (U17)	07-02-2009	Nenagh
	1.45	David McInerney (U18)	28-01-2017	Athlone
Pole Vault	3.90	Diarmuid O'Connor (U23)	10-02-2024	New Haven, CT, USA
	3.80	Davide Mazzali (U19)	26-01-2014	Athlone
	3.55	Diarmuid O'Connor (U19)	05-01-2020	Nenagh
	3.10	Eoin O'Callaghan (U18)	05-02-2024	Nenagh
	2.80	Eric Stam (U18)	30-01-2011	Nenagh
	2.65	Tristan Chambers (U19)	05-01-2020	Nenagh
Shot Putt (7.26 kg)	14.47	Diarmuid O'Connor (U23)	10-02-2024	New Haven, CT, USA
	13.09	Patrick McSweeney Jr.	12-02-2016	Athlone
	9.25	Liam O'Reilly (M3)	30-12-2007	Nenagh
	8.71	Paul Kingston (M2)	08-02-2009	Nenagh
	8.52	Tristan Chambers (U23)	06-2-2022	Abottstown, Dublin
	8.43	Dylan Chambers (U23)	29-01-2022	Athlone
	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)		No performance yet		
Pentathlon (60H, LJ, SP, HJ, 1000) Intervarsities	2516 (9.68 (603), 5.56 (494). 8.42 (391), 1.70 (544), 3.19.72 (484))	Tristan Chambers	29-01-2022	Athlone

	1948 (11.18 (340), 5.07 (396). 8.43 (392), 1.55 (426), 3.30.86 (394))	Dylan Chambers	29-01-2022	Athlone
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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.

Performances from U17 to U20 age groups are listed in the Junior rankings (if specs are comparable)

Performances from Juniors and U23 age groups are included in the Senior rankings (if specs are comparable)

For Senior Men Combined Events "Senior Men's and Women's IAAF