

## Bandon AC U23 Men Indoor Rankings

Last updated 28 February 2018

Event	Result	Holder	Date	Venue
<b>60m</b>	<b>7.18</b>	<b>Joey Henchy</b>	<b>28-01-2018</b>	<b>Athlone</b>
	7.21	Shane Howard	31-01-2016	Athlone
	7.21(4)	Scott Gibson	28-01-2018	Athlone
<b>200m</b>	<b>22.88</b>	<b>Scott Gibson</b>	<b>28-01-2018</b>	<b>Athlone</b>
	23.14	Joey Henchy	28-01-2018	Athlone
<b>400m</b>		<i>No performance yet</i>		
<b>800m</b>	<b>1.57.70</b>	<b>Ronan Duggan</b>	<b>07-02-2010</b>	<b>Belfast</b>
	2.05.98	Thomas McCarthy	29-01-2017	Athlone
<b>1500m</b>	<b>4.05.07</b>	<b>Mark O'Sullivan</b>	<b>01-02-2013</b>	<b>Athlone</b>
	4.19.13	Thomas McCarthy	06-02-2015	Athlone
<b>3000m</b>	<b>8.37.31</b>	<b>Mark O'Sullivan</b>	<b>22-02-2015</b>	<b>Athlone</b>
<b>4x200m Relay</b>		<i>No performance yet</i>		
<b>60mH</b> (107/13.72/9.14)		<i>No performance yet</i>		
<b>Long Jump</b>	<b>7.27</b>	<b>Shane Howard</b>	<b>16-01-2016</b>	<b>Boston, USA</b>
	6.86	Timothy Harrington	05-02-2011	Nenagh
	6.56	Promice Okafar	12-02-2016	Athlone
<b>Triple Jump</b>	<b>13.44</b>	<b>Promice Okafar</b>	<b>31-01-2016</b>	<b>Athlone</b>
<b>High Jump</b>		<i>No performance yet</i>		
<b>Pole Vault</b>		<i>No performance yet</i>		
<b>Shot Putt</b> (7.25 kg)	<b>13.00</b>	<b>Patrick McSweeney</b>	<b>01-02-2013</b>	<b>Athlone</b>
	11.70	Gavin Hicks	29-01-2017	Athlone
<b>35 lbWeight for Distance</b>	<b>8.52</b>	<b>Patrick McSweeney</b>	<b>10-02-2013</b>	<b>Athlone</b>
	8.08	Gavin Hicks	29-01-2017	Athlone

<b>Heptathlon</b> (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 Combined Events Senior Men's IAAF Scoring Tables (ed. 2001) are used.**