

Events	Stadium Records	Name	Country	Date of Record
100m	10.23	Matthew Quinn / Dwight Thomas	South Africa / Jamaica	29/07/00 and 15/08/03
200m	20.30	Paul Hession	Ireland	21/07/2007
400m	45.25	Arnaud Malherbe	South Africa	29/07/2000
800m	1.45.32	Mark English	Ireland	17/07/2013
1500m	3.38.60	Eamonn Coghlan	Ireland	19/07/1981
Mile	3.53.80	Steve Scott	USA	27/08/1980
3000m	7.44.40	Ben True	USA	25/07/2012
5000m	13.20.99	Eamon Coghlan	Ireland	27/08/1980
10000m	27.57.70	Carlos Lopes	Portugal	04/07/1982
3000m St.	8.33.48	Liam O'Brien	Ireland	08/07/1984
110m Hurdles	13.45	Balázs Baji	Hungary	23/06/2013
400m Hurdles	49.11	Alwyn Myburgh	South Africa	27/07/2000
10000m Walk	38.27.57	Robert Heffernan	Ireland	21/07/2008
High Jump	2.28m	Brendan Reilly	Ireland	25/07/1999
Long Jump	7.95m	Ciaran McDonagh	Ireland	09/08/2003
Triple Jump	16.91m	Carlos Calado	Portugal	08/06/1997
Shot	20.62m	Ladislav Práil	Czech Republic	22/06/2013
Discus	63.16m	Nick Sweeney	Ireland	12/06/1994
Hammer	81.30m	Yuriy Sedykh	Russia	12/07/1988
Pole Vault	5.56m	Igor Bychkov and Luke Cutts	Spain and England	17/07/2013
Javelin	84.12m	Juha Laukkanen	Finland	07/06/1997
4 x 100m	39.14	Netherlands	Netherlands	22/06/2013
4 x 400m	3.05.57	Switzerland	Switzerland	08/06/1997

#### Women:

Events	Stadium Records	Name	Country	Date of Record
100m	11.49	Amy Foster	Ireland	08/07/2011
200m	22.76	Cydonie Mothersill	Caymen Islands	19/07/2002
400m	51.28	Joanne Cuddihy	Ireland	23/07/2006
800m	1.59.69	Olga Raspopova	Russia	29/07/2000
1500m	4.05.75	Sonia O'Sullivan	Ireland	12/06/1994
Mile	4.30.44	Brie Felnagle	United States	17/07/2013
3000m	8.55.81	Anita Weyermann	Switzerland	08/06/1997
5000m	15.20.11	Sonia O'Sullivan	Ireland	14/07/2002
10000m	31.19.11	Catriona McKiernan	Ireland	12/06/1994
3000 St.	9.47.76	Sandra Eriksson	Finland	22/06/2013
100 Hurdles	13.02	Ludmila Engquist	Sweden	08/06/1997
400m Hurdles	55.34	Denisa Rosolová	Czech Republic	22/06/2013
5000m Walk	20.02.60	Gillian O'Sullivan	Ireland	13/07/2002
High Jump	1.92m	Hanne Haugland	Norway	08/06/1997
Long Jump	6.78m	Renata Nielsen	Denmark	12/06/1994
Triple Jump	13.49m	Anja Valant Velepec	Slovenia	07/06/1997
Shot	18.36m	Radoslava Mavrodieva	Bulgaria	23/06/2013
Discus	59.62m	Marie-Paule Geldhof	Belgium	12/06/1994
Hammer	73.21m	Eileen O'Keefe	Ireland	23/07/2007
Pole Vault	4.40m	Jirina Svobodová	Czech Republic	22/06/2013
Javelin	68.58m	Trina Hattestad	Norway	07/06/1997
4 x 100m	44.20	Czech Republic	Czech Republic	22/06/2013
4 x 400m	3.30.77	Romania	Romania	23/06/2013