

Sex	Category	Where	Event	Time	Wind	Name	Relay Team	Born	Venue	Date	No. of Records	Other
Men	Senior	Outdoor	100m	10.18	1.9	Paul Hession		27.01.83	Vaala, FIN	23.06.07	3	
Men	Senior	Outdoor	200m	20.30	0.1	Paul Hession		27.01.83	Santry	21.07.07	3	
Men	Senior	Outdoor	300m	32.47		Paul Hession		27.01.83	Ostrava, CZE	12.06.08	3	
Men	Senior	Outdoor	400m	44.77		David Gillick		09.07.83	Madrid, ESP	04.07.09	1	
Men	Senior	Outdoor	600m	1:15.71		Mark English		18.03.93	Amsterdam, NED	05.09.15	1	
Men	Senior	Outdoor	800m	1:44.82		David Matthews		09.04.74	Rieti, ITA	05.09.95	2	
Men	Senior	Outdoor	1000m	2:17.58		David Matthews		09.04.74	Sarajevo, BIH	09.09.96	2	
Men	Senior	Outdoor	1500m	3:33.5		Ray Flynn		22.01.57	Oslo, NOR	07.07.82	2	
Men	Senior	Outdoor	Mile	3:49.77		Ray Flynn		22.01.57	Oslo, NOR	07.07.82	2	
Men	Senior	Outdoor	2000m	4:55.06		Marcus O'Sullivan		22.12.61	Nice, FRA	10.07.96	1	
Men	Senior	Outdoor	3000m	7:30.36		Mark Carroll		15.01.72	Monte Carlo, MON	04.08.99	1	
Men	Senior	Outdoor	5000m	13:03.53		Alistair Cragg		13.06.80	Brussels, BEL	16.09.11	2	
Men	Senior	Outdoor	10000m	27:39.55		Alistair Cragg		13.06.80	Palo Alto, USA	29.04.07	2	
Men	Senior	Outdoor	Marathon	2:09.15		John Treacy		04.06.57	Boston, USA	18.04.88	2	
Men	Senior	Outdoor	110m H	13.30	0.6	Peter Coghlan		27.03.75	Hechtel, BEL	07.08.99	1	
Men	Senior	Outdoor	400m H	47.97		Thomas Barr		24.07.92	Rio de Janeiro, BRA	18.08.16	1	New in 2016
Men	Senior	Outdoor	3000m S/c	8:24.09		Brendan Quinn		26.07.60	Brussels, BEL	30.08.85	1	
Men	Senior	Outdoor	High Jump	2.30m		Adrian O'Dwyer		01.12.83	Algiers, ALG	24.06.04	1	
Men	Senior	Outdoor	Long Jump	8.07m	1.4	Ciaran McDonagh		20.05.76	La Chaux-de-Fonds, SUI	21.08.05	1	
Men	Senior	Outdoor	Triple Jump	15.89m		Colm Cronin		14.06.57	Copenhagen, DEN	26.06.77	1	
Men	Senior	Outdoor	Pole Vault	5.36m		Brian McGovern		12.09.90	Tempe, USA	23.03.13	1	
Men	Senior	Outdoor	Shot	20.04m		Paul Quirke		05.06.63	New York, USA	07.07.92	1	
Men	Senior	Outdoor	Discus	67.89m		Nick Sweeney		26.03.68	Helsingborg, SWE	04.09.98	1	
Men	Senior	Outdoor	Hammer	77.80m		Declan Hegarty		12.10.60	Walnut, USA	28.04.85	1	
Men	Senior	Outdoor	Javelin	82.75m		Terry McHugh		22.08.63	London, ENG	05.08.00	1	
Men	Senior	Outdoor	56lbs Dist.	9.16m		John Menton		07.05.70	Santry	02.07.98	1	
Men	Senior	Outdoor	56lbs Height	4.93m		Gerry O'Connell		-	Tullamore	19.07.86	1	
Men	Senior	Outdoor	4x100m	39.26		John McAdorey, Gary Ryan, Tom Comyns, Paul Brizzel	National Team	n/a	Sydney, AUS	29.09.00	1	
Men	Senior	Outdoor	4x100m (Club)	40.89		Darren Hough, David Finegan, Eugene Farrell, David Power	Dublin City Hrs	n/a	Tullamore	13.08.00	1	
Men	Senior	Outdoor	4x400m	3:01.26		Brian Gregan, Brian Murphy, Thomas Barr, Mark English	National Team	n/a	Beijing, CHN	29.08.15	1	
Men	Senior	Outdoor	4x400m (Club)	3:10.59		Jason Harvey, Eoin Mulhall, Steven Colvert, Richard Morrissey	Crusaders AC	n/a	Morton Stadium	08.07.12	1	
Men	Senior	Outdoor	3000m Walk	11:11.94		Robert Heffernan		28.02.78	Cork	02.07.13	7	
Men	Senior	Outdoor	5000m Walk	18:59.37		Robert Heffernan		28.02.78	Barcelona, ESP	30.06.07	7	
Men	Senior	Outdoor	10,000m Walk	38:27.57		Robert Heffernan		28.02.78	Santry	21.07.08	7	
Men	Senior	Outdoor	10k Walk Rd.	39.15		Robert Heffernan		28.02.78	La Coruña, ESP	17.09.11	7	
Men	Senior	Outdoor	20,000m Walk	1:23.51		Bobby O'Leary		19.06.67	Santry	14.07.91	1	
Men	Senior	Outdoor	20k Walk Rd.	1:19.22		Robert Heffernan		28.02.78	Cheboksary, RUS	10.05.08	7	
Men	Senior	Outdoor	30k Walk Rd.	2:07.48		Robert Heffernan		28.02.78	Cork	30.01.11	7	
Men	Senior	Outdoor	50k Walk	3:37.54		Robert Heffernan		28.02.78	London, ENG	11.08.12	7	
Men	Senior	Outdoor	Decathlon	7,882pts		Carlos O'Connell		21.06.63	Emmitsburg, USA	4/5.06.88	1	
Men	Senior	Outdoor	1 Hour	19625m		John Treacy		04.06.57	Monte Carlo, MON	19.09.87	2	