Rhasidat Adeleke Record Summary

Indoor	Youth W	200m	23.80	Rhasidat Adeleke	Tallaght A.C.	National Junior Championships	Athlone	Jan 28th, 2018
Indoor	U20 W	200m	23.80	Rhasidat Adeleke	Tallaght A.C.	National Junior Championships	Athlone	Jan 28th, 2018
Indoor	U20 W	400m	54.14	Rhasidat Adeleke	Tallaght A.C.	Big 12 Conference	Lubbock, USA	Feb 26th, 2021
Indoor	U20 W	400m	53.44	Rhasidat Adeleke	Tallaght A.C.	Big 12 Conference	Lubbock, USA	Feb 27th, 2021
Outdoor	U20 W	200m	23.27	Rhasidat Adeleke	Tallaght A.C.	Texas Relays	Austin, USA	Mar 27th, 2021
Outdoor	U20 W	200m	23.25	Rhasidat Adeleke	Tallaght A.C.	Texas vs. Texas A&M	Austin, USA	Mar 27th, 2021
Outdoor	U20 W	100m	11.31	Rhasidat Adeleke	Tallaght A.C.	Big 12 Conference	Manhattan, USA	May 15th, 2021
Outdoor	U20 W	200m	22.96	Rhasidat Adeleke	Tallaght A.C.	Big 12 Conference	Manhattan, USA	May 15th, 2021
Outdoor	U23 W	100m	11.31	Rhasidat Adeleke	Tallaght A.C.	Big 12 Conference	Manhattan, USA	May 15th, 2021
Outdoor	U23 W	200m	22.96	Rhasidat Adeleke	Tallaght A.C.	Big 12 Conference	Manhattan, USA	May 15th, 2021
Outdoor	Senior W	200m	22.96	Rhasidat Adeleke	Tallaght A.C.	Big 12 Conference	Manhattan, USA	May 15th, 2021
Outdoor	U20 W	200m	22.90	Rhasidat Adeleke	Tallaght A.C.	European Junior Championships	Tallinn, EST	July 17th, 2021
Outdoor	U23 W	200m	22.90	Rhasidat Adeleke	Tallaght A.C.	European Junior Championships	Tallinn, EST	July 17th, 2021
Outdoor	Senior W	200m	22.90	Rhasidat Adeleke	Tallaght A.C.	European Junior Championships	Tallinn, EST	July 17th, 2021
Indoor	U23 W	300m	36.87	Rhasidat Adeleke	Tallaght A.C.	Clemson	Clemson, USA	January 15th, 2022
Indoor	Senior W	300m	36.87	Rhasidat Adeleke	Tallaght A.C.	Clemson	Clemson, USA	January 15th, 2022
Indoor	U23 W	400m	52.61	Rhasidat Adeleke	Tallaght A.C.	Red Raider Open	Lubbock, USA	January 21st, 2022

Indoor	U23 W	200m	22.85A	Rhasidat Adeleke	Tallaght A.C.	New Mexico Classic	Albuquerque, USA	February 4th, 2022
Indoor	Senior W	200m	22.85A	Rhasidat Adeleke	Tallaght A.C.	New Mexico Classic	Albuquerque, USA	February 4th, 2022
Indoor	U23 W	60m	7.21A	Rhasidat Adeleke	Tallaght A.C.	New Mexico Classic	Albuquerque, USA	February 5th, 2022
Indoor	Senior W	60m	7.21A	Rhasidat Adeleke	Tallaght A.C.	New Mexico Classic	Albuquerque, USA	February 5th, 2022
Indoor	U23 W	400m	52.33	Rhasidat Adeleke	Tallaght A.C.	Big 12 Championships	Ames, USA	February 26th, 2022
Indoor	U23 W	60m	7.17	Rhasidat Adeleke	Tallaght A.C.	NCAA Championships	Birmingham, USA	March 11th, 2022
Indoor	Senior W	60m	7.17	Rhasidat Adeleke	Tallaght A.C.	NCAA Championships	Birmingham, USA	March 11th, 2022
Outdoor	Senior W	200m	22.59	Rhasidat Adeleke	Tallaght A.C.	Texas A&M vs Texas	College Station, USA	April 2nd, 2022
Outdoor	U23 W	200m	22.59	Rhasidat Adeleke	Tallaght A.C.	Texas A&M vs Texas	College Station, USA	April 2nd, 2022
Outdoor	U23 W	400m	50.70	Rhasidat Adeleke	Tallaght A.C.	Big 12 Championships	Lubbock, USA	May 15th, 2022
Outdoor	Senior W	400m	50.70	Rhasidat Adeleke	Tallaght A.C.	Big 12 Championships	Lubbock, USA	May 15th, 2022
Outdoor	U23 W	400m	50.53	Rhasidat Adeleke	Tallaght A.C.	European Championship	Munich, GER	Aug 17th, 2022
Outdoor	Senior W	400m	50.53	Rhasidat Adeleke	Tallaght A.C.	European Championship	Munich, GER	Aug 17th, 2022
Indoor	U23 W	200m	22.52a	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 21st, 2023
Indoor	Senior W	200m	22.52a	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 21st, 2023

Indoor	U23 W	400m	50.45a	Rhasidat Adeleke	Tallaght A.C.	New Mexico Collegiate Classic	Albuquerque, USA	February 4th, 2023
Indoor	Senior W	400m	50.45a	Rhasidat Adeleke	Tallaght A.C.	New Mexico Collegiate Classic	Albuquerque, USA	February 4th, 2023
Indoor	U23 W	400m	50.33	Rhasidat Adeleke	Tallaght A.C.	Big 12 Championship	Lubbock, USA	February 25th, 2023
Indoor	Senior W	400m	50.33	Rhasidat Adeleke	Tallaght A.C.	Big 12 Championship	Lubbock, USA	February 25th, 2023
Outdoor	Senior W	200m	22.34	Rhasidat Adeleke	Tallaght A.C.	Tom Jones Memorial	Gainesville, USA	April 14th, 2023
Outdoor	U23 W	200m	22.34	Rhasidat Adeleke	Tallaght A.C.	Tom Jones Memorial	Gainesville, USA	April 14th, 2023
Outdoor	Senior W	400m	49.90	Rhasidat Adeleke	Tallaght A.C.	Tom Jones Memorial	Gainesville, USA	April 15th, 2023
Outdoor	U23 W	400m	49.90	Rhasidat Adeleke	Tallaght A.C.	Tom Jones Memorial	Gainesville, USA	April 15th, 2023
Outdoor	Senior W	400m	49.54	Rhasidat Adeleke	Tallaght A.C.	NCAA West Regional	Sacramento, USA	May 27th, 2023
Outdoor	U23 W	400m	49.54	Rhasidat Adeleke	Tallaght A.C.	NCAA West Regional	Sacramento, USA	May 27th, 2023
Outdoor	Senior W	400m	49.20	Rhasidat Adeleke	Tallaght A.C.	NCAA Championship	Austin, USA	June 10th, 2023
Outdoor	U23 W	400m	49.20	Rhasidat Adeleke	Tallaght A.C.	NCAA Championship	Austin, USA	June 10th, 2023
Indoor	U23 W	60m	7.15	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 20th, 2024
Indoor	U23 W	60m	7.15	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 20th, 2024
Indoor	Senior W	200m	22.49	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 20th, 2024
Indoor	Senior W	200m	22.49	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 20th, 2024
Indoor	U23 W	300m	36.42	Rhasidat Adeleke	Tallaght A.C.	Milrose Games	New York, USA	February 11th, 2024
Indoor	Senior W	300m	36.42	Rhasidat Adeleke	Tallaght A.C.	Milrose Games	New York, USA	February 11th, 2024

Member of three relay squads that have also set National Records:

Outdoor	U20 W	4x100m	44.15	Molly Scott, Gina Akpe-Moses, Rhasidat Adeleke, Ciara Neville	IFAM Invitational	Oordegem, BEL	May 26th, 2018
Outdoor	U20 W	4x400m	3.37.39	Lauren McCourt, Caoimhe Cronin, Maeve O'Neill, Rhasidat Adeleke	European Junior Championships	Tallinn, EST	July 18th, 2021
Outdoor	Senior W	4x400m	3.26.06	Sophie Becker, Phil Healy, Rhasidat Adeleke, Sharlene Mawdsley	European Championship	Munich, GER	Aug 19th, 2022

*Juvenile records are not included in the above list which only includes the standard record categories.