



Sex	Category	Where	Event	Performance	Name	Relay Team	Born	Venue	Date	Other
Men	Senior	Indoor	60m	6.61	Paul Hession		27.01.83	Birmingham, ENG	03.03.07	
Men	Senior	Indoor	100m	10.36	Paul Hession		27.01.83	Tampere, FIN	27.02.08	
Men	Senior	Indoor	200m	20.75	Paul Brizzel		03.10.76	Birmingham, ENG	02.03.03	
Men	Senior	Indoor	300m	34.28	Robert Daly		26.01.78	Cardiff, WAL	09.02.03	
Men	Senior	Indoor	400m	45.52	David Gillick		09.07.83	Birmingham, ENG	03.03.07	
Men	Senior	Indoor	500m	1.00.63	Mark English		18.03.93	Stockholm, SWE	08.02.16	
Men	Senior	Indoor	600m	1.17.52	Zak Curran		17.12.93	Manchester, ENG	31.01.16	
Men	Senior	Indoor	800m	1.46.82	Mark English		18.03.93	Athlone	02.02.14	
Men	Senior	Indoor	1000m	2.20.2	Marcus O'Sullivan		22.12.61	New York, USA	25.01.85	
Men	Senior	Indoor	1500m	3.35.4	Marcus O'Sullivan		22.12.61	East Rutherford, USA	13.02.88	
Men	Senior	Indoor	Mile	3.49.78	Eamonn Coghlan		24.11.52	East Rutherford, USA	27.02.83	
Men	Senior	Indoor	2000m	4.54.07	Eamonn Coghlan		24.11.52	Inglewood, USA	20.02.87	
Men	Senior	Indoor	3000m	7.38.59	Alistair Cragg		13.06.80	Fayetteville, USA	14.02.04	
Men	Senior	Indoor	5000m	13.28.93	Alistair Cragg		13.06.80	Fayetteville, USA	14.03.03	
Men	Senior	Indoor	50m H	6.56	Peter Coghlan		27.03.75	Sindelfingen, USA	04.03.01	
Men	Senior	Indoor	55m H	7.21	Peter Coghlan		27.03.75	Ithaca, USA	08.03.98	
Men	Senior	Indoor	60m H	7.57	Peter Coghlan		27.03.75	Blacksburg, USA	26.02.99	
Men	Senior	Indoor	400m H	50.5	Thomas Barr		24.07.92	Abbotstown	04.02.18	
Men	Senior	Indoor	High Jump	2.28m	Brendan Reilly		23.12.72	Reykjavik, ISL	05.03.00	
Men	Senior	Indoor	High Jump	2.28m	Adrian O'Dwyer		01.12.83	Budapest, HUN	24.02.04	
Men	Senior	Indoor	Long Jump	8.00m	Ciaran McDonagh		20.05.76	Blacksburg, USA	14.01.06	
Men	Senior	Indoor	Triple Jump	16.27m	Colm Cronin		14.06.57	Detroit, USA	10.03.78	
Men	Senior	Indoor	Pole Vault	5.22m	Brian McGovern		12.09.90	New York, USA	23.02.12	
Men	Senior	Indoor	Shot	19.43m	Eric Favors		16.11.96	Columbia, USA	08.02.20	New in 2020
Men	Senior	Indoor	4x200m	1.26.59	Gary Ryan, Mark Howard, David McCarthy, Paul Hession		n/a	Cardiff, WAL	10.02.02	
Men	Senior	Indoor	4x200m (Club)	1.29.09	TBC		n/a	Abbotstown	03.02.18	
Men	Senior	Indoor	4x400m	3.08.83	Rob Daly, Gary Ryan, David Gillick, David McCarthy		n/a	Budapest, HUN	07.03.04	
Men	Senior	Indoor	(Club)	3.24.16	James Nolan, John O'Reilly, Keelan Conlan, Brian Liddy		n/a	Nenagh	14.01.96	
Men	Senior	Indoor	3000m Walk	11.06.69	Alex Wright		19.12.90	Abbotstown	02.02.19	
Men	Senior	Indoor	5000m Walk	18.50.70	Alex Wright		19.12.90	Abbotstown	19.02.17	
Men	Senior	Indoor	Heptathlon	5,560 pts	Joseph Naughton		17.10.74	Tallinn, EST	02/03.02.02	