

Sex	Category	Where	Event	Time	Wind	Name	Relay Team	Born	Venue	Date	Other
Women	Senior	Outdoor	100m	11.28	2.0	Phil Healy		19.11.94	Dublin	06.06.18	
Women	Senior	Outdoor	200m	22.59	2.0	Rhasidat Adeleke		29.08.02	Walnut, USA	15.04.22	
Women	Senior	Outdoor	300m	37.07		Karen Shinkins		15.10.76	Brasschaat, BEL	15.08.01	
Women	Senior	Outdoor	400m	50.70		Rhasidat Adeleke		29.08.02	Lubbock, USA	15.05.22	
Women	Senior	Outdoor	800m	1:59.42		Louise Shanahan		26.01.97	Belfast	14.05.22	
Women	Senior	Outdoor	1000m	2:31.06		Ciara Mageean		12.03.92	Monte Carlo, MON	14.08.20	
Women	Senior	Outdoor	1500m	3:58.85		Sonia O'Sullivan		28.11.69	Monte Carlo, MON	25.07.95	
Women	Senior	Outdoor	Mile	4:17.26		Sonia O'Sullivan		28.11.69	Oslo, NOR	23.07.94	
Women	Senior	Outdoor	2000m	5:25.36		Sonia O'Sullivan		28.11.69	Edinburgh, SCO	08.07.94	
Women	Senior	Outdoor	3000m	8:21.64		Sonia O'Sullivan		28.11.69	London, ENG	04.08.99	
Women	Senior	Outdoor	5000m	14:41.02		Sonia O'Sullivan		28.11.69	Sydney, AUS	25.09.00	
Women	Senior	Outdoor	10000m	30:47.69		Sonia O'Sullivan		28.11.69	Munich, GER	29.04.07	
Women	Senior	Outdoor	Marathon	2:22.23		Catherina McKiernan		30.11.69	Amsterdam, NED	01.11.98	
Women	Senior	Outdoor	110m H	12.65	-0.5	Derval O'Rourke		28.05.81	Barcelona, ESP	31.07.10	
Women	Senior	Outdoor	400m H	54.31		Susan Smith		14.09.71	Zurich, SUI	12.08.98	
Women	Senior	Outdoor	2000m S/c	6:13.50		Eilish Flanagan		02.05.97	Santry	13.06.21	
Women	Senior	Outdoor	3000m S/c	9:28.29		Roisin McGettigan		23.08.80	Heusden, NED	28.07.07	
Women	Senior	Outdoor	High Jump	1.95m		Deirdre Ryan		01.06.82	Daegu, KOR	01.09.11	
Women	Senior	Outdoor	Long Jump	6.60m	1.0	Kelly Proper		01.05.88	Brussels, BEL	08.08.10	
Women	Senior	Outdoor	Triple Jump	13.62m	0.9	Taneisha Scanlon		19.11.77	Bratislava, SVK	29.05.05	
Women	Senior	Outdoor	Pole Vault	4.60m		Tori Pena		30.07.87	Chula Vista, USA	06.06.13	
Women	Senior	Outdoor	Shot	16.99m		Marita Walton		07.10.60	Palo Alto, USA	02.04.83	
Women	Senior	Outdoor	Discus	57.60m		Patricia Walsh		07.10.60	Santry	07.07.84	
Women	Senior	Outdoor	Hammer	73.21m		Eilleen O'Keefe		31.05.81	Santry	21.07.07	
Women	Senior	Outdoor	Javelin	54.92m		Anita Fitzgibbon		21.02.83	Santry	29.07.13	
Women	Senior	Outdoor	4x100m	43.80		Joan Healy, Phil Healy, Ciara Neville, Gina Akpe-Moses	National Team	n/a	Berlin, GER	12.08.18	
Women	Senior	Outdoor	4x100m (Club)	46.03		Mairead Murphy, Ciara Giles-Doran, Niamh Whelan, Kelly Proper	Ferrybank AC	n/a	Beograd, SER	28.05.11	
Women	Senior	Outdoor	4x200m	1:35.93		Aoife Lynch, Kate Doherty, Sarah Quinn, Sophie Becker	National Team	n/a	Silesia, POL	02.05.21	
Women	Senior	Outdoor	4x400m	3:27.48		Marian Andrews-Heffernan, Joanne Cuddihy, Claire Bergin, Michelle Carey	National Team	n/a	Daegu, KOR	02.09.11	
Women	Senior	Outdoor	4x400m (Club)	3:42.29		Joanne Cuddihy, Fiona Norwood, Geraldine Nolan, Emily Maher	Kilkenny City Harriers	n/a	Tullamore	13.08.00	
Mixed	Senior	Outdoor	4x400m	3:12.88		Cillin Greene, Phil Healy, Sophie Becker, Christopher O'Donnell	National Team	n/a	Toyko, JPN	31.07.21	
Women	Senior	Outdoor	3000m Walk	12:18.86		Kate Veale		05.01.84	Tullamore	23.07.11	
Women	Senior	Outdoor	5000m Walk	20:02.60		Gillian O'Sullivan		21.08.76	Santry	13.07.02	
Women	Senior	Outdoor	10,000m Walk	45:28.75		Gillian O'Sullivan		21.08.76	San Sebastian, ESP	01.08.98	
Women	Senior	Outdoor	10k Walk Rd.	43.22		Olive Loughnane		14.01.76	Saransk, RUS	19.09.09	
Women	Senior	Outdoor	20k Walk Rd.	1:19.22		Gillian O'Sullivan		21.08.76	Milan, ITA	01.05.03	
Women	Senior	Outdoor	Heptathlon	6,297pts		Kate O'Connor		12.12.00	Lana, ITA	24/25.04.21	