

Record	Event	Performance	Name	Club	Date
U23 W	Club 4x400m relay	3.55.99	Niamh Murphy, Laura Kelly, Aisling Stratford, Aimee Doherty	Ratoath A.C.	January 8th, 2023
Senior W	Club 4x400m relay	3.55.99	Niamh Murphy, Laura Kelly, Aisling Stratford, Aimee Doherty	Ratoath A.C.	January 8th, 2023
Senior M	Shot Put	19.99m	Eric Favors	Raheny Shamrock A.C.	January 20th, 2023
U23 W	200m	22.52a	Rhasidat Adeleke	Tallaght A.C.	January 21st, 2023
Senior W	200m	22.52a	Rhasidat Adeleke	Tallaght A.C.	January 21st, 2023
U23 W	Weight	18.36m	Miranda Tcheutchoua	Lusk A.C.	January 21st, 2023
U23 W	Weight	18.36m	Miranda Tcheutchoua	Lusk A.C.	January 21st, 2023
U20 M	Club 4x200m relay	1.30.52	Loclainn Harris, Darragh Masterson, Emanuel Osas, Jesse Osas	Ratoath A.C.	January 22nd, 2023
U20 W	Club 4x200m relay	1.40.23	Lucy-May Sleeman, Fatima Amusa, Okwu Backari, Sophie Mulcahy	Leevale A.C.	January 22nd, 2023
U23 W	Club 4x200m relay	1.40.23	Lucy-May Sleeman, Fatima Amusa, Okwu Backari, Sophie Mulcahy	Leevale A.C.	January 22nd, 2023
Senior W	Club 4x200m relay	1.40.23	Lucy-May Sleeman, Fatima Amusa, Okwu Backari, Sophie Mulcahy	Leevale A.C.	January 22nd, 2023
U20 M	3000m	7.54.44	Nick Griggs	Mid-Ulster A.C.	January 28th, 2023
U18 W	800m	2.08.76	Saoirse Fitzgerald	Lucan Harriers A.C.	January 29th, 2023
U18 M	3000m	8.15.48	Cormac Dixon	Tallaght A.C.	January 29th, 2023
Senior W	Penthalon	4396 pts	Kate O'Connor	St Gerard's A.C.	January 29th, 2023
U23 W	4x400m	3.40.25	Lauren McCourt, Caoimhe Cronin, Molly Hourihan, Miriam Daly	National Team	January 29th, 2023
U20 W	4x400m	3.43.30	Kate O'Connell, Lucy McGlynn, Hannah Murray, Niamh Murray	National Team	January 29th, 2023
U20 M	4x400m	3.16.10	Joe Doody, David Bosch, Fintan Dewhirst, David Mannion	National Team	January 29th, 2023
U20 W	Long Jump	6.42m	Elizabeth Ndudi	D.S.D.A.C	February 4th, 2023
U23 W	400m	50.45a	Rhasidat Adeleke	Tallaght A.C.	February 4th, 2023
Senior W	400m	50.45a	Rhasidat Adeleke	Tallaght A.C.	February 4th, 2023
Senior M	Shot Put	20.03m	Eric Favors	Raheny Shamrock A.C.	February 5th, 2023
Senior M	Shot Put	20.16m	Eric Favors	Raheny Shamrock A.C.	February 5th, 2023
U20 M	4x400m	3.14.33	Joe Doody, David Bosch, Fintan Dewhirst, David Mannion	National Team	February 8th, 2023
U23 M	4x400m	3.13.97	Ciaran Carthy, Sean Harding, Hugo Magee, Jack Raftery	National Team	February 8th, 2023
U23 W	Weight	18.79m	Miranda Tcheutchoua	Lusk A.C.	February 10th, 2023
U23 W	Weight	18.79m	Miranda Tcheutchoua	Lusk A.C.	February 10th, 2023
Senior M	5000m Walk	18.42.38	David Kenny	Farranfore Maine Valley A.C	February 12th, 2023
Senior W	Club 4x400m relay	3.52.80	Aisling Stratford, Laura Kelly, Aimee Doherty, Eve Mooney	Ratoath A.C.	February 12th, 2023
U23 W	Club 4x400m relay	3.52.80	Aisling Stratford, Laura Kelly, Aimee Doherty, Eve Mooney	Ratoath A.C.	February 12th, 2023
U20 W	Club 4x400m relay	3.52.80	Aisling Stratford, Laura Kelly, Aimee Doherty, Eve Mooney	Ratoath A.C.	February 12th, 2023

Senior M	Club 4x200m relay	1.27.49	Marcus Lawler, Pascal Touche, Aaron Tierney Smith, Craig Duffy	Clonliffe Harriers A.C.	February 19th, 2023
Senior W	Club 4x200m relay	1.39.86	Molly Hourihan, Charlotte Bourke, Cara Murphy, Mollie O'Reilly	D.S.D.A.C	February 19th, 2023
U23 M	60m	6.57	Israel Olatunde	U.C.D. A.C.	February 19th, 2023
Senior M	60m	6.57	Israel Olatunde	U.C.D. A.C.	February 19th, 2023
U23 W	400m	50.33	Rhasidat Adeleke	Tallaght A.C.	February 25th, 2023
Senior W	400m	50.33	Rhasidat Adeleke	Tallaght A.C.	February 25th, 2023
Senior M	1500m	3.33.49	Andrew Coscoran	Star of the Sea A.C.	February 25th, 2023
U20 M	1500m	3.39.94	Nick Griggs	Mid-Ulster A.C.	February 25th, 2023
Senior M	200m	20.64	Mark Smyth	Raheny Shamrock A.C.	March 11th, 2023
U20 M	Club 4x400m relay	3.25.00	Loclainn Harris, Darragh Masterson, Emanuel Osas, Jack O'Donnell	Ratoath A.C.	March 11th, 2023
Senior M	Club 4x400m relay	3.23.27	Brian Kiernan, Philip Marron, Peter Kilgannon, Conor Duncan	Ratoath A.C.	March 11th, 2023
U23 W	Hammer	64.44m	Nicola Tuthill	U.C.D. A.C.	March 12th, 2023
Senior M	Shot Put	20.66m	Eric Favors	Raheny Shamrock A.C.	March 12th, 2023
Senior W	200m	22.34	Rhasidat Adeleke	Tallaght A.C.	April 14th, 2023
U23 W	200m	22.34	Rhasidat Adeleke	Tallaght A.C.	April 14th, 2023
Senior W	400m	49.90	Rhasidat Adeleke	Tallaght A.C.	April 15th, 2023
U23 W	400m	49.90	Rhasidat Adeleke	Tallaght A.C.	April 15th, 2023
U23 W	Hammer	65.74m	Nicola Tuthill	U.C.D. A.C.	April 22nd, 2023
U23 W	Hammer	65.96m	Nicola Tuthill	U.C.D. A.C.	April 29th, 2023
U23 W	Hammer	66.04m	Nicola Tuthill	U.C.D. A.C.	April 29th, 2023
U23 W	Hammer	66.57m	Nicola Tuthill	U.C.D. A.C.	April 29th, 2023
U20 M	3000m	7.53.24	Nick Griggs	Candour Track Club	May 13th, 2023
U20 M	110m H	13.95	Adam Nolan	St Laurence O'Toole A.C.	May 17th, 2023
Senior W	800m	1.58.27	Ciara Mageean	City of Lisburn A.C.	May 27th, 2023
U20 M	110m H	13.89	Adam Nolan	St Laurence O'Toole A.C.	May 27th, 2023
U20 M	5000m	13.36.47	Nick Griggs	Candour Track Club	May 27th, 2023
U20 W	Long Jump	6.39m	Elizabeth Ndudi	D.S.D.A.C	May 27th, 2023
Senior W	400m	49.54	Rhasidat Adeleke	Tallaght A.C.	May 27th, 2023
U23 W	400m	49.54	Rhasidat Adeleke	Tallaght A.C.	May 27th, 2023
U18 M	Discus	56.90m	Cian Crampton	Edenderry A.C.	May 27th, 2023
U20 M	110m H	13.70	Adam Nolan	St Laurence O'Toole A.C.	June 4th, 2023
U18 M*	100m	10.51	Osamudiamen Jesse Osas	Ratoath A.C.	June 10th, 2023

U23 M	4x100m Relay	40.02	Gabriel Kehinde, Israel Olatunde, Conor Morey, Nelvin Appiah	National Team	June 10th, 2023
Senior W	400m	49.20	Rhasidat Adeleke	Tallaght A.C.	June 10th, 2023
U23 W	400m	49.20	Rhasidat Adeleke	Tallaght A.C.	June 10th, 2023
Senior M	1500m	3.32.68	Andrew Coscoran	Star of the Sea A.C.	June 17th, 2023
U20 M	1500m	3.36.09	Nick Griggs	Candour Track Club	June 17th, 2023
U23 W	Hammer	67.85m	Nicola Tuthill	U.C.D. A.C.	June 20th, 2023
U20 W	Long Jump	6.44m	Elizabeth Ndudi	D.S.D.A.C	June 25th, 2023
U23 W	1500m	4.01.75	Sarah Healy	U.C.D. A.C.	June 27th, 2023
U20 W	Discus	49.32m	Anna Gavigan	Lambay Sports Academy	July 2nd, 2023
U20 M	Mile	3.55.73	Nick Griggs	Candour Track Club	July 14th, 2023
U23 M	4x100m Relay	39.52	Gabriel Kehinde, Runo Ayavoro, Colin Doyle, Israel Olatunde	National Team	July 15th, 2023
U23 M	4 x100m relay	39.51	Gabriel Kehinde, Runo Ayavoro, Colin Doyle, Israel Olatunde	National Team	July 15th, 2023
U23 M	4x400m relay	3.06.34	Andrew Egan, Callum Baird, Aaron Keane, Jack Raftery	National Team	July 15th, 2023
Senior W	Mile	4.14.58	Ciara Mageean	City of Lisburn A.C.	July 21st, 2023
U18 M	Discus	57.65m	Cian Crampton	Edenderry A.C.	July 27th, 2023
U18 M	Sprint medley relay	1.56.45	Jesse Osas, Donal Martin, Davey Davitt, Jason O'Reilly	National Team	July 28th, 2023
U18 M	Discus	58.21m	Cian Crampton	Edenderry A.C.	July 29th, 2023
U18 M	Discus	59.32m	Cian Crampton	Edenderry A.C.	July 29th, 2023
U23 M	Long Jump	7.96m	Reece Ademola	Leevale A.C.	July 30th, 2023
U23 W	1000m	2.37.08	Sophie O'Sullivan	Ballymore Cobh	August 4th, 2023
U23 W	1500m	3.59.68	Sarah Healy	U.C.D. A.C.	August 20th, 2023
U20 W	4x100m Relay (club)	3.51.53	Aisling Stratford, Laura Kelly, Niamh Murphy & Aimee Doherty	Ratoath A.C.	June 25th, 2023
Senior M	4x100m Relay (club)	40.50	Conor Morey, Colin Doyle, Scott Gibson, James Ezeonu	Leevale A.C.	August 13th, 2023
Senior W	1500m	3.56.61	Ciara Mageean	City of Lisburn A.C.	August 22nd, 2023
Senior W	100m H	12.62	Sarah Lavin	Emerald A.C.	August 23rd, 2023
U23 M	Long Jump	7.97m	Reece Ademola	Leevale A.C.	September 3rd, 2023
Senior W	100m	11.27	Sarah Lavin	Emerald A.C.	September 4th, 2023
Senior W	1500m	3.55.87	Ciara Mageean	City of Lisburn A.C.	September 8th, 2023