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Updated: June 30th 2024

Athlete	Club	Coach(es)	Event	Performance I	Performance II	Standard	Venue	Date
Molly Daly	KCH	Fiona Norwood & Rob Daly	200m	24.52	24.57i	24.60	Santry	29/06/2024
				24.54i			Athlone	20/01/2024
				24.55i			Athlone	03/03/2024
							Athlone	07/04/2024
Maria Zakharenko	Kilcoole	Buntu Mlisana	400m	55.15i	55.19	56.00	Athlone	20/01/2024
					55.31i		Belfast	11/05/2024
							Athlone	02/03/2024
Saoirse Fitzgerald	Lucan Harriers	Niamh & Eoin Fitzgerald	800m	2:06.58	2:08.85i	2:10.00	UCD	19/06/2024
				2:08.48	2:09.88		Santry	30/06/2024
				2:08.76			Belfast	11/05/2024
							NIA Dublin	27/01/2024
							Santry	15/05/2024
Pia Langton	KCH	Niamh Richardson	800m	2:08.92	2:09.20	2:10.00	Belfast	15/06/2024
							Santry, Dublin	04/05/2024
Jennifer O'Leary	Nenagh	Sean Finn	1500m	4:24.30		4:28.00	Belfast	15/06/2024
			800m	2:09.43		2:10.00	Santry, Dublin	04/05/2024
Emily Bolton	Donore	Declan Bolton	1500m	4:24.31		4:28.00	Santry, Dublin	04/05/2024
			3000m	9:45.00		9:45.00	Belfast	15/06/2024
Clodagh Gill	Moy Valley	Philip Finnerty	3000m	9:41.80		9:45.00	Belfast	15/06/2024



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Orlaith Mannion	South Galway	Declan Derrane	100mh	13.72 (+1.6)	13.72 (+0.7)	14.00	Santry, Dublin	19/05/2024
							Brussels	26/05/2024
Savanagh O'Callaghan	Tuam	Pierce O'Callaghan & Jamie Costin	5k RW	25:08.04	25:29.04	25:30	Santry	29/06/2024
				25:28			Guadix, Spain	04/02/2024
							Philadelphia, PA	27/04/2024
Tara O'Connor	Dundalk St Gerards	Jean McArdle & Packie O'Connor	High Jump	1.79mi	1.76mi	1.76m	Athlone	07/04/2024
				1.77mi	1.76m		NIA Dublin	27/01/2024
							NIA, Dublin	17/02/2024
							Santry	15/05/2024
Siun Quinn	Brothers Pearse	Ronan Quinn & Rosie Daniel	High Jump	1.76mi		1.76m	Athlone	20/01/2024
Caoimhe Gallen	Lifford	John O'Donnell	Hammer	63.58m		61.00m	Palafrugell	08/06/2024
Enya Silkena	Ratoath	Modris Silkens & John Shields	Heptathlon	5218		5000	Montenegro	11/05/2024
								12/05/2024
			Javelin (500g)	51.88m	51.42m	49.50m	Tullamore Tullamore	15/06/2024 01/06/2024



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Ben Sykes	Orangetrove	Gillian Sykes	100m	10.80(+1.0)		10.90	Santry	30/06/2024
Joe Burke	Templemore	Sharon Rowland	200m	21.41 (+1.6)		21.90	Santry	29/06/2024
Conor Kelly	Derry	Paul Miller	400m	47.38	48.37i	49.20	Thames Valley	09/06/2024
				48.01			Lee Valley	19/05/2024
			200m	21.63 (+0.7)		21.90	Sheffield	13/02/2024
							London	26/05/2024
Daire O'Donnell	Nenagh	Sean Finn	800m	1:53.85		1:54.00	Belfast	15/06/2024
Bobby Moore	Bray	Suzanne Foot	800m	1:53.30	1:53.60	1:54.00	Santry	29/0/2024 22/06/2024
Caolan McFadden	Cranford	Eamon Giles	1500m	3:52.19		3:56.00	Belfast	11/05/2024
			800m	1:52.98	1:53.54	1:54.00	Belfast Tullamore	15/06/2024 01/06/2024
Lorcan Forde-Dunne	Ace	Liam Cooney	1500m	3:52.70	3:54.40	3:56.00	Santry, Dublin	04/05/2024
							Belfast	11/05/2024
Shea O'Donnell	Ace	Liam Cooney	1500m	3:55.68		3:56.00	Belfast	11/05/2024



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Noah Harris	Parnell	Joe Ryan	3000m	8:16.50	8:20.80	8:30.00	Belfast	15/06/2024
				8:20.45i			NIA, Dublin	17/02/2024
			2000m s/c	5:49.89	5:53.67	6:05.00	Tullamore	31/05/2024
			1500m	3:50.00	3:56.00	3:56.00	UCD	19/06/2024
Cillian Gleeson	Celbridge	Feidhlim Kelly	3000m	8:27.97		8:30.00	Santry, Dublin	04/05/2024
Ethan Dewhirst	Tír Chonaill	Brian McGonagle	400mh	53.82		54.60	Santry, Dublin	19/05/2024
Stuart Tobin	Nenagh	Colm Tobin	400mh	54.56		54.60	Bondoufle, FR	30/06/2024
Matei Ursachi	Clonliffe	Mick Fogarty	2000m s/c	6:01.03		6:05.00	Loughborough	22/06/2024
Seamus Clarke	Moy Valley	Deirdre Clarke	5k RW	21:09.90	22:14	23:15	Santry	29/06/2024
				21:25.81			Palafrugell	08/06/2024
				21:31.38i			NIA, Dublin	18/02/2024
							Raheny, Dublin	17/12/2023
Matthew Newell	Tuam	Pierce O'Callaghan & Jamie Costin	5k RW	21:31.60	22:59	23:15	Santry	29/06/2024
				21:48.34	22:24		NIA, Dubin	18/02/2024
							Guadix, Spain	04/02/2024
							New Ross	05/05/2024



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Conor Penney	Craughwell	Michael Tobin & Ronnie Warde	High Jump	2.09m	2.04m	2.04m	Santry Athlone	22/06/2024 07/04/2024
Michael Kent	DMP	Liam Kelly, Ronnie Bent, Jim Alexander	Long Jump	7.11m (+1.2)		7.10m	UCD	19/06/2024
Cian Crampton	Edenderry	Peter Collins	Discus	56.71m	54.63m	54.50m	Sollentuna, Swe Tullamore	16/06/2024 24/03/2024
Thomas Williams	Shercock	Neil Williams	Hammer	77.31m 76.12m 73.27m 72.82m	70.58m 70.45m 68.95m	66.60m	Santry Palafrugell Tullamore Loughborough Tullamore Templemore Santry, Dublin	22/06/2024 08/06/2024 24/03/2024 27/05/2024 01/06/2024 09/03/2024 19/05/2024
Eoin O'Callaghan	Bandon	Frank Stam & Eamon Flanagan	Decathlon	6640		6600	Yeovil, UK	27/04/2024 & 28/4/2024