

Men · U23 · Indoor

TRACK

60m	6.57	Israel Olatunde	Abbotstown	19.02.23
200m	20.80	Paul Hession	Madrid, ESP	05.03.05
300m	33.27	Jack Raftery	Athlone	07.12.22
400m	46.17	David Gillick	Madrid, ESP	04.03.05
800m	1.46.13	Cian McPhilips	Abbotstown	20.02.21
1000m	2.19.31 NEW	Liam Lyons	Boston, USA	18.01.26
1500m	3.39.09+ NEW	Liam Lyons	Boston, USA	13.02.26
Mile	3.54.98 NEW	Liam Lyons	Boston, USA	13.02.26
3000m	7.32.79 NEW	Nick Griggs	Boston, USA	24.01.26
5000m	13.19.90 NEW	Nick Griggs	Boston, USA	31.01.26

HURDLES

60m H	7.74m	Ben Reynolds	Ghent, BEL	18.02.12
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JUMPS

High Jump	2.28m	Adrian O'Dwyer	Budapest, HUN	24.02.04
Long Jump	7.93m	Reece Ademola	Ostrava, CZE	30.01.24
Triple Jump	16.27m	Colm Cronin	Detroit, USA	10.03.78
Pole Vault	5.22m	Brian McGovern	New York, USA	23.02.12

THROWS

Shot	17.91m	Colin Quirke	New York, USA	17.02.11
Weight	21.93m	Owen Russell	Cambridge, USA	24.02.19

COMBINED EVENTS

Heptathlon	5,261 pts	Finn O'Neill	Reno, USA	05.12.25
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RELAYS

4x400m	3.13.97	Ciaran Carthy, Sean Harding, Hugo Magee, Jack Raftery	Abbotstown	08.02.23
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