

Women · Senior · Outdoor

TRACK

100m	11.13 (+0.7)	Rhasidat Adeleke	Santry	30.06.24
200m	22.34 (+2.0)	Rhasidat Adeleke	Gainesville, USA	14.04.23
300m	37.04	Phil Healy	Bergen, NOR	22.05.24
400m	49.07	Rhasidat Adeleke	Rome, ITA	10.06.24
800m	1.58.51	Ciara Mageean	Manchester, ENG	25.05.24
1000m	2.31.06	Ciara Mageean	Monte Carlo, MON	14.08.20
1500m	3.55.87	Ciara Mageean	Brussels, BEL	08.09.23
Mile	4.14.58	Ciara Mageean	Monte Carlo, MON	21.07.23
2000m	5.25.36	Sonia O'Sullivan	Edinburgh, SCO	08.07.94
3000m	8.21.64	Sonia O'Sullivan	London, ENG	04.08.99
5000m	14.41.02	Sonia O'Sullivan	Sydney, AUS	25.09.00
10000m	30.47.59	Sonia O'Sullivan	Munich, GER	29.04.07
Marathon	2.22.23	Catherina McKiernan	Amsterdam, NED	01.11.98

HURDLES & STEEPLECHASE

100m H	12.62 (+0.5)	Sarah Lavin	Budapest, HUN	23.08.23
400m H	54.31	Susan Smith	Zurich, SUI	12.08.98
2000m S/c	6.13.50	Eilish Flanagan	Santry	13.06.21
3000m S/c	9.28.29	Roisin McGettigan	Heusden, NED	28.07.07

JUMPS

High Jump	1.95m	Deirdre Ryan	Daegu, KOR	01.09.11
Long Jump	6.68m (+1.9)	Elizabeth Ndudi	Champaign, USA	13.04.24
Triple Jump	13.62m (+0.9)	Taneisha Scanlon	Bratislava, SVK	29.05.05
Pole Vault	4.60m	Tori Pena	Chula Vista, USA	06.06.13

THROWS

Shot	16.99m	Marita Walton	Palo Alto, USA	02.04.83
Discus	58.40m	Niamh Fogarty	Ramona, USA	27.04.25
Hammer	73.21m	Eilleen O'Keefe	Santry	21.07.07
Javelin	54.92m	Anita Fitzgibbon	Santry	29.07.13

COMBINED EVENTS

Heptathlon	6,714 pts	Kate O'Connor	Tokyo, JPN	19/20.09.25
RELAYS				
4x400m (Mixed)	3.09.92	Christopher O'Donnell, Rhasidat Adeleke, Thomas Barr, Sharlene Mawdsley (National Team)	Rome, ITA	07.06.24
4x400m (Club) (Mixed)	3.34.65	Darragh Masterson, Loclainn Harris, Aisling Stratford, Laura Kelly (Ratoath A.C.)	Rieti, ITA	16.09.23
4x100m	43.73	Sarah Leahy, Ciara Neville, Lauren Roy, Sarah Lavin	London, ENG	19.07.25
4x100m (Club)	46.03	Mairead Murphy, Ciara Giles-Doran, Niamh Whelan, Kelly Proper	Beograd, SER	28.05.11
4x200m	1.35.93	Aoife Lynch, Kate Doherty, Sarah Quinn, Sophie Becker	Silesia, POL	02.05.21
4x400m	3.19.90	Sophie Becker, Phil Healy, Rhasidat Adeleke, Sharlene Mawdsley	Paris, FRA	10.08.24
4x400m (Club)	3.42.29	Joanne Cuddihy, Fiona Norwood, Geraldine Nolan, Emily Maher	Tullamore	13.08.00
RACE WALKS				
3000m Walk	12.18.86	Kate Veale	Tullamore	23.07.11
5000m Walk	20.02.60	Gillian O'Sullivan	Santry	13.07.02
10,000m Walk.	45.28.75	Gillian O'Sullivan	San Sebastian, ESP	01.08.98
10k Walk Rd.	43.22	Olive Loughnane	Saransk, RUS	19.09.09
20k Walk Rd.	1.27.22	Gillian O'Sullivan	Milan, ITA	01.05.03
35k Walk Rd.	3.07.03	Kate Veale	Milan, ITA	19.12.21