

Women · U23 · 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
400m	49.07	Rhasidat Adeleke	Rome, ITA	10.06.24
800m	2.00.71 *	Emma Moore	Ostrava, CZE	16.06.26
1000m	2.37.08	Sophie O'Sullivan	Bern, SUI	04.08.23
1500m	3.59.68	Sarah Healy	Budapest, HUN	20.08.23
Mile	4.29.03	Sarah Healy	London, ENG	14.05.22
2000m	5.41.22	Sonia O'Sullivan	London, ENG	13.07.91
3000m	8.44.72	Sophie O'Sullivan	Rovereto, ITA	06.09.23
5000m	15.26.9	Sonia O'Sullivan	Cork	07.07.91
10000m	32.31.47	Annika Thompson	Bergen, NOR	18.07.25
Marathon	2.34.12	Ava Crean	Dublin	26.10.25

HURDLES & STEEPLECHASE

100m H	12.96 (+1.0)	Derval O'Rourke	Bydgoszcz, POL	20.07.03
400m H	56.62	Jessie Barr	Ostrava, CZE	16.07.11
3000m S/C	9.45.00	Ava O'Connor	Lahti, FIN	11.06.25

JUMPS

High Jump	1.90m	Sommer Lecky	Tampere, FIN	15.07.18
Long Jump	6.68m (+1.9)	Elizabeth Ndudi	Champaign, USA	13.04.24
Triple Jump	13.25m (+0.8)	Sarah Buggy	Bedford, ENG	19.06.16
Pole Vault	4.15m	Ellen McCartney	Manchester, ENG	26.05.21

THROWS

Shot	16.56m	Marita Walton	Philadelphia, USA	24.04.82
Discus	57.38m *	Anna Gavigan	San Vito, ITA	02.06.26
Hammer	71.75m	Nicola Tuthill	Santry	03.08.25
Javelin	52.92m	Kate O'Connor	Boras, SWE	19.07.19

COMBINED EVENTS

Heptathlon	6,297pts	Kate O'Connor	Lana, ITA	24/25.04.21
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RELAYS				
4x400m (Club) <i>(Mixed)</i>	3.34.65	Darragh Masterson, Loclainn Harris, Aisling Stratford, Laura Kelly <i>(Ratoath A.C.)</i>	Rieti, ITA	16.09.23
4x100m	44.64	Molly Scott, Aoife Lynch, Lauren Roy, Gina Akpe-Moses <i>(National Team)</i>	Tallinn, EST	11.07.21
4x100m (Club)	46.93	Mairead Murphy, Ciara Giles-Doran, Niamh Whelan, Kelly Proper <i>(Ferrybank AC)</i>	Santry	29.07.06
4x400m	3.34.81	Kate O'Connell, Victoria Amiadamen, Emma Moore, Jenna Breen <i>(National Team)</i>	Bergen, NOR	20.07.25
4x400m (Club)	3.50.43	Eve Mooney, Laura Kelly, Katie Doherty, Aisling Startford <i>(Ratoath A.C.)</i>	Santry	30.06.24
RACE WALKS				
3000m Walk	12.18.86	Kate Veale	Tullamore	23.07.11
5000m Walk	21.30.18	Kate Veale	Santry	06.08.11
10,000m Walk.	45.28.75	Gillian O'Sullivan	San Sebastian, ESP	01.08.98
10k Walk Rd.	45.12	Deirdre Gallagher	Douglas, Isle of Man	24.02.96
20k Walk Rd.	1.34.59	Ann Loughnane	La Coruña, ESP	13.05.06

** Pending ratification.*