

Men · Senior · Outdoor



TRACK

100m	10.08 (+2.0)	Israel Olatunde	London, ENG	30.08.25
200m	20.27 (+2.0) NEW	Sean Aigboboh	Austin, USA	30.04.26
300m	32.47	Paul Hession	Ostrava, CZE	12.06.08
400m	44.77	David Gillick	Madrid, ESP	04.07.09
600m	1.15.71	Mark English	Amsterdam, NED	05.09.15
800m	1.42.15	Cian McPhilips	Tokyo, JPN	20.09.25
1000m	2.15.82 NEW	Mark English	Ostrava, CZE	16.06.26
1500m	3.30.42	Andrew Coscoran	Chorzów, POL	16.07.23
Mile	3.49.77	Ray Flynn	Oslo, NOR	07.07.82
2000m	4.55.06	Marcus O'Sullivan	Nice, FRA	10.07.96
3000m	7.30.36	Mark Carroll	Monte Carlo, MON	04.08.99
5000m	13.01.40	Brian Fay	Heusden, BEL	15.07.23
10000m	27.26.95	Efrem Gidey	San Juan Capistrano, USA	29.03.25
Marathon	2.06.08 NEW	Peter Lynch	London, ENG	26.04.26
1 Hour	19625m	John Treacy	Monte Carlo, MON	19.09.87

HURDLES & STEEPLECHASE

110m H	13.30 (+0.6)	Peter Coghlan	Hechtel, BEL	07.08.99
400m H	47.97	Thomas Barr	Rio de Janeiro, BRA	18.08.16
3000m S/c	8.24.09	Brendan Quinn	Brussels, BEL	30.08.85

JUMPS

High Jump	2.30m	Adrian O'Dwyer	Algiers, ALG	24.06.04
Long Jump	8.07m (+1.4)	Ciaran McDonagh	La Chaux-de-Fonds, SUI	21.08.05
Triple Jump	15.89m	Colm Cronin	Copenhagen, DEN	26.06.77
Pole Vault	5.36m	Brian McGovern	Tempe, USA	23.03.13

THROWS

Shot	20.93m	Eric Favors	Fleetwood, USA	27.04.24
Discus	67.89m	Nick Sweeney	Helsingborg, SWE	04.09.98
Hammer	77.80m	Declan Hegarty	Walnut, USA	28.04.85

Javelin	82.75m	Terry McHugh	London, ENG	05.08.00
56lbs Dist.	9.16m	John Menton	Santry	02.07.98
56lbs Height	4.93m	Gerry O'Connell	Tullamore	19.07.86
COMBINED EVENTS				
Decathlon	7,882pts	Carlos O'Connell	Emmitsburg, USA	4/5.06.88
RELAYS				
4×100m	38.88	Michael Farrelly, Sean Aigboboh, Marcus Lawler, Israel Olatunde (National Team)	Maribor, SLO	21.06.25
4x100m (Club)	40.50	Conor Morey, Colin Doyle, Scott Gibson, James Ezeonu (Leevale A.C.)	Tullamore	13.08.23
4x400m (Mixed)	3.09.92	Christopher O'Donnell, Rhasidat Adeleke, Thomas Barr, Sharlene Mawdsley (National Team)	Rome, ITA	07.06.24
4×400m	3.01.26	Brian Gregan, Brian Murphy, Thomas Barr, Mark English (National Team)	Beijing, CHN	29.08.15
4x400m (Club) (Mixed)	3.34.65	Darragh Masterson, Loclainn Harris, Aisling Stratford, Laura Kelly (Ratoath A.C.)	Rieti, ITA	16.09.23
4x400m (Club)	3.10.59	Jason Harvey, Eoin Mulhall, Steven Colvert, Richard Morrissey (Crusaders A.C.)	Morton Stadium	08.07.12
RACE WALKS				
3000m Walk	11.11.94	Robert Heffernan	Cork	02.07.13
5000m Walk	18.59.37	Robert Heffernan	Barcelona, ESP	30.06.07
10,000m Walk.	38.27.57	Robert Heffernan	Santry	21.07.08
10k Walk Rd.	39.15	Robert Heffernan	La Coruña, ESP	17.09.11
20,000m Walk	1.23.51	Bobby O'Leary	Santry	14.07.91
20k Walk Rd.	1.19.22	Robert Heffernan	Cheboksary, RUS	10.05.08
30k Walk Rd.	2.07.48	Robert Heffernan	Cork	30.01.11
35k Walk Rd.	2.31.19	Robert Heffernan	Dublin	15.07.00
50k Walk	3.37.54	Robert Heffernan	London, ENG	11.08.12