

Women · Senior · Road

ROAD DISTANCES

Mile	4.25.05	Sonia O'Sullivan	Edinburgh, SCO	12.09.93
5km	14.55.4	Sonia O'Sullivan	London, ENG	01.09.02
4 miles	19.58 *	Niamh Allen	Ballintotis	24.04.26
8km	24.43	Sonia O'Sullivan	Balmoral, SCO	22.04.00
5 miles	25.10 *	Niamh Allen	Midleton	07.05.26
10km	30.59	Sonia O'Sullivan	Milan, ITA	21.05.00
12km	40.24	Regina Joyce	Portland, USA	19.05.85
12km	40.24	Natalie Davey	Spokane, USA	06.02.05
15km	48.30	Catherina McKiernan	Nijmegen, NED	16.11.97
10 miles	51.00	Sonia O'Sullivan	Portsmouth, ENG	08.09.02
Half Marathon	1.08.54	Catherina McKiernan	Luxembourg	27.09.98
25km	1.27.15	Monica Joyce	Grand Rapids, USA	13.05.89
Marathon	2.22.23	Catherina McKiernan	Amsterdam, USA	01.11.98

* Pending ratification.