ATHLETICS IRELAND
Men's Senior Road Records

ROAD RACES

Event	Performance	Name	Venue	Date
Mile	3.55.33 *	Cathal Doyle	Düsseldorf, GER	06.09.26
5km	13.22 *	Darragh McElhinney	Copenhagen, DEN	19.09.26
4 miles	17.51	Efrem Gidey	Groningen	09.10.22
8km	22.08	John Doherty	Agawam, USA	21.05.89
10km	27.38 NEW	Efrem Gidey	Valencia, ESP	11.01.26
12km	35.05	Ronnie Carroll	Spokane, USA	05.05.85
15km	42.47	John Treacy	Portland, USA	26.06.88
10 miles	45.59	Peter Lynch	Washington D.C., USA	06.04.25
20km	57.42	Martin Fagan	The Hague, NED	14.03.09
Half Marathon	1.00.22	Fearghal Curtin	Copenhagen, DEN	14.09.25
25km	1.15.14	Jerry Kiernan	Limerick	13.05.82
Marathon	2.06.08 NEW	Peter Lynch	London, ENG	26.04.26

* Pending ratification.

Correct as of 05 November 2026. Athletics Ireland National Records.