ATHLETICS IRELAND
Men's U20 Outdoor Records

RUNNING EVENTS

Event	Performance	Name	Venue	Date
100m	10.38 (1.5)	Marcus Lawler	Santry	18.05.13
200m	20.69 (1.4)	Aaron Sexton	Tullamore	01.06.19
400m	45.83	Conor Kelly	Tampere, FIN	09.08.25
800m	1.45.77	Mark English	Oordegem, BEL	26.05.12
1500m	3.36.05	Nick Griggs	Nice, FRA	17.06.23
Mile	3.55.73	Nick Griggs	Santry	14.07.23
3000m	7.53.24	Nick Griggs	Belfast	13.05.23
5000m	13.36.47	Nick Griggs	Oordegem, BEL	27.05.23
10000m	28.57.32	Dean Casey	London, ENG	14.05.22
2000m S/C	5.42.97	Kieran Stack	Tullamore	11.07.82
3000m S/C	8.42.5	Brendan Quinn	Champaign, USA	31.05.79

HURDLE RACES

Event	Performance	Name	Venue	Date
110m H	13.70 (0.6)	Adam Nolan	Tullamore	04.06.23
400m H	50.06	Thomas Barr	Santry	07.08.11

FIELD EVENTS

Event	Performance	Name	Venue	Date
High Jump	2.21m	Antoine Burke	Mardyke	25.06.94
Pole Vault	4.90m	Anthony McCreery	Santry	22.07.07
Pole Vault	4.90m	Sean Roth	Leverkusen, GER	13.05.17
Long Jump	7.83m (0.6)	Reece Ademola	Cali, COL	02.08.22
Triple Jump	15.56m	Colm Cronin	Rieti, ITA	13.06.76
Shot (6kg)	18.61m	John Kelly	Letterkenny	10.05.15
Shot (7.26kg)	16.58m	Victor Costello	Sudbury, CAN	30.07.88
Discus	56.79m	Colin Quirke	Norman, USA	25.04.09
Discus (1.75kg)	58.32m	Cian Crampton	Loughborough, ENG	01.06.25
Hammer (6kg)	71.20m	Owen Russell	Santry	30.04.16
Hammer (7.26kg)	64.57m	Gary Halpin	Austin, USA	29.05.85
Javelin	73.89m	Oisin Joyce	Lima, PER	29.08.24

COMBINED EVENTS

Event	Performance	Name	Venue	Date
Decathlon	7,604pts	Diarmuid O'Connor	Tallinn, EST	17/18.07.21

RACE WALKING EVENTS

Event	Performance	Name	Venue	Date
3000m Walk	11.45.81 **NEW**	Matthew Newell	Tullamore	30.05.26
5K Walk Rd.	21.58	Matthew Newell	Guadix, ESP	01.02.25
10,000m Walk.	42.47.46	Colin Griffin	Castleisland	13.05.01
10k Walk Rd.	42.49	Colin Griffin	Leamington, GBR	21.04.01
20k Walk Rd.	1.28.22	Colin Griffin	Isle Of Man	17.02.01

RELAY RACES

Event	Performance	Name	Venue	Date
4×100m	40.09 **NEW**	National Team	Mannheim, GER	14.06.26
4x100m (Club)	42.79	Galway City Harriers	Tullamore	09.07.16
4×400m	3.08.31	National Team	Mannheim, GER	29.06.25
4x400m (Club)	3.18.64	Leevale AC	Mardyke	03.07.84
4×400m (Mixed)	3.24.91	National Team	Mannheim, GER	23.06.24

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