ATHLETICS IRELAND
Men's U23 Indoor Records

RUNNING EVENTS

Event	Performance	Name	Venue	Date
60m	6.57	Israel Olatunde	Abbotstown	19.02.23
200m	20.80	Paul Hession	Madrid, ESP	05.03.05
300m	33.27	Jack Raftery	Athlone	07.12.22
400m	46.17	David Gillick	Madrid, ESP	04.03.05
800m	1.46.13	Cian McPhilips	Abbotstown	20.02.21
1000m	2.19.31 **NEW**	Liam Lyons	Boston, USA	18.01.26
1500m	3.39.09+ **NEW**	Liam Lyons	Boston, USA	13.02.26
Mile	3.54.98 **NEW**	Liam Lyons	Boston, USA	13.02.26
3000m	7.32.79 **NEW**	Nick Griggs	Boston, USA	24.01.26
5000m	13.19.90 **NEW**	Nick Griggs	Boston, USA	31.01.26

HURDLE RACES

Event	Performance	Name	Venue	Date
60m H	7.74m	Ben Reynolds	Ghent, BEL	18.02.12

FIELD EVENTS

Event	Performance	Name	Venue	Date
High Jump	2.28m	Adrian O'Dwyer	Budapest, HUN	24.02.04
Pole Vault	5.22m	Brian McGovern	New York, USA	23.02.12
Long Jump	7.93m	Reece Ademola	Ostrava, CZE	30.01.24
Triple Jump	16.27m	Colm Cronin	Detroit, USA	10.03.78
Shot	17.91m	Colin Quirke	New York, USA	17.02.11
Weight	21.93m	Owen Russell	Cambridge, USA	24.02.19

COMBINED EVENTS

Event	Performance	Name	Venue	Date
Heptathlon	5,261 pts	Finn O'Neill	Reno, USA	05.12.25

RELAY RACES

Event	Performance	Name	Venue	Date
4x400m	3.13.97	Ciaran Carthy, Sean Harding, Hugo Magee, Jack Raftery	Abbotstown	08.02.23

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