ATHLETICS IRELAND
Men's U23 Outdoor Records

RUNNING EVENTS

Event	Performance	Name	Venue	Date
100m	10.12 (1.7)	Israel Olatunde	London, ENG	18.08.24
200m	20.27 (2.0) **NEW**	Sean Aigboboh	Houston, USA	30.04.26
400m	45.73	Derek O'Connor	Indianapolis, USA	05.06.86
800m	1.44.82	David Matthews	Rieti, ITA	05.09.95
1000m	2.17.58	David Matthews	Sarajevo, BIH	09.09.96
1500m	3.35.04	Nick Griggs	Tooting, ENG	24.07.24
Mile	3.52.42	Nick Griggs	Santry	11.07.25
3000m	7.36.59	Nick Griggs	London, ENG	20.07.24
5000m	13.05.75	Nick Griggs	Oordegem, BEL	09.08.25
10000m	27.55.2	John Treacy	Philadelphia, USA	27.04.78
3000m S/C	8.29.60	Kieran Stack	Austin, USA	31.05.85

HURDLE RACES

Event	Performance	Name	Venue	Date
110m H	13.81 (1.0)	Ben Reynolds	Oordegem, BEL	26.05.12
400m H	48.90	Thomas Barr	Geneve, SUI	14.06.14

FIELD EVENTS

Event	Performance	Name	Venue	Date
High Jump	2.30m	Adrian O'Dwyer	Algiers, ALG	24.06.04
Pole Vault	5.30m	Sean Roth	Holzminden, GER	08.06.19
Long Jump	7.97m (0.6)	Reece Ademola	Padova, ITA	03.09.23
Triple Jump	15.89m	Colm Cronin	Copenhagen, DEN	26.06.77
Shot	19.93m	Victor Costello	Tullamore	01.07.92
Discus	57.36m	Joe Brice	Hanover, USA	18.05.80
Hammer	75.09m	Conor McCullough	Luzern, SUI	17.07.12
Javelin	75.89m	Stephen Rice	Dublin	19.07.18

COMBINED EVENTS

Event	Performance	Name	Venue	Date
Decathlon	7,610 pts	Diarmuid O'Connor	Villanova, USA	10.05.24

RACE WALKING EVENTS

Event	Performance	Name	Venue	Date
3000m Walk	11.27.06	Robert Heffernan	Tullamore	13.08.00
10,000m Walk.	40.16.68	Robert Heffernan	Tullamore	23.07.00
20,000m Walk	1.22.43	Robert Heffernan	Eisenhuttenstadt, GER	17.06.00

ROAD RACES

Event	Performance	Name	Venue	Date
Marathon	2.16.18	Neil Cusack	Atlanta, USA	18.12.71

RELAY RACES

Event	Performance	Name	Venue	Date
4×100m	39.51	National Team	Espoo, FIN	15.07.23
4×400m	3.06.31	National Team	Bergen, NOR	20.07.25
4x400m (Club) (Mixed)	3.34.65	Ratoath A.C.	Rieti, ITA	16.09.23

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