ATHLETICS IRELAND
Women's Senior Road Records

ROAD RACES

Event	Performance	Name	Venue	Date
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	23.04.26
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.

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