ATHLETICS IRELAND
Women's U23 Indoor Records

RUNNING EVENTS

Event	Performance	Name	Venue	Date
60m	7.15a	Rhasidat Adeleke	Albuquerque, USA	20.01.24
200m	22.49a	Rhasidat Adeleke	Albuquerque, USA	21.01.24
300m	36.42	Rhasidat Adeleke	New York, USA	11.02.24
400m	50.33	Rhasidat Adeleke	Lubbock, USA	25.02.23
800m	2.00.33 **NEW**	Maeve O'Neill	Boston, USA	22.02.26
1000m	2.41.07 **NEW**	Maeve O'Neill	Boston, USA	17.01.26
1500m	4.06.94	Sarah Healy	Birmingham, ENG	19.02.22
Mile	4.33.16	Siofra Cleirigh-Buttner	Staten Island, USA	10.02.17
3000m	8.53.67	Sarah Healy	Abbostown	27.02.22
5000m	15.17.28	Sonia O'Sullivan	Boston, USA	26.01.91

HURDLE RACES

Event	Performance	Name	Venue	Date
60m H	8.12	Derval O'Rourke	Birmingham, ENG	01.03.03

FIELD EVENTS

Event	Performance	Name	Venue	Date
High Jump	1.86m	Deirdre Ryan	Birmingham, ENG	27.01.02
High Jump	1.86m	Sommer Lecky	Glasgow, SCO	28.01.18
Pole Vault	4.05m	Ellen McCartney	Loughborough, ENG	12.05.21
Long Jump	6.63m **NEW**	Elizabeth Ndudi	Fayetteville, USA	31.01.26
Triple Jump	12.96m	Caoimhe King	Sheffield, GBR	09.02.14
Shot	17.06m	Marita Walton	New York, USA	26.02.82
Weight	18.79m	Miranda Tcheutchoua	Albuquerque, USA	10.02.23

COMBINED EVENTS

Event	Performance	Name	Venue	Date
Pentathlon	4,214 pts	Kate O'Connor	Cardiff, WAL	27.01.19

RACE WALKING EVENTS

Event	Performance	Name	Venue	Date
3000m Walk	12.41.41	Deirdre Gallagher	Nenagh	17.03.96

RELAY RACES

Event	Performance	Name	Venue	Date
4x200m (Club)	1.40.23	Leevale A.C.	Athlone	22.01.23
4x400m	3.40.25	National Team	Athlone	29.01.23
4x400m (Club)	3.51.08	Ratoath A.C.	Abbotstown	18.02.24

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