ATHLETICS IRELAND
Women's U23 Outdoor Records

RUNNING EVENTS

Event	Performance	Name	Venue	Date
100m	11.13 (0.7)	Rhasidat Adeleke	Santry	30.06.24
200m	22.34 (2.0)	Rhasidat Adeleke	Gainesville, USA	14.04.23
400m	49.07	Rhasidat Adeleke	Rome, ITA	10.06.24
800m	2.00.71 **NEW**	Emma Moore	Ostrava, CZE	16.06.26
1000m	2.37.08	Sophie O'Sullivan	Bern, SUI	04.08.23
1500m	3.59.68	Sarah Healy	Budapest, HUN	20.08.23
Mile	4.29.03	Sarah Healy	London, ENG	14.05.22
2000m	5.41.22	Sonia O'Sullivan	London, ENG	13.07.91
3000m	8.44.72	Sophie O'Sullivan	Rovereto, ITA	06.09.23
5000m	15.26.9	Sonia O'Sullivan	Cork	07.07.91
10000m	32.31.47	Annika Thompson	Bergen, NOR	18.07.25
3000m S/C	9.45.00	Ava O'Connor	Lahti, FIN	11.06.25

HURDLE RACES

Event	Performance	Name	Venue	Date
100m H	12.96 (1.0)	Derval O'Rourke	Bydgoszcz, POL	20.07.03
400m H	56.62	Jessie Barr	Ostrava, CZE	16.07.11

FIELD EVENTS

Event	Performance	Name	Venue	Date
High Jump	1.90m	Sommer Lecky	Tampere, FIN	15.07.18
Pole Vault	4.15m	Ellen McCartney	Manchester, ENG	26.05.21
Long Jump	6.68m (1.9)	Elizabeth Ndudi	Champaign, USA	13.04.24
Triple Jump	13.25m (0.8)	Sarah Buggy	Bedford, ENG	19.06.16
Shot	16.56m	Marita Walton	Philadelphia, USA	24.04.82
Discus	57.38m **NEW**	Anna Gavigan	San Vito, ITA	02.06.26
Hammer	71.75m	Nicola Tuthill	Santry	03.08.25
Javelin	52.92m	Kate O'Connor	Boras, SWE	19.07.19

COMBINED EVENTS

Event	Performance	Name	Venue	Date
Heptathlon	6,297pts	Kate O'Connor	Lana, ITA	24/25.04.21

RACE WALKING EVENTS

Event	Performance	Name	Venue	Date
3000m Walk	12.18.86	Kate Veale	Tullamore	23.07.11
5000m Walk	21.30.18	Kate Veale	Santry	06.08.11
10,000m Walk.	45.28.75	Gillian O'Sullivan	San Sebastian, ESP	01.08.98
10k Walk Rd.	45.12	Deirdre Gallagher	Douglas, Isle of Man	24.02.96
20k Walk Rd.	1.34.59	Ann Loughnane	La Coruña, ESP	13.05.06

ROAD RACES

Event	Performance	Name	Venue	Date
Marathon	2.34.12	Ava Crean	Dublin	26.10.25

RELAY RACES

Event	Performance	Name	Venue	Date
4x400m (Club) (Mixed)	3.34.65	Ratoath A.C.	Rieti, ITA	16.09.23
4×100m	44.64	National Team	Tallinn, EST	11.07.21
4x100m (Club)	46.93	Ferrybank AC	Santry	29.07.06
4x400m	3.34.81	National Team	Bergen, NOR	20.07.25
4x400m (Club)	3.50.43	Ratoath A.C.	Santry	30.06.24

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