

WATERFORD R.S.C. STADIUM RECORDS - MEN

100m	Neil Ryan Marcus Lawler	Nenagh Olympic AC Carlow IT	10.4 (H) 10.93 (w-1.7m/s)	20/07/1997 12/04/2014
200m	Kevin Cogley Marcus Lawler	D.M.P. Wexford AC Carlow IT	21.3 (H) 22.00 (- 5.50m/s)	20/07/1997 12/04/2014
400m	Dara Kervick	Dublin City University	47.61	12/04/2014
800m	Eoin Marnell	Dublin City Harriers AC	01:53:09	20/07/1997
1500m	Frank O'Mara	Limerick	03:42:02	22/07/1990
5000m	Richard Mulligan	Clonliffe Harriers AC	14:14:04	18/07/1993
3000m S/C	Jamie Lewis	Dublin City Harriers AC	09:18:07	03/07/1992
10,000m	Andrew Connick	Waterford IT	30:40:55	11/04/2014
110m Hrdls	T J Kearns	Dublin City Harriers AC	13.9 (H)	20/07/1997
400m Hrdls	Brian Liddy Barry Upton	University College Dublin University of Limerick	53.5 (H) 54.24	22/07/1990 12/04/2014
4x100m	Crusaders A.C.	Crusaders A.C.	42.45	28/06/1998
4x400m	Dublin City University	Dublin City University	03:16:64	12/04/2014
High Jump	Kourosh Foroughi	Dublin City University	2.12m	11/04/2014
Long Jump	Jonathan Kron	DCH AC	7.42m	09/08/1992
Triple Jump	Jim Hayes	Waterford AC	14.63m	03/07/1992
Pole Vault	Scott Higgins	Scotland	4.70m	12/08/2006
Shot Putt	Paul Quirke	Crusaders AC	16.44m	22/07/1990
Discus	Marco Pons	Dublin City University	50.06m	12/04/2014
Javelin	Terry McHugh	Dublin City Harriers AC	73.12m	20/07/1997
Hammer	Paddy McGrath	Raheny Shamrock AC	59.00m	09/08/1992
3k Walk	Jamie Costin	West Waterford AC	12:20:40	28/06/1998
5K Walk	Jimmy McDonald	Dublin City Harriers	22:00:08	22/07/1990
10k Walk	Michael Lane	Mullingar Harriers AC	46:55:05	09/08/1992
Decathlon	Mark Bishop	England	7220 pts	15&16/09/90

WATERFORD R.S.C. STADIUM RECORDS - WOMEN

100m	Michelle Carroll	Crusaders AC	11.6 (H)	28/06/1998
200m	Sarah Lavin	Dublin City University	24.47 (w -2.30m/s)	11/04/2014
400m	Susan Smith	Waterford AC	55.2 (H)	20/07/1998
800m	Geraldine Nolan	KCH AC	2:10:60	28/06/1998
1500m	Sonia O'Sullivan	Ballymore/Cobh AC	4:15:8 (H)	21/06/1992
3000m	Maria O'Sullivan	Trinity College Dublin	9:48:36	12/04/2014
5000m	Maria O'Sullivan	Trinity College Dublin	16:58:07	11/04/2014
3000m S/C	Claire McCarthy	Trinity College Dublin	11:50:92	12/04/2014
100m Hurdles	Susan Smith	Waterford AC	13.30	28/06/1998
400m Hurdles	Jessica Neville	University College Cork	62.88	12/04/2014
4x100m	Dublin City University	Dublin City University	46.12	12/04/2014
4x400m	Dublin City University	Dublin City University	3:56.75	12/04/2014
High Jump	Brigid Corrigan	DCH AC	1.78m	28/06/1998
Long Jump	Terri Horgan	DCH AC	6.10m	28/06/1998
Triple Jump	Siobhain Hoey	Portarlinton AC	12.01m	20/07/1997
Pole Vault	Claire Wilkinson	University of Ulster	3.80m	12/04/2014
Shot Putt	Claire Fitzgerald	University College Cork	14.48m	11/04/2014
Discus	Claire Fitzgerald	University College Cork	48.10m	12/04/2014
Javelin	Mary T Real	Limerick AC	50.42m	20/06/1992
Hammer	C Thompson	Slaney Olympic AC	47.06m	20/07/1997
1500m Walk	Alicia Boylan	NUI Galway	7:03:18	12/04/2014
3k Walk	M Walsh	DMP Wexford	14:28:00	28/06/1998
5K Walk	Deirdre Gallagher	Ballina AC	25:13:50	9/08/1992
Pentathlon	Brid Hallissey	Ferrybank AC	5217 pts	15&16/06/1997