

Evolution of Irish National Records 1860-2020

Event	Note	Athlete	Competition	Venue	Date
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The task of developing a table of the Progression of the Irish National Records, from before the birth of organised Athletics in the late 19th Century up to the present day, inevitably presents the compilers with a number of difficult problems.

First, of course, is the difficulty that arises from the existence of parallel governing organisations during significant periods of this history and the practice of their maintaining non co-ordinated sets of records.

We have also needed to recognise that up until almost the last quarter of the 20th century performances achieved outside Ireland were not accorded status as Irish National Records.

Thus, most notoriously perhaps, the winning performances of Bob Tisdall and Ron Delany at the Olympics of 1932 and 1956 were never, in their day, recognised as Irish Records.

But there were many others, perhaps less prominent, which because they were achieved outside Ireland were never subjected to those levels of appropriate scrutiny which are customarily accorded to Irish record performances.

A further problem arises from the fact that until sometime in the early-1930s the National Record was deemed to be the best authenticated performance made in Ireland whether by a local athlete or by an overseas visitor.

Thus an Official List of Records published, for example, in 1924 credited Irish Records to Wyndham Halswelle (SCO., 440y), Hugh Welsh (SCO., 1 Mile), Alvin Kraenzlein (USA, 120yH), and Ralph Rose (USA, Shot Putt). The particular significance of this in the context of our project is that, therefore, a performance by an Irish athlete superior to an earlier Irish Record but inferior to that achieved by an overseas athlete, was not considered for ratification and so, not subjected to the higher levels of scrutiny customarily applied when considering whether to award the accolade of "Irish Record" to a particular performance.

The problems for the compilers was compounded by the absence or loss of archival material on the subject of Records forcing an unwelcome dependence, in many instances, on contemporary newspaper reports with all the potentials for fallibility that such dependence entails.

For these reasons, amongst others, this compilation is to be best considered, at least as concerns marks made up to the early 1970s, as an honest attempt to define an Evolution based on the principle of the Best Authentic Performance.

One further observation is appropriate to rationalise the presence in these progressions of Performances achieved by Irish athletes who are better remembered for their exploits under a different flag – that of the U.S.A. Our position here is that where an athlete was active in the sport prior to emigrating it is appropriate to take into consideration performances achieved in the period prior to his becoming a U.S. citizen. It will thus be noted that these considerations apply to the cases of James Mitchell, John Flanagan, Paddy Ryan and Con Walsh in the Hammer Throw and to Dan Ahearn in the Triple Jump.

The compilers hope is that this compilation of the achievements of Irish athletes over the past one-and-a half centuries will be of interest to followers of our sport.

We present it fully cognisant of its imperfections and in the hope that visitors to the site will be able to identify and draw attention to errors of commission or omission for which we offer, in advance, our sincere thanks.

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Longest Standing Irish Records

Long Jump	88 years & 301 days	Peter O'Connor	Set on 5 August 1901, broken by Carlos O'Connell on 2 June 1990
400m Hurdles	51 years & 312 days	Bob Tisdall	Set on 1 August 1932, broken by J.J Barry on 8 July 1984
Shot Put	47 years & 268 days	Denis Horgan	Set on 18 September 1904, broken by David Guiney on 13 June 1950
High Jump	39 years & 364 days	Tim Carroll	Set on 4 August 1913, broken by Brendan O'Reilly on 3 August 1953
100m	32 years & 26 days	Michele Walsh	Set on 17 June 1978, broken by Ailis McSweeney on 13 July 2010
110m Hurdles	29 years & 179 days	Eamonn Kinsella	Set on 27 November 1956, broken by Brendan Mullin on 25 May 1986

Oldest Current Irish Records

Triple Jump	1977	Colm Cronin
1500m	1982	Ray Flynn
1 Mile	1982	Ray Flynn
Shot Put	1983	Marita Walton
Discus	1984	Patricia Walsh
3000m S'chase	1985	Brendan Quinn
Hammer	1985	Declan Hegarty
Marathon	1988	John Treacy
Decathlon	1988	Carlos O'Connell

100 Yards/100 Metres, Men

100 Yards, Men

10%	William Armstrong	College Races	College Park, Dublin	22 May 1867
10%	Alfred Vigne	Haddington H. Promotion	Ball's Bridge	10 Jul 1886
10%	Daniel D. Bulger	GAA Championships	Tralee	1 Aug 1887
10%	Norman D. Morgan	IAAA Championships	Ball's Bridge	30 Jun 1894
10%	Norman D.Morgan	IAAA Championships	Ball's Bridge	25 May 1896
10.0	Denis Murray	AAA Championships	Huddersfield, England	6-Jul-01
10.0	Frederick R.S.Shaw	Ireland v Scotland	Celtic Park, Belfast	19-Jul-13
10.0	Denis Cussen	National Championships	Croke Park, Dublin	27-Jun-25
10.0	Denis Cussen	National Championships	Croke Park, Dublin	24-Jun-28
9.8	Denis Cussen	National Championships	Croke Park, Dublin	24-Jun-28
9.8	Freddie Moran	AAU Championships	Lansdowne Rd.,Dublin	30-Aug-37
9.8	Paddy Lowry	IAAB Championships	Santry, Dublin	2-Jul-60
9.8	Pat Morrison	Essex County Championships	Southend, England	30-May-64
9.7	Pat Morrison	Southern AAA Champs	Motspur Pk., London	19-Jun-65
9.7	Pat Morrison	Clonliffe H. promotion	Santry, Dublin	5-Jul-65
9.6	Pat Morrison	Ireland v England	Santry, Dublin	21-Jul-65
9.6	Pat Morrison	Stanford Frosh v Hancock Jun Coll	Palo Alto, California	29-Apr-66

100 Metres, Men

Manual Timing

10.7		Philip Hannigan	FISEC Games	Lisboa, Portugal	4-Aug-63
10.7		Pat Morrison	Vancouver Trophy	Woodford, England	23-May-64
10.6		Brendan O'Regan	Janusz Kusocinski Memorial	Warsaw, Poland	21-Jun-70
10.5	1.9	Brendan O'Regan	Europa Cup	Reykjavik, Iceland	5-Jul-70
10.5		Dermot Browne	Iceland v Ireland	Reykjavik, Iceland	5-Aug-74
10.5	w	Ciaran Coakley	George V Ryan Memorial	Morton, Dublin	25-May-75
10.5		Joe Ryan	v Wales, Luxembourg	Luxembourg, Luxembourg	6-Aug-77
10.4		Derek O'Connor	Leinster Colleges	Belfield, Dublin	28-May-83
9.9	-0.6	Gary Ryan	Atletissima 2003	Namur Belgium	3-Jul-03

Fully Automatic Timing

10.85	0.6	Vinny Becker	AAA Championships	London, England	23-Jul-71
10.78	nwi	Colman O'Flaherty	Bavarian Int Youth Games	Trostberg, Germany	25-Sep-77
10.74	nwi	Colman O'Flaherty	National Championships	Belfield, Dublin	23-Jul-78
10.63	nwi	Joe Ryan	West Point Invitational	Westpoint, NY	25-Mar-78
10.61	nwi	Derek O'Connor	Cork City Sports	Mardyke, Cork	13-Jul-83
10.66	0.9	Derek O'Connor	European Junior T&F Champs - Final	Schwechat, Austria	25-Aug-83
10.58	0.6	Derek O'Connor	International Meeting	Port-of-Spain, Trinidad	12-Apr-85
10.56	0.0	Gary Ryan	Ljubijana International	Ljubijana, Slovenia	26-May-96
10.54	0.4	Gary Ryan	Riga '96 International Meeting	Riga, Latvia	2-Jun-96
10.48	0.9	Gary Ryan	Cork City Sports	Mardyke, Cork	22-Jun-96
10.46	0.1	Neil Ryan	Riga '97 International Meeting	Riga, Latvia	30-May-97
10.45	1.5	Gary Ryan	National Championships	Santry, Dublin	25-Jul-99
10.45	0.3	Gary Ryan	Europa Cup	Kaunas, Lithuania	8-Jul-00
10.35	0.8	Paul Brizzel	International Meeting	Haapsalu, Estonia	20-Jun-00
10.35	1.4	Paul Brizzel	Dublin International	Santry, Dublin	15-Aug-03
10.35	2.0	Gary Ryan	Cork City Sports	Mardyke, Cork	3-Jul-04
10.28	1.5	Paul Hession	Papaflessia	Kalamata, Greece	2-Jun-07
10.18	1.8	Paul Hession	Europa Cup	Vaasa, Finland	23-Jun-07

**** Never ratified**

200m/220y, Men

220 Yards, Men

22%		Alfred Vigne	IAAA Championships	Ball's Bridge	30 May 1887
22%		Alfred Vigne	Jubilee Sports	Ball's Bridge	21 Jun 1887
22%		Norman D. Morgan	IAAA Championship (farmed)	Cork	16 May 1896
22%		William Murray	Glasgow Celtic Sports	Glasgow, Scotland	13-Aug-04
22%		Robert Kerr	Ireland v Scotland	Ball's Bridge	17-Jul-09
22%		Joe Eustace	National Championships	Croke Park, Dublin	28-Jun-30
22%		John J. O'Donnell	NACA Championships	Ballinasloe	4-Jul-48
21.6	nwi	Paul Dolan	AAU Championships	Irishtown, Dublin	31-May-52
21.6		Pat Morrison	AAA Championships	White City, London	9-Jul-65
21.6		Pat Morrison	Ireland v England	Santry Dublin	21-Jul-65
21.5		Pat Morrison	English Southern Counties Meeting	Leyton, England	3-Aug-65
21.2		Pat Morrison	Stanford v San Jose State Meet	Palo Alto, California	2-Apr-66
21.2		Pat Morrison	Stanford Frosh v Santa Rosa JC v Colleg	Salinas, California	7-Apr-66
21.0		Pat Morrison	Stanford Frosh v Hancock Jun Coll	Palo Alto, California	29-Apr-66

200 Metres, Men

21.6	nwi	Paul Dolan	AAU Championships	Irishtown, Dublin	31-May-52
21.5		Pat Morrison	WAAA Championships Invitational	London, England	3-Jul-65
21.3		Pat Morrison	GBR v POL	White City, London	31-Jul-65
21.3		Pat Morrison	European Cup	Zagreb, Croatia	22-Aug-65
21.1		Pat Morrison	ENG v CZE	London, England	30-Aug-65

Fully Automatic Timing

22.33	nwi	Dermot Browne	Europa Cup	Lisboa, Portugal	15-Jun-75
21.58	nwi	Joe Ryan	Europa Cup	Copenhagen, Denmark	26-Jun-77
21.40		Derek O'Connor	Leinster Colleges	Dublin	28-May-83
20.96	nwi	Derek O'Connor	National Junior C'ships	Santry, Dublin	3-Jul-83
20.95	nwi	Derek O'Connor	National Championships	CIT, Cork	21-Jul-85
20.78	-0.4	Gary Ryan	Olympic Games	Atlanta, Georgia	31-Jul-96
20.69	1.8	Gary Ryan	Cork City Sports	Cork	21-Jun-97
20.69	0.6	Gary Ryan	World Championships	Athina, Greece	6-Aug-97
20.67	1.5	Gary Ryan	Universiade	Catania, Sicily	26-Aug-97
20.54A	2.0	Paul Brizzell	IAAF Grand Prix	Pietersburg, South Africa	18-Mar-00
20.44	1.2	Paul Hession	Norwich Union	Sheffield, England	15-Jul-07
20.30	0.1	Paul Hession	National Championships	Santry, Dublin	21-Jul-07

400m/440y, Men

440y, Men

54.0	The Hon. Robert StJ FitzW Butler	College Races	College Park, Dublin	26-May-1864
53½	Edward L. Hunt	College Races	College Park, Dublin	17 May 1865
53½	William Armstrong	College Races	College Park, Dublin	23 May 1867
51½	Reginald C. Miller	ICAC Championships	College Park, Dublin	07 July 1873
51.3	Abraham Cronyn		Lansdowne Rd., Pembroke	6-Jun-1876
51½	Tom Malone	ICAC Championships	Lansdowne Rd., Pembroke	02 June 1879
51.0	Alfred Vigne	IAAA Jubilee Sports	Ball's Bridge	21 June 1887
51.0	James Creed Meredith	IAAA Championships	Ball's Bridge	25 May 1896
51.0	James Creed Meredith	Ireland v Scotland	Ball's Bridge	18 Jul 1896
50%	Beauchamp R.Day	DMP Sports	Ball's Bridge	14-Jul-00
50%	T.J.Kelly	GAA Championships	Mallow	18-Jul-09
50%	Sean Lavan	Triangular International	Croke Park, Dublin	11-Jul-25
50.0	Sean Lavan	D.M.G. Sports	Croke Park, Dublin	19-Jun-26
49%	Paddy (P.C.) Moore	National Championships	Croke Park, Dublin	29-Jun-30
49.0	Jimmy Reardon	Donore H. promotion	Lansdowne Rd., Dublin	14-Jun-47
48.3	Jimmy Reardon	AAA Championships	London, England	19-Jul-47
48.0	Derek McCleane	AAU Graded Meeting	Santry, Dublin	29-Aug-62
47.8	Noel Carroll	Villanova Time Trial	Villanova, Pennsylvania	10-Apr-63
47.8	Noel Carroll	Donore H. promotion	Santry, Dublin	15-Aug-66
46.3	Fanahan McSweeney	Gulf States	Lafayette, Louisiana	9-May-70

400m, Men

49.0	Robert M.N.Tisdall	Olympic Games Decathlon	Los Angeles, California	5-Aug-32
48.0	Jimmy Reardon	Triangular International	Manchester, England	17-Jul-48
47.8	Jimmy Reardon	Olympic Games	London, England	5-Aug-48
47.8	# Noel Carroll		Villanova, Pennsylvania	6-Jun-63
47.3	Noel Carroll	European Cup	Santry, Dublin	24-Jun-67
46.7	Noel Carroll	Pre-Olympic	Ciudad de México, Mexico	4-Oct-68

mark made at the longer 440y distance but equal to the best, to date, at 400m.

Fully Automatic Timing

46.83	Noel Carroll	Pre-Olympic	Ciudad de México, Mexico	16-Oct-68
46.28	Derek O'Connor	Florida Relays	Gainesville, Florida	29-Mar-86
45.99	Derek O'Connor	IC4A	Villanova, Pennsylvania	25-May-86
45.73	Derek O'Connor	NCAA	Indianapolis, Indiana	5-Jun-86
45.62	Paul McKee	Sule	Tartu, Finland	2-Jun-02
45.58	Paul McKee	National Championships	Santry, Dublin	14-Jul-02
45.23	David Gillick	AtletiCA	Geneve, Switzerland	9-Jun-07
45.12	David Gillick	Metropole	Villeneuve d'Ascq, France	27-Jun-08
44.77	David Gillick	Madrid 2009	Madrid, Spain	4-Jul-09

800m/880y Men

880y, Men (804.67m)

2:05.0	John A. Stewart	College Races	College Park, Dublin	25-May-1861
2:05.0	John Harrison		Galway	29-Mar-1870
2:03½	Alfred C. Courtney	ICAC Championships	College Park, Dublin	7-Jul-1873
2:01½	Alfred C.Courtney	College Races	College Park, Dublin	9-Jun-1875
2:00.9	Henry Moore	Ireland v England	Lansdowne Rd., Dublin	5-Jun-1876
2:00%	Tommy Conneff	IAAA Championships	Ball's Bridge	17-Jul-1886
1:56%	George N.Morphy	DUBC/DUH promotion	College Park, Dublin	23-Jun-05
1:56%	Gerry N. Coughlan	Inter Club Meeting (10 Clubs)	College Park, Dublin	9-Jun-28
1:55.6	Jimmy Reardon	Army v Villanova Dual Meet	West Point, Virginia	13-May-50
1:55.0	Charlie J. Kelly	Albert Foundry Sports	Paisley Park, Belfast	11-Aug-51
1:54.7	Ron Delany	AAU Championships	Irishtown, Dublin	11-Jun-54
1:53.7	Ron Delany	Clonliffe H. promotion	College Park,Dublin	15-Jun-54
1:53.2	Ron Delany	Clonliffe H. promotion	College Park,Dublin	30-Jul-54
1:50.4	Ron Delany	Coliseum Relays	Los Angeles, California	20-May-55
1:50.0	Ron Delany	Clonliffe H. promotion	College Park, Dublin	21-Jul-55
1:49.5	Ron Delany	Pacific AAU C'ships	Stockton, California	2-Jun-56
1:49.5	Ron Delany	IC4A	New York, New York	1-Jun-57
1:48.4	Ron Delany	Meet of Champions	Houston, Texas	8-Jun-57
1:47.8	Ron Delany	NCAA Championships	Austin, Texas	15-Jun-57
1:47.5	Noel Carroll	Coliseum Relays	Los Angeles, California	17-May-63
1:47.4	Noel Carroll	AAU Graded meeting	Santry, Dublin	3-Aug-66
1:47.3	Noel Carroll	Clonliffe H. promotion	Santry, Dublin	23-Jul-68

800m, Men

1:56.0		Gerry N. Coughlan	International meet	Hanover, England	26-May-27
1:55.6	*	Jimmy Reardon	Army v Villanova Dual Meet	West Point, Virginia	13-May-50
1:55.0	*	Charlie J. Kelly	Albert Foundry Sports	Paisley Park, Belfast	11-Aug-51
1:54.7	*	Ron Delany	AAU Championships	Irishtown, Dublin	11-Jun-54
1:53.7	*	Ron Delany	Clonliffe H. promotion	College Park,Dublin	15-Jun-54
1:53.2	*	Ron Delany	Clonliffe H. promotion	College Park,Dublin	30-Jul-54
1:51.8		Ron Delany	European Championships	Berne, Switzerland	25-Aug-54
1:50.2		Ron Delany	European Championships	Berne, Switzerland	27-Aug-54
1:50.0	*	Ron Delany	Clonliffe H. promotion	College Park, Dublin	21-Jul-55
1:49.5	*	Ron Delany	Pacific AAU C'ships	Stockton, California	2-Jun-56
1:49.5	*	Ron Delany	IC4A	New York, New York	1-Jun-57
1:47.8	#	Ron Delany	Meet of Champions	Houston, Texas	8-Jun-57
1:47.8	*	Ron Delany	NCAA Championships	Austin, Texas	15-Jun-57
1:47.1		Ron Delany	Clonliffe H. promotion	Santry, Dublin	17-Jul-61
	*	Indicates mark made at the longer distance, 880y.			
	#	Intermediate time in 880y race.			

Fully Automatic Timing

1:46.79	Niall O'Shaughnessy	AAA Championships	London, England	2-Aug-75
1:46.21	Marcus O'Sullivan	Olympic Games, qf4	Los Angeles, California	4-Aug-84
1:45.87	Marcus O'Sullivan	ISTAF	Berlin, Germany	23-Aug-85
1:45.57	David Matthews	Grand Prix II	Rieti, Italy	28-Aug-94
1:44.82	David Matthews	Grand Prix II	Rieti, Italy	5-Sep-95

1500m, Men

4:06.0	Lt Gerry N Coughlan	International Invitational	Leipzig, Germany	14-Aug-27
4:05%	Jimmy Doyle	Tailteann Games	Croke Park,Dublin	8-Jul-32
4:00.4	John Joe Barry	RUC Sports	Ravenhill, Belfast	16-Jun-48
3:57.8	John Joe Barry	Triangular International	Manchester, England	17-Jul-48
3:51.4	John Joe Barry	Clonliffe H.promotion	College Park, Dublin	27-Aug-49
3:49.9	Ron Delany	Clonliffe H.promotion	College Park, Dublin	4-Aug-55
3:44.6	Ron Delany	Compton Invitational	Compton, California	1-Jun-56
3:41.49	Ron Delany	Olympic Games	Melbourne, Australia	1-Dec-56
3:40.9	Frank Murphy	AAA Championships	London, England	2-Aug-69
3:39.5	Frank Murphy	European C'ships	Athina, Greece	20-Sep-69
3:39.4	John Hartnett	Bruno Zauli	Lisboa, Portugal	30-Jun-73
3:38.1	John Hartnett	USA National Championships	Westwood, California	22-Jun-74
3:37.01	Eamonn Coghlan	NCAA Championships	Philadelphia, Pennsylvania	5-Jun-76
3:36.57	Eamonn Coghlan	European C'ships	Praha, Czech Republic	3-Sep-78
3:36.38	Ray Flynn	Weltklasse	Zurich, Switzerland	19-Aug-81
3:34.7	Ray Flynn	Bislett Games	Oslo, Norway	26-Jun-82
3:33.5	Ray Flynn	Bislett Games	Oslo, Norway	7-Jul-82

One Mile, Men

4:55	James E. Heaviside	Rotundo Gdns Athletic Sports	Rotunda Gdns., Dublin	01-Apr-1861
4:46	A.S.Green	Rotundo Gdns Athletic Sports	Rotundo Gdns., Dublin	27-May-1861
4:33	George H. Farran	College Races	College Park, Dublin	23-May-1862
4:32	Patrick Madden		Ballinasloe	28-Jul-1871
4:31½	Alfred C. Courtney	QCBAC Athletic Sports	NICC, Belfast	01-May-1875
04:31.2	W Le Touche		Bradford	24-Aug-1878
4:31	Tommy Conneff	Limerick AA&BC sports	Market's Field, Limerick	09-Jun-1887
4:26%	Tommy Conneff	Invitation Meeting	Ball's Bridge	07-Jul-1888
4:25%	John J.Mullen	City of Belfast Gymnasium AC Sports	Clintonville Grds, Belfast	06-Jul-1895
4:24%	Bob Hales	Glasgow Celtic Sports	Glasgow, Scotland	10-Aug-12
4:22.2	John McGough	AAA Championships	Rochdale, England	2-Jul-04
4:22	Jimmy Doyle	Tramway Sports	Croke Park, Dublin	24-Jul-37
4:19	Jimmy Doyle	Army Metro Club Handicap	Phoenix Park,Dublin	13-Aug-38
4:16%	John Joe Barry	Guinness Sports	Iveagh Grds., Dublin	20-Jul-46
4:15.2	John Joe Barry	AAU v NIAAA	College Park, Dublin	9-Aug-47
4:14.0	John Joe Barry	Clonliffe H. promotion	Lansdowne Rd., Dublin	8-Jun-49
4:09.4	John Joe Barry	AAU Promotion	Lansdowne R., Dublin	13-Jul-49
4:08.6	John Joe Barry	Clonliffe H.promotion	College Park, Dublin	27-Aug-49
4:05.8	Ron Delany	Clonliffe H.promotion	College Park, Dublin	4-Aug-55
4:04.9	Ron Delany	Dual Meet v,W.Chester	West Chester, Pennsylvania	14-Apr-56
3:59.0	Ron Delany	Compton Invitational	Compton, California	1-Jun-56
3:58.8	Ron Delany	Invitational	London, England	19-Jul-57
3:57.5	Ron Delany	Clonliffe H.promotion	Santry, Dublin	6-Aug-58
3:54.7	John Hartnett	Hayward Field Restoration Meet	Eugene, Oregon	20-Jun-73
3:53.3	Eamonn Coghlan	International Freedom Games	Kingston, Jamaica	17-May-75
3:52.88	Eamonn Coghlan	Brooks Invitational	Philadelphia, Pennsylvania	30-Jun-79
3:52.45	Eamonn Coghlan	Bislett Games	Oslo, Norway	17-Jul-79

3:52.11	Eamonn Coghlan	Cork City Sports	Cork	23-Jun-81
3:50.54	Ray Flynn	Bislett Games	Oslo, Norway	26-Jun-82
3:49.77	Ray Flynn	Bislett Games	Oslo, Norway	7-Jul-82

3000m, Men

8:17.0	John Joe Barry	Donore Harriers International Sports	Lansdowne Rd., Dublin	29-Jun-49
8:15.3	Tom O'Riordan	Ireland v Belgium	Santry, Dublin	15-Aug-63
8:14.0	Tom O'Riordan	International Meeting	Karkkila, Finland	21-Aug-63
8:06.8	Tom O'Riordan	August T&F Games	Helsinki, Finland	23-Aug-63
8:02.2	Tom O'Riordan	Clonliffe H. promotion	Santry, Dublin	23-Aug-66
7:56.9	Jerry Kiernan	Philips Jubilee Night of Athletics	Crystal Palace, London	18-May-77
7:50.1	Eamonn Coghlan	Roadstone International Invitation	Belfield, Dublin	14-Jun-77
7:48.60	John Treacy	International Meeting	Karlskrona, Sweden	1-Aug-78
7:48.0	John Treacy	Brooks Meet of Champions	Berkeley, California	9-Jun-79
7:39.08	Eamonn Coghlan	Bislet Games	Oslo, Norway	5-Jul-79
7:37.60	Eamonn Coghlan	Bislet Games	Oslo, Norway	1-Jul-80
7:33.84	Mark Carroll	Van Damme Memorial	Bruxelles, Belgium	28-Aug-98
7:30.36	Mark Carroll	Herculis	Monte Carlo, Monaco	4-Aug-99

2 Miles, Men

10m 14	John O. Quirk	College Races	College Park, Dublin	22-May-1867
9m 44 ½	Tommy Conneff	North of England C'ship.	Manchester, England	01-Aug-1887
9.43.4	John McGough	Clydesdale Harriers Sports	Hampden Park, Glasgow	26-Jun-02
9.37.0	John McGough	Glasgow Merchants Cycling Club Sports	Celtic Park, Glasgow	18-May-03
9.36.0	John McGough	Bellahouston Harriers sports	Ibrox Park, Glasgow	9-Jul-04
9.32.4	John McGough	Edinburgh Northern Harriers' sports	Powderhall Ground, Glasgow	30-Jul-04
9:18 ½	John Joe Barry	Phoenix Harriers Sports	Iveagh Grds., Dublin	11-Aug-45
8:59.0	John Joe Barry	Donore H. promotion	Lansdowne Rd., Dublin	29-Jun-49
8:58.4	Bertie Messitt	Donore H. promotion	College Pk., Dublin	15-May-59
8:55.6	Michael Hoey	Donore H. promotion	Santry, Dublin	24-May-60
8:51.4	Mick Neville	Clonliffe H. promotion	Santry, Dublin	18-Jul-61
8:46.0	Tom O'Riordan	British Games	White City, London	3-Jun-63
8:44.0	Tom O'Riordan	Clonliffe H. promotion	Santry, Dublin	24-Jun-63
8:42.6	Tom O'Riordan	Civil Service Sports	College Park, Dublin	6-Jul-63
8:40.4	Tom O'Riordan	Invitational	Santry, Dublin	16-Jul-63
8.33.8	Derek Graham	British Games	London, England	7-Jun-65
8.36.0 **	Jerry Kiernan	Belfast City Council International	Belfast	28-May-77
8:25.8	Eamonn Coghlan	Invitational	Melbourne, Australia	12-Jan-78
8:22.97	Frank O'Mara	IAC	London, England	14-Aug-87
8:17.78	Frank O'Mara	Kodak	Gateshead, England	16-Jul-88

The following marks, made Indoor, were each at the time superior to the Outdoor

8:57.0	John Joe Barry	IC4A Special event	New York, New York	25-Feb-50
8:35.0	John Hartnett	Philadelphia Classic	Philadelphia, Pennsylvania	21-Jan-71
8:26.6	John Hartnett	NYKnights of Columbus	New York, New York	19-Jan-74
8:20.84	Eamonn Coghlan	Dallas Times Herald	Dallas, Texas	2-Feb-85

** Ratified as the Irish Record after the foundation of BLE

3 Miles, Men

15:50	Ernest Munns		Lansdowne Rd., Dublin	22-Jun-1878
14:57	Tommy Conneff	Challenge match race	Ball's Bridge	01-Aug-1887
14:44.6	John McGough	West of Scotland Harriers Sports	Ibrox Park, Glasgow	21-May-04
14:41	John Joe Barry	Tipperary Championship	Thurles	30-May-46
14:30.2	John Joe Barry	Bellahouston Harriers Sports	Ibrox, Glasgow, Scotland	28-May-49
13:56.2	John Joe Barry	Clonliffe H. promotion	Lansdowne Rd., Dublin	9-Jun-49
13:53.8	Denis O'Gorman	English Southern Championships	Chiswick, England	25-Jun-55
13:53.4	Bertie Messitt	Clonliffe H. promotion	Santry, Dublin	18-Jun-58
13:44.0	Bertie Messitt	AAU promotion	Santry, Dublin	10-Jul-58
13:33.6	Jim Hogan	Floodlit Athletics Meeting, Eton Manor	Leyton, England	2-May-62
13:33.2	Jim Hogan	Middlesex Co. Champs	Chiswick, England	11-May-63
13:32.4	Tom O'Riordan	AAU Championships	Santry, Dublin	18-Jun-63
13:27.0	Tom O'Riordan	AAA Championships	London, England	13-Jul-63
13:24.6	Tom O'Riordan	Donore H. promotion	Santry, Dublin	22-May-64
13:24.0	Jim Hogan	English Southern Championships	London, England	20-Jun-64
13:18.4	Tom O'Riordan	IAAB Championships	Santry, Dublin	20-Jun-64
13:18.4	Derek Graham	IAAB Championships	Santry, Dublin	20-Jun-64
13:17.8	Derek Graham	Clonliffe H. promotion	Santry, Dublin	6-Jul-65
13:15.8	Derek Graham	AAA Championships	London, England	10-Jul-65
13:17.6	John Hartnett	NCAA	Eugene, Oregon	3-Jun-72
13:14.8	Mike Keogh	NCAA Championships	Baton Rouge, Louisiana	9-Jun-73
13:06.4	John Hartnett	US AAU Championships	Bakersfield, California	16-Jun-73

The following mark, made Indoor, were each at the time superior to the Outdoor

13:10.6	Neil Cusack		New York, New York	23-Feb-73
4 Miles, Men				
19.44.8	Tommy Conneff		Royal Dublin Society, Ball's Bridge	20-Aug-1887
19.38.6	Martin Egan	NACA Championships	Dundalk	4-Aug-46
19.19.6	Peter McArdle	NACA Championships	Iveagh Grounds, Crumlin	28-Jul-56
5000m, Men				
15:17.8	H.C.(Bertie) Irwin	Olympic Games	Antwerp, Belgium	16-Aug-20
15:16.4	John J. Ryan	International Games	Berlin, Germany	13-Sep-25
14:14.8	Bertie Messitt	European C'ships	Stockholm, Sweden	21-Aug-58
14:13.6	Mick Neville	Invitational Meeting	Pilsen, Czech Republic	24-Sep-63
14:07.0	Tom O'Riordan	St. Jean Baptiste Track Meeting	Montreal, Canada	24-Jun-64
14:01.2	Derek Graham	Ireland v England & Wales	London, England	1-Aug-64
13:51.6	Derek Graham	Weltklasse	Zurich, Switzerland	29-Jun-65
13.55.6 **	Tom O'Riordan	Cork City Sports	Cork	2-Jul-68
13:43.4	John Hartnett	NCAA	Eugene, Oregon	3-Jun-72
13:43.2	John Hartnett	AAA Championships	London, England	14-Jul-72
13:42.8	Mike Keogh	Penn Relays	Philadelphia, Pennsylvania	22-Apr-76
13:39.2	Mike Keogh	Tom Black Classic	Knoxville, Tennessee	8-May-76
13:36.6	Mike Keogh	Prefontaine	Eugene, Oregon	5-Jun-76
13:35.9	Gerry Deegan	Penn Relays	Philadelphia, Pennsylvania	27-Apr-78
13:26.60	Eamonn Coghlan	Donore H. promotion	Belfield,Dublin	11-Jul-78
13:26.5	John Treacy	Van Damme Memorial	Bruxelles, Belgium	18-Aug-78
13:23.54	Eamonn Coghlan	AAA Championships	Crystal Palace, London	14-Jul-79
13:21.93	John Treacy	National Championships	Belfield,Dublin	6-Jul-80
13:20.99	Eamonn Coghlan	Donore Harriers Meeting	Santry, Dublin	27-Aug-80
13:20.36	Eamonn Coghlan	AAA Championships	London, England	8-Aug-81
13:19.13	Eamonn Coghlan	Weltklasse	Zurich, Switzerland	19-Aug-81
13:16.81	John Treacy	Bislett Games	Oslo, Norway	28-Jun-84
13:13.02	Frank O'Mara	Bislett Games	Oslo, Norway	4-Jul-87
13:03.93	Mark Carroll	ISTAF	Berlin, Germany	1-Sep-98
13:03.53	Alistair Cragg	Van Damme Memorial	Bruxelles, Belgium	16-Sep-11
Note:				
13.57.2	Derek Graham	For GBR v Poland	London, England	14-Aug-64
** Ratified as the Irish Record after the foundation of BLE				
6 Miles/10000m, Men				
6 Miles Men				
30:23.4	Frank Cummins	AAA Championships	White City, London	15-Jul-37
29:13.0	Denis O'Gorman	English Southern Senior Championship	White City, London	23-Apr-55
28:47.0	Denis O'Gorman	AAA Championships	Polytechnic Stadium, Chiswick, London	28-Jun-58
28:46.0	Bertie Messitt	Short & Harland Sports	Tillysburn, Belfast	20-Jun-59
28:07.2	Jim Hogan	Middlesex Championships	Paddington, England	7-May-62
27:54.2	Jim Hogan	AAA Championships	White City, London	12-Jul-63
27:35.0	Jim Hogan	AAA Championships	White City, London	10-Jul-64
10000m, Men				
30:00.0	Bertie Messitt	European Championships	Stockholm, Sweden	19-Aug-58
29:53.6	Bertie Messitt	Invitational	Pardubice	24-Sep-63
29:27.2	Jim Hogan	ENG/WAL vs All-Ireland	London, England	1-Aug-64
29:19.6	Jim Hogan	Bislett	Oslo, Norway	14-Jul-65
28.49.96	Jim Hogan	HUN vs GBR	London, England	14-Aug-65
28:48.0	Neil Cusack	AAA Championships	London, England	15-Aug-72
28:45.8	Neil Cusack	Olympic Games	München, Germany	31-Aug-72
28:29.8	Mike Keogh	Florida Relays	Gainesville, Florida	27-Mar-76
27:55.2	John Treacy	Penn Relays	Philadelphia, Pennsylvania	27-Apr-78
27:48.7	John Treacy	Van Damme	Bruxelles, Belgium	22-Aug-80
27:46.82	Mark Carroll	Cardinal	Stanford, California	5-May-00
27:39.55	Alistair Cragg	Jordan	Stanford, California	29-Apr-07
5km Road, Men				
14.07	David Taylor		Fountain Valley, CA, USA	14-Jan-84
13.58	Paul Donovan	Carlsbad 5000	Carlsbad, CA, USA	1-Jun-86
13.44	Frank O'Mara	Carlsbad 5000	Carlsbad, CA, USA	2-Apr-89
13.35	Frank O'Mara	Carlsbad 5000	Carlsbad, CA, USA	14-Apr-91
13.35	Frank O'Mara		Los Angeles, CA, USA	1-Mar-92
4 Miles Road, Men				
18.32	Tom O'Riordan		Mountain Ash, Wales	31-Dec-63
18.31	Richard O'Flynn		Peoria IL USA	15-Jun-91
17.59	Noel Berekley		Peoria IL USA	20-Jun-92

8km Road, Men

25.05	**	Dennis O'Gorman	Rochester, England	21-Nov-59
24.50	**	Peter McArdle	New York, NY, USA	13-Mar-60
24.37	**	Dennis O'Gorman	Feltham, England	18-Apr-60
24.18	**	Peter McArdle	Westerly, RI, USA	6-May-61
23.45	**	Eddie Leddy	Knoxville, TN, USA	8-Jan-72
23.22	**	Ray Flynn	Boston, MA, USA	28-Mar-82
23.08	**	Richard O'Flynn	Agawam, MA, USA	7-Aug-83
22.46	**	John Doherty	Agawam, MA, USA	19-Aug-84
22.34		John Woods	York, England	4-May-86
22.32	**	John Doherty	Agawam, MA, USA	29-May-88
22.08		John Doherty	Agawam, MA, USA	21-May-89

** mark made at 5 miles (8.047 km)

10km Road, Men

29.47		Eddie Leddy	Birmingham, AL, USA	20-Nov-76
29.23		Eddie Leddy	Birmingham, AL, USA	19-Nov-77
29.15		Eddie Leddy	Birmingham, AL, USA	18-Nov-78
29.11		John Treacy	Providence, RI, USA	14-Oct-79
29.11		Ray Treacy	Boston, MA, USA	4-Apr-82
28.48		Brendan Quinn	Boston, MA, USA	10-Apr-83
28.29		John Treacy	Charlotte, NC, USA	7-Jan-84
28.23		Richard O'Flynn	Boston, MA, USA	8-Apr-84
27.46		John Treacy	Phoenix, AZ, USA	2-Mar-85

12km Road, Men

35.28		Ray Treacy	Holyoke, MA, USA	21-Mar-81
35.22		Ray Treacy	Holyoke, MA, USA	20-Mar-82
35.05		Ronnie Carroll	Spokane, WA, USA	5-May-85

15km Road, Men

46.05		Peter McArdle	Santa Monica, CA, USA	1-Sep-48
44.36		Louis Kenny	Jackson, FL, USA	14-Mar-81
43.52		Louis Kenny	Tampa, FL, USA	6-Feb-82
43.45		Mike Keogh	Tampa, FL, USA	5-Feb-83
42.57		John Treacy	Tampa, FL, USA	11-Feb-84
42.47		John Treacy	Portland, OR, USA	26-Jun-88

10 Miles Road, Men

51.09		Dennis O'Gorman	Walton, ENG	15-Oct-60
50.33		Patrick McMahon	Quincy, MA, USA	13-Jun-70
49.30		Neil Cusack	Cades Cove, TN, USA	19-Sep-71
49.25		Eddie Leddy	Nashville, TN, USA	4-Sep-78
49.12		Pat Hooper	Ballycotton	11-Mar-79
48.38		Louis Kenny	Lake Worth, FL, USA	15-Mar-81
47.55		Louis Kenny	Lynchburg, VA, USA	26-Sep-81
47.19		Noel Richardson	The Hague, NED	20-Dec-92
47.04		Jerry Kiernan	Ballycotton	6-Mar-83
46.25		John Treacy	Portsmouth, ENG	10-Oct-93

20km Road, Men

1.03.43		Peter McArdle	Needham, MA, USA	4-Jul-61
1.02.47		James Fallon	New Haven, CT, USA	3-Sep-84
59.51		Andrew Ronan	New Haven, CT, USA	4-Sep-89
59.38		Mark Kenneally	Alphen aan den Rijn NED	5-Mar-11

Half Marathon, Men

1.05.11		Neil Cusack	Perry, FL, USA	26-Oct-74
1.05.06		Louis Kenny	Kingsport, TN, USA	22-Nov-80
1.04.33		John Bolger	Thunder Bay, CAN	19-Oct-82
1.03.25		Roy Dooney	Belfast	14-Apr-84
1.03.21		Roy Dooney	Birmingham, ENG	11-Aug-85
1.03.15		Jerry Kiernan	San Diego, CA, USA	25-Aug-85
1.03.04		Gerry Curtis	Belfast	11-Apr-87
1.02.22		John Treacy	Nara, JPN	24-Jan-88
1.00.57		Martin Fagan	The Hague, NED	14-Mar-09

25km Road, Men

1.20.43	Peter McArdle	New London, CT, USA	23-Oct-60
1.17.34	Neil Cusack	Ameln, GER	2-May-76
1.17.34	Danny McDaid	Ameln, GER	2-May-76

30km Road, Men

1.45.45	Peter McArdle	Sunnyvale, CA, USA	29-Jul-61
1.35.59	Pat McMahon	New Bedford, MA, USA	15-Mar-70
1.34.05	Joe Sweeney	Schoorl, NED	13-Feb-11

Marathon, Men

3.01.26	Jack O'Reilly	Dublin	8-Jun-24
2.56.04	Jack O'Reilly	Dublin	`1925
2.52.22	John Timmons	Dublin	8-Jul-32
2.49.52	John Timmons	Dublin	23-Jun-33
2.48.27	William "Billy" Morton	NACAI Marathon Croke Park, Dublin	5-Jun-36
2.45.00	Joseph West	IAAB Marathon Dublin	15-Jul-52
2.43.15	Harry Cooney	IAAB Marathon Belfast	20-Jun-53
2.42.36	Terrence O'Sullivan	NACAI Marathon Belfast	8-Aug-53
2.39.58	Vincent Frazer-Walker	AAUE Marathon Belfast	29-Jun-57
2.33.19	Hugh McEleny	IAAB Marathon Dublin	28-Jun-58
2.32.42	Vincent Frazer-Walker	AAUE Marathon Dublin	26-Jul-58
2.29.23	Noel McGowan	NACAI Marathon Dublin	27-Jul-58
2.23.08	Denis O'Gorman	Kosice Marathon Kosice, Czech Republic	11-Oct-59
2.18.56	Denis O'Gorman	Rome Marathon Rome, Italy	30-Jul-60
2.18.48	Pat McMahon	World Masters Marathon Anaheim, California	6-Feb-71
2.15.03	Sean Healy	Kaduna Marathon Kaduna, Nigeria	28-Aug-71
2.13.39	Neil Cusack	Boston Marathon Boston, Massachusetts	15-Apr-74
2.13.06	Danny McDaid	BLE Marathon Limerick	11-Apr-76
2.12.21	Louis Kenny	Rocket City Marathon Huntsville, Alabama	13-Dec-80
2.09.56	John Treacy	Olympic Games Los Angeles, California	12-Aug-84
2.09.15	John Treacy	Boston Marathon Boston, Massachusetts	18-Apr-88

3000m Steeplechase, Men

9:51.8	Michael "Sonny" Murphy	N.A.C.A.I. Championships	Croke Park, Dublin	18-Jun-32
9:34.6	Tommy Dunne	Clonliffe International Meet	Santry, Dublin	16-Jul-59
9:34.0	John McDonnell	AAUE Championship	Santry, Dublin	20-Nov-60
9:17.9	John McDonnell	Ireland v Scotland v Wales	Cardiff, Wales	29-Jul-61
9:14.0	John McDonnell	Clonliffe Harriers Two-Day Meeting	Santry, Dublin	9-Aug-61
9:10.2	Jim McNamara	AAUE Relays	Santry, Dublin	31-Jul-65
9:06.6	Jim McNamara	Ireland v England & Wales	Kirby, England	29-Jun-66
8:46.2	Des McCormack	IC4A Championships	Philadelphia, Pennsylvania	30-May-70
8:46.0	Eddy Leddy	Drake Relays	Des Moines, Iowa	29-Apr-72
8:43.2	Eddy Leddy	AAA Championships	London, England	14-Jul-72
8:39.2	Eddy Leddy	AAA Championships	London, England	15-Jul-72
8:35.2	Eddy Leddy	US AAU Championships	Westwood, California	22-Jun-74
8:35.2	Eddy Leddy	Tom Black Classic	Knoxville, Tennessee	10-May-75
8:33.30	Brendan Quinn	Big East Championships	Villanova, Pennsylvania	8-May-83
8:32.59	Brendan Quinn	NCAA Championships	Houston, Texas	1-Jun-83
8:27.77	Brendan Quinn	IAAF Grand Prix Nikaia	Nice, France	18-Jul-83
8:27.24	Liam O'Brien	AAA Championships	London, England	24-Jun-84
8:24.09	Brendan Quinn	Van Damme Memorial	Bruxelles, Belgium	30-Aug-85

110m Hurdles, Men

All marks prior to Brendan Mullin are at 120y (109.728m)

17%	S.H.Newell	College Races	College Park, Dublin	7-Jun-1871
17%	Pat Davin	Irish Championship Meet.	Lansdowne Rd.,Dublin	10-Jun-1878
17%	Pat Davin	Irish Championship Meet.	Lansdowne Rd.,Dublin	17-May-1880
16%	Pat Davin	Irish Championship Meet.	Lansdowne Rd.,Dublin	19-Aug-1882
16%	Pat Davin	Irish Championship Meet.	Lansdowne Rd.,Dublin	16-Jun-1883
16s	Daniel D. Bulger	AAA Championships	Stamford Bridge, London	02-Jul-1892
15%	Daniel D. Bulger	IAAA All-Around C'ships	Ball's Bridge	01-Aug-1892
15%	Andy Nolan	National Championships	Croke Park, Dublin	30-Jun-29
15%	Bob Tisdall	Cambridge University Sports	Cambridge, England	19-Feb-31
15%	Theo D. Phelan	National Championships	Croke Park, Dublin	27-Jun-31
15%	Theo D. Phelan	Scotland v Ireland	Powderhall, Edinburgh	16-Jul-32
15.2	Eamonn Kinsella	Cork City Sports	Mardyke, Cork	1-Jul-52
15.2	Eamonn Kinsella	N.A.C.A. Championships	Iveagh Grounds, Dublin	6-Jul-52
14.8	Eamonn Kinsella	Cork City Sports	Mardyke, Cork	7-Jul-53
14.8	Eamonn Kinsella	Guinness Sports, ht.	Iveagh Grounds, Dublin	11-Jul-53

14.7	Eamonn Kinsella	Guinness Sports	Iveagh Grounds, Dublin	11-Jul-53
14.9	Eamonn Kinsella	Clonliffe H. promotion	College Park, Dublin	14-Jun-54
14.7	Eamonn Kinsella	Clonliffe H. promotion	College Park, Dublin	15-Jun-54
14.6	Eamonn Kinsella	Donore Harriers Sports	College Park, Dublin	3-Jul-54
14.6	Eamonn Kinsella	Clonliffe H. promotion	College Park, Dublin	4-Aug-55
14.6	Eamonn Kinsella	Donore Harriers Sports	College Park, Dublin	3-Sep-55
14.6	Eamonn Kinsella	Clonliffe H. promotion	College Park, Dublin	16-Sep-55
14.5	Eamonn Kinsella	British Games	Crystal Palace, London	19-May-56
14.5	Eamonn Kinsella	IAAB Championships	College Park, Dublin	23-Jun-56
14.4	Eamonn Kinsella	Clonliffe H. promotion	Lansdowne Rd., Dublin	25-Jun-56
14.4	Eamonn Kinsella	International Meeting	Paris, France	8-Jul-56
14.4	Eamonn Kinsella	International Floodlit Meeting	Crystal Palace, London	12-Sep-56
14.3	Eamonn Kinsella	International Meeting	Dresden, Germany	30-Sep-56
14.3	Eamonn Kinsella	13-Nations Meeting	Praha, Czech Republic	15-Jun-57
14.2	Eamonn Kinsella	Clonliffe Harriers Sports	College Park, Dublin	31-Aug-57

Fully Automatic Timing

14.66	0.0	Eamonn Kinsella	Olympic Games	Melbourne, Australia	27-Nov-56
14.41	1.7	Brendan Mullin	George V Ryan Memorial	Belfield, Dublin	25-May-86
14.39	0.3	T.J .Kearns	BLE National League Final	Santry, Dublin	17-Aug-86
13.95	1.3	T.J .Kearns	AAA Championships	London, England	2-Aug-87
13.91	-1.3	T.J .Kearns	GB v SUI v IRL	Cwmbran, Wales	20-Aug-88
13.89	0.3	T.J .Kearns	Invitational	Athens, Greece	12-Sep-89
13.75		T.J .Kearns	Parcelforce Games	London, England	12-Jul-91
13.71	0.9	T.J .Kearns	World Championships	Tokyo, Japan	27-Aug-91
13.64		T.J .Kearns	Westathletic Eight Nations	Heysel, Brussels, Belgium	14-Jun-92
13.63	1.8	T.J .Kearns	Olympic Games	Barcelona, Spain	2-Aug-92
13.60	0.1	T.J .Kearns	European C'schip	Helsinki, Finland	11-Aug-94
13.55	1.1	T.J.Kearns	Olympic Games	Atlanta, Georgia	28-Jul-96
13.47	0.6	Peter Coghlan	Euro Cup, 1st League	Lahti, Finland	5-Jun-99
13.38	0.5	Peter Coghlan	Invitational	Haapsalu, Estonia	31-Jul-99
13.30	0.6	Peter Coghlan	IAAF Permit Meeting	Hechtel, Belgium	7-Aug-99

400m/440y Hurdles, Men

440y Hurdles Men

60%		Reginald C.Miller	College Races	College Park, Dublin	10-Jun-1873
58%	WR	Terence M. Donovan	Stoke AC Sports	Stoke, England	07-Aug-1894
58%	WR	Terence M. Donovan	Crewe Alexandra AC Sports-Heat	Crewe, England	13-Jun-1896
57%	WR	Terence M. Donovan	Crewe Alexandra AC Sports-Final	Crewe, England	13-Jun-1896
57.6		Andy Nolan	City Police Sports	Bradford, England	23-Jul-27
57%		Andy Nolan	D.M.G. Sports (Nat C'ship)	Iveagh Gr'ds,Dublin	25-Aug-28
56%		Bob Tisdall	Olympic Trials	Croke Park, Dublin	3-Jun-32
54%		Bob Tisdall	National Championships	Dublin	19-Jun-32

400m Hurdles, Men

55.00		Bob Tisdall	Oxford-Cambridge Tour	Athinai, Greece	13-May-30
54%	*	Bob Tisdall	National Championships	Dublin	19-Jun-32
52.60		Bob Tisdall	Olympic Games	Los Angeles, California	31-Jul-32
51.80		Bob Tisdall	Olympic Games	Los Angeles, California	1-Aug-32
51.74		Kevin Currid	Southern Counties AAA	Crystall Palace, London, UK	27-Jun-82
51.56		J.J.Barry	National Championships	Dublin	8-Jul-84
51.11		Ciaran McDunphy	Ireland v Catalonia v Scotland	Dublin	30-Jun-85
50.56		Tom McGuirk	Cal-Nevada Intercollegiates	Westwood, California	1-May-94
49.99		Tom McGuirk	Arizona Elite Classic	UA Tuscon , AZ, USA	4-May-96
49.73		Tom McGuirk	Bruce Jenner Classic	San Jose, California	1-Jun-96
49.61		Thomas Barr	IFAM	Oordegem, Belgium	31-May-14
48.90		Thomas Barr	AtletiCAGenève	Geneva, Switerland	14-Jun-14
48.65		Thomas Barr	Golden Gala	Rome, Italy	5-Jun-15
48.39		Thomas Barr	Olympic Games	Rio-de Janero, Brazil	16-Aug-16
47.97		Thomas Barr	Olympic Games	Rio-de Janero, Brazil	18-Aug-16

* mark made at the longer 440y distance but equal to the best, to date, at 400m.

High Jump, Men

5'6"	1.675	Sir Victor Brooke	School Sports, Harrow	Harrow	27 Mar 1860
5'6"	1.675	R French		Dublin	20 Jun 1863
5'6"	1.675	Sir Victor Brooke	Amateur Athletics Club Meeting	London (Beaufort House)	15 Apr 1867
5'7 ½	1.715	Maurice Davin		Kilshealan	24 Apr 1868
5'7 ½	1.715	James Bland		Dublin (College Park)	10 Jun 1869
5'8	1.727	Hugh Miller		Liverpool	26 Jun 1869
5'10"	1.778	James Bland		Sneem	15 Aug 1870
5'10¼"	1.784	Tom Davin	ICAC Championships	College Park, Dublin	7 Jul 1873
5'10½"	1.790	George M.Kenny	Irish Civil Service Sports	Lansdowne Rd., Pembroke	26 Jun 1875
5'10½"	1.790	W.A.Kelly	Queen's Coll. Sports	Park Racecourse, Cork	17 May 1876
5'11"	1.803	Pat Davin	Athletic Sports	Kilkenny	19 Aug 1878

6'0"	1.828	Pat Davin	Athletic Sports	Thurles	26 Jun 1879
6'1½"	1.866	Pat Davin	Athletic Sports	Kilkenny	16 Jul 1879
6'2¼"	1.898	Pat Davin	Open Sports	Carrick-on-Suir	5 Jul 1880
6'2¾"	1.898	Murty O'Brien	Coachford Sports	Coachford	30 Jul 1893
6'3¼"	1.908	James M. Ryan	Gaelic Athletic Sports	Nenagh	3 Aug 1893
6'3¾"	1.917	James M. Ryan	Athletic & Cycling Sports	Clogheen	1 Aug 1895
6'4½"	1.943	James M. Ryan	Tipperary Sports	Tipperary	19 Aug 1895
6'4½"	1.943	James M. Ryan	Athletic & Cycling Sports	Bansha	17 Sep 1895
6'4¾"	1.949	Patrick J. Leahy	Millstreet Sports	Millstreet	6 Sep 1898
6'5"	1.955	Tim Carroll	Athletic Society Sports	Kinsale	4-Aug-13
6'5"	1.955	Brendan O'Reilly	Chester Sports	Chester, England	3-Aug-53
6'5¼"	1.974	Brendan O'Reilly	IAAB Championships	Irishtown, Dublin	26-Jun-54
6'6"	1.980	Jim Fanning	Ireland v German Regions	Darmstadt, Germany	13-May-72
2.01		Jim Fanning	AAA Championships	London, England	15-Jul-72
2.06		Jim Fanning	AAA Championships	London, England	14-Jul-73
2.07		David Murray	National Championships	Belfield, Dublin	6-Jul-80
2.08		David Murray	Ireland v Netherlands v Wales	Sittard, Netherlands	16-Aug-80
2.08		David Murray	Europa Cup	Warsaw, Poland	4-Jul-81
2.09		Richard Garvey	National Championships	Santry, Dublin	19-Jul-81
2.10		David Murray	v Scotland, Denmark.	Edinburgh, Scotland	2-Aug-81
2.10		Richard Garvey	National Trials	Santry, Dublin	4-Jul-84
2.11		Richard Garvey	National Championships	Santry, Dublin	8-Jul-84
2.12		Antoine Burke	National Championships	Belfield, Dublin	12-Jul-92
2.13		Antoine Burke	World Junior C'ships	Seoul, South Korea	18-Sep-92
2.19		Mark Mandy	British National League	Wimbledon, London	5-Jun-93
2.24		Mark Mandy	British National League	Cannock, England	3-Jul-93
2.25		Mark Mandy	Gateshead Games	Gateshead, England	2-Jul-95
2.25		Mark Mandy	McDonald's Games	Sheffield, England	25-Aug-96
2.28		Brendan Reilly	National Championships	Santry, Dublin	25-Jul-99
2.29		Brendan Reilly	World Championships	Sevilla, Spain	23-Aug-99
2.30		Adrian O'Dwyer	International Meeting	Algiers, Algeria	24-Jun-04

Pole Vault, Men

7'10"	2.39	John R Stewart		Dublin	20 May 1860
8'5"	2.57	RD George		Dublin	25 May 1861
8'9"	2.67	RD George		Dublin	23 May 1862
9'1"	2.77	Lynham	Queen's College	Galway	23 Apr 1867
9'1"	2.77	Woods	Queen's College	Galway	23 Apr 1867
9'6"	2.90	Arnold Graves		London (Beaufort House)	15 May 1869
10'3"	3.12	Arnold Graves		Sneem	15 Aug 1870
10'3"	3.12	J Power		Crague	14 Sep 1876
10'11"	3.04	T.H.M.Hobbs	Freeman's Journal Sports	Tullamore	17 Jul 1884
11'0"	3.35	E.L. Stone	Freeman's Journal meet	Ball's Bridge	10 Sep 1887
11'0"	3.35	P.Stokes	Limerick GAA sports	Markets Field, Limerick	16 Sep 1889
11'3"	3.43	Paddy Anglim	Garda Championships	Croke Park, Dublin	7-Jul-28
11'4"	3.45	Maurce Furlong	IAAB Championships	Celtic Park, Belfast	9-Jul-49
11'8½"	3.56	Val McGann	Interprovincial	Mosney	10-Sep-50
11'8¾"	3.57	Dinny Hyland	Guinness Sports	Iveagh Grounds, Dublin	14-Jul-51
11'9¼"	3.58	Dinny Hyland	Army Championships	Curragh	22-Jul-51
11'10½"	3.61	Dinny Hyland	N.A.C.A. Championships	Iveagh Grounds, Dublin	5-Jul-52
11'11¼"	3.64	Val McGann	Mylie Byrne Memorial	Iveagh Grounds, Dublin	20-Jun-53
11'11½"	3.64	Dinny Hyland	Mylie Byrne Memorial	Iveagh Grounds, Dublin	20-Jun-53
11'11¾"	3.64	Dinny Hyland	Cork City Sports	Cork	1-Jul-55
12'2"	3.70	Dinny Hyland	N.A.C.A. Championships	Iveagh Grounds, Dublin	30-Jul-55
12'2¼"	3.71	David Archer	G.V.Ryan Memorial	College Park, Dublin	18-Jun-57
12'5"	3.79	Dinny Hyland	Cork City Sports	Cork	2-Jul-57
12'6"	3.81	Liam Gleeson	NACA Championships	Fermoy	22-Jul-61
12'6"	3.81	Liam Gleeson	Cork City Sports	Mardyke, Cork	2-Jul-63
12'9¼"	3.90	Liam Gleeson	Munster Senior T&F Championships	Mallow	7-Jul-63
13'0¼"	3.96	Liam Gleeson	Triangular Match	Curragh	22-Jun-65
13'4"	4.06	Liam Gleeson	Cork City Sports	Cork	30-Jun-70
13'7"	4.11	Liam Gleeson	Ireland v German Regions	Herne, Germany	11-May-72
13'8"	4.16	Liam Gleeson	Ireland v German Regions	Darmstadt, Germany	13-May-72
13'9"	4.19	Murtagh Corscadden	Highland Games	Harpenden, Herts, England	19-Jun-71
13'10"	4.22	Liam Gleeson	BLE National Championships	Banteer	23-Jul-72
13'11½"	4.25	Murtagh Corscadden	Inter-club competition	Sandringham, Melbourne, AUS	26-Oct-74
	4.25	Murtagh Corscadden	Inter-club competition	Box Hill, Melbourne, AUS	2-Nov-74
	4.25	Murtagh Corscadden	Inter-club competition	Box Hill, Melbourne, AUS	9-Nov-74
14'5"¼"	4.40	Murtagh Corscadden	Inter-club competition	Box Hill, Melbourne, AUS	16-Nov-74
4.50		Liam Hennessy	BLE National Championships	Belfield, Dublin	23-Jul-78
4.50		Chris Berkeley	British Airways	Belfast	22-May-79
4.50		Chris Berkeley	European Club C'ships	Lisboa, Portugal	3-Jun-79
4.56		Liam Hennessy	Cork BLE Senior T&F Champs	Mardyke, Cork	30-Jun-81
4.60		Liam Hennessy	BLE National Championships	Santry, Dublin	19-Jul-81
4.67		Liam Hennessy	BLE Club T&F League	Belfield, Dublin	23-Jun-82
4.70		Liam Hennessy	BLE Club T&F League	Tullamore	19-Jun-83
5.00		Alan Bourke	AAA Championships	Birmingham, England	13-Aug-89
5.02		Brian McGovern	Baldy Castillo Invitational	Tempe, Arizona	19-Mar-11
5.06		Brian McGovern	Metro Atlantic Athl. Conf. Champs	Lawrenceville, New Jersey	5-May-12

5.16	Brian McGovern	Arizona State Univ. Invitational	Tempe, Arizona	23-Mar-13
5.26	Brian McGovern	Arizona State Univ. Invitational	Tempe, Arizona	23-Mar-13
5.36	Brian McGovern	Arizona State Univ. Invitational	Tempe, Arizona	23-Mar-13

The following marks, made Indoor, were each at the time superior to the Outdoor

5.15	Brian McGovern	IC4A	New York NY	5-Mar-11
5.22	Brian McGovern	The Armory Collegiate Challenge	New York NY	23-Feb-12

Long Jump, Men

1. From grass take-off.

A white tape was stretched taut on the ground. Touching the "trig" (Victorian slang) with any part of the body caused a foul.

19'6"	5.94		TJ Traynor	College Races	College Park, Dublin	20 May 1860
19'6"	5.94		FG Stoney	College Races	College Park, Dublin	27 May 1861
19'9"	6.020		CD Allen	College Races	College Park, Dublin	26 May 1864
20'3"	6.170		Richard Glover	College Races	College Park, Dublin	2 May 1871
20'8"	6.300		Edwin Harding	College Races	College Park, Dublin	25 Apr 1872
20'9"	6.320		Brownlow Martin	College Races	College Park, Dublin	3-Jun-1872
21'3"	6.477		John Lane	College Races	College Park, Dublin	10-Jun-1873
21'4"	6.502		John Lane	ICAC C'ships	College Park, Dublin	7-Jul-1873
23'1½"	7.049		John Lane	Dublin Univ Athletic Sports	College Park, Dublin	11-Jul-1874
23'2"	7.061	WR	Pat Davin	Monasterevan Sports	Monasterevan	30-Aug-1883
23'2"	7.061	=WR	Pat Davin	Amateur Athletic Sports	Portarlinton	13-Sep-1883
23'3"	7.086	WR	Walter J.M. Newburn	Monasterevan Sports	Monasterevan	15-Aug-1898
23'10¼"	7.276		Peter O'Connor	R.I.C. Sports	Ball's Bridge, Dublin	5-Aug-01

2. From board take-off.

23'3"	7.086	WR	John Purcell	Monasterevan Sports	Monasterevan	26-Aug-1886
23'3"	7.086	=WR	John Purcell	Monasterevan Sports	Monasterevan	26-Aug-1886
23'7½"	7.200	WR	Matthew Roseingrave	Long Jump Champ N.S.W.	Sydney CG, Sydney, AUS	5-Oct-1896
23'9½"	7.248	WR	Walter J.M. Newburn	Postal Sports	Ball's Bridge, Dublin	18-Jun-1898
24'0½"	7.327	WR	Walter J.M. Newburn	IRL v SCO	Ball's Bridge, Dublin	16-Jul-1898
24'7½"	7.512	WR	Peter O'Connor	New Ross Sports	Barrett's Park, New Ross	36767
24'9"	7.543	WR	Peter O'Connor	IAAA C'ships	Ball's Bridge, Dublin	37038
24'11¼"	7.601	WR	Peter O'Connor	Kilkenny Sports	Kilkenny	37087
24'11½"	7.607	WR	Peter O'Connor		Dublin	37100
24'11½"	7.613	WR	Peter O'Connor	RIC Sports	Ball's Bridge, Dublin	37108
7.63	1.9		Carlos O'Connell	4th Mt St Mary's Alumni Decathlon	Emmetsburg, Maryland, USA	33026
7.75			Jonathan Kron	Ivy League Championships	Wien Stadium, NY, USA	34462
7.79	0.8		Jonathan Kron		Princeton, New Jersey	34478
7.86	1.4		Ciaran McDonagh	Europa Cup	Lisboa, Portugal	35244
7.88	0.0		Ciaran McDonagh	International Meeting	Riga, Latvia	36352
7.95	1.7		Ciaran McDonagh	International Meeting	Haapsalu, Finland	36372
8.00	0.3		Ciaran McDonagh	World C'ships	Sevilla, Spain	36398
8.07	1.4		Ciaran McDonagh	Résisprint	La Chaux-de-Fonds, Switzerland	38585

Triple Jump, Men

The original Rules of the G.A.A. for the event known as the Hop-Step-Jump permitted the use of either a hop, step and jump or two successive hops and a jump – at the athlete's discretion. Daniel Shanahan employing the latter method achieved a distance of 50'0"½ at Limerick on 6th August 1888 which was ratified by the GAA as a Record and adopted also by the IAAA when the Joint Records Committee was formed some years later. And the performance remained on the Record books until well into the 1950s. For the purposes of this compilation, however, we have listed only performances known to have been achieved employing the hop-step and jump method

41'0"	12.500		J Taylor		Duncarron	4 Nov 1862
41'0"	12.500		George Keller		Queenstown (Cobh)	25 Sept 1867
42'0"	12.800		William O'Sullivan		Mallow	9 Jun 1868
42'3"	12.880		Dr. Murphy		Liscarroll	29 Jun 1869
42'6"	12.954		David Kennedy	Queen's College Sports	Mardyke, Cork	07-Apr-1870
43'9"	13.335		Edward Harding	Queen's College Sports	Mardyke, Cork	26-Apr-1871
43'9"	13.335		Edward Harding	Queen's College Sports	Mardyke, Cork	24-Apr-1872
45'4"	13.817		C. Smythe	Queen's College Sports	Mardyke, Cork	22-Apr-1873
46'0"	14.020		Patrick D.Looney	Athletic Sports	Kilfinane	2-Aug-1880
46'7½"	14.211		John Purcell	Caledonian Games	Lansdowne Road, Dublin	2-June-1884
47'3"	14.401		John Purcell	Caledonian Games	Ball's Bridge, Dublin	25-May-1885
47'7"	14.503		John Purcell	Kerry A & C Club Sports	Tralee	17-June-1885
47'7"	14.503		John Purcell	Queen's College Sports	Mardyke, Cork	17-April-1886
47'7"	14.503	WR	Daniel Shanahan		Knockeney	16-June-1886
48'3"	14.706		John Purcell	Athletic Sports	Limerick	7-May-1887
48'11¼"	14.920		Tim Ahearn	Olympic Games	London, England	25-Jul-08
50'1 3/8"	15.270		Dan Ahearn	Clare Men's Games	Celtic Park, New York	4-Jul-09
49'7 3/8"	15.190		Dan Ahearn	Irish American Games	Celtic Park, New York	30-May-10
50'11"	15.520		Dan Ahearn	Irish American Games	Celtic Park, New York	30-May-11
51'0¼"	15.55		Sean O'Dwyer	BLE National Championships	Banteer	18-Jul-70
15.70			Colm Cronin	Dual meet v Greece	NCBE, Limerick	1-Jun-77
15.89			Colm Cronin	Europa Cup	Sölleröd, Denmark	26-Jun-77

The following marks, made indoor, were each at the time superior to the Outdoor

53'4½"	16.27	Colm Cronin	NCAA Indoor C'ships	Detroit, Michigan	10-Mar-78
Shot Put, Men					
35'0"	10.670	Private J Mooney		Dublin	3 Jun 1868
37'5½"	11.420	Edward J. Bor	Amateur Champion meeting	Lillie Bridge, England	3 Apr 1871
38'7"	11.760	Edward J. Bor		Woolwich, London	8 Jun 1871
42'5"	12.928	Edward J. Bor	Amateur Champion meeting	Lillie Bridge, England	27-Mar-1872
42'6"	12.950	David Kennedy	Queen's College Sports	Cork	25 Apr 1872
43'9"	13.335	James O'Brien	IAAA Championships	Ball's Bridge	11-Jul-1885
44'10½"	13.667	James O'Brien	IAAA Championships	Ball's Bridge	11-Jul-1885
45'3"	13.792	Denis Horgan	IAAA Championships	Ball's Bridge	30-Jun-1894
45'6"	13.868	Denis Horgan	DMP Sports	Ball's Bridge	15-Aug-1894
45'11½"	14.008	Denis Horgan	DMP Sports	Ball's Bridge	15-Aug-1894
46'0"	14.020	Denis Horgan	DMP Sports	Ball's Bridge	15-Aug-1894
46'5"	14.147	Denis Horgan	DMP Sports	Ball's Bridge	15-Aug-1894
46'5½"	14.160	Denis Horgan	DMP Sports	Ball's Bridge	15-Aug-1894
46'7"	14.198	Denis Horgan	Kerry RIC Sports	Tralee	24-Jun-1896
47'1"	14.351	Denis Horgan	Open Sports	Mountmellick	03-Aug-1897
48'2"	14.681	Denis Horgan	Open Sports	Queenstown/Cobh	19-Sep-1897
48'10"	14.884	Denis Horgan	Open Sports	Mallow	18-Sep-04
48'11¾"	14.928	David D. Guiney	AAU promotion	Lansdowne Rd., Dublin	13-Jun-50
49'7"	15.113	Ronnie H. Taylor	GV Ryan	Santry, Dublin	4-Jun-60
49'7½"	15.125	Ronnie H. Taylor	AAU Championships	Santry, Dublin	10-Jun-60
49'9"	15.163	Ronnie H. Taylor	Dublin U. v Oxford U.	College Park, Dublin	23-Jun-60
50'6¾"	15.411	Ronnie H. Taylor	AAU Championships	Santry, Dublin	9-Jun-61
50'7"	15.417	Hugh O'Callaghan	UCC v Rest of Cork	Mardyke, Cork	13-May-62
51'4"	15.646	Hugh O'Callaghan	Cork City Sports	Mardyke, Cork	3-Jul-62
51'4½"	15.652	Hugh O'Callaghan	Irish Intervarsity Champs	Mardyke, Cork	11-May-63
51'11½"	15.837	Hugh O'Callaghan	NACA Sports	Macroom	16-Jun-63
52'0½"	15.862	Hugh O'Callaghan	Cork Co. C'ships	Banteer	30-Jun-63
53'3¾"	16.249	Hugh O'Callaghan	Open Sports	Kinsale	7-Jun-64
52'6½"	16.014	Hugh O'Callaghan	Open Sports	Kilmallock	14-Jun-64
53'2½"	16.217	Hugh O'Callaghan	NACA Championships	Gorey	25-Jul-64
57'7½"	17.564	Gerry Downes	Sul Ross Invitational Meet	Alpine, Texas	1-May-69
60'1½"	18.32	Philip Conway	Inter-Club	Iveagh Grds., Dublin	26-Jul-72
18.36		Gerry McEvoy	Eastern Regional C'ships	Belfield, Dublin	20-Aug-78
18.36		Eugene Diviney		Kent, England	9-May-81
18.39		Paul Quirke		San Diego, California	22-May-92
62'0¼"	18.90	Paul Quirke	San Diego-Imperial Counties TAC	Balboa Stadium, San Diego, California	5-Jun-92
18.93		Victor Costello	Dublin Open Games	Santry, Dublin	19-Jun-92
63'5"	19.36	Paul Quirke	San Diego TAC Invitational	San Diego, California	19-Jun-92
19.92		Paul Quirke	Southern California All-Comers	UC, San Diego, California	26-Jun-92
19.93		Victor Costello	Offaly Co. Championships	Tullamore	1-Jul-92
65'9"	20.04	Paul Quirke	Metropolitan TAC All-Comers	New York, New York	7-Jul-92
Discus, Men					
106'0"	32.308	John J. Flanagan	Metropolitan AAU Champs	Columbia Oval, Williamsbridge, New York	7-Aug-1897
107'11½"	32.905	John J. Flanagan	Metropolitan AAU Champs	Bergen Point, Bayonne, NJ	12-Aug-1899
120'8"	36.779	John Murray	IAAA C'ships	Ball's Bridge	31-May-09
	36.860	Andrew Sheridan		New York NY	30-May-11
	37.620	Andrew Sheridan		New York NY	6-Apr-11
	37.690	Andrew Sheridan		New York NY	18/6/11
	38.230	Andrew Sheridan		New York NY	7-Apr-11
	40.040	Andrew Sheridan		New York NY	9-Oct-11
137'3"	41.833	Paddy J. Bermingham	Police Meet	Wembley, England	3-May-24
138'3"	42.138	Paddy J. Bermingham	National C'ships	Croke Park	8-Jun-24
143'9"	43.815	Paddy J. Bermingham	Tailteann Games	Croke Park	15-Aug-24
144'10"	44.145	Paddy J. Bermingham	Ireland v Achilles	Croke Park	2-Aug-26
146'2"	44.551	Paddy J. Bermingham	Kerry Garda meet	Tralee	29-Aug-26
151'6½"	46.189	Paddy J. Bermingham	Leinster C'ships	Carlow	4-Sep-27
152'6½"	46.494	Ned Tobin	NACA Championships	Thurles	16-Jul-39
152'6½"	46.494	Cummin Clancy	IRL v SCO v ENG-WAL	Balmoral, Belfast	13-Aug-49
161'11"	49.352	Cummin Clancy	Penn Relays	Philadelphia, Pennsylvania	27-Apr-51
167'7"	51.079	Philip Conway	Boston 15 April 1970	New York, New York	30-Jun-70
169'0¼"	51.523	Len Braham	Irish Select v Darmstadt Univ. Select	Bensheim, Germany	11-May-72
169'10"	51.765	Len Braham	National C'ships	Mardyke, Cork	29-Jul-73
171'9"	52.349	Len Braham	Cork C'ships	Cork	2-Jun-74
172'8¾"	52.640	Len Braham	Ireland v Portugal	Belfield, Dublin	24-Jul-74
174'0"	53.040	Len Braham	Dual meet v Greece	NCPE, Limerick	1-Jun-77
175'11"	53.619	Len Braham	Quadrangular	Dublin	14-Jun-77
179'9"	54.787	Joe Brice	Penn Relays	Philadelphia, Pennsylvania	28-Apr-78
188'5"	57.429	Joe Brice	New England C'ships	Hanover, New Hampshire	18-May-80
58.46		Nick Sweeney	National C'ships	Santry, Dublin	14-Jul-91

198'9"	60.57	Nick Sweeney	Penn Relays	Philadelphia, Pennsylvania	25-Apr-92
205'0"	62.48	Nick Sweeney	Hartnell College Meet	Salinas, California	27-May-92
63.26		Nick Sweeney	International Meeting	Helsingborg, Sweden	19-Jun-93
211'6"	64.46	Nick Sweeney	Hartnell College Field Event Meet	Salinas, California	25-May-94
64.74		Nick Sweeney	International Meeting	Helsingborg, Sweden	6-Jul-94
66.00		Nick Sweeney	International Meeting	Helsingborg, Sweden	9-Jul-94
221'1"	67.38	Nick Sweeney	Hartnell College Field Event Meet	Salinas, California	22-May-96
67.89		Nick Sweeney	International Meeting	Helsingborg, Sweden	4-Sep-98

Hammer, Men

88'0"	26.82	John Stritch	College Races	College Park, Dublin	23 May 1867
88'0"	26.82	John Stritch	College Races	College Park, Dublin	5 Apr 1868
94'0"	28.65	Matthew Stritch		Castlebar	17 Aug 1870
97'10"	29.82	Maurice Davin		Dublin	25 May 1872
98'10"	30.124	Maurice Davin	AAA Championships	Birmingham	16-Jul-1881
108'3"	32.994	William J.M.Barry	Co. Kerry Amat Athl Club meet	Tralee	17-Jun-1885
116'6"	35.509	William J.M.Barry	Co. Kerry Amat Athl Club meet	Tralee	24-Jun-1885
116'10"	35.610	William J.M.Barry	IAAA C'ships	Ball's Bridge, Pembroke	11-Jul-1885
119'0"	36.271	William J.M.Barry	QCCAC Sports	Cork	17-Apr-1886
119'5"	36.398	James S. Mitchell	Athletic & Cycling Club Sports	Limerick	16-Jun-1886
119'9"	36.499	James S. Mitchell	Athletic & Cycling Club Sports	Limerick	09-Jun-1887
121'7"	37.058	William J.M.Barry	NYAC Fall Games	NYAC Grnds., Mott Haven, New York	01-Oct-1887
122'6½"	37.350	William J.M.Barry	Manhattan AC Meet	Manhattan AC Grnds., New York	29-Jul-1888
129'3½"	39.408	William J.M.Barry	Manhattan AC Meet	Manhattan AC Grnds., New York	12-Aug-1888
132'9"	40.462	James S. Mitchell	Metropolitan AAU C'ships	Bergen Park Track, Bayonne, NJ	12-Jun-1889
133'8"	40.741	James S. Mitchell	Cecil County Fair	Elkton, Maryland	10-Oct-1889
133'10½"	40.805	James S. Mitchell	NYAC Games	Travers Island, New York	13-Jun-1891
139'2"	42.418	James S. Mitchell	Metropolitan AAU C'ships	NewYork, New York	12-Sep-1891
139'10½"	42.633	James S. Mitchell	Detroit AC Fall Handicap Games	Detroit, Michigan	29-Sep-1891
141'9"	43.205	James S. Mitchell	Open Spring Games, Bank Clerks AA	Philadelphia, Pennsylvania	18-Jun-1892
145'0¾"	44.215	James S. Mitchell	NYAC Fall Games	Manhattan AC Grnds., New York	08-Oct-1892
145'10½"	44.462	John Flanagan	GAA All-Round Championships	Rowing Club Island, Clonmel	9-Sep-1895
147'0"	44.805	John Flanagan	GAA Easter Monday Tournament	Stamford Bridge, London	6-Apr-1896
150'8"	45.935	John Flanagan	New Jersey AC Games	Bayonne, New Jersey	30-May-1897
153'7"	46.812	John Flanagan	Spring Meet AAU	Fair Grnds., New Orleans, LA	14-May-1898
154'9½"	47.180	John Flanagan	NYAC Spring Games	NewYork, New York	11-Jun-1898
158'4"	48.260	John Flanagan	NYAC Spring Games	NewYork, New York	11-Jun-1898
158'4½"	48.272	John Flanagan	St Augustine Parish Athletic Games	Locust St Grnds., Boston, MA	23-Jul-1898
164'1"	50.012	John Flanagan	St Augustine Parish Athletic Games	Locust St Grnds., Boston, MA	22-Jul-1899
164'6"	50.139	John Flanagan	Knickerbocker AC Labor Day Festival	Bayonne, New Jersey	4-Sep-1899
166'9"	50.825	John Flanagan	NYAC Fall Games	Travers Island, New York	23-Sep-1899
167'8"	51.104	John Flanagan	NYAC Fall Games	Travers Island, New York	23-Sep-1899
168'0"	51.206	John Flanagan	NYAC Fall Open Games	Travers Island, New York	29-Sep-00
169'4"	51.612	John Flanagan	NYAC Fall Open Games	Travers Island, New York	29-Sep-00
171'2"	52.171	Con Walsh	Knights of Columbus Games	Olympic Park, Newark, NJ	20-Aug-10
177'6½"	54.114	Con Walsh	National AAU Meet	Forbes Field, Pittsburgh, PA	1-Jul-11
179'1"	54.584	Pat Ryan	Games of the Eccentric Firemen	Celtic Park, New York	20-Aug-11
182'11¾"	55.772	Pat Ryan	Metropolitan Senior T&F Champs	Travers Island, New York	7-Sep-12
189'6½"	57.772	Pat Ryan	Games of the Eccentric Firemen	Celtic Park, New York	17-Aug-13
195'4¾"	59.560	Pat O'Callaghan	Cork Co. Championships	Fermoy	22-Aug-37
199'11"	60.934	John Lawlor	US Championships	Dayton, Ohio	21-Jun-57
203'5½"	62.014	John Lawlor	Clonliffe H. Meet	Santry, Dublin	9-Jul-58
211'11"	64.592	John Lawlor	Clonliffe H. Meet	Santry, Dublin	7-Aug-58
213'10"	65.176	John Lawlor	US Championships	Bakersfield, California	24-Jun-60
215'1"	65.557	Sean Egan	National Championships	Belfield, Dublin	23-Jul-78
68.10		Sean Egan	International Meeting	Darmstadt, Germany	5-May-79
68.76		Sean Egan	International Meeting	Darmstadt, Germany	17-May-79
70.24		Sean Egan	International Meeting	Darmstadt, Germany	12-Apr-80
71.10		Sean Egan	T&F Invitation Meeting	Frankfurt, Germany	1-May-80
232'5"	71.16	Declan Hegarty	Umass Relays	Amherst, Massachusetts	16-Apr-83
233'8"	71.22	Declan Hegarty	Umass Relays	Amherst, Massachusetts	16-Apr-83
236'2"	71.98	Declan Hegarty	Mt. SAC Relays	Walnut, California	23-Apr-83
241'2"	73.48	Declan Hegarty	Penn Relays	Philadelphia, Pennsylvania	30-Apr-83
250'5"	76.32	Declan Hegarty	Mt SAC Pre-Olympic Meet	Walnut, California	15-Jul-84
254'4"	77.52	Declan Hegarty	Bruce Jenner Invitational	San Jose, California	20-Apr-85
255'3"	77.80	Declan Hegarty	Mt. SAC Relays	Walnut, California	28-Apr-85

Javelin, Men

133'2½"	40.601	Sean Keavy	NACA promotion	Croke Park, Dublin	5-Aug-23
135'0"	41.148	Sean Keavy	Clonliffe promotion	Croke Park, Dublin	15-Sep-23
137'6"	41.910	Sean Keavy	National Championships	Croke Park, Dublin	8-Jun-24
139'2½"	42.430	Sean Keavy	National Championships	Croke Park, Dublin	8-Jun-24
140'9¼"	42.913	Sean Keavy	National Championships	Croke Park, Dublin	8-Jun-24
151'7"	46.202	Sean Keavy	National Championships	Croke Park, Dublin	28-Jun-25
151'9"	46.253	Sean Keavy	D.M.G.Sports	Croke Park, Dublin	19-Jun-26
155'1½"	47.282	Sean Keavy	National Championships	Croke Park, Dublin	26-Jun-26
157'3½"	47.942	Sean Keavy	Inter-Services C'ships	Croke Park, Dublin	14-Jul-26
158'5½"	48.298	Sean Keavy	Inter-Services C'ships	Lansdowne Rd., Dublin	23-Jun-27

161'4½"	49.187	Sean Keavy	National Championships	Croke Park, Dublin	10-Jul-27
161'11"	49.352	J.C.Conroy	College Races	College Park, Dublin	8-Jun-32
168'9"	51.409	Mick Waters	National Championships	Fermoy	1-Jul-34
169'5½"	51.650	Charlie Ryan	Clonliffe promotion	College Park, Dublin	21-Sep-46
173'5½"	52.870	Brendan O'Reilly	NACA Championships	Dundalk	6-Aug-50
180'5½"	55.003	Brendan O'Reilly	NACA Co. Dublin C'ships	Shelbourne Stadium, Dublin	25-May-52
182'1"	55.499	John Lawson	Clonliffe H. promotion	College Park, Dublin	14-Jun-54
183'4"	55.880	John Lawson	Donore H. promotion	College Park, Dublin	3-Jul-54
194'10"	59.385	John Lawson	Donore Open	College Park, Dublin	26-Apr-55
202'11"	61.849	John Lawson	Clonliffe promotion	Santry, Dublin	18-Jun-58
209'9"	63.931	Denis Toomey	NACA Junior Championships†	Belfield, Dublin	26-Jun-60
214'4½"	65.341	John Lawson	IAAB Championships	Aircraft Park, Belfast	1-Jul-61
215'8"	65.735	Denis Toomey	NACA Decathlon	Clogher Road, Dublin	23-Aug-64
221'2"	67.41	Pat Moore	Ireland v Portugal	Belfield, Dublin	24-Jul-74
71.30		Terry McHugh	International Open Athletes' Club Mee'	Belfield, Dublin	24-Apr-82
72.20		Terry McHugh	National Trials	Tullamore	2-Jun-85
73.84		Terry McHugh	European Clubs C'ship	London, England	9-Jun-85
75.04		Terry McHugh	Westathletic	Zug, Switzerland	16-Jun-85

†Threw senior javelin

New Specification, operative 1st April 1986

70.66	Terry McHugh	Dublin Championships	Belfield,Dublin	18-May-86
70.80	Terry McHugh	Louis Vandendries	Belfield,Dublin	25-May-86
72.24	Terry McHugh	v.Scotland, Wales	Edinburgh, Scotland	18-Jun-87
74.28	Terry McHugh	Westathletic	Bruxelles, Belgium	19-Jun-88
75.26	Terry McHugh	AIB InterClub	Tullamore	21-Aug-88
76.46	Terry McHugh	Olympic Games Q	Seoul, South Korea	24-Sep-88
78.08	Terry McHugh	Arena	Bern, Switzerland	29-Aug-89
78.74	Terry McHugh	Westathletic	Dainze	9-Jun-91
84.54	Terry McHugh	Irl v Eng v Russia	Limerick	14-Jun-91

Revised Specification from 18th November 1991

76.12	Terry McHugh	International Meeting	Turku, Finland	31-May-92
80.98	Terry McHugh	Ryan/Vandendries	Belfield, Dublin	30-May-93
82.14	Terry McHugh	European C'ships Q	Helsinki, Finland	7-Aug-94
82.75	Terry McHugh	Norwich Union G.P.	London, England	5-Aug-00

Decathlon

	Recal. Using 1985 Tables			
1920 Points Table				
5,427	4,931	William F. "Bill" Shanahan	Olympic Games	Paris, France
6,012		Con O'Callaghan	Olympic Decathlon Trials	Phoenix Park, Dublin
7,328	6,398	Robert M.N. "Bob" Tisdall	Olympic Games	Los Angeles, California
1934 Points Table				
4,875		Pte. Larry Moran	Army Championship	The Cuggagh
5,451		Pte. Larry Moran	Army Championship	Army Grnds., Phoenix Park, Dublin
5,536		Ted J Guiney	NACAI Championship	Cashel
5,910		Ted J Guiney	NACAI Championship	Mitchelstown
1950 Points Table				
5,403		Val McGann	NACAI Championship	Iveagh Grds., Dublin
5,559		Val McGann	NACAI Championship	Shelbourne Stadium, Dublin
1964 Points Table				
5,794		Denis Toomey	NACAI Championship	Eamonn Ceannt Stadium, Dublin
5,871		Louis Jordan	National Decathlon	Santry, Dublin
6,299		Louis Jordan	Invitational Decathlon	Kassel, West Germany
6,671		Louis Jordan	National Decathlon	Eamonn Ceannt Stadium, Dublin
6,818		Kevin Atkinson	National Decathlon	Tullamore
7,059		Kevin Atkinson	National Decathlon	Tullamore
7,097		Kevin Atkinson	Open Combined Events	Tullamore
7,226		Sean Carlin	National Decathlon	Tullamore
7,261		Kevin Atkinson	National Decathlon	Tullamore
7,353		Kevin Atkinson	Quadrangular International Decathlon	Birmingham, England
7,384		Kevin Atkinson	Hypo Meeting	Götzis, Austria
7,451		Kevin Atkinson	AAA Decathlon	Hendon, London
1985 Points Table				
7,882		Carlos O'Connell	2nd Mt St Mary's Coll Alumni Decathlo	Emmitsburg, Maryland

10,000m Walk (track)

49.35.1	John Mackey	National Championship	Gormanston, Meath	
48.56.6	Jim Sheehan	National Championship	Belfield, Dublin	18-Jul-76
47.36.0	Jim Sheehan	Ireland v Switzerland	Belfield, Dublin	30-Jun-76
46.24.8	Bernie O'Callaghan	Army Championships	Belfield, Dublin	5-May-81
46.23.04	Bernie O'Callaghan	National Championships	Santry, Dublin	24-May-81

45.29.3		Bernie O'Callaghan	East Command Army Championships	Belfield, Dublin	28-May-81
44.48.19		Jimmy McDonald	AAA Championships	Crystal Palace, London	2-Aug-87
42.07.37		Jimmy McDonald	National Championships	Tullamore	6-Jun-88
41.28.7		Jimmy McDonald	National Championships	Santry, Dublin	28-Jul-91
41.02.52		Jimmy McDonald	National Championships	Santry, Dublin	16-Jun-96
40.16.68		Robert Heffernan	National U23 Championships	Tullamore	23-Jul-00
38.58.83		Robert Heffernan	National Championships	Santry, Dublin	21-Jul-01
38.47.66		Robert Heffernan	National Championships	Santry, Dublin	14-Jul-02
38.27.57		Robert Heffernan	National Championships	Santry, Dublin	21-Jul-08

20km Walk (Road)

c.1.47.0	Joint 1st	Eddie Quigley Tom Casey	National Championship	Lough Arrow, Co Sligo	7-Jul-69
1.40.30		John Mackey	National Championship	Rosbercon, Co Wexford	18-Jul-71
1.40.14		Con Hearty	International Meeting	Douglas, Isle of Man	30-Jul-72
1.34.06	**	Johnny O'Leary	National Championships	Waterford	28-Jul-74
1.33.00		Jimmy McDonald	National Championships	Tullamore	25-Jul-87
1.32.48		Michael Lane	5 Nations Match	Randers, Denmark	11-Jun-88
1.27.29		Jimmy McDonald	National Championships	Santry, Dublin	23-Jul-88
1.22.45		Jimmy McDonald	Olympic Games	Seoul, South Korea	16-Sep-88
1.21.51		Bobby O'Leary		Sint Oedonrode, Netherlands	21-Mar-92
1.21.11		Robert Heffernan	EAA Permit	Leamington, England	21-Apr-01
1.20.25		Robert Heffernan	EAA Permit	Naumburg, Germany	5-May-02
1.20.15		Robert Heffernan	European Cup	Leamington, England	20-May-07
1.19.22		Robert Heffernan	World Cup	Cheboksary, Russia	10-May-08

** Suspicion short course

50km Walk (Road)

4.25.24		John Kelly	US Olympic Trials	Santa Monica, California	14-Jul-68
4.23.50		Pat Murphy	8 Nations Match	Bekescaba,Hungary	5-Apr-92
4.14.30		Jeff Cassin	US National Championships	Sacramento, California	14-Feb-99
4.06.33		Jeff Cassin	Mexico Walk Week	Naucalpan, Mexico	17-Mar-99
3.59.02		Jamie Costin	European Cup	Eisenhutzenstadt, Germany	18-Jun-00
3.53.58		Jamie Costin	EAA Permit	Naumburg, Germany	13-Apr-03
3.51.32		Colin Griffin	IAAF Challenge	Dudince, Slovakia	24-Mar-07
3.50.51		Jamie Costin	IAAF Challenge	Dudince, Slovakia	28-Mar-09
3.50.08		Robert Heffernan	IAAF Challenge	Dudince, Slovakia	27-Mar-10
3.45.30		Robert Heffernan	European Championships	Barcelona, Spain	30-Jul-10
3.37.54		Robert Heffernan	Olympic Games	London, England	11-Aug-12

4x100m Relay

43.9	Donore Harriers	Joe Parker, Pat Sheehan, Paddy Harmon, Eamonn Kinsella	AAU Championship	College Park, Dublin	4-Jul-56
43.8	Crusaders A.C.	Willy Lemon, Owen Dalton, Ronnie Kirkham, Larry Ryder	Clonliffe meet	Santry, Dublin	17-Jun-59
43.6	Clonliffe Harriers	Albert Harding, F.Devine, Garry Dempsey, Pat McMurrough	Clonliffe/Crusaders	Santry, Dublin	6-Aug-59
43.5	University College Dublin	M.Kennedy, S.O'Muircheartaigh, J.Cummiskey, I.O'Muircheartaigh	Graded Meeting	Santry, Dublin	21-Jun-67
42.8	National Team	Ciaran Coakley, Joe Cummiskey, Iggy O'Muircheartaigh, Mick Keane	Graded Meeting	Santry, Dublin	21-Jun-67
42.4	National Team	Iggy O' Muircheartaigh, Joe Cummiskey, Ciaran Coakley, Cashel Riordan	Europa Cup	Santry, Dublin	24-Jun-67
41.8	National Team	Cyril O'Regan, Vinny Becker, Fanahan McSweeney, Iggy O'Muircheartaigh	Europa Cup	Reykjavik, Iceland	5-Jun-70
41.2	National Team	Joe Barry, Joe Kirwan, Iggy O'Muircheartaigh, Vinny Becker	Ireland vs Spain	Gijon, Spain	17-Jul-71
41.16	National Team	Aidan Gough, Pat Woods, Joe Barry, Derek O'Connor	Europa Cup	Santry, Dublin	20-Aug-83
41.10	National Team	Pat Flanagan, Philip Snoddy, Kieran Finn, Gerry Delaney	West Athletic International	Brussels, Belgium	18-Jun-88
40.47	National Team	John McAdorey, Paul Brizzel, Gary Ryan, Neil Ryan,	European Cup Division 1	Lisbon, Portugal	29-Jun-96
40.36	National Team	Kevin Cogley, Gary Ryan, Tom Comyns, Neil Ryan	European Cup	Santry, Dublin	7-Jun-97
40.00	National Team	Kevin Cogley, Gary Ryan, Tom Comyns, Neil Ryan	National Championships	Santry, Dublin	13-Jul-97
39.46	National Team	Kevin Cogley, Gary Ryan, Tom Comyns, Neil Ryan	World Championships	Athens, Greece	9-Aug-97
39.26	National Team	John McAdorey, Gary Ryan, Tom Comyns, Paul Brizzel	Olympic Games	Sydney, Australia	29-Sep-00

4x400m Relay

3.32.4	Clonliffe Harriers	Vice President's Cup	College Park, Dublin	20-Jun-25
	J.R.Cowie, R.J.Hamilton, A.Love, N.J.McEachern			
3.31.0	Clonliffe Harriers	Inter Club	College Park, Dublin	9-Jun-28
	J.V.Connell, Larry Cullen, A.Love, N.J. McEachern			
3.27.9	Donore Harriers	TBC	TBC	1952
	R.M.Graham, W.T.Palmer, C.J.McAlinden, D.P. O'Loughlin			
3.24.6	Crusaders A.C.	Donore Harriers / IRC	College Park, Dublin	21-Jul-54
	Cormac O'Cleirigh, Philip Godden, Ron Delany, David Godden			
3.19.1	Crusaders A.C.	Clonliffe Meet	Santry, Dublin	18-Jun-60
	Philip Godden, Larry Ryder, Derek McCleane, Jimmy Linnane			
3.18.2	Crusaders A.C.	Clonliffe Meet	Santry, Dublin	18-Jul-61
	Jimmy Linnane, Larry Ryder, Derek McCleane, Ron Delany			
3.17.6	Crusaders A.C.	AAU Relay C'ships	Santry, Dublin	8-Sep-62
	Tom Dunphy, David White, Larry Ryder, Derek McCleane			
3.17.2	Crusaders A.C.	Clonliffe Meet	Santry, Dublin	25-Jun-63
	Jimmy Linnane, David White, Larry Ryder, Derek McCleane			
3.13.3	National Team	Europa Cup	Reykjavik, Iceland	6-Jul-70
	Mick Dooley, Cashel Riordan, Iggy O'Muircheartaigh, Fanahan McSweeney			
3.13.2	National Team	Spain v Ireland	Workers' University Stadium, Gijon, Spain	18-Jul-71
	Iggy Moriarty, John Dillon, Noel Carroll, Fanahan McSweeney			
3.09.2	National Team	Ireland vs Switzerland	Basle, Switzerland	8-Jul-72
	John Dillon, Denis O'Connell 47.8, Eamonn O'Keeffe, Fanahan McSweeney			
3.07.18	National Team	World Championships	Rome, Italy	5-Sep-87
	Kieran Finn, Gerry Delaney, J.J.Barry, Peter Sinclair			
3.05.45	National Team	Europa Cup	Lahti, Finland	6-Jun-99
	Brian Forbes, Tomas Coman, Paul McKee, Tom McGuirk			
3.04.26	National Team	World Championships	Edmonton, Canada	11-Aug-01
	Robert Daly, Tom Comyns, Paul McKee, Tomas Coman			
3.03.73	National Team	European Championships	Munich, Germany	10-Aug-02
	Robert Daly, Paul McKee, Antoine Burke, David McCarthy			
3.03.57	National Team	European Championships	Zurich, Switzerland	16-Aug-14
	Brian Gregan, Brian Murphy, Richard Morrissey, Thomas Barr			
3.01.67	National Team	European Championships	Zurich, Switzerland	17-Aug-14
	Brian Gregan, Mark English, Richard Morrissey, Thomas Barr			
3.01.26	National Team	World Championships	Beijing, China	29-Aug-15
	Brian Gregan, Brian Murphy, Thomas Barr, Mark English			

56lbs for distance

7.94	William 'Jumbo' Barry	Cork	18-Apr-85
8.04	JM Stritch	Cork	13-May-93
8.10	John Kiely	Cork	18-May-95
8.14	Jeremiah Delany	Dublin	14-Aug-98
8.23	John Mangan	Wexford	Sept-1898
8.34	John Mangan		1900
8.49	Tom Ludgate	Mallow	19-Jul-14
8.61	Edward "Ned" Tobin		29-Jun-35
8.76	Edward "Ned" Tobin	Dublin	28-Oct-38
8.77	Edward "Ned" Tobin	Thurles	16-Jul-39
8.88	Edward "Ned" Tobin		1943
8.89	Michael Hehir	Dublin	4-Aug-52
9.15	Len Braham	Castleisland	21-Jul-73
9.16	John Menton	Dublin	26-Jul-98

56lbs for Height

3.97	James Mitchell		10-Aug-87
4.47	Con Walsh	Cork	29-Jul-06
4.57	Edward "Ned" Tobin	Fermoy	1-Jul-34
4.61	Edward "Ned" Tobin	Kilkenny	11-Aug-35
4.65	Edward "Ned" Tobin	Dundalk	1937
4.70	Edward "Ned" Tobin	Ballina	15-Aug-43
4.83	Tadgh Twomey	Dublin	27-Jul-75
4.93	Gerry O'Connell	Tullamore	20-Jul-86

Women

100 Yards, Women

13.8		Lily O'Mahoney	Clonliffe Harriers Sports	Ballsbridge	6-Aug-13
12.8		Lizzie Daly	National Cycling Club Meeting	Mardyke	8-Jul-16
12.8		Lizzie Daly	National Cycling Club Meeting	Mardyke	8-Jul-16
12.8		Nancy Roche	Irish Draper Sports	Mardyke	2-Jul-19
12.8		Molly Lynch	Tramway Sports	Landsdowne Road	28-Jul-20
12.2		Madge Cremin	Irish Draper Sports	Mardyke	7-Jul-20
12.2		M. Whiteside	University College Championships	Terenure	26-May-28
12.2		Vera Cummins	Dublin Metropolitan Guards Meeting	Iveagh Grounds	25-Aug-28
12.2		Maura Barrett		Croke Park, Dublin	1-Sep-28
12.0		Maura Barrett	Leinster Championships	Carlow	23-Sep-28
11.2		M. Whiteside	University College Championships	Terenure	18-May-29
11.0		Kathleen Mannion	Camoguidheacht Sports	Croke Park	11-Oct-36
11.0		Maeve Kyle	RUC Sports	Balmoral, Belfast	19-Jun-59
11.0		Maeve Shankey (Kyle)		Dublin	18-Jul-60
10.9w		Maeve Shankey (Kyle)	Evening Chronicle Mancastrian Club	Manchester	30-Sep-60
10.8		Lorna McGarvey	International Meeting	Santry, Dublin	14-Jul-64
10.8		Maeve Shankey (Kyle)		Dublin	26-Sep-66

Automatic Timing

11.55		Maeve Shankey (Kyle)	British Empire Games	Arms Park, Cardiff, Wales	20-Jul-58
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100m, Women

12.48	w	Maeve Kyle	Olympic Games	Melbourne, Australia	24-Nov-56
12.1		Maeve Kyle		Belfast	20-May-60
12.59		Maeve Kyle	Olympic Games	Rome, Italy	1-Sep-60
12.0		Maeve Kyle		Trondheim, Norway	12-Jul-63
12.0		Margaret Murphy	Cork City Sports	Mardyke, Cork	30-Jun-70
12.0		Margaret Murphy	Southern Region T&F Champs-Heat	Newtown School, Waterford	13-Jun-71
12.0		Margaret Murphy	Southern Region T&F Champs-Final	Newtown School, Waterford	13-Jun-71
12.0		Claire Walsh	George V. Ryan	Santry, Dublin	27-May-72
11.9		Mary Doyle	Nations Schools	Cwmbran, Wales	15-Jul-72
11.9		Claire Walsh	Olympic Games	München, Germany	24-Aug-72
11.54	nwi	Michelle Walsh	Bavarian Youth Athletics Internat.	Trostberg, Germany	24-Sep-77
11.43	1.4	Michelle Walsh	International Meeting	Sittard, Netherlands	17-Jun-78
11.40	0.8	Ailis McSweeney	Prov Liège	Liège, Belgium	13-Jul-10
11.40	1.7	Amy Foster	Sprint Elite	Clermont, FL	14-Jul-10
11.28	2.0	Phil Healy	Dublin Graded Meeting 4	Santry, Dublin	6-Jun-18

200m, Women

220 Yards, Women

33.2		Dorothy 'Dolly' Cleary	University College Sports	Dublin	29-May-20
30.6		Sophie Pierce-Evans/Eliott-Heath/Lynn/Williams		London	12-May-22
32.8		Muriel de Lacy	Tipperary Garda Sports	Clonmel	18-Aug-29
29.0		Maura Barrett	Civil Service Sports	Dublin	11-Jun-32
29.0		Lily Pearce	Civil Service Sports	Dublin	8-Jul-33
28.8		Betty Dickenson	Queens University v St Andrews Univer	St Andrews	1-Apr-48
28.2		Betty Dickenson	Queens University v St Andrews Univer	Belfast	15-Jun-49
26.0		Joan O'Reilly	Irish AAU Championships	Dublin	9-Jul-49
25.7		Maeve Shankey (Kyle)			1953
25.4		Dorothy Saunders	All Ireland Championships		25-Jul-53
25.4		Maeve Kyle	WAAA Championships		7-Jun-58
24.8		Maeve Kyle	RUC Athletics Meeting	Balmoral Grnds, Belfast	20-Jun-59
24.5		Maeve Kyle	Clonliffe Floodlit Promotion	Santry, Dublin	23-Sep-60

Automatic Timing

25.86		Maeve Shankey (Kyle)	British Empire Games	Arms Park, Cardiff, Wales	23-Jul-58
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200m, Women

26.57		Maeve Kyle	Olympics	Melbourne, Australia	29-Nov-56
24.7		Maeve Kyle	Pentathlon	Wolverhampton, England	8-Aug-59
25.07		Maeve Kyle	Olympics	Rome, Italy	4-Sep-60
24.6	nwi	Claire Walsh	National Championships	Santry, Dublin	11-Jul-71
24.5	nwi	Claire Walsh	National Championships	Banteer	23-Jul-72
24.1	nwi	Claire Walsh	Vandendries	Santry, Dublin	27-May-73
24.1	nwi	Claire Walsh		Belfast	15-Sep-73
23.98		Michelle Walsh	Bavarian Youth Athletics Internat.	Trostberg, Germany	25-Sep-77

23.51	1.5	Michelle Walsh	International Meeting	Sittard, Netherlands	18-Jun-78
23.49	1.9	Ciara Sheehy	European Junior Championships	Riga, Latvia	7-Aug-99
23.23	1.4	Sarah Reilly		Tampere, Finland	19-Jul-00
23.12	-0.5	Sarah Reilly	IAAF Permit Meeting	Budapest, Hungary	22-Jul-00
23.02	0.3	Sarah Reilly	World Championships	Edmonton, Canada	8-Aug-01
22.99	0.3	Phil Healy	Cork City Sports	Cork IT, Cork	16-Jul-18

400m, Women

440 Yards, Women

72.4		J. Walsh	Newtown School Sports	Newtown	19-May-45
61.6		Dorothy Saunders	London Championships	London	20-Jun-53
59.9		Dorothy Saunders	England WAAA Championships	London	4-Jul-53
58.5		Dorothy Saunders	All Ireland Championships	Belfast	25-Jul-53
57.7		Maeve Kyle	N.I. Women's AAA Champs	Tillysburn, Belfast	18-Jun-60
56.8		Maeve Kyle	Women's International IRL v SCO	Ardeer, Ayrshire, Scotland	9-Jul-60
56.3		Maeve Kyle	WAAA Championships	London, England	8-Jul-61
56.2		Maeve Kyle	Highland Games	Edinburgh, Scotland	19-Aug-61
54.9		Maeve Kyle	WAAA Championships	London, England	7-Jul-62
54.9		Maeve Kyle	Inter-Club Meeting	Ballymena, Co Antrim	21-Jul-64

400 Metres, Women

56.4		Maeve Kyle	International Invitation Meeting	White City, London	13-Aug-60
56.3	***	Maeve Kyle	WAAA Championships	White City, London	8-Jul-61
56.2	***	Maeve Kyle	Highland Games	Edinburgh, Scotland	19-Aug-61
55.1		Maeve Kyle	European Championships	Beograd, Yugoslavia	13-Sep-62
54.9	***	Maeve Kyle	WAAA Championships	London, England	7-Jul-62
54.9	***	Maeve Kyle	Inter-Club Meeting	Ballymena, Co Antrim	21-Jul-64
55.42		Maeve Kyle	Olympic Games	Tokyo, Japan	15-Oct-64
53.7		Claire Walsh	Invitational	Barcelona, Spain	10-Jun-71
53.24		Caroline O'Shea	Westlands Cup	Sittard, Netherlands	17-Jun-78
53.06		Patricia Walsh	Dundrum International Sports	Belfield, Dublin	3-Aug-87
52.81		Karen Shinkins	2nd League	Kaunas, Lithuania	6-Jun-98
52.13		Karen Shinkins	European Championships	Budapest, Romania	19-Aug-98
51.80		Karen Shinkins	Universiade	Palma de Mallorca, Spain	10-Jul-99
51.07		Karen Shinkins	Universiade	Palma de Mallorca, Spain	12-Jul-99
50.73		Joanne Cuddihy	World Championships	Osaka, Japan	27-Aug-07

*** Indicates mark made at the longer distance, 440y.

800m/880y, Women

880 Yards, Women (804.67m)

3:11.6		J. Walsh	Newtown School Sports	Newtown	19-May-49
3:02		Denise Ballagh	Drogheda Grammar School Sports	Drogheda	9-May-53
3:02		Lynn Ramsay	Drogheda Grammar School Sports	Drogheda	9-May-53
2:11.5		Maeve Kyle	International Floodlit Meeting	Ibrog, Glasgow, Scotland	3-Oct-62
2:11.1		Hazel Tennison	Clonliffe Invitational	Santry, Dublin	26-Jun-66
2:10.8		Anne O'Brien	Clonliffe Promotion	Santry, Dublin	9-Jul-68
2:10.2		Anne O'Brien	Clonliffe promotion	Santry, Dublin	23-Jul-68

800 Metres, Women

2:13.0		Maeve Kyle	European Championships	Beograd, Yugoslavia	15-Sep-62
2:11.5	***	Maeve Kyle	International Floodlit Meeting	Ibrog, Glasgow, Scotland	3-Oct-62
2:11.3		Maeve Kyle	Olympic Games	Tokyo, Japan	18-Oct-64
2:10.8	***	Anne O'Brien	Clonliffe Promotion	Santry, Dublin	9-Jul-68
2:10.1		Anne O'Brien	WAAA Championships	Crystal Palace, London	19-Jul-68
2:07.0		Claire Walsh	WAAA Championships-Heat	Crystal Palace, London	19-Jun-70
2:04.9		Claire Walsh	WAAA Championships-Final	Crystal Palace, London	20-Jun-70
2:03.4		Claire Walsh	European Championships	Helsinki, Finland	11-Aug-71
2:02.98		Mary Tracey	WAAA Championships	Crystal Palace, London	8-Jul-72
2:02.9		Mary Tracey	Europa Cup	Lyngby, Denmark	30-Jun-73
2:02.82		Mary Tracey	European Championships	Roma, Italy	2-Sep-74
2:00.70		Caroline O'Shea	Cork City Sports	Mardyke, Cork	3-Jul-84
2:00.69		Sonia O'Sullivan	Goodwill Games	St.Petersburg, Russia	26-Jul-94
2:00.58		Rose-Anne Galligan	Anniversary Games	Olympic Stadium, London	26-Jul-13
1:59.69		Ciara Mageean	Citius Championships	Berne, Switzerland	24-Jul-20

*** Indicates mark made at the longer distance, 880y.

1000 Metres, Women

2:39.9	Mary Tracey	Invitation Meeting	Koblentz, Germany	5-Aug-75
2:38.68	Sonia O'Sullivan		Mansfield, England	24-Jul-90
2:34.66	Sonia O'Sullivan	Meeting Vittel	Villeneuve d'Ascq, France	2-Jul-93

1500m, Women

4:29.7	Ann O'Brien	WAAA Championships	Crystal Palace, London	20-Jul-68
4:25.6	Ann O'Brien	Clonliffe Promotion	Santry, Dublin	9-Aug-69
4:25.4	Deirdre Foreman	Dublin Championships	Santry, Dublin	3-Jun-72
4:18.4	Mary Tracey	Inter-Club Meeting	Santry, Dublin	28-Jun-72
4:16.43	Mary Tracey	Olympic Games	München, Germany	4-Sep-72
4:15.1	Mary Tracey-Purcell	European Championships	Roma, Italy	6-Sep-74
4:11.4	Mary Tracey-Purcell	Invitation Meeting	Gateshead, England	26-Jul-75
4:09.8	Mary Tracey-Purcell	Invitation Meeting	Dusseldorf, Germany	8-Jun-76
4:08.63	Mary Tracey-Purcell	Olympic Games	Montreal, Canada	28-Jul-76
4:06.69	Monica Joyce	Weltklasse	Zürich, Switzerland	18-Aug-82
4:05.81	Sonia O'Sullivan	Herculis	Monte Carlo, Monaco	3-Aug-91
4:01.93	Sonia O'Sullivan	Herculis	Monte Carlo, Monaco	11-Aug-92
4:01.23	Sonia O'Sullivan	Weltklasse	Zürich, Switzerland	19-Aug-92
3:59.60	Sonia O'Sullivan	Herculis	Monte Carlo, Monaco	7-Aug-93
3:59.10	Sonia O'Sullivan	Nikaia	Nice, France	18-Jul-94
3:58.85	Sonia O'Sullivan	Herculis	Monte Carlo, Monaco	25-Jul-95

1 Mile, Women

5:17.2	Peggy Hogan	Women Clonliffe v Crusaders	Santry, Dublin	9-Jun-64
5:08.1	Peggy Hogan	England v Ireland v NI	Aircraft Park, Belfast	18-Aug-65
5:05.0	Peggy Hogan	Women's AAA Champs	White City, London	30-Aug-65
4:59.2	Ann O'Brien	IAAB Women's Champs	Santry, Dublin	13-Aug-66
4:53.3	Ann O'Brien	Clonliffe Harriers Meeting	Santry, Dublin	23-Aug-66
4:51.0	Ann O'Brien	Clonliffe Harriers Meeting	Santry, Dublin	10-Jul-68
4:30.52	Mary Purcell	Invitational Meeting	Gateshead, England	9-Jul-78
4:30.4	Mary Purcell	Amoco Games	Crystal Palace, London	13-Jul-80
4:30.4	Monica Joyce	Invitational Meeting	Berkeley, CA	12-Jun-82
4:27.90	Aisling Molloy	Cork City Sports	Mardyke, Cork	5-Jul-91
4:24.27	Sonia O'Sullivan	International Games	Sheffield	14-Aug-92
4:22.94	Sonia O'Sullivan	Invitational Meeting	Rome, Italy	9-Jun-93
4:17.26	Sonia O'Sullivan	Bislett Games	Oslo, Norway	23-Jul-94

2000m, Women

5:41.22	Sonia O'Sullivan	International Games	Crystal Palace, London	13-Jul-91
5:40.77	Sonia O'Sullivan	Invitational Meeting	Rieti, Italy	3-Sep-93
5:25.36	Sonia O'Sullivan	Bislett Games	Oslo, Norway	23-Jul-94

3000m, Women

9:47.6	Ann O'Brien	WAAA Championships	Stretford, Manchester, England	5-Jul-69
9:43.5	Ann O'Brien	WAAA Championships	White City, London	19-Jun-70
9:34.4	Ann O'Brien	WAAA Championships	White City, London	20-Jun-70
9:33.6	Deirdre Nagle	WAAA Championships	Crystal Palace, London	19-Jul-74
9:24.4	Deirdre Nagle	Omega/Tissot	Santry, Dublin	28-May-75
9:08.0	Mary Tracey	WAAA Championships	Crystal Palace, London	18-Jul-75
9:07.98	Mary Tracey	WAAA Championships	Crystal Palace, London	21-Aug-76
9:02.7	Mary Tracey	Invitational Meeting	Aahrus, Denmark	5-Jul-78
8:58.4	Mary Tracey Purcell	Bislett Games	Oslo, Norway	3-Aug-78
8:53.1	Mary Tracey Purcell		Dublin	9-Aug-78
8:53.24	Monica Joyce	Cork City Sports	Mardyke, Cork	13-Jul-82
8:49.51	Monica Joyce	San Diego TAC	San Diego, California	25-May-84
8:39.76	Sonia O'Sullivan	APM	Hengelo, Netherlands	28-Jun-92
8:37.92	Sonia O'Sullivan	Allgemeiner Sportverein (ASV) Meeting	Köln, Germany	16-Aug-92
8:33.40	Sonia O'Sullivan	APM	Hengelo, Netherlands	20-Jun-93
8:28.74	Sonia O'Sullivan	Bislett Games	Oslo, Norway	10-Jul-93
8:21.64	Sonia O'Sullivan	TSB Games	Crystyal Palace, London	15-Jul-94

5000m, Women

15:35.60	Regina Joyce	Bislett Games	Oslo, Norway	26-Jun-82
15:27.5	Monica Joyce	Open Meeting	San Diego, California	21-May-83
15:26.9	Sonia O'Sullivan	Cork City Sports	Mardyke, Cork	7-Jul-90
14:59.11	Sonia O'Sullivan	ISTAF	Olympiastadion, Berlin, Germany	21-Aug-92
14:45.92	Sonia O'Sullivan	ISTAF	Olympiastadion, Berlin, Germany	27-Aug-93
14:41.40	Sonia O'Sullivan	ISTAF	Olympiastadion, Berlin, Germany	1-Sep-95

14.41.02	Sonia O'Sullivan	Olympic Games	Sydney, Australia	25-Sep-00
10,000m Women				
38.06.4	Ann O'Brien		Gormanston College	26-Mar-67
33:51.7	Fionnuala Morrish	WC-invitational	Sittard, Netherlands	15-Aug-80
33.25.7	Regina Joyce		Seattle, WA USA	5-Mar-83
33:04.23	Carey May	NCAA	Houston, Texas	1-Jun-83
32:35.7	Regina Joyce	Mt. Sac Relays	Walnut, California	28-Apr-84
32:21.16	Monica Joyce	Mt. Sac Relays	Walnut, California	22-Apr-89
32:14.74	Catherina McKiernan	APM	Hengelo, Netherlands	20-Jun-93
31:19.11	Catherina McKiernan	Europa Cup	Santry, Dublin	12-Jun-94
31:08.41	Catherina McKiernan	Meeting Vittel	Villeneuve d'Ascq, France	17-Jun-95
30:53.37	Sonia O'Sullivan	Olympic Games	Sydney, Australia	30-Sep-00
30:47.59	Sonia O'Sullivan	European Championships	München, Germany	6-Aug-02
5km Road, Women				
16.36	Monica Joyce		Carlsbad, CA, USA	1-Jun-86
16.09	Monica Joyce		Carlsbad, CA, USA	27-Mar-88
15.38	Monica Joyce		Carlsbad, CA, USA	25-Mar-90
15.24	Sonia O'Sullivan		Los Angeles, CA, USA	1-Mar-92
15.18	Sonia O'Sullivan		Aberdeen, SCO	21-Mar-94
15.15	Catherina McKiernan		Portsmouth, ENG	13-Apr-96
14.56	Sonia O'Sullivan		London, ENG	1-Sep-02
4 Miles Road, Women				
21.37	Jean Whiston		New York, NY, USA	14-Nov-81
20.49	Monica Joyce		Peoria, IL, USA	17-Jun-89
20.31	Catherina McKiernan		Dunboyne	15-Apr-01
8km Road, Women				
26.30	Regina Joyce		Worthing, ENG	31-Mar-79
26.17	Regina Joyce		Seattle, WA, USA	26-Mar-83
25.50	Regina Joyce		Eugene, OR, USA	5-Jun-83
25.48+	Sonia O'Sullivan		Cork	20-Sep-98
24.43+	Sonia O'Sullivan		Balmoral, SCO	22-Apr-00
"4" mark made at 5 miles (8.047 km)				
10km Road, Women				
34.24	Regina Joyce		Seattle, WA, USA	15-Aug-81
34.02	Regina Joyce		Hamilton, BER	30-Jan-82
33.38	Monica Joyce		Scottsdale, AZ, USA	31-Jan-82
32.37	Monica Joyce		San Diego, CA, USA	13-Mar-82
32.34	Regina Joyce		Dublin	3-Jun-84
32.22	Monica Joyce		Torrance, CA, USA	17-Mar-85
32.18	Monica Joyce		Boston, MA, USA	21-Apr-85
32.10	Monica Joyce		Boston, MA, USA	9-Apr-89
31.32	Catherina McKiernan		Forth Worth, TX, USA	22-Feb-97
31.21	Catherina McKiernan		Perivale, ENG	6-Sep-97
30.59	Sonia O'Sullivan		Milan, ITA	21-May-00
12km Road, Women				
40.28	Regina Joyce		Spokane, WA, USA	6-May-84
40.24	Regina Joyce		Portland, OR, USA	19-May-85
15km Road, Women				
52.47	Regina Joyce		El Paso, TX, USA	9-Oct-82
51.23	Regina Joyce		Tampa, FL, USA	5-Feb-83
50.41	Regina Joyce		Portland, OR, USA	26-Jun-83
50.13	Regina Joyce		Portland, OR, USA	24-Jun-84
50.08	Monica Joyce		Tampa, FL, USA	9-Feb-85
48.40	Catherina McKiernan		La Courneuve, FRA	30-Apr-95
48.30	Catherina McKiernan		Nijmegen, NED	16-Nov-97

10 Miles Road, Women

54.14	Regina Joyce	Stockton, CA, USA	8-Jan-84
51.00	Sonia O'Sullivan	Portsmouth, ENG	8-Sep-02

Half Marathon, Women

1.14.45	Carey May	New Bedford, MA, USA	17-Mar-85
1.13.16	Ursula Noctor	Derry	1-Sep-91
1.12.52	Cathy Shum	Oslo	24-Sep-94
1.09.00	Catherina McKiernan	Glasgow	22-Aug-97
1.07.50	Catherina McKiernan	Lisbon, Portugal	15-Mar-98

Marathon, Women

3.37.24	**	Bridget Cushen	AAA Marathon	Harlow, Essex	27-Oct-73
3.37.55	***	Jean Folan	National Marathon	Tullamore	8-Jul-79
3.26.57		Mary Butler	Avon International Womens' Marathor	London	3-Aug-80
2.53.18		Carey May	Ulster Marathon	Letterkenny	15-Aug-80
2.42.11		Carey May	Dublin Marathon	Dublin	30-Oct-80
2.36.59		Carey May	Fiesta Bowl	Scottsdale, Arizona	5-Dec-81
2.32.56		Regina Joyce	Fiesta Bowl	Scottsdale, Arizona	4-Dec-82
2.29.23		Carey May	Osaka Marathon	Osaka, Japan	30-Jan-83
2.28.07		Carey May	Osaka Marathon	Osaka, Japan	27-Jan-85
2.23.44		Catherina McKiernan	Berlin Marathon	Berlin, Germany	28-Sep-97
2.22.23		Catherina McKiernan	Amsterdam Marathon	Amsterdam, Netherlands	1-Nov-98

** First marathon completed by an Irish woman; never ratified

*** First marathon completed by an Irish woman in Ireland; never ratified

3000m Steeplechase, Women

10:42.36	Roisin McGettigan	Raleigh Relays	Raleigh, North Carolina	31-Mar-01
10:24.35	Roisin McGettigan	Big East	New Brunswick, New Jersey	5-May-01
10:20.99	Roisin McGettigan	Albany Invitational	Albany, New York	11-May-01
10:08.73	Roisin McGettigan	ECAC	Princeton, New Jersey	18-May-02
10:08.24	Roisin McGettigan	NCAA	Baton Rouge, Louisiana	1-Jun-02
9:58.26	Roisin McGettigan	Big East	Storrs, Connecticut	4-May-03
9:50.12	Roisin McGettigan	NCAA	Sacramento, California	13-Jun-03
9:45.60	Roisin McGettigan	KBC	Heusden, Belgium	31-Jul-04
9:32.04	Roisin McGettigan	KBC	Heusden, Belgium	22-Jul-06
9:28.29	Roisin McGettigan	KBC-Nacht	Heusden, Belgium	28-Jul-07

100m Hurdles, Women

15.1	nwi	Maeve Kyle	National Championships	Santry, Dublin	20-Jul-69
15.1	0.0	Margaret Murphy	European Championships	Helsinki, Finland	12-Aug-71
14.22	nwi	Bridget Rutledge	WAAA Championships	London, England	20-Jul-74
14.22	nwi	Mary Appleby-Barnwell	Omega League	Belfield, Dublin	31-Aug-80
14.03	nwi	Maria Hetherington	Tissot Trophy	Santry, Dublin	22-Aug-82
13.90	nwi	Maria Hetherington	Highland Games	Edinburgh, Scotland	28-Aug-82
13.90	nwi	Olive Burke	Cork City Sports	Cork	3-Jul-84
13.74	nwi	Olive Burke	National League Finals	Santry, Dublin	16-Aug-87
13.58	-1.3	Susan Smith	Second League, Group A	Kaunas, Lithuania	7-Jun-98
13.31	-1.7	Susan Smith	National Championships	Santry, Dublin	26-Jun-98
13.12	1.2	Susan Smith	National League Finals	Tullamore	9-Aug-98
12.96	1.0	Derval O'Rourke	Euro U23 Championships	Bydgoszcz, Hungary	20-Jul-03
12.92	0.7	Derval O'Rourke	Athletissima	Lausanne, Switzerland	11-Jul-06
12.85	0.6	Derval O'Rourke	GE Money	Helsinki, Finland	26-Jul-06
12.72	0.5	Derval O'Rourke	European Championships	Gothenburg, Sweden	11-Aug-06
12.67	0.2	Derval O'Rourke	World Championships	Berlin, Germany	19-Aug-09
12.65	-0.5	Derval O'Rourke	European Championships	Barcelona, Spain	31-Jul-10

400 Hurdles, Women

60.24	Mary Appleby	Europa Cup	Belfield, Dublin	17-Jul-77
59.5	Mary Appleby	Ryan/Vandendries	Belfield, Dublin	27-May-78
57.46	Mary Appleby	WAAA Championships	Crystal Palace	19-Aug-78
57.36	Mary Appleby	European Championships	Praha, Czech Republic	2-Sep-78
57.06	Mary Appleby	World Championship	Sittard, Netherlands	15-Aug-80
56.51	Mary Appleby	World Championship	Sittard, Netherlands	16-Aug-80
56.49	Susan Smith	Weetabix International	Stellenbosch, South Africa	16-Feb-96
56.14	Susan Smith	Westathletic	Santry, Dublin	9-Jun-96

56.01	Susan Smith	National Championships	Santry, Dublin	16-Jun-96
55.46	Susan Smith	EAA Permit Meet	Padova, Italy	7-Jul-96
55.08	Susan Smith	Pre-Olympic	Durham, North Carolina	13-Jul-96
54.93	Susan Smith	Olympic Games	Atlanta, Georgia	29-Jul-96
54.61	Susan Smith	World Championships	Athina, Greece	9-Aug-97
54.31	Susan Smith	Weltklasse	Zurich, Switzerland	12-Aug-98

High Jump, Women

1.1684	Peggy Magee	Tramway Sports	Lansdowne Road	31-Jul-21
1.1684	Molly Lynch	Tramway Sports	Lansdowne Road	31-Jul-21
1.1938	Molly Lynch	Tramway Sports	Lansdowne Road	31-Jul-21
1.219	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Tramway Sports	Lansdowne Road	31-Jul-21
1.1938	Molly Lynch	Clonliffe Harriers Sports	Lansdowne Road	6-Aug-21
1.244	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Clonliffe Harriers Sports	Lansdowne Road	6-Aug-21
1.27	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Clonliffe Harriers Sports	Lansdowne Road	6-Aug-21
1.292	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Clonliffe Harriers Sports	Lansdowne Road	6-Aug-21
1.32	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Clonliffe Harriers Sports	Lansdowne Road	6-Aug-21
1.346	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Clonliffe Harriers Sports	Lansdowne Road	6-Aug-21
1.3716	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Clonliffe Harriers Sports	Lansdowne Road	6-Aug-21
1.1938	Nora Little	Leinster Sports Carnival	Rathmines	21-Sep-21
1.3716	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Leinster Sports Carnival	Rathmines	21-Sep-21
1.219	Nora Little	I.R.P.O. Fete	Shelbourne Park	2-Oct-21
1.219	Molly Lynch	I.R.P.O. Fete	Shelbourne Park	2-Oct-21
1.397	Sophie Pierce-Evans/Eliott-Lynn/Heath/Williams		Mitcham	13-May-22
1.422	Sophie Pierce-Evans/Eliott-Lynn/Heath/Williams		Lee, England	20-Jul-22
1.422	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	South Devon Cycle Club Sports	Recreation Grounds	2-Aug-22
1.447	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	South Devon Cycle Club Sports	Recreation Grounds	2-Aug-22
1.473	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	South Devon Cycle Club Sports	Recreation Grounds	2-Aug-22
1.346	Phyllis Carey	Masonic Girls School Sports	Ballsbridge	27-Jun-25
1.346	V Dolling	Alexandra School Sports	Milltown	1-Jun-34
1.3716	V Dolling	Alexandra School Sports	Milltown	1-Jun-34
1.397	V Dolling	Alexandra School Sports	Milltown	1-Jun-34
1.397	Maeve Kyle	Irish AAU Championships	Landsdowne Road	19-Jul-49
1.422	Maeve Kyle	Irish AAU Championships	Landsdowne Road	19-Jul-49
1.447	Maeve Kyle	Irish AAU Championships	Landsdowne Road	19-Jul-49
1.495	Maeve Kyle	England WAAA Pentathlon Championsl	Wolverhampton, England	8-Aug-59
1.533	Maeve Kyle	England WAAA Pentathlon Championsl	Battersea Park, London, England	24-Jul-60
1.549	Kathleen Killian		Hurlingham, London, England	31-Aug-63
1.549i	Kathleen Killian		Stanmore, London, England	4-Dec-64
1.549i	Kathleen Killian		Stanmore, London, England	4-Dec-64
1.574	Kathleen Killian		Stanmore, London, England	4-Dec-64
1.600	Kathleen Killian		Stanmore, London, England	4-Dec-64
1.600	Kathleen Killian		Stanmore, London, England	22-May-65
1.625	Kathleen Killian		Stanmore, London, England	22-May-65
1.64	Yvonne O'Brien	Europa Cup	Lyngby, Denmark	30-Jun-73
1.65	Marjorie Adams	Portugal v Ireland	Lisboa, Portugal	10-Aug-74
1.67	Carmel Scallon	National Championships	Belfield, Dublin	27-Jul-75
1.74	Audrey Long	WAAA Intermediate C'ships	London, England	21-Aug-76
1.74	Anne Nevin	National Junior C'ships	Limerick	16-Jul-78
1.75	Audrey Long	Tissot Trophy	Belfield, Dublin	10-Jun-79
1.79	Bridget Corrigan	Schools International	Grangemouth, Scotland	16-Jul-79
1.80	Bridget Corrigan	AAA Championships	London, England	27-Jul-79
1.84	Bridget Corrigan	Inv. British Inter-Co's	Birmingham, England	26-May-80
1.85	Sharon Foley	BLE Games	Tullamore	16-May-93
1.85	Sharon Foley	WestAthletic	Sittard, Netherlands	6-Jun-93
1.85	Sharon Foley	Europa Cup, Group 3	Rotterdam, Netherlands	13-Jun-93
1.88	Sharon Foley	Europa Cup, Group 3	Rotterdam, Netherlands	13-Jun-93
1.89	Laura Sharpe	NACAI Championships	Santry, Dublin	3-Jul-94
1.89	Deirdre Ryan	Europa Cup-1	Praha, Czech Republic	18-Jun-06
1.92	Deirdre Ryan	WAAA Championships	Manchester, England	15-Jul-06
1.92	Deirdre Ryan	European Championships	Göteborg, Sweden	6-Aug-06
1.93	Deirdre Ryan	15th Int. Hochsprungmeeting	Bühl, Germany	29-Jul-11
1.95	Deirdre Ryan	World Championships	Daegu, South Korea	1-Sep-11

Cleared in a handicap competition

5'3	1.60	Maeve Kyle	RUC Sports Handicap	Balmoral Show Grounds	11-Jun-55
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Pole Vault, Women

2.80		Margaret O'Halloran	Ulster Sports Council/NIAF	Belfast	27-Jun-98
2.80		Danielle McCarthy	British AAA U15/U17 Champs	Don Valley, Sheffield, England	16-Aug-98
12'2½"	3.72	Bridget Pearson	Southern Section Division I T&F	Veterans Stadium, Long Beach, CA	15-May-99
3.77		Erin Kinnear	Ulster Schools T&F Champs	Antrim Forum, Antrim	24-May-03
3.93		Erin Kinnear	USA Invitation	Mobile, Alabama	24-Apr-04
3.95		Zoe Brown	Loughborough International	Loughborough, England	18-May-08
4.00		Zoe Brown	NI Championships	Antrim	13-Jun-09
4.15		Tori Pena	US Championships	Des Moines, Iowa	27-Jun-10
4.15		Tori Pena	National Championships	Santry,Dublin	10-Jul-10
4.15		Tori Pena	European Championships	Barcelona, Spain	28-Jul-10

4.15		Tori Pena	Triton Inv.	La Jolla, California	23-Apr-11
4.30		Tori Pena	Invitational Meet	Chula Vista, California	12-May-11
4.34		Tori Pena		Chula Vista, California	9-Jun-11
4.40		Tori Pena	Nationales Stabhochspung Meeting	Frauenkappelen, Switzerland	1-Aug-11
4.50		Tori Pena	Beach T&F Classic	Cerritos College, Norwalk, CA	3-Mar-12
4.52		Tori Pena	Triton Invitational	UC, San Diego, California	28-Apr-12
4.60		Tori Pena		Chula Vista, California	6-Jun-13
Long Jump, Women					
4.04		Sophie Pierce-Evans/Eliott-Lynn/Heath/Williams		London	13-May-22
4.115		L Delaney	Glouthane School Sports	Cove Junction	19-Jun-29
4.292		Rosemary Jephson	Bishop Foy School Sports.Senior Girls	Ballinskill	24-Jun-33
4.385		S Stoney	Alexandra School Sports	Milltown	2-Jun-34
4.711		Daphne Ferguson	Bishop Foy School Sports.Senior Girls	Grantstown	23-Jun-45
5.340		Maeve Kyle		Den Haag, Netherlands	26-Jul-61
5.562		Maeve Kyle	WAAA Championships	White City, London	2-Jul-66
6.057		Margaret Murphy	Open Sports	Banteer	27-Jun-71
6.06		Mary Coogan	East. Region C'ships	Tullamore	12-Jun-83
6.17	1.0	Mary Coogan	East. Region C'ships	Tullamore	12-Jun-83
6.27		Terri Horgan	National Championships	Santry, Dublin	23-Jul-88
6.39		Terri Horgan	Europa Cup	Santry, Dublin	6-Aug-89
6.48		Terri Horgan	WestAthletic	Bruxelles, Belgium	14-Jun-92
6.51	1.8	Kelly Proper	European Athletics Development Meet	Amsterdam, Netherlands	2-Aug-08
6.51	0.7	Kelly Proper	National League	Tullamore	8-Aug-09
6.60	1.0	Kelly Proper	Grand Prix Meeting	Bruxelles, Belgium	8-Aug-10
Triple Jump, Women					
6.311		J Hudson	Wesley College Sports	Dublin	24-Jun-38
8.407		G McKeever	Wesley College Sports	Dublin	23-Jun-53
8.736		R Bloomfield	Wesley College Sports	Dublin	23-Jun-58
11.02		Marie O'Meara	National Junior/U20 Championships	Waterford	6-May-90
11.09	NBP	Marie O'Meara	Southern Region Championships	Waterford	3-Jun-90
11.38	NBP	Marie O'Meara	Omron Indoor Games	Cosford, England	12-Jan-91
12.21	legal wind	Siobhan Hoey	National League	Limerick	18-Jul-94
12.38		Siobhan Hoey	Five Nations International	Tallinn, Estonia	19-Jun-98
12.60	0.8	Taneisha Robinson-Scanlon	Europa Cup	Riga, Latvia	22-Jun-01
12.80	-0.6	Taneisha Robinson-Scanlon	Europa Cup	Tallinn, Estonia	22-Jun-02
12.81	1.8	Taneisha Robinson-Scanlon	Bedford Games	Bedford, England	17-Aug-02
13.23	1.6	Taneisha Robinson-Scanlon	Loughborough	Loughborough, England	8-Jun-03
13.39	1.7	Taneisha Robinson-Scanlon	Bedford Games	Bedford	29-May-05
13.62	0.9	Taneisha Robinson-Scanlon	Cena Slov	Bratislava, Slovakia	7-Jun-05
Shot Put, Women					
32'2"	9.804	Margaret Corry	Crusaders v Short & Harland	Santry, Dublin	7-Sep-63
37'7¼"	11.460	Rosemary Murphy			30-Jun-65
39'6 ½"	12.052	Freddie Cooney	National Championships	Mardyke, Cork	29-Jul-73
40'5"	12.319	Gay Porter-Hogan	National League	Iveagh Grds., Dublin	14-May-74
41'8½"	12.712	Gay Porter-Hogan	George V Ryan Trophy	Santry, Dublin	26-May-74
42'5½"	12.940	Gay Porter-Hogan	National League semi-final	Santry, Dublin	2-Jun-74
42'6½"	12.970	Gay Porter-Hogan	Dublin Championships	Belfield, Dublin	30-Jun-74
42'7"	12.980	Freddie Cooney	Pentathlon Championship	Belfield, Dublin	13-Jul-74
44'0½"	13.423	Gay Porter-Hogan	Open Meet	Claremorris	11-May-75
45'3"	13.792	Gay Porter-Hogan	Ryan/Vandendries	Santry, Dublin	25-May-75
46'4½"	14.135	Marita Walton	Schools Championships	Limerick	11-Jun-77
14.52		Marita Walton	Europa Cup	Belfield, Dublin	18-Jul-77
14.70		Marita Walton	Eastern Regional C'ships	Belfield, Dublin	20-Aug-78
51'6¼"	15.71	Marita Walton	Maryland Open	College Park, MD	20-Apr-80
52'4¼"	15.96	Marita Walton	Penn Relays	Philadelphia, Pennsylvania	26-Apr-80
52'5¼"	15.98	Marita Walton	Assoc. Intercol. Athletics Women Chan	Eugene, Oregon	24-May-80
52'6¼"	16.02	Marita Walton	Maryland Invitational Women T&F	College Park, Maryland	19-Apr-81
54'0"	16.46	Marita Walton	Penn Relays	Philadelphia, Pennsylvania	23-Apr-81
54'4"	16.56	Marita Walton	Penn Relays	Philadelphia, Pennsylvania	22-Apr-82
55'9"	16.99	Marita Walton	Martin Luther King Games	Stanford, California	2-Apr-83
Discus, Women					
64'3"	19.590	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	England WAAA Championships	Woolwich, England	28-Jun-24
74'0"	22.550	Sophie Pierce-Evans/Eliott-Lynn/Heath/Williams		Battersea Park, England	25-Jul-25
85'2"	25.960	Maeve Kyle	Pentathlon	Stoke, England	13-Sep-58
109'1"¼	33.260	Rosemary Reilly	AAU Championships	Santry, Dublin	23-Jun-65
122'7"¼	37.382	Rosemary Murphy	National Championships	Tipperary	17-Sep-67
124'8"½	38.010	Rosemary Murphy		Dublin	27-Sep-67
125'0"½	38.112	Maria Dunne	National Championships	Mardyke, Cork	29-Jul-73
129'8"	39.522	Gay Porter-Hogan	National League	Iveagh Grds., Dublin	14-May-74
131'4"	40.030	Gay Porter-Hogan	Guinness Sports	Iveagh Grds., Dublin	22-Jun-74

135'10"	41.402	Gay Porter-Hogan	Civil Service Sports	College Park, Dublin	23-Jun-74
141'11"	43.256	Gay Porter-Hogan	Graded meeting	Belfield, Dublin	26-Jun-74
142'1"½	43.319	Gay Porter-Hogan	WAAA Championships, 7 th	London, England	19-Jul-75
143'10"	43.840	Marita Walton	Leinster Schools Champs - Inter Girls	Belfield, Dublin	27-May-76
146'3¾"	44.589	Marita Walton	WAAA Junior Championships	Crystal Palace, London	20-Aug-76
147'10"¾	45.080	Marita Walton	Europa Cup	Santry, Dublin	17-Jul-77
152'0"	46.329	Patricia Walsh	National Championships	Santry, Dublin	30-Jul-77
157'2"½	47.920	Patricia Walsh	Westlands Cup	Sittard, Netherlands	17-Jun-78
157'7"	48.031	Patricia Walsh	Schools Championships	Belfield, Dublin	10-Jun-78
158'4"	48.260	Patricia Walsh	National Championships	Belfield, Dublin	22-Jul-78
170'4"	51.920	Patricia Walsh	Donore H. - Calor K	Belfield, Dublin	10-Jul-79
53.76		Patricia Walsh	Invitational	Belfield, Dublin	25-Apr-80
54.36		Patricia Walsh	Leevale-Brooks	Mardyke, Cork	16-May-80
54.36		Patricia Walsh	Vandendries Trophy	Belfield, Dublin	1-Jun-80
179'4"	54.66	Patricia Walsh	Triple Dual Meet	Stanford, California	24-Mar-82
182'10"	55.72	Patricia Walsh	Penn Relays	Philadelphia, Pennsylvania	22-Apr-82
56.30		Patricia Walsh	Triangular	Knoxville, Tennessee	1-May-82
187'2"	57.048	Patricia Walsh	Tom Black Classic	Knoxville, Tennessee	21-May-82
57.60		Patricia Walsh	National Championships	Santry, Dublin	7-Jul-84

Hammer, Women

34.86		Una Cosgrave	National Championships	Tullamore	25-Jul-87
39.78		Breda Wall	National Championships	Santry, Dublin	23-Jul-88
42.40		Elaine Hayes	National Championships	Tullamore	14-Jul-90
44.90		Lorraine Shaw	National Championships	Santry, Dublin	11-Jul-92
45.32		Olivia Kelleher	Inter-Varsity	Belfast	20-Apr-96
47.10		Olivia Kelleher	RyanVandendries	Santry, Dublin	11-May-96
52.16		Olivia Kelleher	Westathletic	Santry, Dublin	9-Jun-96
56.22		Olivia Kelleher	Graded Meeting	Santry, Dublin	30-Jul-97
56.34		Olivia Kelleher	University T&F Meeting	Manchester, England	18-Apr-99
57.53		Olivia Kelleher	Universities T&F Championships	Mary Peters, Belfast	24-Apr-99
58.48		Nicola Coffey	Big East	New Brunswick, New Jersey	6-May-01
60.28		Eileen O'Keeffe	Europa Cup 2	Talinn, Estonia	22-Jun-02
61.10		Eileen O'Keeffe	Dublin International	Santry, Dublin	19-Jul-02
61.46		Eileen O'Keeffe	Europa Cup 1	Lappeenranta, Finland	22-Jun-03
63.25		Eileen O'Keeffe	Mazda T&F League	Tullamore	3-Aug-03
64.66		Eileen O'Keeffe	Mazda League Finals	Tullamore	15-Aug-04
67.03		Eileen O'Keeffe	Leinster Senior T&F Champs	Tullamore	5-Jun-05
68.14		Eileen O'Keeffe	National Championships	Santry, Dublin	23-Jul-05
69.36		Eileen O'Keeffe	Dublin International	Santry, Dublin	30-Jul-05
69.36		Eileen O'Keeffe	Dublin International	Santry, Dublin	30-Jul-05
69.44		Eileen O'Keeffe	Europa Cup 1	Vaasa, Finland	24-Jun-07
73.21		Eileen O'Keeffe	National Championships	Santry, Dublin	21-Jul-07

Javelin, Women

56'2"	17.12	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Women's World Games Trials	Paddington, London	11-Aug-22
83'1"	25.33	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	Meeting International d'Education Phy	Stade Tir, Monaco	6-Apr-23
107'9"	32.84	Sophie Pierce-Evans/Eliott-Lynn/Heath/Wi	England WAAA Championship	Woolwich, London	28-Jun-24
116'10"	35.620	Gay Hogan	League Final	Belfield, Dublin	9-Jul-74
125'11¼"	38.400	Sandra O'Toole	FISEC Girls' Games	Lisboa, Portugal	18-Apr-73
41.32		Sandra O'Toole	English Schools Athletic Champs	Shrewsbury, England	13-Jul-74
41.76		Linda Kennedy	National Championships	Belfield, Dublin	23-Jul-78
43.36		Margaret Crosse	Vandendries	Belfield, Dublin	27-May-79
43.92		Margaret Crosse	Vandendries	Belfield, Dublin	9-May-82
44.00		Dara Shakespeare	Vandendries	Belfield, Dublin	9-May-82
45.04		Brenda Walsh	Vandendries	Belfield, Dublin	9-May-82
47.52		Brenda Walsh	Yoplait International	Antrim	12-Jun-82
49.96		Dara Shakespeare	QUB v TCD v Univ. Edinburgh	Mary Peters, Belfast	20-Apr-85
48.10		Dara Shakespeare	Universities Championships	Mardyke, Cork	4-May-85
50.42		Mary T. Real	Munster Championships	Waterford	20-Jun-92

New Specification from 1st April 1999

47.72		Alison Moffit		Belfast	21-Aug-99
50.10		Jennifer O'Sullivan	Mazda, Div.1., Pool 2	Navan	18-Jul-04
54.92		Anita Fitzgibbon	National Championships	Santry, Dublin	27-Jul-13

5,000m Walk, Women

24.08.0		Marie Walsh	National Championships	Tullamore	9-May-89
23.05.1		Lisa Sheridan	National Championships	Belfield, Dublin	24-Jul-93
22.27.61		Lisa Sheridan	NSW Championships	Sydney, Australia	14-Feb-95
22.00.05		Deirdre Gallagher	National Championships	Santry, Dublin	16-Jun-96

21.35.62		Deirdre Gallagher	National U23 Championships	Tullamore	23-Jun-96
21.18.96		Gillian O'Sullivan	Castleisland Open	Castleisland, Kerry	11-Jun-00
20.50.13		Gillian O'Sullivan	National Championships	Santry, Dublin	11-Jul-01
20.02.60	WR	Gillian O'Sullivan	National Championships	Santry, Dublin	14-Jul-02

10km Walk, Women

47.44		Marie Walshe	Softeland GP	Bergen, Norway	00-May-90
47.22		Perri Williams	Kilkenny Festival Open Walks	Kilkenny Castle Grounds	19-Jun-92
46.31		Lisa Sheridan	World Championships	Stuttgart, Germany	14-Aug-93
46.24		Lisa Sheridan	AUS National Championships	Melbourne, Australia	22-Feb-95
45.12		Deirdre Gallagher	European Grand Prix	Douglas, Isle of Man	24-Feb-96
43.29		Gillian O'Sullivan	European Grand Prix	Phoenix Park	15-Jul-00
43.22		Olive Loughnane	IAAF Challenge Final	Saransk, Russia	19-Sep-09

20km Walk, Women

1.40.13		Lisa Sheridan	AUS National Championships	Melbourne, Australia	13-Dec-98
1.36.44		Gillian O'Sullivan	UK Championships	Leamington, England	21-Mar-99
1.33.08		Gillian O'Sullivan	European Grand Prix	Douglas, Isle of Man	19-Feb-00
1.31.31		Gillian O'Sullivan	European Cup	Eisenhutzenstadt, Germany	17-Jun-00
1.31.13		Gillian O'Sullivan	European Cup	Dudince, Slovakia	19-May-01
1.29.57		Gillian O'Sullivan	EAA Permit	Douglas, Isle of Man	17-Feb-02
1.29.53		Gillian O'Sullivan	Commonwealth Trials	Manchester, England	21-Apr-02
1.29.12		Gillian O'Sullivan	European Grand Prix	Dublin	15-Jun-02
1.28.46		Gillian O'Sullivan	European Championships	Munich, Germany	7-Aug-02
1.27.22		Gillian O'Sullivan	IAAF Challenge	Sesto San Giovanni, Italy	1-May-03

Heptathlon, Women

4,788		Joy Murphy	Open Combined Events	Tullamore	30/31-May-81
		00.00 0.00 00.00 00.00 0.00 00.00 2:19.8			
4974		Joy Murphy	National Championships	Tullamore	29/30-Aug-81
		15.68 1.57 10.01 25.87 0.00 00.00 0:00.0			
5,033		Brid Hallissey	National Championships	Tullamore	14/15-Jul-90
		14.54, 1.64, 10.74, 26.30, 5.42, 34.18, 2:22.9			
5,110		Brid Hallissey	Combined Events International	Sittard, Netherlands	21/22-Jul-90
		14.57 1.65 11.06 26.90 5.48 33.20 2:19.7			
5,139		Brid Hallissey	Home Countries Combined Events	Waterford	15/16-Sep-90
		14.62 1.66 10.83 25.90 5.46 34.26 2:19.80			
5,217		Brid Hallissey	National Championships	Waterford	15/16-Jun-91
		14.74 1.66 11.30 25.90 5.54 37.02 2:20.90			
5,236		Brid Hallissey	Europa Cup	Hechtel, Belgium	10/11-Jul-93
		14.59 1.66 11.52 26.07 5.45 34.58 2:17.09			
5,394		Sharon Foley	Combined Events International	Hemel Hempstead, London, England	23/24-Aug-97
		14.72 1.78 10.94 25.68 5.81 33.42 2:20.86			
5,399		Mairead Murphy	Big 12	Manhattan, Kansas	11/12-May-12
		13.88/1.1 1.63 11.31 24.61/0.4 5.66w/2.5 31.59 2:18.80			
5,442		Kelly Proper	Multistars	Firenze, Italy	2/3-May-13
		14.80/0.0 1.66 10.40 24.10/-1.0 6.31/1.2 34.11 2:26.28			
5,545		Elizabeth Morland	National Championships	Santry, Dublin	28/29-May-16
		13.92/0.6 1.70 10.53 24.95/0.6 5.75w/2.3 39.84 2:21.22			
5,669		Elizabeth Morland	Meeting Internacional de Prue	Arona, Spain	3/4-Jun-17
		14.01/-0.3 1.76 10.78 25.13/0.4 5.87/0.6 41.98 2:22.30			
5,801		Elizabeth Morland	European Juniors	Grosetto, Italy	20/21-Jul-17
		13.94/-1.5 1.78 11.47 24.76/-1.2 6.01/-0.1 43.74 2:23.93			
5,815		Elizabeth Morland	Meeting Internacional de Prue	Arona, Spain	2/3-Jun-18
		13.63w/2.1 1.70 11.49 24.99/0.0 6.12/0.0 43.49 2:22.23			
5,881		Kate O'Connor	Multistars	Desenzano Del Garda, Italy	27/28-Apr-19
		14.48/-0.6 - 1.72 - 13.48 - 25.20/-0.3 / 5.86/+1.1 - 49.31 - 2:21.15			
6,093		Kate O'Connor	European Juniors	Bopras, Sweden	18/19-Jul-19
		14.61/-1.3 1.81 13.41 24.82/0.0 5.73/-1.0 52.92 2:16.98			

4x100m Relay, Women

49.4	National Team		Spain v IRL v Netherlands	Workers' University Stadium, Gijon, Spain	18-Jul-71
		tbc			
48.1	National Team		Ireland v Portugal	Lisbon, Portugal	10-Aug-74
		Ann Jeffords, Aileen Morrisson, Mary Appleby, Ruth Algar			
47.4	National Team			Osijek, Croatia	14-Jun-75
		Ann Jeffords, Mary Doyle, Ruth Algar, Mary Appleby			
47.43	National Team		Europa Cup	Belfield, Dublin	17-Jul-77
		Ruth Algar, K Donnelly, Mary Doyle, Ann Jeffords			
46.71	National Team		Europa Cup Semi-Final	Sittard, Netherlands	1-Jul-79
		Nora O'Grady, Patricia Amond, Mary Doyle, Michelle Walsh			
46.12	National Team			Santry, Dublin	20-Aug-83

45.6	Noelle Morrisey, Mary Parr, Pauline Mullins, Olive Burke National Team		Santry, Dublin	11-Jun-94
44.92	Karen Shinkins, Nicola Moore, Marissa Smith, Terri Horgan National Team	Europa Cup	Riga, Latvia	23-Jun-01
44.68	Emily Maher, Sarah Reilly, Derval O'Rourke, Ciara Sheehy National Team	Europa Cup	Leiria, Portugal	18-Jun-05
44.4	Derval O'Rourke, Anna Boyle, Ailis McSweeney, Ciara Sheehy National Team		Prague, Czech Republic	17-Jun-06
43.93	Emily Maher, Anna Boyle, Ailis McSweeney, Ciara Sheehy National Team	European Championships	Barcelona, Spain	31-Jul-10
43.84	Amy Foster, Niamh Whelan, Claire Brady, Ailis McSweeney National Team	European Championships	Zurich, Switzerland	16-Aug-14
43.8	Amy Foster, Kelly Proper, Sarah Lavin, Phil Healy National Team	European Championships	Berlin, Germany	11-Aug-18
	Joan Healy, Phil Healy, Ciara Neville, Gina Akpe-Moses			

4x400m Relay, Women

3.45.8	Clonliffe Harriers	WAAA Championships	Crystal Palace, London	27-Jun-70
3.37.4	Padraigin Moore, Jean O'Neill, Ann Cummins, Claire Walsh National Team	Europa Cup	Lyngby, Denmark	30-Jun-73
3.34.90	Padraigin O'Dwyer, Claire Walsh, Mary Tracey, Aileen Morrison National Team		Santry, Dublin	21-Aug-83
3.32.56	Patricia Walsh, Mary Barnwell, Mary Parr, Caroline O'Shea National Team	World Championships	Rome, Italy	5-Sep-87
3.32.24	Michele Carroll , Barbara Johnson, Patricia Walsh, Patricia Amond National Team	Olympic Games	Sydney, Australia	29-Sep-00
3.31.51	Karen Shinkins, Martina McCarthy, Ciara Sheehy, Emily Maher National Team		Prague, Czech Republic	18-Jun-06
3.30.11	Michelle Carey, Elaine McCaffrey, Ciara Sheehy, Joanne Cuddihy National Team	European Championships	Barcelona, Spain	31-Jul-10
3.27.48	Marian Andrews, Joanne Cuddihy, Brona Furlong, Michelle Carey National Team	World Championships	Daegu, South Korea	2-Sep-11
	Marian Heffernan, Joanne Cuddihy, Claire Bergin, Michelle Carey			

4x800m Relay, Women

8.48.8	Clonliffe Harriers	WAAA Championships	Birmingham, UK	3-Jul-71
	Padraigin Moore, Jean O'Neill, Ann Cummins, Claire Walsh			

Indoors

Men

60m

6.98	TJ Kearns	Nenagh International	Nenagh	26-Jan-91
6.95	Stuart McQuade	National Indoors	Nenagh	6-Mar-94
6.92	Gary Ryan	Munster Championships	Nenagh	5-Jan-98
6.88	Gary Ryan	BLE Games	Nenagh	11-Jan-98
6.88	Donal McCarthy	National Indoors	Nenagh	12-Feb-99
6.82	Ciaran McDonagh	NACAI Indoors	Nenagh	8-Mar-98
6.75	Gary Ryan	World Indoor Trials	Birmingham, England	1-Mar-03
6.73	Gary Ryan	World Indoor Trials	Birmingham, England	1-Mar-03
6.66	Paul Hession	Classic Permit Meeting	Vienna, Austria	30-Jan-07
6.63	Paul Hession	National Indoors	Belfast	18-Feb-07
6.61	Paul Hession	European Indoors	Birmingham, England	3-Mar-07

200m

22.47	Peter Sinclair	European Indoors	Glasgow, Scotland	4-Mar-90
22.40	Gary Ryan	National Indoors	Nenagh	6-Mar-94
22.26	Gary Ryan	National Indoors	Nenagh	6-Mar-94
22.12	Peter Lyons	National Indoors	Nenagh	19-Feb-95
22.02	Gary Ryan	AAA Indoors	Birmingham, England	26-Feb-96
21.96	Gary Ryan	Intervarsities	Nenagh	15-Dec-96
21.77	Gary Ryan	Scottish Indoors	Kelvin Hall, Glasgow, Scotland	19-Jan-97
21.64	Gary Ryan	Scottish Indoors	Kelvin Hall, Glasgow, Scotland	19-Jan-97
21.49	Gary Ryan	AAA Indoors	Birmingham, England	26-Jan-97
21.27	Gary Ryan	AAA Indoors	Birmingham, England	26-Jan-97
21.13	Gary Ryan	World Indoors	Paris, France	7-Mar-97
21.06	Gary Ryan	Birmingham Games	Birmingham, England	
20.99	Gary Ryan	Birmingham Games	Birmingham, England	23-Feb-03
20.75	Paul Brizzel	World Indoor Trials	Birmingham, England	2-Mar-03

300m					
34.28		Rob Daly	Cardiff International	Cardiff, Wales	9-Feb-03
34.06		Cillin Greene		Athlone	12-Dec-19
400m					
49.0		Fanahan McSweeney	Midland Counties Promotion	Cosford, Shropshire, England	12-Jan-74
47.52		Derek O'Connor		Boston, MA, USA	8-Mar-87
47.33		Tomas Coman	Scottish Championships	Kelvin Hall, Glasgow	20-Jan-02
46.49		Tomas Coman	European Indoors	Vienna, Austria	1-Mar-02
46.34		Tomas Coman	European Indoors	Vienna, Austria	2-Mar-02
46.24		Paul McKee	World Indoors	Birmingham, England	15-Mar-03
45.99		Paul McKee	World Indoors	Birmingham, England	16-Mar-03
45.91		David Gillick	PSD Bank Meeting	Dusseldorf, Germany	6-Feb-07
45.52		David Gillick	European Indoors	Birmingham, England	3-Mar-07
45.52		David Gillick	Birmingham Grand Prix	Birmingham, England	20-Feb-10
440 Yards					
46.3		Fanahan McSweeney	Astrodome-Federation National Indoor	Houston, TX, USA	11-Feb-70
800m					
1.53.0		Ronnie Delany	Millrose Games	New York, NY, USA	5-Feb-55
1.50.4		Noel Carroll	Millrose Games	New York, NY, USA	30-Jan-64
1.49.7		Noel Carroll	European Indoors	Dortmund, Germany	27-Mar-66
1.47.6		Noel Carroll	European Indoors	Belgrade, Serbia	8-Mar-67
1.47.26		James Nolan	Ricoh Grand Prix	Stockholm, Sweden	25-Feb-99
1.47.21		Daniel Caulfield	Valentine	Boston, MA, USA	10-Feb-01
1.46.82		Mark English	AAI Games	Athlone	2-Feb-14
1500m					
3.44.3		Frank Murphy	European Indoors	Sofia, Bulgaria	14-Mar-71
3.41.5		John Hartnett		New York, NY, USA	8-Feb-74
3.39.8		Niall O'Shaughnessy	US Olympic Invitational	Los Angeles, CA, USA	4-Feb-78
3.37.7	WR	Eamonn Coghlan	Jack-in-the-Box Invitation Meet	San Diego, CA, USA	16-Feb-79
3.35.6	WR	Eamonn Coghlan	Jack-in-the-Box Invitation Meet	San Diego, CA, USA	20-Feb-81
3.35.6	WR	Marcus O'Sullivan	Vitalis/Meadowlands Invitational Meet	East Rutherford, NJ, USA	10-Feb-89
3.35.4		Marcus O'Sullivan		East Rutherford, NJ, USA	13-Feb-88
One Mile					
4.11.2		Ronnie Delany	Boston Knights	Boston, MA, USA	14-Jan-56
4.06.3		Ronnie Delany	67th Boston AA Meet	Boston, MA, USA	28-Jan-56
4.03.8		Ronnie Delany	Chicago Daily News	Chicago, IL, USA	16-Mar-57
4.03.4	WR	Ronnie Delany	Chicago Daily News	Chicago, IL, USA	14-Mar-58
4.02.5	WR	Ronnie Delany	USA Championships	New York, NY, USA	21-Feb-59
4.01.4	WR	Ronnie Delany	NY Knights of Columbanus	New York, NY, USA	7-Mar-59
3.59.8		John Hartnett	Maple Leaf Games	Toronto, Canada	15-Feb-74
3.59.7		Eamonn Coghlan	National Invitational Meet	Cole Park, Maryland College, MD, USA	9-Jan-76
3.59.3		Eamonn Coghlan	Toronto Star Maple Leaf Games	Toronto, Canada	13-Feb-76
3.55.4	ER	Niall O'Shaughnessy	Quadranglar Meet	Hearnes Bldg., Columbus, MO, USA	28-Jan-77
3.55.0		Eamonn Coghlan	Millrose Games	New York, NY, USA	9-Feb-79
3.52.6	WR	Eamonn Coghlan	Jack-in-the-Box Invitation Meet	San Diego, CA, USA	16-Feb-79
3.50.6	WR	Eamonn Coghlan	Jack-in-the-Box Invitation Meet	San Diego, CA, USA	20-Feb-81
3.49.78	WR	Eamonn Coghlan	Vitalis/Meadowlands Invitational Meet	East Rutherford, NJ, USA	27-Feb-83
2000m					
4.54.07		Eamonn Coghlan		Inglewood, CA, USA	21-Feb-87
3000m					
8.02.23		Donie Walsh		Houston, TX, USA	12-Feb-71
7.53.33		John Treacy		Boston, MA, USA	1-Feb-78
7.44.28		Eamonn Coghlan	Dallas Times Herald Invitational Meet	Reunion Arena, Dallas, TX, USA	2-Feb-85
7.41.14		Frank O'Mara	World Indoors	Seville, Spain	10-Mar-91
7.38.59		Alistair Cragg	Tyson Invitational	Fayetteville, AR, USA	14-Feb-04

2 Miles					
9.07.1		Peter McArdle		New York, NY, USA	13-Feb-60
8.49.6		Peter McArdle		Boston, MA, USA	14-Jan-61
8.48.6		Tom O'Riordan		Boston, MA, USA	1-Feb-64
8.47.8		Tom O'Riordan		Wembley, ENG	11-Jan-64
8.26.6		John Hartnett	Knights of Columbus Games	Uniondale, NY, USA	12-Jan-74
8.20.84		Eamonn Coghlan	Dallas Times Herald Invitational Meet	Reunion Arena, Dallas, TX, USA	2-Feb-85
5000m					
13.30.90		John Treacy	Astrodome Invitational Meet	Houston TX, USA	16-Feb-80
13.28.93		Alistair Cragg	NCAA Championships	Fayetteville, AR, USA	14-Mar-03
3 Miles					
13.40.0		Tom O'Riordan	AAU Championships	New York, NY, USA	22-Feb-64
13.25.9		Derek Graham	AAU Championships	Oakland, CA, USA	4-Mar-67
13.20.10		John Treacy	NCAA Championships	Detroit, MI, USA	11-Mar-78
60m Hurdles					
8.08		TJ Kearns	European Indoors	The Hague, Netherlands	19-Feb-89
7.82		TJ Kearns	European Indoors	Glasgow, Scotland	4-Mar-90
7.80		TJ Kearns	European Indoors	Glasgow, Scotland	4-Mar-90
7.73		TJ Kearns	AAA Indoors	Cosford, England	3-Feb-91
7.69		TJ Kearns	World Indoors	Seville, Spain	9-Mar-91
7.67		Peter Coghlan	Kroger	Blacksburg, VA, USA	13-Feb-99
7.57		Peter Coghlan	Last Chance	Blacksburg, VA, USA	26-Feb-99
5000m Walk					
19.39.41		Jimmy McDonald	National Indoors	Nenagh	12-Mar-88
19.25.98		Jimmy McDonald	World Indoors	Budapest, Hungary	5-Mar-89
19.24.91		Jimmy McDonald	World Indoors	Seville, Spain	10-Mar-91
19.12.31		Robert Heffernan	National Indoors	Nenagh	4-Feb-01
18.53.09		Robert Heffernan	National Indoors	Nenagh	17-Feb-02
18.51.46		Robert Heffernan	National Indoors	Odyssey Arena, Belfast	26-Jan-08
18.50.70		Alex Wright	National Indoors	National Indoor Arena, Dublin	18-Feb-17
High Jump					
5'10"	1.778	Hugh Miller		Liverpool	28-Mar-68
2.13		Andrew Gatt	Cornell Indoors Relays	Ithaca, NY, USA	9-Dec-90
2.20		Mark Mandy	European Indoors	Paris, France	12-Mar-94
2.26		Mark Mandy	Midland Counties Open Meeting	Birmingham, England	2-Feb-97
2.28		Brendan Reilly	International Meeting	Reykjavik, Iceland	5-Mar-00
2.28		Adrian O'Dwyer	HUN Championships	Budapest, Hungary	24-Feb-04
Pole Vault					
4.70		Liam Hennessy		Philadelphia, PA	1978
5.02		John Hallissey		Glasgow, Scotland	19-Jan-97
5.09		Brian McGovern	MAAC	New York, NY	18-Feb-11
5.15		Brian McGovern	IC4A	Boston, MA, USA	5-Mar-11
5.22		Brian McGovern		New York, NY	23-Feb-12
Long Jump					
7.49		Colm Cronin			1977
7.59		Ciaran McDonagh	European Indoors	Stockholm, Sweden	8-Mar-96
7.62		Ciaran McDonagh	AAL Games	Nenagh	17-Jan-99
7.64		Ciaran McDonagh		Boone, NC, USA	19-Jan-02
7.85		Ciaran McDonagh	VT Challenge	Blacksburg, VA, USA	9-Feb-02
8.00		Ciaran McDonagh	VT Invitational	Blacksburg, VA, USA	14-Jan-06
Triple Jump					
43'6"	13.26	Dan Ahearn	AAU Championships	New York, NY, USA	1-Dec-08
48'0"	14.63	Dan Ahearn	AAU Championships	New York, NY, USA	5-Oct-09
48'2" ¾	14.70	Dan Ahearn	AAU Championships	New York, NY, USA	31-Oct-10
15.16		Sean Power	AAA Championships	Cosford, England	10-Jan-69
16.27		Colm Cronin	NCAA Championships	Detroit, MI, USA	10-Mar-78
Shot Put					
42'10" ¾	13.065	James Mitchell		Boston, MA, USA	15-Feb-90

17.09	Phil Conway		Springfield, MO, USA	18-Dec-72
17.59	Gerry McEvoy		Oklomaha City, OK	`1980
17.70	Eugene Diviney			1981
18.07	Paul Quirke	Millrose Games	New York, NY, USA	1-Feb-91
18.30	Sean Breathnach	National Championships	National Indoor Arena, Dublin	18-Feb-18

Hepathlon

4681	Kevin Atkinson		Cosford, England	1980
4735	John Naughton	National Indoor CE Championships	Nenagh	31-Jan-93
5492	Barry Walsh	AAA Championships	Birmingham	1993
5560	Joe Naughton	Reval Tallinn	Tallinn, Estonia	3-Feb-02
	7.23 7.02 13.90 2.04 8.43 4.15 2:42.85			

4x400m Relay

3.10.44	National Team	World Indoors	Budapest, Hungary	7-Mar-04
	Rob Daly, Gary Ryan, David Gillick, David McCarthy			
3.08.83	National Team	World Indoors	Budapest, Hungary	7-Mar-04
	Rob Daly, Gary Ryan, David Gillick, David McCarthy			

4x200m Relay (Inter Club)

1.31.91	Dublin City Harriers	National Indoors	Nenagh	12-Feb-94
1.30.6	University College Dublon	National Indoors	Nenagh	14-Jan-96

4x400m Relay (Inter Club)

3.24.98	University College Dublin	National Indoors	Nenagh	12-Feb-95
3.24.16	University College Dublin	National Indoors	Nenagh	14-Jan-96

Women

60m

7.38	Michele Carroll	AAA Championships	Birmingham, England	27-Feb-93
7.36	Emily Maher	National Championships	Belfast	19-Feb-06
7.36	Anna Boyle	MAZS	Budapest, Hungry	26-Jan-07
7.30	Anna Boyle	European Indoors	Birmingham, England	3-Mar-07
7.30	Ciara Neville	National U20 Championships	Athlone	29-Jan-17
7.30	Amy Foster	Indoor Games	London, England	28-Jan-18
7.27	Amy Foster	National Championships	National Indoor Arena Dublin	18-Feb-18

200m

23.92	Ciara Sheehy	UK Championships	Birmingham, England	28-Jan-01
23.66	Sarah Reilly	Birmingham Games	Birmingham, England	13-Jan-02
23.30	Sarah Reilly	Birmingham Games	Birmingham, England	13-Jan-02
23.17	Ciara Sheehy	UK Championships	Birmingham, England	2-Mar-03
23.10	Phil Healy	Athlone Grand Prix	Athlone	12-Feb-20

400m

54.23	Pauline Mullins			1983
53.63	Emma Nicholson	European Indoors	Stockholm, Sweden	10-Mar-96
53.45	Karen Shinkins	European Indoors	Valencia, Spain	3-Jan-98
52.85	Karen Shinkins	Nebiolo Memorial	Pireas, Greece	9-Feb-00
52.80	Karen Shinkins	European Indoors	Ghent, Belgium	26-Feb-00
52.74	Karen Shinkins	Pepsi Meeting	Blacksburg, VA, USA	10-Feb-01
52.31	Karen Shinkins	VT Challenge	Blacksburg, VA, USA	24-Feb-01
51.58	Karen Shinkins	VT Challenge	Blacksburg, VA, USA	9-Feb-02

800m

2.07.4	Claire Walsh	European Indoors	Sofia, Bulgaria	3-Mar-71
2.02.87	Aisling Molloy	European Indoors	Glasgow, Scotland	17-Feb-90
2.02.54	Ciara Everard	Athlone International	Athlone	10-Feb-13
2.02.46	Siofra Clerigh Buttner	NCAA	College Station, TX, USA	10-Mar-18

1500m

4.14.2	Mary Purcell	European Indoors	Sindelfingen, Germany	2-Mar-80
4.11.06	Sinead Delahunty-Evans	New Balance Games	New York, NY	8-Jan-00
4.08.66	Ciara Mageean	IPM	Karlsruhe, Germany	6-Feb-16
4.06.76	Ciara Mageean	Athloine International	Athlone	13-Feb-19

1 Mile

4.35.5	Mary Purcell	International T&F Competition	Claude Ribillard, Montreal, Canada	11-Feb-79
4.33.4	Monica Joyce	Indoor Games	Inglewood, USA	10-Feb-84
4.33.49	Sonia O'Sullivan	New England Champs	Harvard Univ., Boston, MA, USA	20-Jan-91
4.31.96	Sinead Delahunty-Evans	New Balance Games	Armory T&F Centre, New York	9-Jan-99
4.30.41	Sinead Delahunty-Evans	New Balance Games	Armory T&F Centre, New York	8-Jan-00
4.30.06	Roisin McGettigan	Reebok Games	Boston, MA, USA	7-Feb-09
4.28.40	Ciara Mageean	Milrose Games, Wanamaker Mile	New York, NY, USA	20-Feb-16
4.28.31	Ciara Mageean	New Balance Indoor Grand Prix	Boston, MA, USA	26-Jan-19

3000m

9.13.82	Regina Joyce		London, ENG	Sep-80
9.05.84	Valerie McGovern		Indianapolis, IA, USA	11-Mar-89
9.04.42	Roisin Smyth	European Indoors	Glasgow, Scotland	3-Mar-90
8.58.33	Sinead Delahunty-Evans		Altanta, GA, USA	4-Mar-95
8.46.19	Sonia O'Sullivan	World Indoors	Paris, France	8-Mar-97
8.44.37	Sonia O'Sullivan	World Indoors	Lisbon, Portugal	10-Mar-01
8.43.74	Mary Cullen	Valentine's International	Boston, MA, USA	13-Feb-09

5000m

16.13.0	Tina Maloney		Boston, MA, USA	28-Jan-89
16.02.08	Regina Joyce		Ypsilanti, MI, USA	17-Feb-89
15.48.17	Valerie McGovern		Indianapolis, IA, USA	9-Mar-90
15.17.28	Sonia O'Sullivan	Terrier Classic T&F Meeting	BU Armory, Boston, MA, USA	26-Jan-91

60m Hurdles

8.68	Brid Hallissey	AAA Indoors Pentathlon	Cosford, England	10-Mar-91
8.59	Susan Smith	IKON	Johnson City, TN, USA	23-Jan-98
8.35	Susan Smith-Walsh	IKON - SF	Johnson City, TN, USA	30-Jan-99
8.30	Susan Smith-Walsh	IKON - Final	Johnson City, TN, USA	30-Jan-99
8.22	Derval O'Rourke	European Indoors	Vienna, Austria	2-Mar-02
8.18	Derval O'Rourke	Quadrangular International Meeting	Cardiff, Wales	9-Feb-03
8.12	Derval O'Rourke	UK Championships	Birmingham, England	1-Mar-03
8.06	Derval O'Rourke	UK Championships	Sheffield, England	13-Feb-05
8.02	Derval O'Rourke	Elan	Bratislava, Slovakia	29-Jan-06
8.02	Derval O'Rourke	European Indoors	Madrid, Spain	5-Mar-05
7.98	Derval O'Rourke	UK Championships	Sheffield, England	12-Feb-06
7.90	Derval O'Rourke	Gaz	Lieven, France	3-Mar-06
7.90	Derval O'Rourke	National Championships	Belfast	19-Feb-06
7.87	Derval O'Rourke	World Indoors	Moscow, Russia	11-Mar-06
7.84	Derval O'Rourke	World Indoors	Moscow, Russia	11-Mar-06

3000m Walk

15.24.72	Marie Walsh	National Championships	Nenagh	1988
13.52.20	Marie Walsh	National Championships	Nenagh	1990
13.51.95	Marie Walsh	National Championships	Nenagh	1991
13.32.91	Deirdre Gallagher	National Championships	Nenagh	6-Mar-94
12.57.21	Deirdre Gallagher	National Championships	Nenagh	19-Feb-95
12.41.41	Deirdre Gallagher	National Championships	Nenagh	16-Mar-96
12.33.11	Gillian O'Sullivan	UK National Championships	Birmingham, England	29-Jan-00
12.28.97	Gillian O'Sullivan	National Championships	Nenagh	13-Feb-00
12.23.45	Gillian O'Sullivan	UK National Championships	Birmingham, England	27-Jan-01

12.20.62		Gillian O'Sullivan	National Championships	Nenagh	4-Feb-01
12.17.56		Gillian O'Sullivan	UK National Championships	Cardiff, Wales	2-Feb-02
11.35.34	WR	Gillian O'Sullivan	National Championships	Belfast	15-Feb-03
High Jump					
1.78		Bridget Corrigan	British Junior Indoor Champs	Cosford, Shropshire, England	22-Mar-80
1.81		Laura Sharpe	All Star Invitation Meeting	Nenagh	29-Dec-91
1.85		Laura Sharpe	All Star Invitation Meeting	Nenagh	17-Jan-93
1.85		Laura Sharpe	National Indoors Champs	Nenagh	6-Mar-94
1.86		Sharon Foley	International HJ Competition	Stafford	3-Mar-96
1.86		Sharon Foley	UK Championships	Birmingham	26-Jan-97
1.88		Deirdre Ryan	AAI Games	Nenagh	16-Jan-05
1.90		Deirdre Ryan	Scottish Championships	Glasgow, Scotland	23-Jan-05
1.93		Deirdre Ryan	Nordrhein Championships	Leverkusen, Germany	18-Jan-09
Pole Vault					
4.00		Zoe Brown	National Championships	Belfast	7-Feb-09
4.05		Zoe Brown	UK Championships	Sheffield, England	14-Feb-09
4.20		Zoe Brown	Celtic Cup	Cardiff, Wales	22-Feb-09
4.21		Tori Pena	Preview	Seattle, WA, USA	15-Jan-11
4.30		Tori Pena	Classic	Albuquerque, NM, USA	4-Feb-11
4.31		Tori Pena	Scottish Championships	Glasgow, Scotland	26-Feb-11
4.35		Tori Pena	European Indoors	Paris, France	5-Mar-11
4.45		Tori Pena	Tune Up	Flagstaff, AZ, USA	14-Feb-13
4.45		Tori Pena	PV Summit	Reno, NV, USA	20-Jan-12
4.46		Tori Pena	Classic	Albuquerque, NM, USA	7-Feb-15
Long Jump					
6.09		Terri Horgan	AAA Championships	Cosford	3-Feb-90
6.19		Kelly Proper	National Championships	Belfast	17-Feb-07
6.19		Kelly Proper	National Championships	Belfast	18-Feb-06
6.25		Kelly Proper	AAI Games	Nenagh	13-Jan-08
6.28		Kelly Proper	National Championships	Belfast	26-Jan-08
6.32		Kelly Proper	National Championships	Belfast	8-Feb-09
6.32		Kelly Proper	Celtic Cup	Cardiff, Wales	3-Feb-08
6.44		Kelly Proper	UK Championships	Sheffield, England	14-Feb-09
6.59		Kelly Proper	European Indoors	Turin, Italy	6-Mar-09
6.62		Kelly Proper	ASVO	Vienna, Austria	23-Jan-10
Triple Jump					
12.28		Siobhan Hoey			
12.38		Siobhan Hoey	National Championships	Nenagh	23-Feb-97
12.59		Taneisha Scanlon	Winter	Fairfax, VA, USA	14-Feb-98
12.92		Taneisha Scanlon		Murfreesboro, TN, USA	23-Jan-99
13.00		Taneisha Scanlon		Cardiff, Wales	3-Feb-02
13.21		Taneisha Scanlon	Elan	Bratislava, Slovakia	30-Jan-05
13.21		Taneisha Scanlon		Budapest, Hungary	28-Jan-05
13.28		Taneisha Scanlon	UK Championships	Sheffield, England	12-Feb-05
Shot Put					
17.06		Marita Walton		New York, NY	26-Feb-82
Pentathlon					
3605		Brid Hallissey	National Championships	Nenagh	12-Feb-89
		0.00 0.00 10.70 0.00 2:26.0			
3673		Brid Hallissey	National Championships	Nenagh	3-Feb-91
		9.03 1.61 11.43 5.32 2:25.42			
3909		Brid Hallissey	National Championships	Nenagh	16-Feb-92
		8.88 1.68 11.88 5.50 2:22.38			
3934		Mairead Murphy	Big 12	College Dstation, TX, USA	24-Feb-12
		8.53 1.62 11.15 5.58 2:19.03			
4043		Elizabeth Morland	National Championships	Athlone	23-Jan-16
		8.56 1.76 10.75 5.74 2:24.70			
4108		Kate O'Connor	National Championships	Athlone	20-Jan-18
		9.09 1.79 12.63 5.62 2:20.80			
4150		Kate O'Connor	Tallinn International	Tallinn, Estonia	3-Feb-18
		9.24 1.77 12.45 5.90 2:18.83			
4174		Kate O'Connor	English Senior & U20 Championships	Sheffield, England	6-Jan-19

4211	9.14 1.74 13.27 5.98 2:21.62 Grace McKenzie	Samford Pentathlon	Birmingham, AL, USA	18-Jan-19
4214	8.69 1.74 11.47 5.81 2:13.51 Kate O'Connor	v 4 Nations	Cardiff, Wales	27-Jan-19
4230	9.02 1.74 12.77 5.94 2:17.22 Grace McKenzie	NCAA	Birmingham, AL, USA	8-Mar-19
	8.57 1.75 11.08 5.85 2:13.95			

4x400m Relay Inter Club

4.02.6	Nenagh Olympic	National Relays	Nenagh	12-Feb-94
3.45.27	Ireland U20	AAI Indoor Games	NIA, Abbottstown, Dublin	2-Feb-19