

**COUNTY LOUTH ATHLETICS - ALL-TIME BEST PERFORMERS**

**Men's 60m (standard 7.07/6.8)**

1	6.57 i		Israel Olatunde	UCD	1	Irish Indoor Championships	Dublin	19 Feb 2023
2	6.97 i		Aaron Rogers	Dundealghan	1= heat	Irish Indoor Championships	Nenagh	3 Feb 2001
3	6.99 i		Anthony Dillon	Dunleer	2 heat	Irish Indoor Championships	Dublin	27 Feb 2022
4	7.04 i		Leon King Abor	Boyne	2 U19	Irish Juv Indoor Championships	Athlone	19 Mar 2022
5	7.05 i		Seán Stratton	Boyne	4 heat	Irish Indoor Championships	Dublin	18 Feb 2024
6	7.07 i		Aaron McKenna	Lourdes	1	Irish Univ Indoor Championships	Nenagh	21 Jan 1994

**Men's 100m (standard 10.95/10.7)**

1	10.17	+0.1	Israel Olatunde	UCD	6	European Championships	Munich	16 Aug 2022
2	10.69		Barry Martin	Redeemer	1	NACAI National Championships	Cork (MTU)	13 Aug 1988
3	10.90	+1.9	Seán Stratton	Boyne	2	Leinster U20 Championships	Carlow	27 May 2023
4	10.92	+1.8	Leon King Abor	Boyne	1 U18	Leinster Juv Championships	Carlow	17 Jul 2021
	<i>10.4 w</i>	<i>+3.9</i>	<i>Barry Martin</i>	<i>Redeemer</i>	<i>1</i>	<i>ISL v IRL v SCO</i>	<i>Mosfellsbær, ISL</i>	<i>1 Jul 1990</i>

**Men's 200m (standard 22.18/21.9)**

1	21.41	0.0	Barry Martin	Redeemer	1	BLE National Championships	Tullamore	15 Jul 1990
2	21.80	+0.6	Israel Olatunde	UCD	4	Night of Sprints Meet	Belfast	4 Aug 2021
3	21.7		Noel Carroll	Civil Service H				
4	21.9	nwi	Thomas McGrane	South Dublin	3	Dundrum AC Sports	Dublin (Belfield)	5 Aug 1985
	<i>21.04 w</i>	<i>+4.0</i>	<i>Barry Martin</i>	<i>Redeemer</i>	<i>1 heat</i>	<i>BLE National Championships</i>	<i>Tullamore</i>	<i>14 Jul 1990</i>
	<i>21.42 w</i>	<i>+2.3</i>	<i>Israel Olatunde</i>	<i>Tallaght</i>	<i>4 F</i>	<i>PURE Athletics Spring Invitational Meet</i>	<i>Clermont, FL, USA</i>	<i>20 Apr 2024</i>
	<i>21.6 y str</i>		<i>Noel Carroll</i>	<i>Civil Service H</i>				
	<i>21.5 d</i>	<i>nwi</i>	<i>Thomas McGrane</i>	<i>South Dublin</i>	<i>3</i>	<i>BLE National League Round 1 (Div A)</i>	<i>Cork (MTU)</i>	<i>7 Jul 1985</i>

**Men's 400m (standard 49.31/49.1)**

1	46.83 A		Noel Carroll	Civil Service H	6 heat	Olympic Games	Mexico City, MEX	16 Oct 1968
2	48.2		Thomas McGrane	South Dublin	2	Northern Ireland Championships	Antrim	27 Jul 1985
3	49.10		Malachy Campbell	Dunleer	3	CSIT Championships	Lisbon, POR	9 Sep 1989
4	49.26		Barry Martin	Redeemer	1	NACAI National League Round 3	Belfast	9 Jun 1991
	<i>47.3 low</i>		<i>Noel Carroll</i>	<i>Civil Service H</i>	<i>1</i>	<i>Europa Cup Prelim Round (IRL v BEL v ISL)</i>	<i>Dublin (Santry)</i>	<i>24 Jun 1967</i>

**Men's 800m (standard 1:54.58/1:54.5)**

1	1:47.3 y	Noel Carroll	Civil Service H	1	Clonliffe Harriers Meet	Dublin (Santry)	23 Jul 1968
2	1:49.48	Eugene Curran	Clonliffe H	6 heat	European Jun Championships	Schwechat, AUT	26 Aug 1983
3	1:49.79	Neil Culhane	Ace	1 B	IMC Meet	Dublin (UCD)	10 Jun 2023
4	1:50.66	Tomás Cotter	Dunleer	4	BMC Gold Standard Meet	Stretford, ENG	21 Jul 2015
5	1:50.88	Darragh Greene	Dunleer	7	Belfast International Meet	Belfast	25 Jun 2013
6	1:51.9	John Hanratty	Dundalk H	4	BLE Dublin County Board Meet	Dublin (Belfield)	9 Aug 1978
7	1:51.92	Cian Gorham	St Peter's	2 C	IMC Meet	Belfast	13 May 2023
8	1:52.46	Alan McDonnell	Drogheda & D	1 dev	Dublin Graded Meet	Dublin (Santry)	16 Jul 2003
9	1:52.55	Fintan Reilly	Dunleer	3 heat	Irish Championships	Dublin (Santry)	6 Aug 2011
10	1:52.72	Garry Campbell	Dunleer	3 B	BMC Gold Standard Meet	Stretford, ENG	30 Jun 2015
11=	1:53.2	John Walsh	Lourdes				1981
11=	1:53.2	Eddie Melia	Dunleer		CSIT Meet	Waregem, BEL	23 Jul 1987

**Men's 1500m (standard 3:56.22/3:56.2)**

1	3:40.78	Keith Kelly	Drogheda & D	1	BMC Grand Prix Meet	Solihull, ENG	6 Aug 2003
2	3:41.66	Tomás Cotter	Dunleer	10	Greenville TC Meet	Greenville, SC, USA	4 Jun 2016
3	3:45.63	Garry Campbell	Dunleer	4 B	BMC Grand Prix Meet	Loughborough, ENG	23 Jun 2018
4	3:45.7	Eugene Curran	Clonliffe H	1	BLE National League Round 2 (Div A)	Dublin (Belfield)	27 Jul 1986
5	3:50.4	John Walsh	Lourdes				1981
6	3:51.04	Tadhg Donnelly	Drogheda & D	7 A	IMC Meet	Belfast	29 May 2021
7	3:51.11	Jack Boylan	Dunleer	7 B	BMC Grand Prix Meet	Loughborough, ENG	15 Jun 2019
8=	3:51.2	Eddie Melia	Dunleer		Dublin Graded Meet	Dublin (Santry)	5 Aug 1987
8=	3:51.2	Robert Maher	Boyne	5 invit	Dublin Graded Meet	Dublin (Santry)	25 Jul 1990
10	3:51.21	Gary O'Hanlon	Clonliffe H	5	BMC Gold Standard Meet	Watford, ENG	8 Aug 2007
11	3:51.25	Darragh Greene	Dunleer	8	IMC Meet	Tullamore	4 Jun 2011
12	3:51.90	Joe Callan	Holy Family	1	NACAI National Championships	Tullamore	19 Jul 1997
13	3:52.1	Brendan Smyth	Lourdes	1	London Championships	London (W London), ENG	1 Sep 1979
14	3:52.47 i	Cian Gorham	St Peter's	2	Irish U20 Indoor Championships	Athlone	20 Jan 2024
15	3:53.70	Aaron Hanlon	Clonliffe H	4	Le Chéile International Meet	Leixlip	27 Jun 2014
16	3:54.0	Noel Carroll	Civil Service H	13 A	Zauli Memorial Meet	Rome, ITA	16 May 1970
17	3:54.16	Keiron Kelly	Dunleer		Dublin Graded Meet	Dublin (Belfield)	30 Jun 1993
18	3:54.5	Liam Reilly	Boyne		Dublin Graded Meet	Dublin (Santry)	5 Jul 1989
19	3:55.4	Ollie Devine	Dunleer	2	NACAI National League Round 1	Cork (MTU)	10 May 1987
20	3:55.75	Conor Matthews	Dunleer	8 B	IMC Meet	Belfast	13 May 2023
21	3:56.0	David Carrie	Dunleer	3	NACAI Invitational Meet	Dublin (Belfield)	24 Aug 1986
22	3:56.2	Eamonn McMahon	Dundalk H	1	BLE National League Round 2 (Div B1)	Dublin (Belfield)	8 Jun 1979

**Men's 1 mile (standard 4:14.87/4:14.8)**

1	3:58.50	Tomás Cotter	Dunleer	8	Morton Games	Dublin (Santry)	24 Jul 2015
2	3:58.54	Eugene Curran	Clonliffe H	10	Cork City Sports	Cork (Mardyke)	8 Jul 1986
3	4:01.77	Keith Kelly	Drogheda & D	3	Maine Distance Festival	Brunswick, ME, USA	5 Jul 2003
4	4:05.94 i	Tadhg Donnelly	Drogheda & D	6 B	Trials of Miles Indoor Meet	New York (Armory), NY, USA	2 Mar 2024
5	4:09.5	Noel Carroll	Civil Service H	2	Philadelphia Metropolitan Intercollegiate Meet	Philadelphia, PA, USA	25 May 1963
6	4:09.99 i e	Charlie Breagy	Dunleer		Yale Univ Indoor Meet	New Haven, CT, USA	
7	4:10.05	Gary O'Hanlon	Clonliffe H	10	IMC v BMC	Dublin (Santry)	25 Jul 2008
8	4:12.5	Kevin Gormley	Phoenix H	1	NACAI Dublin Interclub Meet	Dublin (Iveagh Grounds)	30 Jun 1960
9	4:13.77 i	Aaron Hanlon	Clonliffe H	12 E	Valentine Indoor Invitational Meet	Boston, MA, USA	14 Feb 2015

**Men's 3000m (standard 8:27.69/8:27.6)**

1	7:56.17 i	Tomás Cotter	Dunleer	3	New England Indoor Championships	Cambridge, MA, USA	19 Feb 2017
2	7:56.37 i	Keith Kelly	Drogheda & D	1	New England Coll Indoor Championships	Boston, MA, USA	24 Feb 2001
3	8:01.1	Eugene Curran	Clonliffe H				
4	8:07.50 i	Tadhg Donnelly	Drogheda & D	4 B	Boston Univ Indoor Invitational Meet	Boston, MA, USA	3 Feb 2024
5	8:10.85	Aaron Hanlon	Clonliffe H	12	Morton Games	Dublin (Santry)	11 Jul 2014
6	8:13.99 i e	Charlie Breagy	Dunleer		Brown Univ Indoor Meet	Providence, RI, USA	1985
7	8:14.3	Gary O'Hanlon	Clonliffe H	2	Charnwood AC Open Meet	Loughborough, ENG	20 Aug 2008
8	8:14.4	Brendan Smyth	Lourdes	3	Thames Valley Harriers Open Meet	London (W London), ENG	5 Sep 1979
9	8:16.0	Liam Reilly	Lourdes	3	Dundrum AC Sports	Dublin (Belfield)	26 Aug 1984
10	8:16.41 i	Eddie Melia	Dunleer	4	SEC Indoor Championships	Gainseville, FL, USA	24 Feb 1990
11	8:16.81 i	Garry Campbell	Dunleer	1	Irish Univ Indoor Championships	Athlone	9 Feb 2018
12	8:20.9	Tadhg O'Donoghue	Lourdes	1	BLE National 3000m Team Championships	Dublin (Belfield)	4 Jun 1978
13	8:22.16	Simon Ryan	Raheny Shamrock	7	Dublin Graded Meet	Dublin (Santry)	19 May 2010
14	8:23.4	Eamonn McMahon	Dundalk H	2	Co Cork v QUB v UCC v UCD	Cork (Mardyke)	21 Jun 1979
15	8:23.81 i	Jack Boylan	Dunleer	7	Irish Indoor Championships	Dublin	17 Feb 2019
16	8:24.09	Darragh Greene	Dunleer	1	Dublin Graded Meet	Dublin (Santry)	30 Apr 2014
	8:40.8 y i	Peter McArdle	unattached	2	AAA Indoor Championships	London (Wembley), ENG	30 Mar 1964

**Men's 5000m (standard 14:30.81/14:30.8)**

1	13:50.44 i	Keith Kelly	Drogheda & D	3	NCAA Indoor Championships	Fayetteville, AR, USA	9 Mar 2001
2	13:53.12	Tadhg Donnelly	Drogheda & D	7 C	Raleigh Relays	Raleigh, NC, USA	28 Mar 2024
3	14:02.33	Eugene Curran	Clonliffe H	13	Ulster Games	Belfast	30 Jun 1986
4	14:05.99 i e	Charlie Breagy	Dunleer		Harvard Univ Indoor Invitational Meet	Cambridge, MA, USA	1984
5	14:07.8	Peter McArdle	New York	3	FRG v USA	Hanover, GER	31 Jul 1963
6	14:15.2	Brendan Smyth	Lourdes	4	Southern Counties Open Meet	London (C Palace), ENG	12 Sep 1979
7	14:16.22	Tomás Cotter	Dunleer	17 B	Stanford Invitational Meet	Stanford, CA, USA	3 Apr 2015
8	14:19.4	Paddy Coyle	Lourdes	4	Clonliffe Harriers International Meet	Dublin (Santry)	28 Jul 1971
9	14:21.65	Gary O'Hanlon	Clonliffe H	14	Nacht van de Atletiek Meet	Heusden-Zolder, BEL	28 Jul 2007
10	14:27.01 i	Aaron Hanlon	Clonliffe H	8	Terrier Classic Indoor Meet	Boston, MA, USA	28 Jan 2017
11	14:28.0	Eamonn McMahan	Dundealghan		BLE National Trials	Dublin (Santry)	4 Jun 1984
	<i>13:32.6 y i</i>	<i>Peter McArdle</i>	<i>unattached</i>	<i>2</i>	<i>US Indoor Championships</i>	<i>New York (MSG), NY, USA</i>	<i>22 Feb 1964</i>

**Men's 10000m (standard 30:39.44/30:39.4)**

1	28:32.55	Keith Kelly	Drogheda & D	2	Mt SAC Relays	Walnut, CA, USA	20 Apr 2001
2	29:03.4	Peter McArdle	unattached	1	Charles Brisbane Memorial Meet	Yonkers, NY, USA	3 May 1964
3	29:39.0	Paddy Coyle	Lourdes	2	BLE National Championships	Dublin (Santry)	10 Jul 1971
4	30:00.24	Aaron Hanlon	Clonliffe H	12	San Francisco State Distance Carnival	San Francisco, CA, USA	31 Mar 2017
5	30:13.39	Garry Campbell	Dunleer	1	Irish Univ Championships	Athlone	5 Apr 2019
6	30:19.63	Tadhg Donnelly	Drogheda & D	7 A	Northern Ireland Winter Graded Meet	Belfast	19 Dec 2020
7	30:33.99	Gary O'Hanlon	Clonliffe H	2	Irish Championships	Dublin (Santry)	7 Jul 2012
	<i>28:02.4 y +</i>	<i>Peter McArdle</i>	<i>unattached</i>	<i>n/a</i>	<i>Charles Brisbane Memorial Meet</i>	<i>Yonkers, NY, USA</i>	<i>3 May 1964</i>
	<i>30:14.0 sh</i>	<i>Tony Hartigan</i>	<i>Glenmore</i>	<i>2</i>	<i>NACAI National Championships</i>	<i>Dublin (Belfield)</i>	<i>31 Jul 1982</i>

**Men's Half Marathon (standard 1:07:37)**

1	1:04:20	Tony Hartigan	Dundealghan	1	Newry Half Marathon	Newry	10 Jun 1986
2	1:05:27	Paddy Coyle	Lourdes	2	Liffey Valley Half Marathon	Dublin to Celbridge	9 Jul 1978
3	1:06:26	Gary O'Hanlon	Clonliffe H	20	Antrim Coast Half Marathon	Larne	12 Sep 2020
4	1:06:38	Eamonn McMahan	Dundealghan	1	Omagh Half Marathon	Omagh	23 Mar 1996
5	1:06:41	Keith Kelly	Drogheda & D	15	Virginia Beach Half Marathon	Virginia Beach, VA, USA	3 Sep 2006

**Men's Marathon (standard 2:26:43)**

1	2:16:29	Gary O'Hanlon	Clonliffe H	12	Dublin Marathon	Dublin	27 Oct 2019
2	2:21:17	Paddy Coyle	Lourdes	2	BLE National Championships	Loughrea	5 Jun 1977
3	2:21:59	Eamonn McMahon	Dundealghan	9	Dublin Marathon	Dublin	25 Oct 1993
4	2:22:10	Stan Woods	Ardee DLS	17	Glasgow Marathon	Glasgow, SCO	22 Sep 1985
5	2:22:45	Tony Hartigan	Dundealghan	14	Dublin Marathon	Dublin	26 Oct 1987
6	2:23:24	Dave Reynolds	Lourdes	3	Berchem Marathon	Antwerp, BEL	17 Sep 1971
7	2:26:25	Peter McArdle	unattached	23	Olympic Games	Tokyo, JPN	21 Oct 1964
	<i>2:14:30 sh</i>	<i>Paddy Coyle</i>	<i>Lourdes</i>	<i>1</i>	<i>BLE National Championships</i>	<i>Portlaoise</i>	<i>27 Jun 1971</i>
	<i>2:17:12 sh</i>	<i>Peter McArdle</i>	<i>New York</i>	<i>1</i>	<i>Western Hemisphere Marathon</i>	<i>Culver City, CA, USA</i>	<i>9 Dec 1962</i>
	<i>2:21:59 sh</i>	<i>Tony Hartigan</i>	<i>Glenmore</i>	<i>1</i>	<i>NACAI National Championships</i>	<i>Dunboyne</i>	<i>17 Apr 1983</i>

**Men's 50km (standard 2:59:39)**

1	2:49:13	Gary O'Hanlon	Clonliffe H	1	Irish 50km Championships	Donadea	8 Feb 2020
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**Men's 60m Hurdles (standard 8.50/8.2)**

1	8.23 i	Aaron McKenna	Lourdes	4	English U20 Indoor Championships	Birmingham, ENG	13 Feb 1994
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**Men's 110m Hurdles (standard 15.22/14.9)**

1	14.65	legal	Aaron McKenna	Lourdes	2 heat	BLE National Championships	Dublin (Belfield)	24 Jul 1993
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**Men's 400m Hurdles (standard 54.90/54.7)**

1	55.6	Brian Donnelly	Crusaders (Dublin)	1	Dublin Graded Meet	Dublin (Belfield)	2 May 1978
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**Men's 3000m Steeplechase (standard 9:23.35/9:23.3)**

1	8:37.12	Tomás Cotter	Dunleer	4 C	Hoka One One Meet	Los Angeles, CA, USA	20 May 2016
2	8:40.57	Charlie Breagy	Dunleer	3	Gatorade Track Classic Meet	Knoxville, TN, USA	11 May 1985
3	8:47.00	Eddie Melia	Dunleer	3	BLE National Championships	Dublin (Santry)	14 Jul 1991
4	8:55.80	Keith Kelly	Drogheda & D	9	BMC Grand Prix Meet	Watford, ENG	10 Jun 2006
5	8:58.8	Eamonn McMahon	Dundalk H	2	BLE National Championships	Dublin (Belfield)	22 Jul 1979
6	9:19.86	Liam Reilly	Lourdes	4	BLE National Championships	Dublin (Santry)	24 Jul 1983

**Men's High Jump (standard 1.99)**

1	1.96		Mark Rogers	St Peter's	1 U18	Leinster Juv Championships	Tullamore	16 Jun 2013
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**Men's Pole Vault (standard 4.10)**

1	3.90		John Kierans	Dunleer	1	Leinster Championships	Tullamore	4 Jun 2001
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**Men's Long Jump (standard 6.90)**

1	7.11	nwi	Kevin Connolly	Dundalk			Maynooth	Apr 1949
2	6.93	nwi	Brendan Tiernan	Lourdes	1	Drogheda Interfactory League	Drogheda (CBS)	

**Men's Triple Jump (standard 14.49)**

1	14.98	+2.0	Michael Alajiki	Dundealgan	4	English U20 Championships	Chelmsford, ENG	17 Jun 2023
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**Men's Shot (standard 14.88)**

1	13.30		Kevin Wallace	Dundealgan	1	Lourdes AC Open Sports	Drogheda (North Rd)	30 Sep 1956
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**Men's Discus (standard 45.98)**

1	39.03		Johnny Wade	Lourdes	2	NACAI Leinster Inter-County Final (Louth v Dublin)	Drogheda (CBS)	27 Aug 1959
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**Men's Hammer (standard 57.76)**

1	51.89		Dan Coyle	Cúchullain	1	Kilnacrott Sports	Kilnacrott	30 Jul 1939
	54.55 d		Dan Coyle	Cúchullain	1	Louth Championships	Knockbridge	29 May 1938

**Men's Javelin (standard 58.18)**

1	58.35		Paul Marry	Clonliffe H	3	Ulster Championships	Antrim	14 Jun 2008
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**Men's Weight for Distance (standard 7.64)**

1	7.19		Peter Brennan	Dunleer	3	NACAI National Championships	Dublin (Belfield)	21 Jul 1984
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**Men's Decathlon (standard 6000)**

1	5592	John Kierans (11.54, 6.21, 11.62, 1.60, 54.02, 17.12, 27.52, 3.40, 49.50, 5:17.36)	Dunleer	8	CSIT CE Championships	Zürich, SUI	11 & 12 Jun 1993
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**Men's Heptathlon (standard 4000)**

1	4175 i	John Kierans (7.34, 6.13, 12.06, 1.61, 9.22, 3.40, 3:11.28)	Dunleer	1	NACAI National Indoor CE Championships	Nenagh	13 & 14 Mar 1993
2	4100 i	Seán Leydon (7.63, 6.04, 9.02, 1.88, 9.38, 3.00, 2:57.42)	St Gerard's	1	NACAI National Indoor CE Championships	Nenagh	25 & 26 Mar 1995

**Men's 4x100m - all teams (standard 42.51/42.3)**

1	44.52	Aaron Rogers Jonathan McCabe Thomas McGrane Aaron McKenna	Dundealgan Boyne Dundealgan Lourdes	1	BLE National League Final (Div 2)	Tullamore	21 Aug 1994
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**Men's 4x100m - club teams (standard 42.51/42.3)**

1	44.8	David McGuinness Gerard Wallace Kevin Hamill Barry Rafferty	Dundalk Dundalk Dundalk Dundalk	2	NACAI National Championships	Tullamore	18 Aug 1990
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**Men's 4x400m - all teams (standard 3:20.50/3:20.5)**

1	3:21.1	Fintan Reilly Barry Martin Malachy Campbell Richard Goss	Mountpleasant Redeemer Dunleer Mountpleasant	1	NACAI National Inter-County Relays	Dublin (Belfield)	20 Aug 1989
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**Men's 4x400m - club teams (standard 3:20.50/3:20.5)**

1	3:27.51	Richard Goss John Holmes John Maloney Fintan Reilly	Mountpleasant Mountpleasant Mountpleasant Mountpleasant	1	NACAI National Championships	Tullamore	12 Aug 1989
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**Women's 60m (standard 7.98/7.7)**

1	7.37 i		Gina Akpe-Moses	Blackrock	1	Katrīnas Kauss Meet	Kuldīga, LAT	18 Jan 2020
2	7.44 i		Patience Jumbo Gula	Dundalk St Gerard's	3	Irish Indoor Championships	Dublin	17 Feb 2019
	7.44 i		Patience Jumbo Gula	Dundalk St Gerard's	1 U19	Irish Juv Indoor Championships	Athlone	30 Mar 2019
	7.44 i		Patience Jumbo Gula	Dundalk St Gerard's	2 heat	Irish Indoor Championships	Dublin	1 Mar 2020
3	7.72 i mx		Precious Akpe-Moses	Birchfield H	3 race 16	Run Jump Throw Indoor Meet	Sheffield, ENG	21 Jan 2023
4	7.73 i		Kate O'Connor	Dundalk St Gerard's	2	UUJ Indoor Open Meet	Jordanstown	7 Jan 2023
5	7.74 i		Nina Farida King Abor	Boyne	2 U17	Irish Juv Indoor Championships	Athlone	19 Mar 2022
6	7.83 i		Tara Meier	Raheny Shamrock	1 B	Track & Field Live Indoor Meet	Dublin	7 Feb 2024
7=	7.91 i		Maria Smith	Dundalk St Gerard's	3 U15	Irish Juv Indoor Championships	Athlone	12 Mar 2024
7=	7.91 i		Anastasia Drakoulaki	Drogheda & D	1 U18	Leinster Juv Indoor Championships	Athlone	5 Feb 2022
9	7.93 i		Sophie Gartland	Ace	3 heat	Leinster U20 Indoor Championships	Dublin	22 Feb 2020
	7.89 i wo		Precious Akpe-Moses	Birchfield H	1 U17	City of Manchester Indoor Open Meet	Manchester, ENG	9 Jan 2022

**Women's 100m (standard 12.47/12.2)**

1	11.45	+1.2	Gina Akpe-Moses	Blackrock	1 C	Memorial Léon Buyle Meet	Oordegem, BEL	1 Jun 2019
2	11.51	+0.6	Patience Jumbo Gula	Dundalk St Gerard's	2 heat	Junioren-Gala Meet	Mannheim, GER	23 Jun 2018
3	11.81	nwi	Marisa Smith	Boyne	1 heat	BLE National Championships	Cork (MTU)	15 Jul 1989
4	12.11	0.0	Precious Akpe-Moses	Blackrock	1	Birchfield Harriers Open Meet	Birmingham (Alex'r S), ENG	14 Apr 2024
5=	11.9	nwi	Eleanor Kerr	Louth	1	NACAI National League Round 5	Belfast	31 Aug 1980
5=	11.9		Deirdre McGrath	Glenmore	1	IRE v TCH CSIT International	Dublin (Belfield)	31 Aug 1986
7	12.30	+1.2	Sophie Gartland	Ace	1	Leinster Schools Championships	Tullamore	20 May 2023
8	12.1		Lucy Soraghan	Blackrock	1	BLE Eastern Region Championships	Dublin (Belfield)	20 Aug 1978
9	12.39	-0.5	Nina Farida King Abor	Boyne	1 heat U18	Irish Juv Championships	Tullamore	22 Jul 2023
10	12.40		Ciara Hogan	Blackrock	2 U17	Irish Schools Championships	Dublin (Belfield)	6 Jun 1987
	11.76 w	nwi	Precious Akpe-Moses	Birchfield H	1 ns	UK National League Round 2 (Prem Div)	London (Woodford G), ENG	15 Jul 2023

**Women's 200m (standard 25.46/25.2)**

1	23.86	+0.4	Gina Akpe-Moses	Blackrock	1 heat	Junioren-Gala Meet	Mannheim, GER	24 Jun 2018
2	24.02		Marisa Smith	Boyne	1	NED v BEL v IRL U20 International	Sittard, NED	21 Jul 1990
3	24.44 i		Precious Akpe-Moses	Blackrock	1	English U20 Indoor Championships	Sheffield, ENG	11 Feb 2024
4	24.73	-0.2	Kate O'Connor	Dundalk St Gerard's	3	Commonwealth Games (Hept)	Birmingham (Alex'r S), ENG	2 Aug 2022
5	24.79 i		Patience Jumbo Gula	Dundalk St Gerard's	1 U19	Irish Juv Indoor Championships	Athlone	31 Mar 2019
6	24.89	+0.6	Sophie Gartland	Ace	3 F	IFAM	Oordegem, BEL	27 May 2023
7	25.0	nwi	Deirdre McGrath	Glenmore	1	NACAI National Championships	Cork (Mardyke)	10 Jul 1983
	24.44 w	+4.0	Precious Akpe-Moses	Birchfield H	1 U20	UK YDL Upr Age Grps Midlands Prem NE	Rugby, ENG	28 May 2023
	24.62 w	+4.4	Kate O'Connor	Dundalk St Gerard's	5	AAI Games	Dublin (Santry)	15 Jul 2023
	25.2 w		Lucy Soraghan	Blackrock	3 U17	Celtic International (LMC v ULS v WAL v LMC "B")	Dublin (Belfield)	6 Aug 1978

**Women's 400m (standard 58.16/58.0)**

1	57.7		Barbara Watters	CDLS	2	FISEC Games	Valetta, MLT	Apr 1976
	57.7		Barbara Watters	Dundalk H	2	BLE National Jun Championships	Dublin (Belfield)	3 Jul 1977
2	57.8		Geraldine Moore	Tredagh	1	NACAI National League Round 3	Cork (MTU)	12 Jun 1988

**Women's 800m (standard 2:15.62/2:15.6)**

1	2:10.6		Siobhán Browne	Clonliffe H	1	BLE National League Round 1	Dublin (Belfield)	2 Jul 1995
2	2:11.76		Kate O'Connor	Dundalk St Gerard's	2 A	Multistars CE Meet	Lana, ITA	25 Apr 2021
3	2:12.07		Erínn Leavy	Dunleer	5 heat	Irish Championships	Dublin (Santry)	29 Jul 2023
4	2:14.32		Sholah Lawrence	Ace	1 U16	Leinster Juv Championships	Tullamore	18 Jun 2023
5	2:14.69		Orla O'Connor	Drogheda & D	9	Irish Championships	Dublin (Santry)	23 Jul 2017
6	2:14.74 i		Chloe Cooney	Ace	1 U16	Leinster Juv Indoor Championships	Athlone	3 Mar 2024
7	2:15.18		Eimear Cooney	Ace	2 U17	Leinster Juv Championships	Tullamore	18 Jun 2023

**Women's 1500m (standard 4:40.83/4:40.8)**

1	4:26.74		Louise Cavanagh	DCH	5	BLE National Championships	Tullamore	15 Jul 1990
2	4:27.94		Rose Lambe	Knockbridge	1	CSIT Championships	Kapfenberg, AUT	7 Jun 1987
3	4:37.29		Eileen Donaghy	Dunleer	4	Gopher Last Chance Meet	Minneapolis, MN, USA	16 May 1987
4	4:37.33		Kelly Breen	North East Runners	2 B	IMC Meet	Belfast	13 May 2023
5	4:37.48 mx		Eimear Cooney	Ace	13 C	BMC Regional Meet	Loughborough, ENG	12 Jul 2023
6	4:39.2		Siobhán Browne	Blackrock	1 invit	Dublin Graded Meet	Dublin (Belfield)	13 May 1992
	4:37.93 wo		Eimear Cooney	Ace	5 B	IMC Meet	Dublin (UCD)	10 Jun 2023

**Women's 1 mile (standard 5:02.05/5:02.0)**

1	4:59.16 i	Eileen Donaghy	Dunleer	2	Univ of Minnesota Indoor Open Meet	Minneapolis, MN, USA	18 Feb 1989
2	4:59.6	Rose Lambe	Knockbridge	2	NACAI National League Round 3	Dublin (Belfield)	22 Jun 1986

**Women's 3000m (standard 10:04.62/10:04.6)**

1	9:22.77	Rose Lambe	Knockbridge	1	BLE National Championships	Dublin (Santry)	23 Jul 1988
2	9:33.33	Eileen Donaghy	Dunleer				1988
3	9:38.67 i	Louise Cavanagh	UCC	1	BLE National Indoor Championships	Nenagh	15 Feb 1998
4	9:59.22	Fiona Roche	Raheny Shamrock	3	Irish National League Final (Prem Div)	Tullamore	18 Aug 2013
5	10:04.46	Sinéad McDonald	Glenmore	4	AAI Games	Dublin (Santry)	16 Jul 2023

**Women's 5000m (standard 17:24.60/17:24.6)**

1	16:22.52	Rose Lambe	Knockbridge	1	NACAI National Championships	Tullamore	4 Jul 1993
2	16:27.96	Louise Cavanagh	UCC	9	BMC Gold Standard Meet	Stretford, ENG	11 Jul 2000
3	16:33.71	Eileen Donaghy	Dunleer	1	Lady Bulldog Invitational Meet	Des Moines, IA, USA	16 Apr 1988
4	17:15.21	Sinéad McDonald	Glenmore	16	Irish Championships	Dublin (Santry)	30 Jul 2023

**Women's 10000m (standard 36:47.18/36:47.1)**

1	33:31.96	Eileen Donaghy	Dunleer	8	NCAA Championships	Eugene, OR, USA	1 Jun 1988
2	33:34.9	Rose Lambe	Knockbridge	1	BLE National Championships	Tullamore	26 Jun 1994

**Women's Half Marathon (standard 1:21:49)**

1	1:15:51	Rose Lambe	Knockbridge	1 gst	BHAA Guinness Half Marathon	Dublin (Phoenix Pk)	24 Sep 1994
2	1:19:18 c	Sinéad McDonald	Glenmore	4	Belfast City Half Marathon	Belfast	17 Sep 2023

**Women's Marathon (standard 2:55:01)**

1	2:46:04	Rose Lambe	Knockbridge	3	Dublin Marathon	Dublin	30 Oct 1995
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**Women's 24 Hours (standard N/A)**

1	231.376	Aoife Mundow	Drogheda & D	1	International Ultramarathon Festival	Athens, GRE	11 & 12 Jan 2020
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**Women's 60m Hurdles (standard 9.21/8.9)**

1	8.57 i		Kate O'Connor	Dundalk St Gerard's	2 race 2	AAI Elite Indoor Micro Meet	Dublin	20 Feb 2021
2	8.77 i		Tara Meier	Raheny Shamrock	4 heat	Irish Indoor Championships	Dublin	17 Feb 2024

**Women's 100m Hurdles (standard 14.96/14.7)**

1	13.57	-1.1	Kate O'Connor	Dundalk St Gerard's	3 C	World Championship (Hept)	Budapest, HUN	19 Aug 2023
2	14.45	+1.6	Tara Meier	Raheny Shamrock	2 race 1	AAI May Open Meet	Templemore	21 May 2023
	14.30 w	+6.4	Tara Meier	Raheny Shamrock	4 race 2	AAI Games	Dublin (Santry)	15 Jul 2023

**Women's 400m Hurdles (standard 1:04.31/1:04.1)**

1	1:02.8		Geraldine Finegan	Dunleer	1	NACAI National Championships	Belfast	27 May 1990
2	1:03.05		Maria Mackin	St Peter's	3	BLE National Championships	Dublin (Santry)	23 Jul 1988

**Women's 3000m Steeplechase (standard 11:35.30/11:35.3)**

1	10:54.09		Abbie Sheridan	Ardee & D	5	Irish Championships	Dublin (Santry)	26 Jun 2021
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**Women's High Jump (standard 1.68)**

1	1.81		Kate O'Connor	Dundalk St Gerard's	1	European U20 Championships (Hept)	Borås, SWE	18 Jul 2019
2	1.79 i		Tara O'Connor	Dundalk St Gerard's	1 U18	Irish Juv Indoor Championships	Athlone	6 Apr 2024
3	1.78		Emily Rogers	St Peter's	1	IFAM	Oordegem, BEL	27 May 2017
4	1.72 i		Amy McTeggart	Boyne	1	Irish Indoor CE Championships	Athlone	21 Jan 2017

**Women's Pole Vault (standard 2.30)**

1	2.65		Geraldine Finegan	North East Runners	1 W50	Íþróttafélag Reykjavíkur Meet	Reykjavík, ISL	25 Jun 2019
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**Women's Long Jump (standard 5.55)**

1	6.10	+0.8	Kate O'Connor	Dundalk St Gerard's	1 U18	Leinster Juv Championships	Tullamore	18 Jun 2017
2	5.80	nwi	Méabh O'Connor	Dundalk St Gerard's	3	IRE v ENG v SCO v WAL Schools U17 International	Belfast	16 Jul 2022
3	5.77 i		Tara O'Connor	Dundalk St Gerard's	1 U18	Irish Indoor CE Championships	Dublin	27 Jan 2024
4	5.75 i		Gina Akpe-Moses	Blackrock	1 U16	Leinster Juv Indoor Championships	Athlone	8 Mar 2014
5	5.72 i		Amy McTeggart	Boyne	2	Irish Indoor Championships	Dublin	17 Feb 2018
6	5.59 i		Enya Sillkena	Dundalk St Gerard's	1 U18	Irish Juv Indoor Championships	Athlone	6 Apr 2024
	5.60 w	+5.9	Enya Silkena	Dundalk St Gerard's	1 B	EYOF (Hept)	Maribor, SLO	27 Jul 2023

**Women's Triple Jump (standard 11.33)**

1	11.74		Kathy McDonnell	Redeemer	2	CSIT Championships	Tullamore	4 Sep 1993
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**Women's Shot (standard 12.00)**

1	14.54		Kate O'Connor	Dundalk St Gerard's	3	International CE Meet	Arona, ESP	12 Jun 2021
2	13.22		Aoibhín McMahon	Blackrock	4	AAI Field Events Festival	Dublin (Santry)	8 Aug 2020
3	12.14		Michelle Kirwan	Clogherhead	1 U18	BLOE National Championships	Tullamore	13 Jul 1986

**Women's Discus (standard 38.00)**

1	38.79		Michelle Kirwan	Clogherhead	1	BLE Eastern Region Jun Championships	Tullamore	24 May 1987
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**Women's Hammer (standard 41.76)**

1	28.10		Emma Conway	Redeemer	9 W35	European Mast Indoor Championships	Toruń, POL	18 Mar 2024
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**Women's Javelin (standard 39.26)**

1	52.92		Kate O'Connor	Dundalk St Gerard's	1	European U20 Championships (Hept)	Borås, SWE	19 Jul 2019
2	44.10		Enya Silkena	Dundalk St Gerard's	1 B	European DNA U20 Clubs	Rome, ITA	17 Sep 2023
3	41.28		Aoibhín McMahon	Blackrock	2	Leinster Championships	Carlow	27 May 2023
4	40.70		Olivia McDonald	St Peter's	1 U19	Irish Juv Championships	Tullamore	13 Jul 2008
	39.48 OJ		Sheena McGrade	Dungannon	1 U17	Leinster Schools Championships	Dublin (Belfield)	27 May 1976

**Women's Weight for Distance (standard N/A)**

1	6.14 i		Aoibhín McMahon	Blackrock	3	Leinster Indoor Championships	Dublin	11 Mar 2023
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**Women's Heptahlon (standard 4654)**

1	6297	-0.3 avg	Kate O'Connor (13.94 (-1.0), 1.80, 14.23, 24.94 (-1.2), 5.84 (+1.3), 51.61, 2:11.76)	Dundalk St Gerard's	2	Multistars CE Meet	Lana, ITA	24 & 25 Apr 2021
2	5015	+0.2 avg	Amy McTeggart (15.19 (-0.5), 1.64, 11.42, 26.95 (+0.2), 5.60 (+0.7), 35.97, 2:24.96)	Boyne	1	Univ of Birmingham T&F Festival	Birmingham (Univ), ENG	29 & 30 Jul 2023
3	4712 OJ		Geraldine Finegan (15.0, 1.53, 10.53, 26.4, 5.15, 31.80, 2:19.6)	Dunleer	1 gst	BLE Eastern Region Championships	Tullamore	11 & 12 May 1991

**Women's Pentahlon (standard 3000)**

1	4396 i		Kate O'Connor (8.76, 1.79, 13.73, 5.92, 2:16.73)	Dundalk St Gerard's	3	X-Athletics Elite Indoor CE Meet	Clermont-Ferrand, FRA	29 Jan 2023
2	3667 i		Amy McTeggart (9.35, 1.66, 10.45, 5.47, 2:23.78)	Boyne	1	Scottish Indoor CE Championships	Glasgow, SCO	29 Jan 2023
3	3428 i		Geraldine Finegan (9.54, 1.56, 10.24, 5.07, 2:20.52)	Dunleer	3	Irish Indoor CE Championships	Nenagh	22 Feb 2003
4	3243 i nso		Annabelle Morris (9.67, 1.60, 8.35, 4.84, 2:22.22)	Blackrock	2	Irish Schools Indoor CE Championships	Athlone	15 Nov 2014

**Women's 4x100m - all teams (standard 49.93/49.7)**

1	48.45		Sarah Morgan Ellen McBride Maria Smith Patience Jumbo Gula	Blackrock Dundalk St Gerard's Dundalk St Gerard's Dundalk St Gerard's	1 U17	Irish Schools Championships	Tullamore	2 Jun 2018
2	49.44		Patience Jumbo Gula Kate O'Connor Kelly Breen Gemma McCrave	Dundalk St Gerard's Dundalk St Gerard's Blackrock Blackrock	1 U17	Irish Schools Championships	Tullamore	3 Jun 2017

**Women's 4x100m - club teams (standard 49.93/49.7)**

1	50.7		Ciara Hogan Siobhán Browne Anne-Marie McKenna Orna McLaughlin	Blackrock Blackrock Blackrock Blackrock	1 U17	BLOE National Relay Championships	Dublin (Santry)	26 Jul 1986
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**Women's 4x400m - all teams (standard 3:59.96/3:59.9)**

1	4:06.63	Niamh Fussey Nicola Welsh Amy McTeggart Annabelle Morris	St Peter's Dunleer Boyne Blackrock	2	Irish National League Round 2 (Prem Div)	Athlone	22 Jun 2014
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**Women's 4x400m - club teams (standard 3:59.96/3:59.9)**

1	4:10.1	Geraldine Finegan Maria Mackin Marie Tuft Marie Callan	Mountpleasant Mountpleasant Mountpleasant Mountpleasant	1	NACAI National League Round 3	Dublin (Belfield)	22 Jun 1986
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## ABBREVIATIONS

A	at high altitude (over 1000m)
avg	average wind speed
c	chip time
CE	Combined Events
d	doubtful performance
dev	development race
e	exact time may have been up to 0.99 seconds faster
gst	guest
i	indoors
invit	invitation race
low	low altitude best
mx	mixed sex race under 5000m
n/a	not applicable
ns	non-scoring race
nso	events in non-standard order
nwi	no wind information
OJ	old javelin
sf	semi-final
sh	short/unverified course
str	straight track
w	wind-assisted
wo	women only race best
y	time for equivalent imperial distance
+	intermediate time in longer race

## IMPERIAL TO METRIC CONVERSIONS

220 yds to 200m	x 0.9942	(21.6 -> 21.5	Noel Carroll)
880 yds to 800m	x 0.9942	(1:47.3 -> 1:46.7	Noel Carroll)
2 miles to 3000m	using World Athletics scoring tables	(8:40.8 -> 8:03.4	Peter McArdle)
3 miles to 5000m	x 1.036	(13:32.6 -> 14:01.9	Peter McArdle)
6 miles to 10000m	x 1.036	(28:02.4 -> 29:03.0	Peter McArdle)