

**European Under 23 Championship Standards
Kaunas / LTU 16-19 July 2009**

Event	Performance	Wind	Name	DOB	Venue	Date
5,000m	14:07.92		Ciarán Ó'Lionáird	88	Manchester	31/05/08
100m	11.65	+0.7	Kelly Proper	88	Santry	19/07/08
100m	11.59	+0.7	Amy Foster	88	Santry	19/07/08
Long Jump	6.51	+1.8	Kelly Proper	88	Amsterdam	02/08/08
1,500m	3:43.94		David McCarthy	88	Watford	14/06/08
200m	23.69	-0.2	Kelly Proper	88	Oordegem	26/07/08
200m	23.75	-0.2	Amy Foster	88	Oordegem	26/08/08
100m	10.53	-0.4	Jason Smyth	87	Tallinn	21/06/08
1,500m	4:19.32		Rose Anne Galligan	87	Watford	14/06/08
1,500m	4:22.97		Sara Treacy	89	Manchester	31/05/08
100m	11.81	+0.7	Claire Brady	87	Tullamore	29/06/08
400m	46.70		Brian Gregan	89	Mannheim	22/06/08

2008 Beijing Olympics

Event	Performance	Wind	Name	DOB	Venue	Date
400m	45.12		David Gillick	83	Villeneuve d'Ascq	27/06/08
20K walk	1:19.22		Robert Heffernan	78	Cheboksary	10/05/08
20K walk	1:29.17		Olive Loughnane	76	Cheboksary	10/05/08
50K walk	3:51.32		Colin Griffin	82	Dudince	24/03/07
50k Walk	3:53:30		Jamie Costin	77	Leamington	20/05/07
10,000m	27:39.55		Alistair Cragg	80	California	29/04/07
5,000m	13:07.10		Alistair Cragg	80	Braschaat	21/07/07
1,500m	3:36.18		Alistair Cragg	80	California	20/05/07
100m	10.18	+1.9	Paul Hession	83	Vaala	23/06/07
200m	20.30	+0.1	Paul Hession	83	Dublin	21/07/07
Hammer	73.21		Eileen O'Keefe	81	Santry	21/07/07
3,000m SC	9:28.29		Roisin McGettigan	80	Heusden	28/07/07
3,000m SC	9:41.36		Fionnuala Britton	84	Heusden	28/07/07
100mHurd	12.90	+1.6	Derval O'Rourke	81	Praha	16/06/08
400m	50.73		Joanne Cuddihy	84	Osaka	27/08/07
Marathon	2:14.06		Martin Fagan	83	Dubai	18/01/08

**World Junior Championships
Bydgoszcz Poland 8-13 July 2008**

Event	Performance	Wind	Name	DOB	Venue	Date
200m	23.91	+1.0	Niamh Whelan	90	Mannheim	22/06/08
High Jump	2.14		Barry Pender	90	Cardiff	03/02/08
1500m	4:22.29		Ciara Mageean	92	Mannheim	21/06/08
High Jump	1.80		Pamela Hughes	89	Bedford	04/05/08
400m Hurdles	59.95		Kalyn Sheehan	89	Mannheim	22/06/08
100m	11.71	+0.6	Niamh Whelan	90	Mannheim	21/06/08
100m	12.04	+1.5	Joan Healy	92	Cork	05/05/08
100m Hurdles	13.92	0.0	Mairead Murphy	89	Mannheim	21/06/08
800m	2:06.49		Ciara Everard	90	Mannheim	22/06/08
400m	46.70		Brian Gregan	89	Mannheim	21/06/08

1,500m	4:22.97		Sara Treacy	89	Manchester	31/05/08
10k Walk	50:42		Laura Reynolds	89	Leamington Spa	14/06/08
10k Walk	43:57		Paul Fitzpatrick	89	Leamington Spa	14/06/08
100m Hurdles	14.17	+0.6	Sandra Lawlor	90	Mannheim	21/06/08
400m Hurdles	59.55		Jessie Barr	89	Mannheim	22/06/08
3k Steeplechase	10:55.86		Tara Jameson	91	Tullamore	25/06/08

**European Under 23 Championship Standards
Debrecen, Hungary 2007**

Event	Performance	Wind	Name	DOB	Venue	Date
1500m	4:17.63		Linda Byrne	86	Watford	10/06/06
20K Walk	1:34.59		Ann Loughnane	86	La Coruna	13/06/06
1500m	3:42.06		Mark Christie	85	Arhus	06/07/06
High Jump	1.83		Sharon Heveran	85	Bedford	11/06/06
5,000m	14:05.74		Andrew Ledwith	85	Penn Relays	26/04/07
1,500m	4:17.20		Rose Anne Galligan	87	Montana	26/05/07
5,000m	13:52.05		Mark Christie	85	Manchester	09/06/07
5,000m	14:04.32		Joe Sweeney	85	Manchester	09/06/07

**European Junior Championship Standards
Hengelo Holland 2007**

Event	Performance	Wind	Name	DOB	Venue	Date
Long Jump	6.34	+0.3	Kelly Proper	88	Limerick	16/06/07
400m Hurdles	59.55		Jessie Barr	89	Hengelo	19/07/07
100m	11.79	+0.8	Amy Foster	88	Hengelo	19/07/07
200m	24.03	+0.0	Amy Foster	88	Tullamore	08/07/07
100m	11.87	+1.0	Niamh Whelan	90	Belgrade	24/07/07
200	24.36	+1.2	Niamh Whelan	90	Mannheim	23/06/07
1,500m	3:49.52		David McCarthy	88	Mannheim	22/06/07
400m Hurdles	60.57		Kalyn Sheehan	89	Hengelo	19/07/07
100m Hurdles	14.14	+0.3	Mairead Murphy	89	Oordegam	07/07/07
5,000m	16:48.17		Suzanne Huet	90	Hengelo	20/07/07
Long jump	7.45	-0.3	Eoin Hannon	89	Hengelo	21/07/07
800m	1:51.24		Niall Tuohy	89	Dublin	14/07/07
200m	21.70	+0.1	Michael Hynes	89	Santry	22/07/07
100m	10.75	+1.9	Chris Russell	90	Belgrade	23/07/07
3,000m	9:39.48		Ciara Mageean		Sheffield	11/08/07

**World Championships Osaka Current Qualifiers
'A' standards**

Event	Performance	W	Name	DOB	Venue	Date
100m H	12.92	+0.7	Derval O'Rourke	81	Lausanne	11/07/06
5000m	13:07.10		Alistair Cragg	80	Braschaat	21/07/07
3000SC	9:28.29		Roisin McGettigan	80	Heusdon	28/07/07
200m	20.30	+0.1	Paul Hession	83	Dublin	21/07/07
400m	45.23		David Gillick	83	Geneva	09/06/07
20K walk	1:20.15		Robert Heffernan	78	Leamington	20/05/07

20K walk	1.32.25		Olive Loughnane	76	Fereiro do Alentejo	16/12/06
50K walk	3:51.32		Colin Griffin	82	Dudince	24/03/07
50k Walk	3:53:30		Jamie Costin	77	Leamington	20/05/07
10,000m	27:39.55		Alistair Cragg	80	California	29/04/07
1,500m	3:36.18		Alistair Cragg	80	California	20/05/07
100m	10.18	+1.9	Paul Hession	83	Vaasa	23/06/07
3,000m S/C	9:41.36		Fionnuala Britton	84	Heusden	28/07/07
Hammer	73.21		Eileen O'Keeffe	81	Santry	21/07/07
400m	50.73		Joanne Cuddihy	84	Osaka	27/08/07

**World Championships Osaka Current Qualifiers
'B' standards**

Event	Performance	W	Name	DOB	Venue	Date
1500m	3.37.89		James Nolan	77	Heusden	23/07/06
1500m	3:38.65		Liam Reale	83	Boston	27/05/06
400m	51.93		Karen Shinkins	76	Belem	21/05/06
High Jump	1.92m		Deirdre Ryan	82	Manchester	16/07/06
200m	23.20		Ciara Sheehy	80	Sheffield	12/02/06
20K Walk	1.24.16		Colin Griffin	82	Bydgoszcz	22/07/06
20K Walk	1.34.59		Ann Loughnane	86	La Coruna	13/06/06
5000m	15.20.41		Marie Davenport	75	Naimette	19/07/06
400mH	56.31		Michelle Carey	81	Santry	26/07/06
5000m	15:19.04		Mary Cullen	82	Mt. Sac Cal	18/04/07

**World Youth Championship Standards
Ostrava Czechoslovakia 2007**

Event	Performance	Wind	Name	DOB	Venue	Date
High Jump	1.75i		Grainne Moggan	90	Nenagh	25/03/07
High Jump	2.11		Kouros Fouroghi	90	Tullamore	17/06/07
200m	24.36	+1.2	Niamh Whelan	90	Mannheim	23/06/07
100m	11.87	+1.0	Niamh Whelan	90	Belgrade	24/07/07
3,000m	9:32.04		Charlotte Ffrench O'Carroll	90	Tullamore	25/07/07
1,500m	4:25.35		Charlotte Ffrench O'Carroll	90	Manchester	09/06/07
Shot	19.33		Colin Quirke	90	Ostrava	11/07/07
High Jump	2.07		Barry Pender	90	Tullamore	28/07/07
Discus	52.80		Colin Quirke	90	Tullamore	23/06/07
100m	10.75	+1.9	Chris Russell	90	Belgrade	23/07/07
200m	21.90	+1.5	Chris Russell	90	Belgrade	25/07/07
3,000m	9:39.48		Ciara Mageean	92	Sheffield	11/08/07

**European Youth Olympic Festival
Belgrade Serbia 2007**

Event	Performance	Wind	Name	DOB	Venue	Date
High Jump	1.75i		Grainne Moggan	90	Nenagh	25/03/07
High Jump	2.11		Kouros Fouroghi	90	Tullamore	17/06/07
High Jump	2.07		Barry Pender	90	Tullamore	28/07/07
200m	24.36	+1.2	Niamh Whelan	90	Mannheim	23/06/07
2,000m S/C	5:52.06		Noel Collins	90	Belgrade	23/07/07

100m	11.87	+1.0	Niamh Whelan	90	Belgrade	24/07/07
100m	10.75	+1.9	Chris Russell	90	Belgrade	23/07/07
200m	21.90	+1.5	Chris Russell	90	Belgrade	25/07/07
Shot (4kg)	12.88		Clare Fitzgerald	90	Limerick	02/05/07
1,500m	4:25.35		Charlotte Ffrench O'Carroll	90	Manchester	09/06/07
3,000m	9:32.04		Charlotte Ffrench O'Carroll	90	Tullamore	25/07/07
1,500m	4:30.21		Rebecca Ffrench O'Carroll	90	Santry	16/05/07
3,000m	9:45.83		Rebecca Ffrench O'Carroll	90	Dublin	27/06/07
800m	1:55.19		Eoin McDonnell	90	Irishtown	23/05/07
Discus	51.23		Daniel Clifford	90	Castleisland	27/05/07
Shot	19.33		Colin Quirke	90	Ostrava	11/07/07
Discus	52.80		Colin Quirke	90	Tullamore	23/06/07
1,500m	3:56.54		Ian Ward	90	Tullamore	02/06/07
3,000m	9:46.65		Suzanne Huet	90	Dublin	27/06/07
1,500m	4:31.21		Suzanne Huet	90	Tullamore	28/07/07
Long Jump	6.90	+1.9	David Quilligan	90	Antrim	04/08/07
800m	2:11.27		Ciara Everard	90	Antrim	04/08/07
200m	25.13	-0.9	Hannah Lewis	90	Antrim	04/08/07
1,500m	4:32.18		Ciara Mageean	92	Antrim	04/08/07
3,000m	9:39.48		Ciara Mageean	92	Sheffield	11/08/07