Record	Event	Performance	Name	Club	Date
U23 W	60m	7.15	Rhasidat Adeleke	Tallaght A.C.	January 20th, 2024
U23 W	60m	7.15	Rhasidat Adeleke	Tallaght A.C.	January 20th, 2024
Senior W	200m	22.49	Rhasidat Adeleke	Tallaght A.C.	January 20th, 2024
Senior W	200m	22.49	Rhasidat Adeleke	Tallaght A.C.	January 20th, 2024
U23 M	Long Jump	7.86m	Reece Ademola	Leevale A.C.	January 23rd, 2024
Senior M	5000m	13.12.56	Andrew Coscoran	Star of the Sea A.C.	January 26th, 2024
U18 M	Heptathlon	4602 pts	Eoin O'Callaghan	Bandon. A.C.	January 27th, 2024
Senior M	Shot Put	20.18m	Eric Favors	Raheny Shamrock A.C.	January 27th, 2024
U23 M	Long Jump	7.93m	Reece Ademola	Leevale A.C.	January 30th, 2024
U23 W	3000m	8.36.06	Sarah Healy	U.C.D. A.C.	February 3rd, 2024
U23 M	3000m	7.45.57	Nick Griggs	Candour Track Club	February 3rd, 2024
Senior M	4x400m Club	3.22.54	Emanuel Osas, Jack O'Donnelly, Jed Walshe, Peter Kilgannon	Ratoath A.C.	February 3rd, 2024
Senior M	600m	1.16.64	Mark English	Finn Valley A.C.	February 4th, 2024
U18 W	Mile	5.08.37	Clodagh Gill	Moy Valley A.C.	February 4th, 2024
Senior W	Weight	19.02m	Margaret Hayden	Tallaght A.C.	February 9th, 2024
Senior W	1500m	4.03.83	Sarah Healy	U.C.D. A.C.	February 10th, 2024
Senior W	50km	3.18.04	Sorcha Loughnane	Donore Harriers A.C.	February 10th, 2024
U23 W	300m	36.42	Rhasidat Adeleke	Tallaght A.C.	February 11th, 2024
Senior W	300m	36.42	Rhasidat Adeleke	Tallaght A.C.	February 11th, 2024
Senior W	2 mile	9.36.70	Roisin Flanagan	Finn Valley A.C.	February 11th, 2024
U20 M	600m	1.19.98	David Davitt	Clonliffe Harriers A.C.	February 11th, 2024
U18 M	400m	48.37	Conor Kelly	Derry Track Club	February 11th, 2024
U18 M	Long Jump	6.96m	Michael Kent	D.M.P. A.C	February 18th, 2024
U18 M	5000m Walk	21.31.38	Seamus Clarke	Moy Valley A.C.	February 18th, 2024
Senior W	4x400m Club	3.51.08	Eve Mooney, Aimee Doherty, Aisling Stratford, Laura Kelly	Ratoath A.C.	February 18th, 2024
U23 W	4x400m Club	3.51.08	Eve Mooney, Aimee Doherty, Aisling Stratford, Laura Kelly	Ratoath A.C.	February 18th, 2024
Senior W	4x400m	3.28.45	Phil Healy, Sophie Becker, Roisin Harrison, Sharlene Mawdsley	National Team	March 3rd, 2024
U18 M	10km Walk	45.02	Seamus Clarke	Moy Valley A.C.	March 16th, 2024
U23 M	5km	13.39	Nick Griggs	Candour Track Club	March 16th, 2024
U18 M	10km Walk	45.02	Seamus Clarke	Moy Valley A.C.	March 16th, 2024
U18 M	Hammer	73.27m	Thomas Williams	Shercock A.C.	March 24th, 2024
U23 W	10000m	33.00.20	Laura Mooney	Tullamore Harriers A.C.	March 29th, 2024
U23 W	10000m	32.54.97	Anika Thompson	Leevale A.C.	March 29th, 2024
U23 W	Hammer	68.65m	Nicola Tuthill	U.C.D. A.C.	April 6th, 2024
U20 W	Long Jump	6.68m	Elizabeth Ndudi	D.S.D.A.C	April 13th, 2024
U23 W	Long Jump	6.68m	Elizabeth Ndudi	D.S.D.A.C	April 13th, 2024

Senior W	Long Jump	6.68m	Elizabeth Ndudi	D.S.D.A.C	April 13th, 2024
U18 M	10km Walk	44.45	Seamus Clarke	Moy Valley A.C.	April 21st, 2024
Senior M	Shot Put	20.93m	Eric Favors	Raheny Shamrock A.C.	April 27th, 2024
Senior	4x400m Mixed	3.12.50	Cillin Greene, Rhasidat Adeleke, Thomas Barr, Sharlene Mawdsley	National Team	May 4th, 2024
Senior W	4x400m	3.24.38	Sophie Becker, Rhasidat Adeleke, Phil Healy, Sharlene Mawdsley	National Team	May 4th, 2024
U23 W	Hammer	68.70m	Nicola Tuthill	U.C.D. A.C.	May 5th, 2024
Senior	4x400m Mixed	3.11.53	Cillin Greene, Rhasidat Adeleke, Thomas Barr, Sharlene Mawdsley	National Team	May 5th, 2024
U23 M	Decathlon	7610 pts	Diarmuid O'Connor	Bandon A.C.	May 10th, 2024
Senior W	300m	37.04	Phiil Healy	Bandon A.C.	May 22nd, 2024
U23 W	Hammer	70.32m	Nicola Tuthill	U.C.D. A.C.	May 24th, 2024
Senior W	800m	1.58.51	Ciara Mageean	City of Lisburn A.C.	May 25th, 2024
U18 M	2000m St	5.49.89	Noah Harris	Parnell A.C.	May 31st, 2024
U18 W	Javelin	51.42m	Enya Silkena	St. Gerards A.C.	June 1st, 2024
Senior	4x400m Mixed	3.09.92	Christopher O'Donnell, Rhasidat Adeleke, Thomas Barr, Sharlene Mawdsley	National Team	June 7th, 2024
U18 M	400m	47.38	Conor Kelly	Derry Track Club	June 9th, 2024
Senior W	400m	49.07	Rhasidat Adeleke	Tallaght A.C.	June 10th, 2024
U23 W	400m	49.07	Rhasidat Adeleke	Tallaght A.C.	June 10th, 2024
Senior W	4x400m	3.22.71	Sophie Becker, Rhasidat Adeleke, Phil Healy, Sharlene Mawdsley	National Team	June 12th, 2024
Senior M	800m	1.44.69	Mark English	Finn Valley A.C.	June 18th, 2024
Senior M	800m	1.44.53	Mark English	Finn Valley A.C.	June 21st, 2024
U20 Mixed	4x400m Mixed	3.24.91	Conor Kelly, Saoirse Fitzgerald, Sean Doggett, Maria Zakharenko	National Team	June 23rd, 2024
U20 M	Javelin	73.72m	Oisin Joyce	Lake District A.C.	June 24th, 2024
U23 W	100m	11.13	Rhasidat Adeleke	Tallaght A.C.	June 30th, 2024
Senior W	100m	11.13	Rhasidat Adeleke	Tallaght A.C.	June 30th, 2024
U20 W	Club 4x400m relay	3.50.43	Eve Mooney, Laura Kelly, Katie Doherty, Aisling Startford	Ratoath A.C.	June 30th, 2024
U23 W	Club 4x400m relay	3.50.43	Eve Mooney, Laura Kelly, Katie Doherty, Aisling Startford	Ratoath A.C.	June 30th, 2024
U18 M	400m	47.23	Conor Kelly	Derry Track Club	July 2nd, 2024
U23 M	3000m	7.41.68	Nick Griggs	Candour Track Club	July 9th, 2024
U23 M	5000m	13.13.07	Nick Griggs	Candour Track Club	July 12th, 2024
U18 M	Discus	60.55m	Cian Crampton	Edenderry A.C.	July 19th, 2024
U18 M	200m	21.31	Joe Burke	Templemore A.C.	July 20th, 2024
U18 M	Hammer	73.95m	Thomas Williams	Shercock A.C.	July 20th, 2024
U18 M	400m	46.97	Conor Kelly	Derry Track Club	July 20th, 2024
U23 M	3000m	7.36.59	Nick Griggs	Candour Track Club	July 20th, 2024
U18 M	5000m Walk	21.05.70	Seamus Clarke	Moy Valley A.C.	July 21st, 2024
U18 M	Decathlon	7023 pts	Eoin O'Callaghan	Bandon. A.C.	July 21st, 2024
U23 M	1500m	3.35.04	Nick Griggs	Candour Track Club	July 24th, 2024

Senior W	4x400m	3.19.90	Sophie Becker, Rhasidat Adeleke, Phil Healy, Sharlene Mawdsley	National Team	August 10th, 2024
Senior M	100m	10.12	Israel Olatunde	U.C.D. A.C.	August 18th, 2024
U20 M	Javelin	73.89m	Oisin Joyce	Lake District A.C.	August 29th, 2024
U20 M	4x400m	3.08.94	Conor Kelly, Adam Courtney, Sean Doggett, Stephen Mannion	National Team	August 27th, 2024
Senior M	Half Marathon	60.51	Efrem Gidey	Clonliffe Harriers A.C.	September 15th, 2024

*Hiko Tonosa's National Marathon record subject to ratifaction by Technical Committee in the New Year