

**Men - Road**

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:49:13	Gary O'Hanlon	Clonliffe Harriers		31-Jul-74	08-Feb-20 Donadea	Irish National Champs
40 miles							
50 miles	05:59:25	Keith Whyte	Ennis Track Club	16-Dec-79	01-Sep-12	Dingle	Dingle 50 miles
100 km	07:02:42	Keith Whyte	Ennis Track Club	16-Dec-79	10-Oct-15	Amiens (FRA)	100 kms de la Somme
100 miles	14:27:03 (s)	Ed McGroarty	Lifford Strabane AC	13-Feb-77	19-Jun-22	Victoria Park, Belfast	Belfast 24 hour
6 hours	76.076 km	Padraig Mullins	St Finbarrs	26-Nov-81	10-Nov-13	Warwick, USA	
12 hours	129.339 km	Thomas Maguire	UltraRunningIreland	09-Nov-72	13-May-10	Brive, FRA	World Champs 24 hours
24 hours	258.820 km	Ed McGroarty	Lifford Strabane AC	13-Feb-77	18-Sep-22	Verona (ITA)	European Champs 24 hr
48 hours							

**Ladies - Road**

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	03:19:42	Caitriona Jennings	Letterkenny AC	17-Jun-80	08-Oct-22	Atila (ESP)	European Champs 50 km
40 miles							
50 miles	06:33:24 (s)	Helena Crossan	Inishowen AC	11-May-67	20-Jun-09	Torhout (BEL)	World 100 km champs
100 km	07:07:15	Caitriona Jennings	Letterkenny AC	17-Jun-80	27-Aug-22	Berlin	World 100 km champs
100 miles	17:31:35 (s)	Amy Masner	Parnell AC	22-Nov-73	27-May-18	Timisoara (ROU)	European Champs 24 hours
6 hours	61.620 km	Lorraine McMahon	Wexford Marathon Club	07-Jan-76	23-Sep-18	Listowel	Listowel 6 hours
12 hours	116.401 km (s)	Amy Masner	Parnell AC	22-Nov-73	26-Oct-19	Albi (FRA)	World Champs 24 hours
24 hours	231.376 km	Aoife Mundow	Drogheda & District AC	13-Oct-82	12-Jan-20	Athens (GRE)	Athens Ultramarathon Festival
48 hours							

**Men - Track**

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:58:22 (s)	Mick Molloy	Oughterd AC	13-Mar-38	28-Oct-78	Crystal Palace	RRC 100 km Track
40 miles	04:10:34 (s)	Mick Molloy	Oughterd AC	13-Mar-38	28-Oct-78	Crystal Palace	RRC 100 km Track
50 miles	05:42:08 (s)	Mick Molloy	Oughterd AC	13-Mar-38	28-Oct-78	Crystal Palace	RRC 100 km Track
100 km	07:26:11	Mick Molloy	Oughterd AC	13-Mar-38	28-Oct-78	Crystal Palace	RRC 100 km Track
100 miles	16:33:57 (s)	Padraig Mullins	St Finbarrs	26-Nov-81	11-Dec-16	Phoenix, AZ	Desert Solstice 24 hours
6 hours	74.204 km	Raymond Lanigan	Tramore AC	08-Mar-76	28-Apr-12	Crawley	Crawley 6 hours
12 hours	134.997 km	Edward Gallen	Finn Valley AC	11-Dec-62	19-Dec-15	Barcelona (ESP)	Barcelona 12 hr track
24 hours	244.664 km	Eoin Keith	Boards AC	11-Oct-68	19-Jul-13	Mary Peters Track, Belfast	Energia 24 hour
48 hours							

**Ladies - Track**

<b>Event</b>	<b>Performance</b>	<b>Athlete</b>	<b>Club</b>	<b>DOB</b>	<b>Date</b>	<b>Venue</b>	<b>Competition</b>
50 km 40 miles							
50 miles	07:58:48 (s)	Nicola Duffy	Navan AC	24-Oct-85	31-Oct-20	Gloucester	Gloucester 24 hours
100 km							
100 miles	17:10:51 (s)	Valerie Glavin	Athenry AC	13-Feb-75	20-Sep-15	Tooting Bec	Sri Chinmoy 24 hr
6 hours	52.961 km (s)	Bridget Brady		03-Nov-78	15-Dec-12	Barcelona (ESP)	Barcelona 24 hr track
12 hours							
24 hours	225.508 km	Ruthann Sheahan	Athenry AC	30-Apr-75	19-Jul-13	Mary Peters Track, Belfast	Energia 24 hour
48 hours							