

Please see Athletics Ireland's European U/23 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU23\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU23_policy.pdf) for full details on Selection Criteria, but please note;

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Updated: 20<sup>th</sup> May 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Killian Fahy	Leevale	Dustin Allen	400m	46.23	46.27	46.05	46.75	Charlotte, NC	26/04/2025
					46.46			Winston-Salem, NC	16/05/2025
								Gainsville, FL	19/04/2025
Adam Nolan	St LO'T	Billy Delaney	110mh	14.11(+1.0)		13.75	14.20	Tullamore	18/05/2025
Abdel Laadjel	Donore Harriers	Jerry Schumacher	5000m	13:29.79i	13:35.98	13:48.00	13:56.00	Boston	07/12/2024
								Eugene	18/05/2025
			10000m	28:29.17		29:15.00	29:40.00	Stanford	04/04/2025
Shane Brosnan	An Riocht	Alex Gibby	5000m	13:37.65i	13:49.32	13:48.00	13:56.00	Boston	14/02/2025
				13:45.94i				Boston	07/12/2024
								Winston-Salem, NC	17/04/2025
			10,000m	28:20.98		29:15.00	29:40.00	Raleigh	27/03/2025
Dean Casey	Ennis Track	Sean Carlson	5,000m	13:33.78	13:49.56i	13:48.00	13:56.00	Azusa, CA	17/04/2025
				13:37.14i				Boston	14/02/2025
				13:46.54i				Boston	01/02/2025
								Lubbock	28/02/2025
			10,000m	28:21.32		29:15.00	29:40.00	Raleigh	27/03/2025

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Callum Morgan	CNDR Track	Mark Kirk	5,000m	13:54.35i	7:59.63i	13:48.00	13:56.00	Boston	14/02/2025
						8:00.00 (3k eq std)		Gent	01/02/2025
Jake O'Brien	Moy Valley	Deirdre Clarke	10,000mR W	42:38		41:15.00	43:15.00	Dudince	22/03/2025
Oisin Joyce	Lake District	Padraic Joyce	Javelin	73.85m		75.00m	72.00m	Nicosia	16/03/2025
Lucy May Sleeman	Leevale	Matt Kane	100m	11.39 (+0.9)		11.40	11.60	Winston-Salem, NC	16/05/2025
Jenna Breen	City of Lisburn	Grant Barker	400m	53.59		52.75	53.75	Belfast	10/05/2025
Emma Moore	Galway CH	Joe Ryan	800m	2:04.26	2:04.58i	2:03.00	2:05.00	Belfast NIA, Dublin	10/05/2025 26/02/2025
Maeve O'Neill	Doheny	Ray Treacy	800m	2:04.66i	2:04.76	2:03.00	2:05.00	Boston	15/02/2025
					2:04.97			Storrs, CT	17/05/2025
								Raleigh	29/03/2025

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<b>Cara Laverty</b>	Finn Valley	Ray Treacy	<b>1500m</b>	4:17.56		4:14.00	4:18.00	Raleigh	28/03/2025
<b>Eimear Maher</b>	DSD	Donal Hennigan	<b>5000m</b>		9:22.33	9:30.00 (3k eq std)		Clonmel	03/05/2025
			<b>1500m</b>	4:14.87		4:14.00	4:18.00	Belfast	10/05/2025
<b>Emma McEvoy</b>	DSD	Donal Hennigan	<b>5000m</b>		9:17.98	9:30.00 (3k eq std)		Belfast	10/05/2025
<b>Anika Thompson</b>	Leevale	Shalane Flanagan	<b>5,000m</b>	15:31.93i	15:58.59	15:55.00	16:20.00	Boston Eugene	07/12/2024 18/04/2025
			<b>10,000m</b>	33:35.01		34:05.00	34:40.00	Corvallis, OR	02/05/2025
<b>Maebh Richardson</b>	KCH	Ian Solof	<b>5000m</b>	16:16.86i	16:10.06	15:55.00	16:20.00	Boston Stanford	04/04/2025 07/12/2025
			<b>10,000m</b>	33:29.43		34:05.00	34:40.00	Azusa, CA	18/04/2025

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<b>Heather Murphy</b>	St. Michael's Portarlinton	Rylan Hinchey	<b>10,000m</b>	33:45.36		34:05.00	34:40.00	Raleigh	28/03/2025
<b>Ava O'Connor</b>	Tullamore Harriers	Damon Martin & Damien Lawlor	<b>3000ms/c</b>	9:46.22		10:05.00	10:15.00	Azusa, CA	16/04/2025
			<b>1500m</b>	4:15.31		4:14.00	4:18.00	Azusa, CA	18/04/2025
			<b>5000m</b>	15:49.65	9:28.87i (3k eq std)	15:55.00 9:30.00 (3k eq std)	16:20.00	Azusa, CA Indianapolis	09/05/2025 15/03/2025
<b>Ailish Hawkins</b>	DCH	Andrew Ferris	<b>3000m s/c</b>	10:10.63 10:12.37	9:27.38i	10:05.00 9:30.00 (3k eq std)	10:15.00	Eugene, OR Stanford Seattle	18/05/2025 04/04/2025 14/02/2025
<b>Aisling Lane</b>	Mullingar	Michael Lane	<b>10,000m RW</b>	1:41.51 (equiv std)		46:45.00 Equiv 20k	49:25.00 1:42.00	Douglas	02/03/2025
<b>Elizabeth Ndudi</b>	DSD	Petros Kyprianou	<b>Long Jump</b>	6.42m		6.45m	6.35m	Champaign	11/01/2025

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<b>Aoife O'Sullivan</b>	Liscarroll	Martin O'Sullivan	<b>High Jump</b>	1.81m		1.85m	1.81m	Dublin	11/04/2025
<b>Anna Gavigan</b>	Lambay Sports Academy	Gerry Ronan	<b>Discus</b>	53.91m		54.50m	51.30m	Nicosia	15/03/2025
<b>Nicola Tuthill</b>	UCD	Killian Barry	<b>Hammer</b>	69.74m	68.70m 62.99m	65.50m	61.00m	Nicosia Santry Dunboyne	16/03/2025 12/04/2025 15/02/2025