

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

Any eligible athlete who achieves a Performance Standard/Performance Standards within the Qualifying Period for the particular event will be considered for selection.

NB: Only a maximum of three athletes with qualifying standards from each country can compete in each event at the European U/23 Championships.

Achieving a Performance Standard gives no right or guarantee of selection.

Updated: 24th June 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Sean Aigboboh	Tallaght	Daniel Kilgallon	100m	10.42 (+0.6)		10.30	10.45	UCD	18/06/2025
Lucas Fadden	Galway City Harriers	Brendan Glynn		10.45(-1.8)		10.30	10.45	Stretford	22/06/2025
Andrew Egan	Galway City Harriers	Brendan Glynn	200m	20.86(+2.0)	21.10(+1.0)	20.80	21.10	Santry Brussels	11/05/2023 25/05/2025
			400m	45.86		46.05	46.75	Oordegem	07/06/2025
Killian Fahy	Leevale	Dustin Allen	400m	46.23	46.27 46.46	46.05	46.75	Charlotte, NC Winston-Salem, NC Gainesville, FL	26/04/2025 16/05/2025 19/04/2025
Callum Baird	Ballymena & Antrim	Ian Neely	400m	46.65	46.75	46.05		UCD	18/06/2025
Adam Nolan	St LO'T	Billy Delaney	110mh	14.08(+0.4)	14.11(+1.0)	13.75	14.20	Carlow Tullamore	28/05/2025 18/05/2025

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

Any eligible athlete who achieves a Performance Standard/Performance Standards within the Qualifying Period for the particular event will be considered for selection.

NB: Only a maximum of three athletes with qualifying standards from each country can compete in each event at the European U/23 Championships.

Achieving a Performance Standard gives no right or guarantee of selection.

Updated: 24th June 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Fintan Dewhirst	Tir Chonaill	Hayley & Drew Harrison	400mh	51.45	51.49	50.60	51.75	Brussels	25/05/2025
								Lisbon	10/05/2025
Nick Griggs	CNDR Track	Mark Kirk	1500m	3:39.33		3:38.00	3:41.50	Belfast	14/06/2025
Lughaidh Mallon	UCD	Mark Krik	1500m	3:39.89	3:41.15	3:38.00	3:41.50	London	18/06/2025
								Birmingham	07/06/2025
Abdel Laadjel	Donore Harriers	Jerry Schumacher	5000m	13:29.79i	13:35.98	13:48.00	13:56.00	Boston Eugene	07/12/2024
			10000m	28:29.17	29:27.42	29:15.00	29:40.00	Stanford Eugene	04/04/2025
									16/05/2025
Shane Brosnan	An Ríocht	Alex Gibby	5000m	13:37.65i	13:49.32	13:48.00	13:56.00	Boston	14/02/2025
				13:45.94i	7:53.86i	8:00.00 (3k eq std)		Boston	07/12/2024
								Winston-Salem, NC	18/04/2025
								Boston	08/02/2025
Dean Casey	Ennis Track	Sean Carlson	5,000m					Raleigh Oregon	27/03/2025
									11/06/2025
				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

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

Any eligible athlete who achieves a Performance Standard/Performance Standards within the Qualifying Period for the particular event will be considered for selection.

NB: Only a maximum of three athletes with qualifying standards from each country can compete in each event at the European U/23 Championships.

Achieving a Performance Standard gives no right or guarantee of selection.

Updated: 24th June 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Niall Murphy	Ennis Track	Pat Hogan	10,000m	28:21.32		29:15.00	29:40.00	Lubbock	28/02/2025
								Raleigh	27/03/2025
			10,000m	29:35.20	14:08.86	29:15.00 14:10.00 5k eq std	29:40.00	Birmingham Santry	14/06/2025 12/04/2025
Callum Morgan	CNDR Track	Mark Kirk	5,000m	13:35.36 13:54.35i	7:59.63i	13:48.00 8:00.00 (3k eq std)	13:56.00	Brussels Boston Gent	24/05/2025 14/02/2025 01/02/2025
Jake O'Brien	Moy Valley	Deirdre Clarke	10,000m RW	42:38	20:28	41:15.00 20:40.00 5k eq std	43:15.00	Dudince Sligo	22/03/2025 14/06/2025
Matthew Glennon	Mullingar Harriers	Michael Lane	10,000m RW	43:07	11:45.69 1:29.09	41:15.00 12:55 3k eq std	43:15.00 1:42.00 20k eq std	Tilburg Santry Douglas	15/06/2025 12/04/2025 02/03/2025
Oisin Joyce	Lake District	Padraic Joyce	Javelin	73.85m		75.00m	72.00m	Nicosia	16/03/2025
Men's 4x100m Relay		Daniel Kilgallon	4x100m	40.45		40.50		DSD	14/06/2025

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

Any eligible athlete who achieves a Performance Standard/Performance Standards within the Qualifying Period for the particular event will be considered for selection.

NB: Only a maximum of three athletes with qualifying standards from each country can compete in each event at the European U/23 Championships.

Achieving a Performance Standard gives no right or guarantee of selection.

Updated: 24th June 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Lucy May Sleeman	Leevale	Matt Kane	100m	11.39 (+0.9)	11.42(+0.4)	11.40	11.60	Winston-Salem, NC Jacksonville	16/05/2025 29/05/2025
Jenna Breen	City of Lisburn	Grant Barker	400m	53.59		52.75	53.75	Belfast	10/05/2025
Victoria Amiadamen	Dooneen	Hayley & Drew Harrison	400mh	58.56		57.75	59.00	UCD	18/06/2025
Emma Moore	Galway CH	Joe Ryan	800m	2:03.54 2:04.26	2:04.50 2:04.58i	2:03.00	2:05.00	Belfast Belfast Brussels NIA, Dublin	14/06/2025 10/05/2025 25/05/2025 26/02/2025
Maeve O'Neill	Doheny	Ray Treacy	800m	2:03.43 2:04.66i	2:04.76 2:04.97	2:03.00	2:05.00	Oregon Boston Storrs, CT Raleigh	12/06/2025 15/02/2025 17/05/2025 29/03/2025
Cara Laverty	Finn Valley	Ray Treacy	1500m	4:16.37	4:17.56	4:14.00	4:18.00	Raleigh Belfast	28/03/2025 14/06/2025

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

Any eligible athlete who achieves a Performance Standard/Performance Standards within the Qualifying Period for the particular event will be considered for selection.

NB: Only a maximum of three athletes with qualifying standards from each country can compete in each event at the European U/23 Championships.

Achieving a Performance Standard gives no right or guarantee of selection.

Updated: 24th June 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Eimear Maher	DSD	Donal Hennigan	1500m	4:13.33	4:17.50	4:14.00	4:18.00	Belfast	14/06/2025
				4:14.87				Belfast	10/05/2025
								Brussels	25/05/2025
			5000m		9:22.33	9:30.00 (3k eq std)		Clonmel	03/05/2025
Emma McEvoy	DSD	Donal Hennigan	5000m	16:14.91	9:17.98	15:55.00	16:20.00	Brussels	25/05/2025
						9:30.00 (3k eq std)		Belfast	10/05/2025
Anika Thompson	Leevale	Shalane Flanagan	5,000m	15:31.93i	15:58.59	15:55.00	16:20.00	Boston Eugene	07/12/2024
Maebh Richardson	Kilkenny City Harriers	Ian Solof	10,000m	33:35.01		34:05.00	34:40.00	Corvallis, OR	02/05/2025
Maebh Richardson	Kilkenny City Harriers	Ian Solof	5000m	15:59.27(i)	16:10.06	15:55.00	16:20.00	Seattle	14/02/2025
				16:16.86i				Boston	04/04/2025
								Stanford	07/12/2025
			10,000m	33:29.43		34:05.00	34:40.00	Azusa, CA	18/04/2025

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

Any eligible athlete who achieves a Performance Standard/Performance Standards within the Qualifying Period for the particular event will be considered for selection.

NB: Only a maximum of three athletes with qualifying standards from each country can compete in each event at the European U/23 Championships.

Achieving a Performance Standard gives no right or guarantee of selection.

Updated: 24th June 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Roise Roberts	CNDR	Mark Kirk	5000m	9:27.39		15:55.00 9:30.00 3k equiv std	16:20.00	Belfast	14/06/2025
Heather Murphy	St. Michael's Portarlinton	Rylan Hinchey & Eamon Henry	10,000m	33:45.36		34:05.00	34:40.00	Raleigh	28/03/2025
Ava O'Connor	Tullamore Harriers	Damon Martin & Damien Lawlor	3000ms/c	9:45.00 9:46.22	10:11.14	10:05.00	10:15.00	Lahti Azusa, CA Pueblo, CO	11/06/2025 16/04/2025 24/05/2025
			1500m	4:15.31		4:14.00	4:18.00	Azusa, CA	18/04/2025
			5000m	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
Ailish Hawkins	DCH	Andrew Ferris	3000m s/c	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

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

Any eligible athlete who achieves a Performance Standard/Performance Standards within the Qualifying Period for the particular event will be considered for selection.

NB: Only a maximum of three athletes with qualifying standards from each country can compete in each event at the European U/23 Championships.

Achieving a Performance Standard gives no right or guarantee of selection.

Updated: 24th June 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Alexandra Joyce	Tuam	Dermot McDermott	3000ms/c	10:12.87	10:14.50	10:05.00	10:15.00	Brussels	25/05/2025
								Birmingham	07/06/2025
Aisling Lane	Mullingar	Michael Lane	10,000m RW		1:41.51	46:45.00	49:25.00	Douglas	02/03/2025
					(equiv std)	Equiv 20k	1:42.00		
Elizabeth Ndudi	DSD	Petros Kyprianou	Long Jump	6.42m		6.45m	6.35m	Champaign	11/01/2025
Aoife O'Sullivan	Liscarroll	Martin O'Sullivan	High Jump	1.81m		1.85m	1.81m	Dublin	11/04/2025
Anna Gavigan	Lambay Sports Academy	Gerry Ronan	Discus	53.91m	52.30m	54.50m	51.30m	Nicosia	15/03/2025
								Carlow	07/06/2025
Nicola Tuthill	UCD	Killian Barry	Hammer	71.71m	68.70m	65.50m	61.00m	Lahti	11/06/2025
				69.74m	62.99m			Nicosia	16/03/2025
				69.68m				Halle	24/05/2025
								Santry	12/04/2025
								Dunboyne	15/02/2025
Women's 4x400m		Ger O'Donnell	4x400m	3:36.93	3:43.00			Carlow	21/06/2025



European U/23 Championships 2025 Qualifying Performances



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

Any eligible athlete who achieves a Performance Standard/Performance Standards within the Qualifying Period for the particular event will be considered for selection.

NB: Only a maximum of three athletes with qualifying standards from each country can compete in each event at the European U/23 Championships.

Achieving a Performance Standard gives no right or guarantee of selection.

Updated: 24th June 2025