

Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

Updated: 17<sup>th</sup> July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
<b>Jesse Osas</b>	Ratoath	Peter Doherty	<b>100m</b>	10.51 (-0.8)		10.45	10.60	Tullamore	05/07/2025
<b>Joshua Awujoola*</b>	Fast Twitch	Adam McMullen	<b>100m</b>	10.53(+1.6)	10.54(+1.8)	10.45	10.60	UCD Stratford	18/06/2023 13/07/2025
<b>Conor Kelly</b>	Finn Valley	Paul Miller	<b>400m</b>	45.85 46.09 46.18 46.54i	46.63i 46.80i 46.81	47.10	48.00	Santry Mannheim Brussels Sheffield NIA, Dublin NIA, Dublin Lee Valley	11/07/2025 28/06/2025 24/05/2025 09/02/2025 23/02/2025 22/02/2025 01/06/2025
			<b>200m</b>	21.01 21.13 (-0.6)	21.40i	21.15	21.50	Brussels Lee Valley Lee Valley	25/05/2025 21/04/2025 18/01/2025
			<b>100m</b>	10.58 (+0.6)		10.45	10.60	Lee Valley	21/04/2025

Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

Updated: 17<sup>th</sup> July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
<b>Donal Martin</b>	Blackrock	Paul Conroy	<b>200m</b>	21.47i		21.15	21.50	Athlone	09/03/2025
<b>Joe Burke</b>	Templemore	Cillian Griffin	<b>200m</b>	21.33 (+0.8)		21.15	21.50	Wetzlar	07/06/2025
<b>Dubem Amah</b>	Tallaght	Daniel Kilgallon	<b>200m</b>	21.44(+2.0)	21.49(+1.1)	21.15	21.50	Tullamore Tullamore	12/07/2025 05/07/2025
<b>Sean Doggett</b>	Athenry	Stephen Doggett	<b>400m</b>	46.59 47.08 47.22	47.46 47.63i 47.65 47.69i	47.10	48.00	Mannheim Tullamore Tullamore Athlone Athlone Belfast NIA Dublin	28/06/2025 05/07/2025 31/05/2025 14/05/2025 09/03/2025 10/05/2025 23/02/2025
<b>Des O'Neill</b>	Raheny Shamrock	Louis Keogh	<b>400mh</b>	52.61		51.90	53.10	Brussels	25/05/2025
			<b>400m</b>	47.65i		47.10	48.00	Athlone	09/03/2025
<b>Alex Cullen</b>	KCH	Nicola Barron & May Hutt	<b>400m</b>	47.37	47.81	47.10	48.00	Mannheim Belfast	28/06/2025 10/05/2025

Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

Updated: 17<sup>th</sup> July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
<b>Ethan Dewhirst</b>	Tir Chonaill	Brian McGonagle	<b>400mh</b>	52.14	52.66	51.90	53.10	Lisbon	10/06/2025
				52.50	52.99			Mannheim	29/06/2025
								Loughborough	19/04/2025
								Tullamore	18/05/2025
<b>Oisin Lynch</b>	Killarney Valley	Damon Martin & Con Lynch	<b>800m</b>	1:48.63	1:48.88	1:48.50	1:49.75	Nivelles	14/06/2025
								Cork	09/07/2025
<b>Cormac Dixon</b>	Tallaght	Ray Treacy	<b>3000m</b>	7:56.59i		8:10.00	8:15.00	Boston	01/02/2025
				8:07.09i				Chicago	01/03/2025
			<b>1500m</b>	3:46.24i		3:46.50	3:44.00	Boston	14/02/2025
			<b>5000m</b>	13:57.99		14:10.00	14:26.00	Raleigh	27/03/2025
<b>Sean Cronin</b>	Clonliffe	Peter McDermott	<b>1500m</b>	3:43.87	3:44.65	3:44.00	3:46.50	Watford	12/07/2025
					3:45.06			Dublin	28/06/2025
								Loughborough	21/06/2025
<b>Frank Buchanan</b>	St Michael's Enniskillen	Mark Kirk	<b>1500m</b>	3:44.05	3:46.11	3:44.00	3:46.50	Watford	12/07/2025
				3:46.11				Belfast	14/06/2025
<b>Noah Harris</b>	Parnell	Joe Ryan	<b>3000m</b>	8:08.13		8:10.00	8:15.00	Belfast	10/05/2025

Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

Updated: 17<sup>th</sup> July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Cillian Gleeson	Celbridge	Feidhlim Kelly	5000m	14:13.41		14:10.00	14:26.00	Brussels	24/05/2025
			3000m	8:09.99		8:10.00	8:15.00	Belfast	10/05/2025
			5000m	14:19.66		14:10.00	14:26.00	Tullamore	30/05/2025
Matthew Newell	Tuam	Pierce O'Callaghan & Jamie Costin	10km RW	44:52		43:00.00	45:30.00	Podebrady	18/05/2025
Seamus Clarke	Moy Valley	Deirdre Clarke	10km RW	43:22	21:41	43:00.00	45:30.00	Podebrady	18/05/2023
				44:37	(5K equiv std)	21:50		Dudince	22/03/2025
						(5k equiv)		Dublin	23/02/2025
Cian Crampton	Edenderry	Peter Collins	Discus	58.32m	55.85mi	58.00m	54.50m	Loughborough	01/06/2025
				58.26m	55.21m			Tullamore	05/07/2025
				57.34m				Halle	24/05/2025
								Vaxjo	01/02/2025
								Tullamore	06/04/2025
Andrew Cooper	Gowran	John Farrelly	Shot	18.20mi		19.00m	17.85m	NIA, Dublin	01/03/2025

Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

Updated: 17<sup>th</sup> July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
<b>Theo Hanlon</b>	Suncroft	Peter Collins	<b>Shot</b>	18.04m	17.96m	19.00m	17.85m	Clonmel	03/05/2025
								Lucan	16/07/2025
<b>Precious Akpe-Moses</b>	Blackrock (Louth)	Andy Paul	<b>200m</b>	23.66(-0.1)	24.07(+1.0)	23.70	24.20	Tullamore	05/07/2025
				23.73(-1.2)	24.19i			Mannheim	29/06/2025
			<b>100m</b>	11.64(+0.2)	11.74 (+0.4)	11.60	11.75	Loughborough	18/05/2025
				11.71(+0.2)				Athlone	09/03/2025
<b>Destiny Lawal</b>	Dooneen	Dave Crowley	<b>100m</b>	11.70(+1.8)		11.60	11.75	Tullamore	05/07/2025
								Loughborough	18/05/2025
<b>Molly Daly</b>	Kilkenny CH	Rob Daly & Fiona Norwood	<b>200m</b>	23.67(+1.9)	24.16(-0.1)	23.70	24.20	Newham	22/06/2025
<b>Tiffany Nwaedozie</b>	Belgooly	Colette Kelly	<b>200m</b>	24.19(+1.1)		23.70	24.20	Tullamore	07/06/2025
								Carlow	21/06/2025

Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

Updated: 17<sup>th</sup> July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
<b>Erin Friel</b>	Letterkenny	Kathryn McDevitt	400m	54.28	54.75i	53.75	54.90	Brussels	24/05/2025
				54.42i				Athlone	30/03/2025
								Athlone	09/03/2025
<b>Ellis McHugh</b>	Ferrybank	Brid Golden	<b>400mh</b>	59.23		59.00	60.00	Cork	15/06/2025
<b>Gemma Galvin</b>	Ennis Track	Pat Hogan	<b>800m</b>	2:05.77	2:06.35	2:05.00	2:07.00	Clonmel UCD	03/05/2025 18/06/2025
			<b>1500m</b>	4:18.39		4:19.00	4:23.00	Belfast	10/05/2025
<b>Pia Langton</b>	KCH	Nimah & Noel Richardson	<b>800m</b>	2:06.00	2:06.03	2:05.00	2:07.00	Cork	09/07/2025
								Belfast	14/06/2025
<b>Saoirse Fitzgerald</b>	Lucan Harriers	Niamh & Eoin Fitzgerald	<b>800m</b>	2:06.63	2:07.00	2:05.00	2:07.00	Clonmel	03/05/2025
								Belfast	10/05/2025
<b>Lorraine O'Connor</b>	Clonliffe Harriers	Declan Bolton	<b>1500m</b>	4:22.73i		4:19.00	4:23.00	Cardiff	12/01/2025
<b>Nicole Dinan</b>	Leevale	Cody Halsey	<b>1500m</b>	4:19.91	4:22.34	4:19.00	4:23.00	Baton Rouge	26/04/2025
					4:22.86			Jacksonville, FL	02/05/2025
					4:21.64			Tallahassee	28/03/2025

Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

Updated: 17<sup>th</sup> July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
								Gainsville, FL	04/04/2025
<b>Aimee Wallace</b>	Mullingar	Joe Ryan	1500m	4:21.44		4:19.00	4:23.00	Dublin	28/06/2025
<b>Jennifer O'Leary</b>	Nenagh	Sean Finn	1500m	4:22.87		4:19.00	4:23.00	Dublin	28/06/2025
<b>Emily Bolton</b>	Clonliffe Harriers	Declan Bolton	1500m	4:16.77	4:21.35 4:21.91	4:19.00	4:23.00	Belfast Clonmel Belfast	10/05/2025 03/05/2025 14/06/2025
<b>Anna Gardiner</b>	East Down	Ray Treacy	<b>3000m</b>	9:26.44		9:25.00	9:35.00	Providence	11/04/2025
			<b>5,000m</b>	16:17.63 16:20.47		16:30.00	17:00.00	Storrs, CT Raleigh	17/05/2025 28/03/2025
<b>Emma Hickey</b>	United Striders	David McCarthy	<b>3,000m</b>	9:28.14	9:32.84	9:25.00	9:35.00	Tullamore Carlow	31/05/2025 21/06/2025
<b>Dearbhla Allen</b>	St. Peter's	Simon Allen	<b>3000m s/c</b>	10:29.51 10:34.96	10:35.66 10:37.49	10:25.00	10:40.00	Birmingham Tullamore Brussels Tullamore	07/06/2025 29/06/2025 25/05/2025 05/07/2025

Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

Updated: 17<sup>th</sup> July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
<b>Caoimhe Flannery</b>	Skibbereen	Joan Hough	<b>3000m s/c</b>	10:35.38	10:39.06	10:25.00	10:40.00	Birmingham	07/06/2025
				10:36.75				Watford	13/07/2025
								Tullamore	29/06/2025
<b>Tara O'Connor</b>	Dundalk St. Gerards	Jean McArdle & Packie O'Connor	<b>High Jump</b>	1.81mi		1.85m	1.80m	NIA, Dublin	22/02/2025
<b>Enya Silkena</b>	Ratoath	Modris Silkens	<b>Heptathlon</b>	5434			5270	Valmiera	14&15/06/25
<b>U20 Girls 4x100m</b>		Olive Murphy	<b>4x100m relay</b>	44.52	45.92	46.10		Mannheim	28/06/2025
				45.29	46.00			Mannheim	29/06/2025
								Santry	03/05/2025
								DSD	14/06/2025
<b>U20 Boys 4x100m</b>		Karen Kirk	<b>4x100m relay</b>	40.39	40.57	41.10		Santry	03/05/2025
				40.55	40.88			Mannheim	28/06/2025
								Mannheim	29/06/2025
								DSD	14/06/2025
<b>U20 Girls 4x400m</b>		Dermot McGranaghan	<b>4x400m relay</b>	3:40.30	3:42.37	3:43.00		Manheim	29/06/2025
								Tullamore	18/05/2025



Please see European u20 Selection Policy [https://www.athleticsireland.ie/wp-content/uploads/2025/01/25\\_EuroU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_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/20 Championships.

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

**Updated: 17<sup>th</sup> July 2025**

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
U20 Boys 4x400m		Dermot McGranaghan	4x400m relay	3:08.31	3:10.14	3:13.00		Mannheim	29/06/2025
								Tullamore	18/05/2025