

Please see European u20 Selection Policy https://www.athleticsireland.ie/wp-content/uploads/2025/01/25_EuroU20_policy.pdf for full details on Selection Criteria, but please note;

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Updated: 20th July 2025

Athlete	Club	Coach(es)	Event	Performance I	Performance II	A Standard	B Standard	Venue	Date
Jesse Osas	Ratoath	Peter Doherty	100m	10.51 (-0.8)		10.45	10.60	Tullamore	05/07/2025
Joshua Awujoola*	Fast Twitch	Adam McMullen	100m	10.53(+1.6)	10.54(+1.8)	10.45	10.60	UCD Stratford	18/06/2023 13/07/2025
Luke Timlin	Steven Colvert	Crusaders	100m	10.6 (+2.0)		10.45	10.60	Navan	25/06/2025
Conor Kelly	Finn Valley	Paul Miller	400m	45.85	46.63i	47.10	48.00	Santry	11/07/2025
				46.09	46.80i			Mannheim	28/06/2025
				46.18	46.81			Brussels	24/05/2025
				46.54i				Sheffield	09/02/2025
								NIA, Dublin	23/02/2025
								NIA, Dublin	22/02/2025
								Lee Valley	01/06/2025
			200m	21.01	21.40i	21.15	21.50	Brussels	25/05/2025
				21.13 (-0.6)				Lee Valley	21/04/2025
								Lee Valley	18/01/2025

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			100m	10.58 (+0.6)		10.45	10.60	Lee Valley	21/04/2025
Adam Ofeimun	Donore Harriers	Paul Miller	200m	21.24(-0.2)				Birmingham	12/07/2025
Donal Martin	Blackrock	Paul Conroy	200m	21.47i		21.15	21.50	Athlone	09/03/2025
Joe Burke	Templemore	Cillian Griffin	200m	21.33 (+0.8)		21.15	21.50	Wetzlar	07/06/2025
Dubem Amah	Tallaght	Daniel Kilgallon	200m	21.44(+2.0)	21.49(+1.1)	21.15	21.50	Tullamore Tullamore	12/07/2025 05/07/2025
Sean Doggett	Athenry	Stephen Doggett	400m	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
Des O'Neill	Raheny Shamrock	Louis Keogh	400mh	52.61		51.90	53.10	Brussels	25/05/2025

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			400m	47.65i		47.10	48.00	Athlone	09/03/2025
Alex Cullen	KCH	Nicola Barron & May Hutt	400m	47.37	47.81	47.10	48.00	Mannheim Belfast	28/06/2025 10/05/2025
Ethan Dewhirst	Tir Chonaill	Brian McGonagle	400mh	52.14 52.50	52.66 52.99	51.90	53.10	Lisbon Mannheim Loughborough Tullamore	10/06/2025 29/06/2025 19/04/2025 18/05/2025
Oisin Lynch	Killarney Valley	Damon Martin & Con Lynch	800m	1:48.63	1:48.88	1:48.50	1:49.75	Nivelles Cork	14/06/2025 09/07/2025
Cormac Dixon	Tallaght	Ray Treacy	3000m	7:56.59i 8:07.09i		8:10.00	8:15.00	Boston Chicago	01/02/2025 01/03/2025
			1500m	3:46.24i		3:46.50	3:44.00	Boston	14/02/2025
			5000m	13:57.99		14:10.00	14:26.00	Raleigh	27/03/2025
Sean Cronin	Clonliffe	Peter McDermott	1500m	3:43.87	3:44.12 3:45.06	3:44.00	3:46.50	Watford Dublin	12/07/2025

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Frank Buchanan	St Michael's Enniskillen	Mark Kirk	1500m	3:44.05	3:46.11	3:44.00	3:46.50	Loughborough	28/06/2025
				3:46.11				Watford	12/07/2025
								Belfast	14/06/2025
Noah Harris	Parnell	Joe Ryan	3000m	8:08.13		8:10.00	8:15.00	Belfast	10/05/2025
			5000m	14:13.41		14:10.00	14:26.00	Brussels	24/05/2025
Cillian Gleeson	Celbridge	Feidhlim Kelly	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

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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
Theo Hanlon	Suncroft	Peter Collins	Shot	18.04m	17.96m	19.00m	17.85m	Clonmel	03/05/2025
								Lucan	16/07/2025
Precious Akpe-Moses	Blackrock (Louth)	Andy Paul	200m	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
								Loughborough	18/05/2025
			100m	11.64(+0.2)	11.74 (+0.4)	11.60	11.75	Tullamore	05/07/2025
				11.71(+0.2)				Loughborough	18/05/2025
Destiny Lawal	Dooneen	Dave Crowley	100m	11.70(+1.8)		11.60	11.75	Cork	14/06/2025
			200m	23.85(+1.1)					
						23.70	24.20	Carlow	21/06/2025

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Molly Daly	Kilkenny CH	Rob Daly & Fiona Norwood	200m	23.67(+1.9)	24.16(-0.1)	23.70	24.20	Wetzlar Tullamore	07/06/2025 05/07/2025
Tiffany Nwaedozie	Belgooly	Colette Kelly	200m	24.19(+1.1)		23.70	24.20	Carlow	21/06/2025
Erin Friel	Letterkenny	Kathryn McDevitt	400m	54.28 54.42i	54.75i	53.75	54.90	Brussels Athlone Athlone	24/05/2025 30/03/2025 09/03/2025
Ellis McHugh	Ferrybank	Brid Golden	400mh	59.23		59.00	60.00	Cork	15/06/2025
Gemma Galvin	Ennis Track	Pat Hogan	800m	2:05.77	2:06.35	2:05.00	2:07.00	Clonmel UCD	03/05/2025 18/06/2025
			1500m	4:18.39		4:19.00	4:23.00	Belfast	10/05/2025
Pia Langton	KCH	Nimah & Noel Richardson & James Ledingham	800m	2:06.00	2:06.03	2:05.00	2:07.00	Cork Belfast	09/07/2025 14/06/2025

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Saoirse Fitzgerald	Lucan Harriers	Niamh & Eoin Fitzgerald	800m	2:06.63	2:07.00	2:05.00	2:07.00	Clonmel	03/05/2025
								Belfast	10/05/2025
Lorraine O'Connor	Clonliffe Harriers	Declan Bolton	1500m	4:22.73i		4:19.00	4:23.00	Cardiff	12/01/2025
Nicole Dinan	Leevale	Cody Halsey	1500m	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
								Gainesville, FL	04/04/2025
Aimee Wallace	Mullingar	Joe Ryan	1500m	4:21.44		4:19.00	4:23.00	Dublin	28/06/2025
Jennifer O'Leary	Nenagh	Sean Finn	1500m	4:22.87		4:19.00	4:23.00	Dublin	28/06/2025
Emily Bolton	Clonliffe Harriers	Declan Bolton	1500m	4:16.77	4:21.35	4:19.00	4:23.00	Belfast	10/05/2025
					4:21.91			Clonmel	03/05/2025
								Belfast	14/06/2025
Anna Gardiner	East Down	Ray Treacy	3000m	9:26.44		9:25.00	9:35.00	Providence	11/04/2025

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			5,000m	16:17.63		16:30.00	17:00.00	Storrs, CT	17/05/2025
				16:20.47				Raleigh	28/03/2025
Emma Hickey	United Striders	David McCarthy	3,000m	9:28.14	9:32.84	9:25.00	9:35.00	Tullamore Carlow	31/05/2025 21/06/2025
Dearbhla Allen	St. Peter's	Simon Allen	3000m s/c	10:29.51	10:35.66	10:25.00	10:40.00	Birmingham	07/06/2025
				10:34.96	10:37.49			Tullamore	29/06/2025
								Brussels	25/05/2025
								Tullamore	05/07/2025
Caoimhe Flannery	Skibbereen	Joan Hough	3000m s/c	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
Tara O'Connor	Dundalk St. Gerards	Jean McArdle & Packie O'Connor	High Jump	1.81m		1.85m	1.80m	NIA, Dublin	22/02/2025
Enya Silkena	Ratoath	Modris Silkens	Heptathlon	5434			5270	Valmiera	14&15/06/25
U20 Girls 4x100m		Olive Murphy	4x100m relay	44.52	45.92	46.10		Mannheim	28/06/2025
				45.29	46.00			Mannheim	29/06/2025
								Santry	03/05/2025

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U20 Boys 4x100m		Karen Kirk	4x100m relay	40.39	40.57	41.10		DSD	14/06/2025
				40.55	40.88			Santry	03/05/2025
								Mannheim	28/06/2025
								Mannheim	29/06/2025
U20 Girls 4x400m		Dermot McGranaghan	4x400m relay	3:40.30	3:42.37	3:43.00		DSD	14/06/2025
								Manheim	29/06/2025
U20 Boys 4x400m		Dermot McGranaghan	4x400m relay	3:08.31	3:10.14	3:13.00		Tullamore	18/05/2025
								Mannheim	29/06/2025