

2026 World Athletics Indoor Championships Media Guide



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About the Event

The World Athletics Indoor Championships are a biennial indoor track and field competition served as the global championship for that version of the sport. Organised by the World Athletics, the competition was inaugurated as the World Indoor Games in 1985 in Paris.

The 21st World Athletics Indoor Championships are scheduled to be held from 20 to 22 March 2026 at the Kujawsko-Pomorska Arena Toruń in Toruń, BiT City, Kuyavian–Pomeranian, Poland. It will be the second time the country has held the event after the 2014 edition in Sopot. The venue previously hosted the 2021 European Athletics Indoor Championships.

At last year's championships in Nanjing, China, Kate O'Connor won a historic silver (Ireland's first medal at the event since 2006).

O'Connor spearheads an Irish team of 11, who represent 10 different clubs.

Irish medals at the World Indoor Championships

Individual:

1987	1500m	Marcus O'Sullivan	GOLD
1987	3,000m	Frank O'Mara	GOLD
1987	3,000m	Paul Donovan	SILVER
1989	1500m	Marcus O'Sullivan	GOLD
1991	3,000m	Frank O'Mara	GOLD
1993	1500m	Marcus O'Sullivan	GOLD
1997	3,000m	Sonia O'Sullivan	SILVER
2003	400m	Paul McKee	BRONZE
2006	60m Hurdles	Derval O'Rourke	GOLD
2025	Pentathlon	Kate O'Connor	SILVER

Relay:

2004	Men's 4x400m (Rob Daly, Gary Ryan, David Gillick, David McCarthy)	BRONZE
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Irish Athlete Schedule

Day One - March 20th

Morning Session

Men's 60m	Heats	09:20	Bori Akinola
Women's 800m	Heats	11:51	Maeve O'Neill
Women's 800m	Heats	11:51	Emma Moore
Men's 800m	Heats	12:26	Mark English

Evening Session

Men's 1500m	Heats	17:54	James Gormley
Men's 60m	SF*	19:16	Bori Akinola
Men's 60m	Final*	20:22	Bori Akinola

Day Two - March 21st

Morning Session

Women's 60m	Heats	10:05	Lauren Roy
Women's 60m	Heats	10:05	Ciara Neville
Women's 800m	SF*	11:22	Maeve O'Neill
Women's 800m	SF*	11:22	Emma Moore
Men's 800m	SF*	12:08	Mark English

Evening Session

Men's 3000m	Final	18:22	Andrew Coscoran
Men's 3000m	Final	18:22	Nick Griggs
Women's 60m	SF*	19:14	Lauren Roy
Women's 60m	SF*	19:14	Ciara Neville
Women's 60m	Final*	20:20	Lauren Roy
Women's 60m	Final*	20:20	Ciara Neville

Day Three - March 22nd

Morning Session

Women's Pentathlon	60m Hurdles	10:05	Kate O'Connor
Women's Pentathlon	Long Jump	10:43	Kate O'Connor
Women's 60m Hurdles	Heats	11:55	Sarah Lavin
Women's Pentathlon	Shot Put	12:21	Kate O'Connor

Evening Session

Women's Pentathlon	Long Jump	16:40	Kate O'Connor
Men's 1500m	Final*	17:38	James Gormley
Women's 60m Hurdles	SF*	17:51	Sarah Lavin
Men's 800m	Final*	18:38	Mark English
Women's 800m	Final*	18:53	Maeve O'Neill
Women's 800m	Final*	18:53	Emma Moore
Women's Pentathlon	800m	19:03	Kate O'Connor
Women's 60m Hurdles	Final*	19:13	Sarah Lavin

Athlete Profiles



Name: Bori Akinola

Event: Men's 60m

PB: 6.54 NR (2026)

SB: 6.54 NR

Age: 24 (06.08.2001)

Club: UCD AC

Coaches: Adam McMullen

Bori has had a breakthrough start to 2026, breaking the Irish 60m record which had been held by Israel Olatunde. Competing in his first World Indoor Tour Gold meet in Belgrade, Akinola ran 6.54 seconds to take 0.03 off Olatunde's best which had stood since 2023.

Earlier this month he won his second national title in the event in a row, and last summer he won gold in the 100m at the National Championships.

The 24-year-old qualified for the European Indoor Championships in the Netherlands last year, making the semi-final of the Men's 60m.

Bori works as an iOS engineer on Output Sport's software team. He got this job through the Sport Ireland Institute's Athlete Friendly Employer Network.



Name: Andrew Coscoran

Event: Men's 3000m

PB: 7:30.75 NR (2025)

SB: 7:30.97

Age: 29 (18/06/1996)

Club: Star of the Sea AC

Coach: Helen Clitheroe

Andrew had a significant career breakthrough at the World Athletics Championships in Tokyo last September, making the final of the Men's 1500m where he finished 12th. He also competed in the Men's 5000m in Tokyo.

The Balbriggan native is a two-time Olympian having competed at the Tokyo 2020 and Paris 2024 Games.

He holds the national indoor 1500m and 3000m records, breaking the 1500m record at the World Indoor Tour Gold meeting in Liévin, France last month. He ran 7:30.97 over 3000m in January, the third fastest time for the event indoors in the world this year.

Andrew last competed at the World Indoor Championships in 2025 in Nanjing, China racing in the 1500m and 3000m. He was sixth in the final of the 3000m.

Andrew has a degree in Education and Training from DCU. Following the 2024 Olympics he moved to Manchester where he is now coached by Helen Clitheroe and part of the Team New Balance group there.



Name: Mark English
Event: Men's 800m
PB: 1:44.23 NR (2026)
SB: 1:44.23
Age: 33 (18.03.1993)
Club: Finn Valley AC
Coach: Justin Rinaldi

Mark has made an excellent start to 2026 lowering his own Irish indoor 800m record on two occasions, down to 1:44.23 most recently at the World Indoor Tour Gold meet in Ostrava, Czechia, last month. This is the fifth fastest time for the event in the world this year. The Donegal man also lowered his own Irish indoor 600m record to 1:15.80 in January.

Last March he won his fifth European senior medal, claiming bronze in the 800m at the European Indoor Championships in Apeldoorn, the Netherlands. He went onto break the national outdoor record on three occasions, running 1:43.37 in Hungary. This was bettered by Cian McPhillips at the World Athletics Championships in Tokyo, where English made the semi-final and finished third.

Mark is a three-time Olympian having competed in Rio, Tokyo and Paris. The Donegal man also holds 18 national senior titles over 800m (ten outdoor, eight indoor).

He switched coaches towards the end of 2024, now working with Australian Olympian Justin Rinaldi at the Fast 8 Track Club. He is a qualified doctor but put his medical career on hold in 2024.



Name: James Gormley
Event: Men's 1500m
PB: 3:37.60 (2026)
SB: 3:37.60
Age: 27 (03.04.1998)
Club: Carmen Runners AC
Coach: Ben Thomas

James returns to the World Indoor Championships having competed at the event in Nanjing, China just twelve months ago, finishing 13th in the final of the Men's 3000m.

That championships came just two weeks after he had made his senior international debut for Ireland in the 3000m at the European Indoor Championships in Apeldoorn.

He has had a strong indoor season running PB's over 1500m (3:37.60), Mile (3:53.38) and 5000m (13:26.24). He is now eighth on the Irish indoor all-time list for the 1500m and Mile and sixth for the 5000m.

James previously represented Great Britain until he switched his allegiance in 2024. He was 5th in the 1500m at the 2015 World U18 Championships and also raced at a European U20 Championships in the 1500m (2017).

Last year he won the national 5k road title in the Phoenix Park.



Name: Nick Griggs
Event: Men's 3000m
PB: 7:32.79 NU23R (2026)
SB: 7:32.79
Age: 21 (18/12/2004)
Club: Candour Track Club
Coach: Mark Kirk

Nick has had an excellent 2026 indoor season smashing the Irish U23 3000m record by clocking 7:32.79 at the New Balance Indoor Grand Prix in Boston. The time is the fifth fastest in the world this year. He also broke the Irish U23 indoor 5000m record (13:19.90) in Boston. The Tyrone native won his first national senior title earlier this month, claiming gold in the Men's 3000m at the 123.ie National Senior Indoor Championships which sealed his selection for this event.

In December, Nick won gold in the U23 Men's race at the European Cross Country Championships, leading the Irish team to gold medals as well. This came at the end of a year which got off to a challenging start for Nick who was hospitalised for two weeks with a rare bone infection. He returned in time for the European U23 Championships in July where he won silver in the Men's 5000m.

He then went onto clock a new personal best and national U23 record outdoors of 13:05.75 for 5000m in August, which also positions him fifth on the Irish senior all-time list.

This will be the 21-year-old's first major senior international indoor championships. He previously competed at the World Athletics Championships in 2023 and the European Athletics Championships in 2024 outdoors, both over 1500m.

Griggs is studying sport and exercise science at Ulster University in Belfast.



Name: Sarah Lavin
Event: Women's 60m Hurdles
PB: 7.90 (2024)
SB: 7.98
Age: 31 (28.05.1994)
Club: Emerald AC
Coach: Noelle Morrissey

Sarah is a two-time Olympian, making it into the semi-final in Paris in 2024. In 2023 she achieved a long-held ambition when she became Ireland's fastest ever female sprint hurdler, breaking Derval O'Rourke's Irish 100m Hurdles record at the World Athletics Championships in Budapest.

The Limerick woman made the semi-final of the Women's 100m Hurdles at the World Athletics Championships in Tokyo last year. She also finished fourth in the Women's 60m Hurdles at the European Indoor Championships in 2025. Sarah is a two-time World Indoor finalist, finishing fifth in Glasgow in 2024.

She has been coached by Noelle Morrissey since she was just seven years of age. The Limerick woman won a European Youth Olympic bronze medal in 2011 and European Junior silver medal in 2013.

More recently Sarah has won a European Games bronze medal (2023). She is a 19-time national senior champion (11 outdoors, 8 indoor). Her most recent victory came at the National Indoor Championships last month.

Sarah lives in Limerick with her cavapoo Olympus (Olly).



Name: Emma Moore
Event: Women's 800m
PB: 2:01.21 (2026)
SB: 2:01.21
Age: 21 (14.04.2004)
Club: Galway City Harriers
Coach: Joe Ryan

Emma will represent Ireland for the first time in the senior ranks at this World Indoor Championships.

The 21-year-old has had an excellent few months lowering her personal best to 2:01.21 in January at the Track and Field Live meeting in Dublin. At the time this was a national U23 indoor record but this has since been bettered by teammate Maeve O'Neill (2:00.33). Emma now sits fourth on the Irish senior indoor all-time list for the event.

The Galway athlete only represented Ireland for the first time at last year's European U23 Championships in Bergen where she ran in the 800m and 4x400m relay.

A knee issue followed by bone injuries (related to a diagnosis of RED-S) in 2023 and 2024 initially limited her ability to race at senior level.

Emma is currently studying PE and Biology teaching at Dublin City University.

She recently won silver in the Women's 800m at the 123.ie National Senior Indoor Championships.



Name: Ciara Neville
Event: Women's 60m
PB: 7.26 PB (2026)
SB: 7.26
Age: 26 (14.10.1999)
Club: Emerald AC
Coach: Noelle Morrissey

Ciara has impressed so far in 2026, breaking her 60m personal best that she had set back in 2017 on three occasions. Her best for the distance is now 7.26 seconds which she clocked in Athlone last month.

Ciara won gold outdoors over 100m at last year's 123.ie National Senior Track and Field Championships and backed that up this year by winning the Women's 60m at the 123.ie National Senior Indoor Championships on March 1st.

The 26-year-old from Limerick is a training partner of Sarah Lavin and both have been coached by Noelle Morrissey since they were children.

She was a hugely successful U20 athlete and still holds the national indoor U20 record for 60m (7.30). Ciara was also part of the Women's 4x100m relay team who won silver at the World U20 Championships in Tampere, Finland.

In 2021 while tracking towards the Olympics, Ciara suffered a partial tear in the conjoint tendon of her hamstring, undergoing surgery in 2022 and effectively had to learn to run again. She didn't get back to racing until August 2023.

This will be Ciara's second World Indoor Championships having competed at the event in 2018 in Birmingham.



Name: Kate O'Connor
Event: Women's Pentathlon
PB: 4781 points NR (2025)
SB: N/A
Age: 25 (12.12.2000)
Club: Dundalk St. Gerard's AC
Coaches: Michael O'Connor, Tom Reynolds & Dave Sweeney

Kate had a year to remember in 2025 which ultimately culminated in a silver medal in the Women's Heptathlon at the World Athletics Championships in Tokyo, where she smashed her Irish record for the event scoring 6714 points. This was Ireland's first medal at the event since 2013.

Her year started by winning bronze in the pentathlon at the European Indoor Championships in a national record (4781 points) before she travelled to China for the World Indoor Championships where she won silver. She went onto win gold at the World University Games in Germany.

In 2024 she became Ireland's first heptathlete to compete at the Olympic Games and only our second ever female multi-eventer, finishing 14th.

Kate remains the only Irish woman to score over 6000 points in the event. She is the 2022 Commonwealth Games silver medallist and a four-time national senior champion across various events.

She competed at the recent 123.ie National Senior Indoor Championships setting new personal bests in both the 60m Hurdles (8.21) and Long Jump (6.50m), moving to third individually on the Irish senior indoor all-time list for both.



Name: Maeve O'Neill
Event: Women's 800m
PB: 2:00.33 NR (2026)
SB: 2:00.33
Age: 22 (09.03.2004)
Club: Doheny AC
Coach: Ray Treacy

This will be Maeve's first senior international appearance for Ireland, coming off the back of a record-breaking few weeks.

The 22-year-old clocked a national indoor 800m record of 2:00.33 at the renowned Boston University track last month to qualify for these championships.

She competed at the NCAA Championships last weekend in Fayetteville, Arkansas representing Providence College where she is coached by Irishman Ray Treacy.

The Dunmanway woman finished third in the national senior 800m final last summer outdoors, just a couple of weeks after running at the European U23 Championships in Norway where she ran her outdoor PB (2:02.66), which wasn't enough to make the semi-finals.

Maeve was 8th in the 2023 European U20 800m final and 5th as part of the Women's 4x400m relay at the same championships in 2021, a team that featured Rhasidat Adeleke.



Name: Lauren Roy
Event: Women's 60m
PB: 7.19 (2026)
SB: 7.19
Age: 25 (25.09.2000)
Club: Fast Twitch AC
Coach: Timothy Thompson

Lauren has made huge progress this season to seal her place at her first major senior international individually. She has ran personal best's over 60m (7.19 seconds) and 200m (22.89 seconds) in 2026. Her 60m time takes her to joint second on the Irish indoor-all time list, while her 200m time is second on overall all-time list. She recently described her times this season as "not unexpected."

As a junior Lauren was part of the Irish U20 Women's 4x100m squad who won bronze at the 2018 World Championships in Tampere, Finland. Last summer she ran the third leg on the women's 4x100m relay who broke the national record at the London Diamond League meeting.

The Ballymena woman competed at last weekend's NCAA Indoor Championships in Fayetteville, Arkansas.

Lauren is currently completing her Masters degree in psychology at the Tarleton State University in the USA.

Team Staff

Mark Kenneally - Head of Delegation

Teresa McDaid - Team Manager

Paul Thornton - Team Operations

Michael O'Connor - Personal Coach

Tom Reynolds - Personal Coach

Helen Clitheroe - Personal Coach

Mark Kirk - Personal Coach

Noelle Morrissey - Personal Coach

Adam McMullen - Personal Coach

Declan Monaghan - Team Physiotherapist

Mark Hoy - Team Physiotherapist

Rory Cassidy - Team Press Liaison

Where to Watch

The 2026 World Athletics Indoor Championships will be live on Virgin Media Two and Virgin Media Play.

For TV listings visit:
<https://www.virginmediatelevision.ie/tv-guide>

