

**Please see World u20 Selection Policy** [https://www.athleticsireland.ie/wp-content/uploads/2026/02/26\\_WU20\\_policy.pdf](https://www.athleticsireland.ie/wp-content/uploads/2026/02/26_WU20_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.

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**Updated: July 9<sup>th</sup> 2026**

<b>Athlete</b>	<b>Club</b>	<b>Coach(es)</b>	<b>Event</b>	<b>Performance I</b>	<b>Performance II</b>	<b>Qualifying Standard</b>	<b>Venue</b>	<b>Date</b>
<b>Sofia Granjo</b>	St. L O'Toole	Billy Delaney	<b>200m</b>	24.00 (+1.9)		24.00	Carlow	24/05/2026
<b>Molly Daly</b>	Kilkenny City Harriers	Rob Daly & Fiona Norwood	<b>400m</b>	53.74i		54.20	Athlone	14/03/2026
<b>Erin Friel</b>	Letterkenny	Kathryn McDevitt	<b>400m</b>	54.20i		54.20	Athlone	14/03/2026
<b>Saoirse Fitzgerald</b>	Lucan Harriers	Eoin & Niamh Fitzgerald	<b>800m</b>	2:05.35	2:05.48 2:05.60	2:06.00	Belfast Clonmel Loughborough	09/05/2026 02/05/2026 13/06/2026
<b>Pia Langton</b>	Kilkenny City Harriers	Nimah & Noel Richardson & James Ledingham	<b>800m</b>	2:05.72	2:05:87	2:06.00	Cork Clonmel	08/07/2026 02/05/2026
			<b>1500m</b>	4:21.77i		4:22.00	Athlone	14/03/2026
<b>Gemma Galvin</b>	Ennis Track	Sinead Delahunty & Ray Treacy	<b>1500m</b>	4:20.74	4:21.54	4:22.00	Philadelphia, PA Storrs, CT	25/04/2026 14/05/2026

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<b>Dearbhla Allen</b>	St. Peter's	Simon Allen	<b>3000ms/c</b>	10:25.69		10:26.00	Belfast	13/06/2026
<b>Orlaith Mannion</b>	South Galway	Declan Derrane	<b>100mh</b>	13.52 (+1.4)	13.68 (+0.4)	13.70	Brussels Nivelles	24/05/2026 27/06/2026
<b>Ellis McHugh</b>	Ferrybank	Brid Golden	<b>400mh</b>	58.96	59.10 59.18	59.50	Tullamore Brussels Tullamore	17/05/2026 24/05/2026 30/05/2026
<b>Siun Quinn</b>	Brothers Pearse	Petros Kyprianou	<b>High Jump</b>	1.85m	1.84m 1.83m	1.82m	Champaign IL Fayetteville, AR Lincoln, NE	08/05/2026 30/05/2026 16/05/2026
<b>Enya Silkena</b>	Ratoath	Modris Silkens	<b>Heptathlon</b>	5536 points		5350 points	Brescia, Italy	25/04 & 26/04/2026
<b>Women's 4x400m</b>		Dermot McGranaghan	<b>4 x 400m</b>	3:37.69		3:38.00	Carlow	20/06/2026
<b>Dubem Amah</b>	Tallaght	Kerron Stewart	<b>200m</b>	20.98 (+1.7)	21.02 (+0.9) 21.03 (+1.8)	21.15	Cork Tullamore Columbus OH	08/07/2026 05/07/2026 01/05/2026

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<b>Adam Ofeimun</b>	Donore Harriers	Paul Miller	<b>200m</b>	21.11 (-0.8)		21.15	Tullamore	05/07/2026
<b>Ethan Dewhirst</b>	Tir Chonaill	Brian McGonagle	<b>400mh</b>	50.81	51.78	52.40	Loughborough	18/04/2026
					52.12		Tullamore	17/05/2026
							Tullamore	05/07/2026
<b>Des O'Neill</b>	Raheny Shamrock	Louise Keogh	<b>400mh</b>	51.45	52.01	52.40	Tullamore	05/07/2026
				51.89			Tullamore	30/05/2026
							Cardiff	27/06/2026
<b>Lucas Lyons</b>	North Leitrim	Dermot McDermott	<b>1500m</b>	3:45.36		3:45.50	Oordegem	06/06/2026
<b>Cillian Gleeson</b>	Celbridge	Mick Byrne	<b>5000m</b>	13:54.27		13:55.00	Platteville, WI	10/04/2026
<b>Seamus Clarke</b>	Moy Valley	Deirdre Clarke	<b>5000m Walk</b>	19:45.34	2 x 10k eq stds	20:45.00	Tullamore	04/07/2026
				20:33.19i	42:06		NIA, Dublin	01/03/2026
					43:17		Dudince	07/03/2026
							Raheny	14/12/2026
<b>Matthew Newell</b>	Castlegar	Ann-Marie Newell	<b>5000m Walk</b>	20:08.79	20:21.25	20:45.00	Tullamore	04/07/2026
							Sligo	13/06/2026

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<b>Michael Kent</b>	DMP	Liam Kelly	<b>Long Jump</b>	7.64m		7.60m	Varazdin, CRO	28/06/2026
<b>Eoin O'Callaghan</b>	Bandon	Frank Stam, Eamon Flanagan, Roland Korum	<b>Decathlon</b>	7145 points		7100 points	Heerenveen, NL	09/05 & 10/05/2026
<b>Boys 4x100m Relay</b>		Karen Kirk	<b>4x100m</b>	40.09		40.25	Mannheim	14/06/2026