



NATIONAL RELAY PROGRAMME 2025

U20 / U23 / SENIOR RELAY SQUADS

National Relay Coordinator

David McCarthy

4x100m Senior Women

Coaches: Gary Ryan and Niamh Whelan
Athletes: Gina Akpe Moses
Sarah Lavin
Sarah Leahy
Ciara Neville
Mollie O'Reilly
Lauren Roy
Molly Scott
Adeyemi Talabi

4x100m Senior Men

Coach: Daniel Kilgallon
Athletes: Sean Aigboboh
Bori Akinola
Paul Costelloe
Colin Doyle
Michael Farrelly
Marcus Lawler
Joseph Ojewumi
Israel Olatunde
Mark Smyth

4x100m U23 Women

Coach: Kevin Cogley
Athletes: Cressida Amaniampong
Jennifer Hanrahan
Aisling Kelly
Elizabeth Ndudi
Kate O'Connell
Lucy May Sleeman

4x100m U23 Men

Coach: Daniel Kilgallon
Athletes: Sean Aigboboh
Emmanuel Akinrolie
Runo Ayavoro
Alamin Bankole
Andrew Egan
Darragh Murphy
Nkemjika Onwumereh
Max O'Reilly

4x100m U20 Women

Coach: Olive Murphy
Athletes: Precious Akpe Moses
Fatima Amusan
Angela Cielecka
Leila Colfer
Molly Daly
Katie Doherty
Hannah Falvey
Elena O'Sullivan

4x100m U20 Men

Coach: Karen Kirk
Athletes: Dubem Amah
Joe Burke
Lemar Lucciano
Donal Martin
Sean O'Donnell
Jesse Osas
Ben Sykes
Toby Thompson
Luke Timlin
Jamie Moffatt



4x400m Senior Women

Coaches: David McCarthy and Gerard O'Donnell
Athletes: Rhasidat Adeleke
Sophie Becker
Lauren Cadden
Roisin Harrison
Phil Healy
Cliodhna Manning
Sharlene Mawdsley
Rachel McCann
Kelly McGrory

Training Squad

Arlene Crossan
Lauren McCourt
Kate O'Connell
Nicole Walsh

4x400m Senior Men

Athletes: Callum Baird
Sean Doggett
Joe Doody
Mark English
Cillin Greene
Conor Kelly
Chris O'Donnell
Jack Raftery
David Ryan

Training Squad

David Bosch
Gavin Cogle
Eoin Kenny
Marcus Lawler
Hugo Magee

4x400m U23 Women

Coaches: David McCarthy and Gerard O'Donnell
Athletes: Victoria Amiadamen
Renee Crotty
Niamh Murray
Kate O'Connell
Aisling Stratford

4x400m U23 Men

Athletes: Callum Baird
David Bosch
Gavin Cogle
Adam Courtney
Fintan Dewhirst
Joe Doody
Killian Fahy
David Mannion
Stephen Mannion

4x400m U20 Women

Coach: Dermot McGranaghan
Athletes: Saoirse Fitzgerald
Amy Jo Kierans
Hollie Kilroe
Camille Madden
Eve Mooney
Roisin Murray
Veronica O'Neill
Daisy Walker
Maria Zakharenko

4x400m U20 Men

Athletes: Alex Cullen
Davey Davitt
Ethan Dewhirst
Lamine Diarrassouba
Sean Doggett
Conor Kelly
Christopher Lynch
Senan O'Reilly
Ailin Roch Geraghty
Antoine Roquette