

# TEAM IRELAND

GUIDE TO TOKYO 2020

# WELCOME

The Tokyo 2020 Olympic Games may have been delayed for a year in an unprecedented time in human history but the Games are finally upon us and Ireland will be represented by a very special group of athletes. They make history even before they step into competition as members of the biggest Irish team ever in Olympic history.

Team Ireland 2020 features 116 athletes in 19 different sports, the first to ever exceed 100 qualifiers and 50% larger than the team that competed in Rio 2016.

This Irish team is also historic by including the first ever Irish women's hockey team in Olympic history, and the first ever Rugby Sevens team. In addition it is featuring our first ever competitor in Taekwondo and our first ever 'mixed' relay teams in athletics.

Almost 60 years ago, when Tokyo hosted the 1964 Games, the Irish team had only 24 members and just one single woman in ground breaking athlete Maeve Kyle.

This year's contains 55 females and 61 males, reflecting the increased gender balance in modern sport to which the International Olympic Committee has been committed since 2018.

In the past 17 months they have had to show massive resilience and dedication in the face of so many unknowns. COVID-19 meant qualifying events were written off, international tournaments were repeatedly re-arranged and training camps and routines – even at home – were totally thrown out of kilter.

Yet somehow more Irish athletes than ever before rose to the great Olympic challenge and this booklet tells you about them and their many sporting disciplines.

Tokyo 2020 will be unlike any previous Olympics. With supporters unable to travel and movement restrictions locally, the Games will no doubt be different, with measures in place that will make it a vastly different experience for athletes, with an emphasis on working within a framework of restrictions that will impact the global experience of interacting with other nations. In the face of adversity and challenges, the resilience and sporting attitude of the athletes have shone through, and challenges have been converted to opportunities; the sense of team has never been stronger, and the true Olympic spirit is evident, friendship and support is at the backbone of each sportsperson in Team Ireland, and a keen focus on the pursuit of excellence is to the fore.

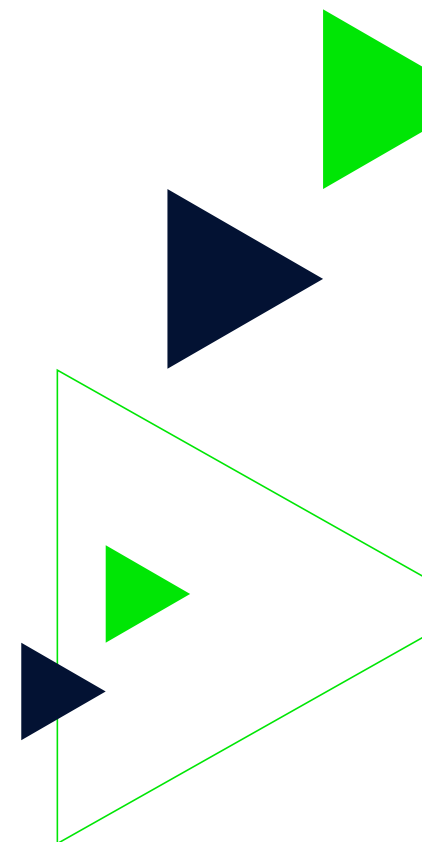
They have spent an unprecedented five years preparing for this moment. All that is on their minds is to be best they have ever been and to represent their families, clubs, coaches and the nation with pride.

Everyone in the country, and especially here in the Olympic Federation of Ireland, is already proud of them and will not waver in our support. Go n-éirí an t-ádh libh go léir.

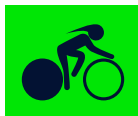
***Beir bua Team Ireland!***



**TEAM IRELAND**  
**NOTHING IN OUR WAY**



# INDEX OF SPORTS



# ATHLETICS



## COMPETITION DATES

<b>July 30 – August 7</b>	All track and field events
<b>August 5-6</b>	Race Walks
<b>August 7-8</b>	Marathons



The first recorded example of organized athletics (also known as track and field) at a sports festival was the 'footrace' at the Ancient Olympic Games in 776BC. It is a sport that embodies the modern Olympic Games motto of: 'Citius Altius Fortius' (Faster Higher Stronger) – and is the largest sport (most competitors) on the Olympic programme.

Athletics includes a broad range of running, throwing and jumping events. Most are contested on a 400m track whose inner 'field' hosts the throws and jumps, but race walks and marathon usually take place on roads. Individual events are: 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 100m (110m men) and 400m hurdles, 3000m steeplechase and marathon.

Throwing events are shot putt, discus, javelin and hammer. The jumping events are long, high, triple and pole vault. As well as individual events there are also 'combined' competitions like the heptathlon (women's) and decathlon (men) where athletes compete over seven and 10 events respectively. An athlete can compete in a combined event and an individual one. In running events there are also relays where teams of four have to exchange a baton. Men and women compete separately except in a new 4x400m mixed relay event in Tokyo 2020.

## OLYMPIC HISTORY

The first event in the 1896 Olympics in Athens was a 100m race and the inaugural modern Games also included a 400m, 800m, 1500m, marathon, 110m hurdles, high, long and triple jumps, pole vault, shot and discus and a 4x400m relay, all for men.

It was 1928 before women were allowed to compete in Olympic track and field and the first events were 100m, 800m, high jump, discus and 4x100m. Women's 800m was taken off the programme and not reinstated until 1960. There was no women's 200m until 1948. Long jump was only introduced in 1956 and women didn't race further than 800m before 1972.

The first women's marathon came in LA 1984 and women's pole vault and hammer were introduced in Sydney 2000. Women's steeplechase was included in 2008.

Tokyo 2020 will feature the first ever mixed gender athletics event, the 4x400m relay.

## DID YOU KNOW?

Even though Ireland's Bob Tisdall won Olympic 400m hurdles gold in LA in 1932 in 51.7 seconds, the runner-up, USA's Glen Hardin (who ran 51.9) was credited with the world record. That was because knocking a hurdle then ruled you ineligible to hold a record, a rule that was dispensed with in 1938.

## FUN FACT!

Australian heptathlete Glynis Nunn had a bad mental block about crossing the finish line twice in the 800m event but overcame it with hypnotherapy. That allowed her finish second in the 800m in 1984, the race that clinched her famous overall victory over fancied American Jackie Joyner.



**Thomas Barr****400m Hurdles****Age:** 28 (DOB 24/07/1992)**Hometown:** Dunmore East, Co Waterford**Club:** Ferrybank AC**Coaches:** Hayley and Drew Harrison**Personal Best:** 47.97 (2016)**Season Best:** 48.39 (June 7)

Thomas was a World Student Games champion in 2015 and a European bronze medallist in 2018 but his greatest performance came at the Rio Olympics, where he broke the Irish record and was just pipped for bronze. He qualified for Tokyo by running a big season's best at the Paavo Nurmi Games in Finland, his fastest time since winning that European bronze in 2018.

**Andrew Coscoran****1500m****Age:** 25 (DOB 18/06/1996)**Hometown:** Meath**Club:** Star of the Sea AC**Coach:** Feidhlim Kelly**Personal Best:** 3:35.66 (June 2021)

Andrew finally broke the four-minute mile in January and reached the European Indoor 1500m. He has knocked a whopping 15 seconds off his PB this year and his personal best now ranks him ninth on the Irish alltime list, just one place behind Eamonn Coghlan. He raced in five different countries in four weeks in pursuit of Olympic qualification.

**Mark English****800m****Age:** 28 (DOB 18/03/1993)**Hometown:** Letterkenny, Co Donegal**Club:** Finn Valley AC**Coach:** Feidhlim Kelly**Personal Best:** 1:44.71 (N.Rec, June 29, 2021)

Fifth in the World Junior final in 2012, Mark has since won a European bronze (2014) and two European Indoor medals (silver 2015, bronze 2019) and made semi-finals at World Championships and the 2016 Olympics. In late June his 1:44.71 in Spain finally broke David Matthew's Irish senior 800m record that had stood for 26 years. It was also inside the Olympic qualifying standard of 1:45.20.

**Síofra Cléirigh Büttner****800m****Age:** 25 (DOB 21/07/1995)**Hometown:** Dublin**Club:** Dundrum South Dublin AC**Coach:** Mark Coogan**Personal Best:** 2:01.67 (June 2019)**Season Best:** 2:01.78 (June)

Never beaten in Ireland as an outstanding junior and had a great career at Villanova University (2014-2018) where she was on eight Penn Relay winning teams. Síofra was one of the Irish half-milers who burnt up the indoor tracks this year and holds the Irish indoor 800m record with her 2:00.58 in Arkansas in February.

**Michelle Finn****3,000m Steeplechase****Age:** 31 (DOB 16/12/1989)**Hometown:** Castlemagner, Co Cork**Club:** Leevale AC**Coach:** Feidhlim Kelly**Personal Best:** 9:29.25 (June 7, 2021)

Michelle narrowly missed the podium at World Student Games in 2013 and made her Olympic debut in 2016 but has found brilliant form this summer, running her three fastest times ever in June 2021. Her PB of 9:29.25 in Finland knocked a whopping nine seconds off her PB and was less than a second off Roisin McGettigan's long-standing Irish record of 9:28.29. She also ran a 1500m PB (4:23.28) in 2021.

**Eilish Flanagan****3000m Steeplechase****Age:** 24 (DOB 02/05/1997)**Hometown:** Gortin, Co Tyrone**Club:** Carmen Runners AC**Coach:** Damon Martin**Personal Best:** 9:40.68 (N.Ire Rec, May 2021)

A silver medallist at the European U23s in 2019 and also part of European Cross-Country U23 team silver that year. Eilish set a new N.Ireland record of 9:40.68 in Eugene, Oregon in May, knocking nearly two seconds off Kerry O'Flaherty's 2015 mark. She won a USA Division 2 collegiate title and silver medal (5000m) this year for Adam State University where her twin sister Roisin is also on an athletics scholarship.

**Phil Healy****200m/400m/400m relay****Age:** 26 (DOB 19/11/1994)**Hometown:** Bandon, Co Cork**Club:** Bandon AC**Coach:** Shane McCormack**Personal Bests:** 22:99 (2018) / 51:50 (May 2021)

The Irish record holder over 100m (11:28, 2018) and ranked second over 200m, was just pipped for a 400m medal at this year's European Indoors. She is a European junior finalist and a two-time World Student Games finalist. Phil Healy won her 14th National Title this year when she won the 200m and 400m. Her 400m PB, set in Belfast in May, places her third on the Irish alltime list behind Joanne Cuddihy and Karen Shinkins.

**Sarah Healy****1500m****Age:** 20 (DOB 13/02/2001)**Hometown:** Monkstown, Dublin**Club:** UCD AC**Coach:** Eoghan Marnell**Personal Best:** 4:07.12 (June 2021)

Sarah was a European Youth Olympic champion in 2017 and a double European Youth champion (1500/3000m) in 2018 when her 4:09.25 put her second on the European U18 all-time list and the fastest in her age-group in 32 years. In 2019 she won silver at European Juniors. Her new PB of 4:07.12 in Sweden this summer moved her to number six on the Irish all-time list. She is the reigning Irish 1500m champion.



**Sarah Lavin****400m hurdles****Age:** 27 (28/05/1994)**Hometown:** Limerick**Club:** Emerald AC**Coach:** Noelle Morrissey**Personal Best:** 12:95 (Madrid, 19 June 2021)

A European junior silver medallist in 2013 Sarah went through a lot of injury setbacks but blasted back this year with six 60 hurdle PBs en route to the European Indoor Championships. This summer she ran under 13:2 consistently and finally broke the magic mark for 100m hurdles. Her 12:95 run in Madrid saw her join Derval O'Rourke as the only Irish women to break 13 seconds.

**Marcus Lawler****200m****Age:** 26 (DOB 28/02/1995)**Hometown:** Carlow**Club:** Clonliffe Harriers AC**Coach:** Patricia Lawler**Personal Best:** 20:40 seconds (2018)**Season Best:** 20:93 (12 June)

Marcus is the third fastest Irish man in history, over both 100m and 200m. He won bronze in the 200m at the World University Games in 2019. He ran his 200m PB at the Cork City Sports in 2018 which also qualified him for Tokyo. He was a European Junior finalist in 2015. He is a graduate of IT Carlow and is coached by his mum Patricia (nee Almond) who was herself an Irish international sprinter.

**Ciara Mageean****1500m****Age:** 29 (DOB 12/03/1992)**Hometown:** Portaferry, Co Down**Club:** City of Lisburn AC**Coach:** Steve Vernon**Personal Best:** 4:00.15 (N.Rec, 2019)**Season Best:** 4:02.48 (9 July 2021)

Ciara first gave notice of her talent by winning 1500m silver at World Juniors in 2010. In 2016 she won a European bronze medal. In 2019 she added European Indoor bronze and made the World Championship final (the first Irishwoman to do so since Sonia O'Sullivan in 1997) where she finished 10th and set a new Irish 1500m record. She holds the Irish indoor 1500m record (4:06.42 Jan 2020) and was the first Irishwoman to break two minutes for 800m with her 1:59.69 in July 2020. Made semi-finals of Rio Olympics.

**Nadia Power****800m****Age:** 23 (DOB 11/01/1998)**Hometown:** Templeogue, Dublin**Club:** Dublin City Harriers AC**Coach:** Enda Fitzpatrick**Personal Best:** 2:01.01 (Sept 2020)**Season Best:** 2:01.42 (June)

Nadia came into form over the past two years, marked by her bronze medal at the 2019 European U23 Championships in Sweden and a personal best of 2:01.01 in Italy last September. She went even lower (2:00.98) in February 2021 to break the Irish indoor record which she'd set a month earlier. Has produced a string of consistent performances across Europe in May/June to secure her Olympic debut via her rankings.

**Leon Reid****200m****Age:** 26 (DOB 26/07/1994)**Hometown:** Bath**Club:** Menapians AC**Coach:** James Hillier**Personal Best:** 20:27 (N.Record 2018)**Season Best:** 20:79 (27 June)

Leon is Ireland's fastest man over 200m (from 2018) and joint third fastest over 100m (10:30). He's the reigning Irish 200m champion, clocking 20:79 ahead of Mark Smith (20:97) and Marcus Lawler (20:99) at this year's National Championship.

A former European medallist at junior and U23 level for Britain, Leon's mother is from Belfast. His adoptive mother is from Wexford and played a key role in introducing him to athletics. He has run for Ireland since 2018.

**Louise Shanahan****800m****Age:** 24 (DOB 26/01/1997)**Hometown:** Cork**Club:** Leevale AC**Coach:** Phil O'Dell**Personal Best:** 2:01.44 (May 2021)

Louise was a European Youth champion at 800m in 2013 and a European Youth Olympic finalist in 2014. Injury then disrupted her career but she bounced back as Irish 1500m champion last year and her 800m victory at Nationals this year (2:03.62) critically moved her up three places into the top-48 ranking that clinched her Olympic spot. She is a PhD student of quantum physics at Cambridge and her dad Ray was also an Irish champion.

**Sophie Becker****Mixed 4x400m relay****Age:** 24 (DOB 16/05/1997)**Hometown:** New Ross, Co Wexford**Club:** Raheny Shamrock AC**Coaches:** Jeremy Lyons and Gerard O'Donnell**Personal Bests:** 52:32 (Belfast, 29 May 2021)

Sophie, who has a degree in genetics and cell biology from DCU, ran a PB of 52:32 this year, putting her fifth on the Irish all-time list. She was part of the women's 4x200m team that was second at the World Relay Championships in Poland in May, in a national record of 1:35.93.

**Cillin Greene****Mixed 4x400m relay****Age:** 23 (DOB 12/02/1998)**Hometown:** Cregmore, Co Galway**Club:** Galway City Harriers AC**Coaches:** Jeremy Lyons and Gerard O'Donnell**Personal Best:** 46:18 (June 2021)

The young Galway man moved to 10th on the Irish 400m all-time list with his PB of 46:18 in Geneva this summer when he also won his first Irish senior 400m title in 46:38.



**Chris O'Donnell****Mixed 4x400m relay****Age:** 23 (DOB 17/05/1998)**Hometown:** Grange, Co Sligo**Club:** North Sligo AC**Personal Best:** 45:55 (June 29, 2021)

A talented soccer player before he concentrated on athletics, the three-time national 400m champion went third on the Irish all-time list with a stunning 45:55 in Lucerne this summer, knocking over half a second off his PB. Part of team that secured the mixed relay qualification in Poland in May with a 3:16.84 national record.

**Clíodhna Manning\*****Mixed 4x400m (Reserve)****Age:** 26 (DOB 26/04/1995)**Hometown:** Kilkenny**Club:** Kilkenny City Harriers AC**Coach:** Peter Lyons**Personal Best:** 53:07 (June 13, 2021)

Clíodhna came agonisingly close to breaking 53 seconds with her new PB at this year's AAI Games and went on to take silver behind Phil Healy at Nationals.

**Robert McDonnell\*****Mixed 4x400m (Reserve)****Age:** 19 (31/05/2002)**Hometown:** Galway**Club:** Galway City Harriers AC**Coach:** Brendan Glynn**Personal Best:** 46:59 (May 2021)

Irish U20 200m champion who also took 400m bronze at this year's senior Nationals. Robert has continued his rapid rise with a brilliant 400m PB of 46:59 at the Mary Peters Track in Belfast on May 29.

**Brendan Boyce****50km Walk****Age:** 34 (DOB 15/10/1986)**Hometown:** Letterkenny, Co Donegal**Club:** Finn Valley AC**Coach:** Robert Heffernan**Personal Best:** 3:48.13 (May 2019)**Season Best:** 3:52.15 (May 2021)

Brendan secured early Olympic qualification with his PB and fifth place at the 2019 European Championships. This season he had another top 10 at the European Race Walking Cup in Poland. Tokyo will be his third Olympics. He finished 26th in London 2012 and 19th in Rio 2016.

**Aoife Cooke****Marathon****Age:** 34 (DOB 13/09/1986)**Hometown:** Blarney, Co Cork**Club:** Eagle AC**Coach:** John Starrett**Personal Best:** 2:28:36 (April 2021)

Repeated stress fractures saw Aoife return home mid-way through a US college scholarship in 2007. She qualified as a PE teacher in UCC and now works as a personal trainer but was out of competitive athletics for six years. Her 2:32 run to win the Irish title in the 2019 Dublin Marathon, which knocked 14 minutes off her PB, encouraged her to rediscover her talent. Her 2:38.36 in Cheshire in April knocked four minutes off her PB, put her fourth on the Irish all-time list and qualified her for Tokyo.

**David Kenny****20K Walk****Age:** 22 (DOB 10/01/1999)**Hometown:** Ballyhar, Co Kerry**Club:** Farranfore Maine Valley AC**Coach:** Robert Heffernan**Personal Best:** 1:23.06 (March 2021)

The reigning two in-a-row national champion at 20km has been in flying form. He was ninth in the European Juniors in 2019 and on July 9 won a silver medal at the recent European U23s in Tallinn. He is coached by Olympic bronze medallist Rob Heffernan.

**Fionnuala McCormack****Marathon****Age:** 36 (DOB 24/09/1984)**Hometown:** Kilcoole, Co Wicklow**Club:** Kilcoole AC**Coach:** Alan McCormack**Personal Best:** 2:26:47 (2019)

Fionnuala's marathon PB, which she smashed by nearly four minutes at the 2019 Chicago Marathon, was the second fastest by an Irish woman after Catherine McKiernan. She is a two-time European Cross-Country champion (2011 & 2012) and European Indoor bronze medallist (2013). Tokyo marks her fourth Olympics. She made the steeplechase semi-finals in Beijing (2008), raced the 5000m & 10,000m (10th) in London 2012 and was 20th in the marathon at Rio in a 2:31.22 PB.



**Paul Pollock****Marathon****Age:** 35 (DOB 09/11/1988)**Hometown:** Hollywood, Co Down**Club:** Annadale AC**Coach:** Andy Hobdell**Personal Best:** 2:10.25 (2019)

Paul ranks fourth on the Irish all-time list after his Northern Ireland record at the Valencia Marathon in 2019, his last race over the distance. It knocked over five minutes off his PB and also qualified him for Tokyo. He was 32nd in the Rio Olympic marathon. He is a qualified doctor who works locum to facilitate his training. He went to the same primary school as Olympic teammate Rory McIlroy.

**Stephen Scullion****Marathon****Age:** 32 (DOB 09/11/1988)**Hometown:** Belfast**Club:** Clonliffe Harriers AC**Personal Best:** 2:09:49 (N.Record, Oct 2020)

Stephen initially achieved the qualification standard when he finished fifth in the Houston Marathon, before sealing his position when he knocked two minutes off his PB with 2:09:49 at last year's London Marathon, just 34 seconds shy of Olympic Silver Medallist John Treacy's Irish record of 2:09:15 set in Boston in 1988. He usually trains between Flagstaff, Arizona and London but largely trained in Belfast this year due to lockdowns.

**Kevin Seaward****Marathon****Age:** 35 (03/11/1985)**Hometown:** Belfast**Club:** St Malachy's AC**Coach:** Andy Hobdell**Personal Best:** 2:10.09 (2020)

Kevin's PB in the Seville Marathon in February 2020 was the second fastest marathon by an Irishman at a time when the PBs of Ireland's Ulster marathon trio were all tumbling. He also ran a sub-63 minute PB for the half-marathon in October 2020. He was 64th, in 2:20, on his Olympic debut in Rio. Kevin is an assistant head-teacher at a secondary school in Loughborough.

**Alex Wright****20km Walk****Age:** 30 (DOB 19/12/1990)**Hometown:** Mallow, Co Cork**Club:** Leevale AC**Coach:** Lauren Wright**Personal Best:** 1:20:50 (June 2019)**Season Best:** 1:25.45 (June)

London-born Alex, whose grandfather is from Tyrone, booked his place early for Tokyo with his 1:20:50 PB in La Coruna, Spain in 2019. He was 10th in the 2018 Europeans Championships and his sixth place led Ireland to a European team bronze in 2017. He was 46th on his Olympic debut in Rio 2016 in 1:25:25.

# BADMINTON



## COMPETITION DATES

**July 24 - 27** Round-robin matches (RR)**July 28** Mixed Doubles quarter-finals; last Women/Men RR**July 29** Women's and men's Top 16; Men's and Women's Doubles quarter-finals; Mixed Doubles semi-finals.**July 30** Women's quarter-finals; Men's Doubles semi-finals; Mixed Doubles final and bronze playoff**July 31** Men's quarter-finals; Women's semi-finals; Women's Doubles semi-finals; Men's double final and bronze playoff**August 1** Women's final and bronze playoff; Men's semi-final**August 2** Men's final and bronze playoff; Women's double final and bronze playoff



Badminton is a racquet sport where, instead of a ball, players hit a shuttlecock (a conical-shaped object, made of feathers and rubber), aiming to land it on the floor of the opponent's court.

The court is 13.4m long and 5.18m wide (6.1m for doubles). The net is 1.55m high and, like tennis, if any part of the shuttlecock lands on a line it is 'in'.

Players retain service until they lose a point and you can win a point if you are not serving. The first person to reach 21 by two clear points wins a game. If players reach a deuce (20-all) the player/team to next win two points in-a-row wins.

All matches are the 'best of three' games.

## OLYMPIC HISTORY

Badminton first featured as a 'demonstration sport' in the Munich Olympics in 1972 but was not on the Olympic programme until Barcelona 1992, with singles and doubles for men and women. A mixed doubles event was introduced in Atlanta 1996.

## FORMAT

- Singles competition starts in round-robin groups and the top 16 progressing to the knock-out stages.
- In doubles the top two in each group go to quarter-finals.
- In all competitions the two losing semi-finalists play-off to decide the bronze medal.

## DID YOU KNOW?

There was a badminton scandal in the 2012 Olympics. Four teams in women's doubles were disqualified for deliberately losing a game to get a more favourable opponent in the knockout stages. To avoid this in future a draw is now used to decide quarter-final opponents.

## FUN FACT!

Shuttlecocks can reach speeds of over 400kph. Geese or duck feathers are used and mixing feathers from different wings makes them less aerodynamic. The left wing feathers of a goose are regarded as the best.

## Nhat Nguyen

**World Ranking:** 54

**Age:** 21 (DOB 16/06/2000)

**Hometown:** Clarehall, Dublin

**Club:** Club Solröd Badminton Club (Denmark)

**Coach:** Davis Efraim



Nhat is a Team Ireland IOC Scholarship athlete, who first took up badminton when he moved to Ireland from Vietnam when he was six. He won the European U17 title when he was 15, the same year he won his first Irish senior title.

He won a European Junior bronze medal in 2018 when he also made the quarter-finals of World Juniors and the Youth Olympics. In his first year senior (2019) he reached quarter-finals at four international tournaments and made last 16 at the European Games. He also won seven of his eight games at the 2019 World Team Challenge where Ireland narrowly missed winning Division 3.

In 2021 he got to the last 16 at the English Open and the European Championships.

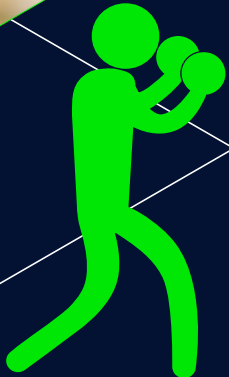


# BOXING



## COMPETITION DATES

<b>July 24-Aug 2</b>	Rounds of 32 and last 16 in all weights
<b>August 2</b>	Quarter-finals, semi-finals and final of Women's Featherweight (57kg)
<b>August 3</b>	Quarter-finals, semi-finals and final of men's welterweight (69kg)
<b>August 4</b>	Semi-finals and final of men's light heavy (81kg)
<b>August 5</b>	Semi-finals and men's featherweight (57kg) final
<b>August 6</b>	Semi-finals and men's light (63kg) and heavyweight (91kg) finals
<b>August 7</b>	Men's fly (52kg) and Middle (75kg) final, women's fly (51kg) and welter (69kg) final
<b>August 8</b>	Women's Light (60kg) and Middle (75kg) finals and men's light (63kg) and Super Heavy (91kg+) finals



In boxing two athletes compete in a 20-foot square ring, trying to land punches on the opposition's head or torso whilst trying to avoid getting hit themselves. Whoever scores more points, or a knockout, wins.

Headgear was mandatory for amateur boxers since 1984 but, since 2013, headgear is only compulsory for females.

An Olympic boxing bout is three rounds of three minutes. Until 2016 Olympic judging was based on punches landed but, from Rio 2016 onwards, it adopted the '10-point system'. Judges award 10 points to whoever they deem the winner of a round and between seven to nine points to the loser.

Five judges score the boxers based on number of blows landed, domination of the bout, technique and tactical superiority and competitiveness. Points can also be deducted for infringements called by the referee.

The winner of a boxing bout can also be decided if the referee or medics deem a boxer unfit to continue or if a boxer voluntarily retires. Boxers can also be disqualified for picking up three warnings for anything judged to breach the rules of fair play or for unsporting conduct.

Up until 2013 only amateur boxers could compete in the Olympics. Professional fighters have been allowed since then but, length-wise and stylistically pro boxing is regarded as a very different discipline. In Rio 2016, no professional boxer got past the last 16.

## OLYMPIC HISTORY

Boxing, at some weight category, has been contested at every Olympic Games since St Louis 1904, apart from 1912 Olympics in Stockholm because Swedish law banned the sport at the time. Women's Olympic boxing started in 2012, directly as a result of Katie Taylor impressing the IOC with her skills.

In Tokyo the men's classes have been reduced by two and women's increased by two. Tokyo will feature 286 boxers and the number of women competing has increased from 36 to 100 since 2016.

**Men Olympic classes:** Fly (52kg), Feather (57kg), Light (63kg), Welter (69kg), Middle (75kg), Light heavy (81kg), Heavy (91kg), and Super heavy (91+ kg).

**Women's classes:** Fly (51kg), Feather (57kg), Light (60kg), Welter (69kg), and Middle (75kg).

## FORMAT

- Each weight division has 32 fighters, draws are unseeded and it has a straight knockout format to the final, but both losing semi-finalists gets a bronze medal.

## DID YOU KNOW?

Ireland has only ever won 31 Olympic medals and Irish boxers have won over half (16) - 2 gold, 5 silver and 9 bronze. Michael Carruth (Barcelona 1992) and Katie Taylor (London 2012) are Olympic champions and Paddy Barnes is the only Irish boxer to win two Olympic medals (bronze in 2008 & 2012).

## FUN FACT!

Amateur and Olympic boxers are not allowed to wear a beard! This is not because it could soften the blows but to ensure that facial injuries can be clearly seen by medics and referees.

**Brendan Irvine****52kg (Flyweight)****Age:** 25 (DOB 17/05/1996)**Hometown:** Belfast**Club:** St Pauls ABC**Coaches:** Ralph McKay & Robbie Barr

Brendan, who is captain of the boxing team, is competing in his second Olympics and was just 20 when he competed in Rio 2016 where he was beaten in the last 16 by Uzbekistan's Shakhobiddin Zoirov. He won 49kg silver at the 2015 European Games in Baku. In 2017 he won a bronze at the European Championships and in 2018 he won silver, at flyweight, at the Commonwealth Games. He secured qualification for Tokyo at the European Qualifier in London in March 2020 on the same evening the event was postponed due to Covid-19. He is ranked sixth in the world at non-Olympic light flyweight (49kg). His nickname is 'Wee Rooster.'

**Kurt Walker****57kg (Featherweight)****Age:** 26 (DOB 07/03/1995)**Hometown:** Lisburn, Co Antrim**Club:** Canal Boxing Academy**Coaches:** James Russell & Noel Reynolds

Kurt was a World and European Youth medallist in 2012 and 2013 respectively and won bronze at the 2017 European Championships. In 2018 he took silver at Commonwealth Games and gold at the EU Championships. In 2019 he won gold at the European Games, all at bantamweight (56kg). He had an exceptionally tough 2020, beaten in the Olympic Qualifiers in March before his daughter Layla (now 1) was born very prematurely and spent three months in hospital. He qualified for Tokyo through the BTF ranking system as the second ranked featherweight in Europe.

**Michaela Walsh****57kg (Featherweight)****Age:** 28 (DOB 05/06/1993)**Hometown:** Belfast**Club:** Monkstown ABC**Coaches:** Paul Johnson and Damian Walsh

Michaela won flyweight silver at the 2014 Commonwealth Games where she was beaten in the final by the reigning Olympic champion Nicola Adams. In 2018, fighting at featherweight, she won bronze at the European Championships and a second Commonwealth silver. In 2019 she won seven of nine international fights and silver at the European Games. In 2021 she took silver at the final Olympic qualifying tournament, losing to Italy's Irma Testa in the final. She had already secured Olympic qualification in the semi-final. Her weight class and the 69kg are the two new additions to the women's programme.

**Aidan Walsh****69kg (Welterweight)****Age:** 24 (DOB 28/03/1997)**Hometown:** Belfast**Club:** Monkstown ABC**Coaches:** Paul Johnson and Damian Walsh

Aidan won light welterweight gold at the 2015 Commonwealth Youth Games and silver (at welterweight) at the 2018 Commonwealth Games. He had won one bout before the Olympic Qualifier in March 2020 was cancelled but came back and won a bronze medal at the last qualifying tournament in June 2021. He lost to Britain's Pat McCormack in the semi-final but beating Ukraine's Yevheni Barabandy in the quarter-final secured his Olympic spot. His older sister Michaela also secured qualification on the same day making them the first brother/sister combo to box in an Olympic Games.

**Kellie Harrington****60kg (Lightweight)****Age:** 31 (DOB 11/12/1989)**Hometown:** Portland Row, Dublin**Club:** St.Marys BC**Coach:** Noel Burke

Kellie won a silver medal in the light welterweight at the 2016 World Championship and then really blossomed by moving down to 60kg. She became world champion in New Delhi in 2018 and also won a bronze at European Championships that year. In 2019 she won silver at the European Games in Minsk but suffered a hand injury in that semi-final, forced her out of the subsequent Europeans. She returned to competition, for the first time in seven months, at the 2020 Strandja tournament in Bulgaria where she lost the final to Mira Potkonen. In 2021 she won another silver at Strandja and she won gold at the final Olympic qualifying event in Paris in June, where her quarter-final defeat of IBF super-featherweight world champion Maiva Hamadouche clinched her Olympic spot.

**Aoife O'Rourke****75kg (Middleweight)****Age:** 24 (DOB 02/07/1997)**Hometown:** Castlereagh, Co Roscommon**Club:** Castlereagh BC**Coach:** Paddy Sharkey

Aoife's first sport was gaelic football (her late grandfather Dan was GAA president) but she took to boxing immediately, winning the first of her six Irish senior titles in 2017. In 2018 she won silver at the European U22s and made her debut at World Seniors. In 2019 she won gold at the European Championships in Madrid (something only Katie Taylor has previously achieved). She took bronze at the world-class Strandja tournament in Sofia in February 2021 and bronze at the European Qualifying Tournament in Paris in June where her quarter-final victory over Poland's Eizbieta Wokik (whom she beat in the 2019 European final) clinched her Olympic qualification.

**Emmet Brennan****81kg (Light heavyweight)****Age:** 30**Hometown:** Glasnevin, Dublin**Club:** Dublin Docklands BC**Coaches:** Philip Keogh & Jimmy Halpin

Emmet is a two-time Irish champion (once at 75kg, once at 81kg) who gave up boxing at one point, then quit his job and took out a Credit Union loan to pursue his Olympic dream. In March 2019 he needed a top six finish at the Olympic Qualifiers in London to qualify and, after winning his first bout, the tournament was postponed because of Covid-19. At the final Olympic qualifier in Paris (June 2021) he was a beaten quarter-finalist but then came through a bruising box-off against Sweden's Liridon Nuha to clinch his spot in Tokyo.



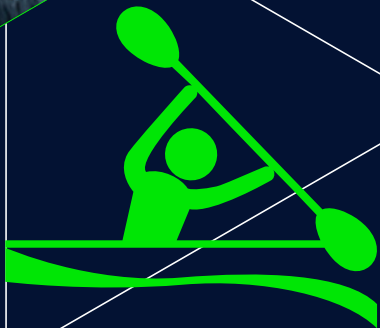


# CANOE SLALOM



## COMPETITION DATES

<b>July 25</b>	Men's C-1 and Women's K-1 heats
<b>July 26</b>	Men's C-1 semi-finals and final
<b>July 27</b>	Women's K-1 semi-finals and final



The sport of canoe slalom only started in the 1930s and had its first World Championship in 1949. Paddlers navigate down a 250m-plus course of rapids while passing through a series of overhanging gates (18 to 25) in the fastest time possible. Top paddlers do it in just over 90 seconds. The Olympic course is usually artificial with movable obstacles and the water course is changed between the opening round and semi-final/final. Gates have to be negotiated downstream (marked green) and upstream (marked red). You get a two-second time penalty for touching a gate and a 50-second penalty for missing a gate entirely.

The designation of K before a canoeing event means the paddler is sitting (usually called kayaking) while a C category indicates they are kneeling (called canoeing). K-1 signifies an individual kayaker while C-2 means a kneeling pair of canoeists.

In K-1 canoeing the competitor is seated and uses a double-bladed paddle. In C-1 the competitor kneels and uses a single-bladed paddle which they alternate to opposite sides of the boat.

## OLYMPIC HISTORY

Individual canoe slalom (K-1 (men/women) and C-1 (men only) made its Olympic debut in Munich 1972 but didn't reappear until Barcelona 1992, reportedly because of the cost of building courses. The Olympics also included men's C-2 slalom pairs until Rio 2016 but that has been discontinued for Tokyo where women's C-1 slalom will debut.

## FORMAT

- ▶ Competitors get two runs in the qualification round and are ranked on their best run.
- ▶ The top 20 competitors in K-1 (top 15 in C-1) advance to the one-run semi-final.
- ▶ The ten fastest semi-finalists qualify for the final where placings are decided by their one last run.

## DID YOU KNOW?

Even though this island has no artificial slalom course Ireland has come agonisingly close to medalling in Olympic K-1 slalom. Eoin Rheinisch finished fourth in Beijing 2008 and Ian Wiley was fifth in Atlanta 1996.

## FUN FACT!

Australian Jessica Fox is a K-1 superstar. Both of her parents, Richard and Myriam, were multiple world champions and represented GB and France respectively so their family has produced Olympians for three different countries



**Liam Jegou****C-1 Canoeing****Age:** 25**Hometown:** Huningue (France)**World Ranking:** 38**Coach:** Nico Breshier

Liam grew up in Ballyvaughan Co Clare but moved to France, aged seven, when his French dad, a canoe instructor, got a job there.

He won silver at the World Junior Championships in 2014 and bronze at World U23s in 2019. He was ninth at Europeans in 2019 and, that November 2019, the first Irish paddler to win gold at a C-1 World Cup event in Pau, which is where he is based fulltime.

In May 2021 he was sixth at the last World Cup (in Markkleeberg, Germany) before the Tokyo Olympics. He is only the second Irish man, after Mike Corcoran, to race C-1 at the Olympics.



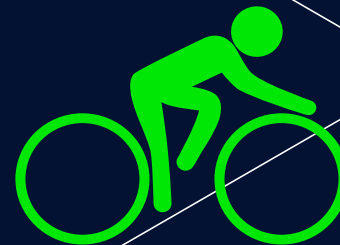
# CYCLING - ROAD



## COMPETITION DATES

**July 24** Men's Road Race

**July 28** Time Trials



There are two different events on the road; the mass start road race (RR) and the individual time trials (TT).

Tokyo's road race will be historic as it is not on the usual looped course but from a set point to a set finish. It is expected to be the Olympic's toughest RR course yet with a total elevation of 2,692m in the women's race and 4,865m in the men's.

## OLYMPIC HISTORY

Men's road cycling featured in 1896 and 1906 and from 1936 onwards but women's road races were only introduced in 1984. Olympic cycling was originally restricted to amateurs but professional riders have been admitted since Atlanta 1996.

## FORMAT

- ▶ Tokyo's road race will be the first Olympic RR to race from points A to B, with a mass start covering a course of 147km (women) or 244km (men). There will be 130 men and 67 women.
- ▶ Time Trial is an individual race against the clock on a circuit of 22.1km (one lap for women, two for men). Forty men and 25 women will compete. Riders start at 90-second intervals.

## DID YOU KNOW?

Countries enter teams of three into the RR and, while all riders are competing for individual medals, they can help their teammates tactically.

## FUN FACT!

Early Olympic time trial courses were very long. The one in Antwerp in 1920 was 175km and actually intersected six railway crossings. Sweden's Harry Stenqvist was elevated to gold when it emerged that a train had delayed him for close to four minutes at one level-crossing.

## Dan Martin

### Road Race

**Age:** 34 (20/08/86)

**Hometown:** Birmingham/Girona

**Club:** Israel Start-Up Nation



Dan Martin is a stage winner in all three Grand Tours – the Tour de France (2013 & 2018), Giro d'Italia (2021) and Vuelta a Espana (2011 & 2020). In 2020 he was 5th in La Flèche Wallonne and had one stage win and two third places in the Vuelta where he finished fourth in General Classification (GC). In May 2021 he won stage 17 of the Giro d'Italia (thus winning a stage in all three of the Grand Tours) and finished 10th overall and also took part in the 2021 Tour de France. He is also a winner of two monuments of cycling, Liege – Bastogne – Liege and Il Lombardia.

This is his third Olympic road race: he was 90th in London and, in 2016, equalled Ciaran Power's best Irish placing of 13th. He and Nicolas Roche are first-cousins.

## Nicolas Roche

### Road Race and Time Trial

**Age:** 37 (03/07/1984)

**Hometown:** Conflans-Sainte-Honorine (Fra)/Monaco

**Club:** Sunweb



One of cycling's most experienced riders, Nicolas has completed 24 Grand Tours and has had 64 Top 10 stage finishes, putting him third on cycling's all-time list. He has finished fifth (2013) and sixth (2010) in GC in the Vuelta a Espana and won two stages of it (2013 and 2015). He made his Giro d'Italia debut in 2016 and this year was third in stage 18. He has started 10 Tour de France and finished 12th in 2012.

He is taking part in his fourth Olympic road race (63rd 2008, 89th 2012 and 29th 2016) and will also compete in the time trial in Rio. His father Stephen was 45th in the 1980 Olympic road race in Moscow and is the brother of Dan Martin's mum Maria.

## Eddie Dunbar

### Road Race

**Age:** 24 (01/09/1996)

**Hometown:** Banteer, Co Cork

**Club:** INEOS Grenadiers



Eddie, who played rugby for Sundays Well in his youth, is the only two-time winner of the Junior Tour of Ireland, was only 20 when he finished fourth in the Rás and won the 2017 U23 Tour of Flanders. After entering World Tour racing in 2018 he got a late call-up for the 2019 Giro d'Italia after a teammate got injured and made a sensational Grand Tour debut; picking up a podium finish (3rd on stage 12) and finished 22nd overall. He was also 6th in the 2019 Tour de Wallonie and 3rd in the 2019 Tour of Yorkshire. A talented allrounder who likes to climb, he won the best young rider classification at this year's Tour of Switzerland.

His hometown in Cork has special Irish Olympic history as the birthplace of Pat O'Callaghan, a two-time gold medalist in hammer (1928, 1932).

# CYCLING - TRACK

## COMPETITION DATES

August 5	Men's Omnium
August 6	Women's Madison
August 7	Men's Madison
August 8	Women's Omnium

Track cycling takes place on an indoor, bowl-shaped arena called a velodrome that is 250m round with steeply banked sides. The Olympic disciplines are individual and team Sprint, Team Pursuit, Keirin, Omnium and Madison. In Tokyo Ireland will have competitors in Omnium and Madison, both endurance events.

**Omnium:** A 'multi-event' race which, since Rio 2016, has been reduced to four disciplines over one day. Results of the first three events are converted to points (40 to winner, 38 to second and so on) ahead of the final Points race. The four Omnium events are:

**Scratch race** - a 10km (40 lap) or 7.5km (30 lap) for men and women respectively, with winner the first over finish line.

**Tempo race** - Same distances as Scratch but with sprints conducted every lap after the first five laps. The winner of each sprint earns one point and any rider who 'laps' the field gets an extra four points.

**Elimination race** - last rider to cross the finish line every second lap is eliminated until one rider is left.

**Points race** - 25km (100 laps) and 20km (80 laps) for men and women respectively. Points are scored in intermediate sprints, which are held every 10 laps. Final sprint has double points and 20 points also on offer for lapping the field.

**Madison:** A Points race over 30km/120 laps (women) and 50km/200 laps (men) but raced in pairs, like a tag team. While one cyclist is racing their teammate rests by cycling at the top of the track until the changeover, when they can be boosted by a 'hand-sling' from their partner.

## OLYMPIC HISTORY

Men's track cycling has been part of the Olympics since 1896, with the exception of Stockholm 1912. Women's track cycling made its Olympic debut at Seoul 1988.

The Keirin was introduced in Sydney 2000 and Madison (men's) in 2008 but the latter was then dropped, for gender equity reasons. Madison has been reintroduced for Tokyo where women's Madison will debut.

## FORMAT

- ▶ Omnium events are all bunch races.
- ▶ Madison is also a bunch race.

## DID YOU KNOW?

The Madison event is so-called because it was a very popular style of racing in New York's legendary indoor arena Madison Square Gardens in the early 1900s.

## FUN FACT!

Because they ride in such close proximity track bikes have fixed gears and no brakes! In some events track cyclists can reach over 70kph. Riders can only reduce speed slowly, by pedalling backwards.

**Emily Kay****Omnium and Madison****Age:** 25 (07/09/1995)**Hometown:** Coventry**Club:** Torelli-Assure

Emily won bronze in the Omnium at the World Cup in Canada in January 2020 where she and McCurley finished seventh in the Madison. In 2019 she transferred to compete for Ireland, her grandparents are from Dublin. Her career for GB included a 2018 Commonwealth bronze in the Scratch race. She is studying for a degree in sports science and psychology through the Open University.

**Shannon McCurley****Madison****Age:** 29 (26/04/1992)**Hometown:** Traralgon (Australia)**Club:** Knights of Suburbia

In 2016 Shannon became Ireland's first female Olympic track cyclist in Rio, famously finishing 21st in the Keirin sprint event. In 2019 she won silver in Scratch at the European Championships and finished ninth (with Lydia Boylan) in Madison at the World Championships. Born in Melbourne to a Dublin mum and Belfast dad, Shannon won European U23 bronze in the non-Olympic Scratch discipline in 2012.

**Felix English****Madison\*****Age:** 28 (DOB 11/12/1992)**Hometown:** Brighton**Club:** Kingspan-Trackproject.ie

Felix has been competing on the Irish senior team for over ten years, and is based at the Irish training base in Majorca. Both of Felix's parents are from Dublin. He won five British junior titles and famously beat Chris Hoy at the 2010 European Championships before declaring for Ireland in 2012 when he turned senior. In 2017 he won Madison gold at the World Cup in California and won gold in Scratch at the Glasgow World Cup in 2019. He and Mark Downey were 11th in Madison at the 2019 World Championships. Felix set up Trackproject.ie team, with teammate Fintan Ryan, to support Irish track riders in their bid to qualify for the Olympics.

**Mark Downey****Madison\*****Age:** 25 (DOB 03/06/1996)**Hometown:** Dromore, Co Down**Club:** Côtes d'Armor-Marie Morin-Véranda Rideau

In 2017 Mark won two golds in the Points races at the World Cup in Apeldoorn and Colombia and was overall series winner in Points. In 2017 he also won World Cup gold in Madison (with Felix) at LA and was European U23 bronze medallist in Points. In 2018 he was fourth in the Commonwealth Games road race. In 2019 he won bronze in Points at the World Championship. In a particularly dramatic Madison race at the 2020 World Championships Mark and Felix qualified for Tokyo by picking up three points in the third last sprint to finish 11th. Mark's father Seamus was 43rd in the Olympic road race in LA 1984.

\* One of these two athletes will also compete in the Omnium - this will be decided closer to the Games.



## Lydia Gurley

Madison (Reserve)

Age: 36 (09/09/1984)

Hometown: Athenry, Co Galway

Club: Challenge Cycling Club

Lydia put her PhD in renewable energy on hold to specialise in track. She has won two World Cups (2017 & 2019) and was pipped for a 2018 European medal in Scratch. She and Lydia Boylan won European Madison gold in 2017 and clinched Ireland's Tokyo Olympic place by finishing 11th at the World Championships in February 2020.



## Fintan Ryan

Madison (Reserve)

Age: 24 (24/09/1996)

Hometown: Ashford, Co Wicklow

Club: EvoPro Racing

Among Ryan's Irish road titles are 2013 national junior road race champion and Irish senior criterium champion (2019). On track he's been Irish Madison and Scratch champion and competed for Ireland at Europeans in 2015 (Team Pursuit) and 2016 (Elimination event). He joined UCI Continental team EvoPro team this year.



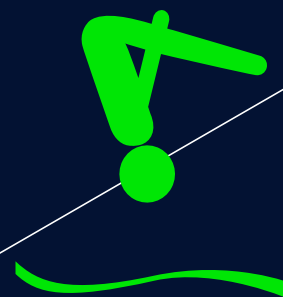
# DIVING



## COMPETITION DATES

August 2-3 Men's 3m Springboard

August 4-5 Women's 10m Platform



Diving involves doing acrobatic manoeuvres in the air before entering the water as gracefully as possible. Olympic diving has two forms of competition; 3m springboard and 10m platform. In the 3m event divers can adjust the level of bounce by a wheel on the side of the board which they move with their foot.

There are six different types of dives - forward, backward, inward, reverse, handstand and twisting - and dives are allocated degrees of difficulty depending on body position (straight, tuck, pike) and how many somersaults and twists included. Divers are also judged on the quality of their approach, take-off, flight and entry. The latter ideally makes as little splash as possible which is known as a 'rip entry'.

The 3m springboard is judged by seven judges but the top two highest and lowest scores are eliminated, leaving the middle three whose scores (out of 10) are then multiplied by the degree of difficulty to give the total.

Synchronised diving is additionally scored on how well two divers match each other's movements. Five of the 11 judges just mark the synchronization element.

The highest and lowest synchronization scores are discarded, as are the top and bottom scores for each individual diver. The remaining five scores are added together and multiplied by the difficulty score to award the final dive score.

## OLYMPIC HISTORY

The first Olympic diving event was a men's platform competition in 1904. Men's springboard was introduced in 1908, women's platform began in 1912 and women's springboard has been on the programme since 1920. Synchronized events were introduced in Sydney 2000.

## FORMAT

- ▶ Individual competitions feature three rounds. Each athlete gets six dives. The top 18 qualify for the final which is the top 12.
- ▶ In the synchronised events there is just one round of competition. Teams perform five dives and the first two are given a difficulty of 2.0 regardless of what they involve. The other three have the usual degree of difficulty tariffs.

### DID YOU KNOW?

There is an age-limit on Olympic divers who, for Tokyo, had to be at least 14 before January 1, 2021.

### FUN FACT!

Diving 'for distance' was once an Olympic event, in the 1904 Games in St Louis. The aim was to swim as far underwater as possible on one breath. USA's William Dickey won with a distance of 62 feet six inches.

## Oliver Dingley

### 3m Springboard



**Age:** 28 (24/11/1992)

**Hometown:** Harrowgate/Dublin

**Club:** National Aquatics Centre Dublin

**Coach:** Damian Ball

Oliver, whose grandmother hails from Spike Island in Cork, was Ireland's first Olympic diver in 68 years in Rio 2016 where he finished eighth with his PB of 442.90 points. In 2018 he was eighth at the European Championships and seventh at the World Cup in China.

In May 2021 he qualified for his second Olympics by making the semi-finals of the World Cup in Tokyo. He is a student of film and broadcasting at DIT.

## Tanya Watson

### 10m Platform



**Age:** 19 (DOB 24/12/2001)

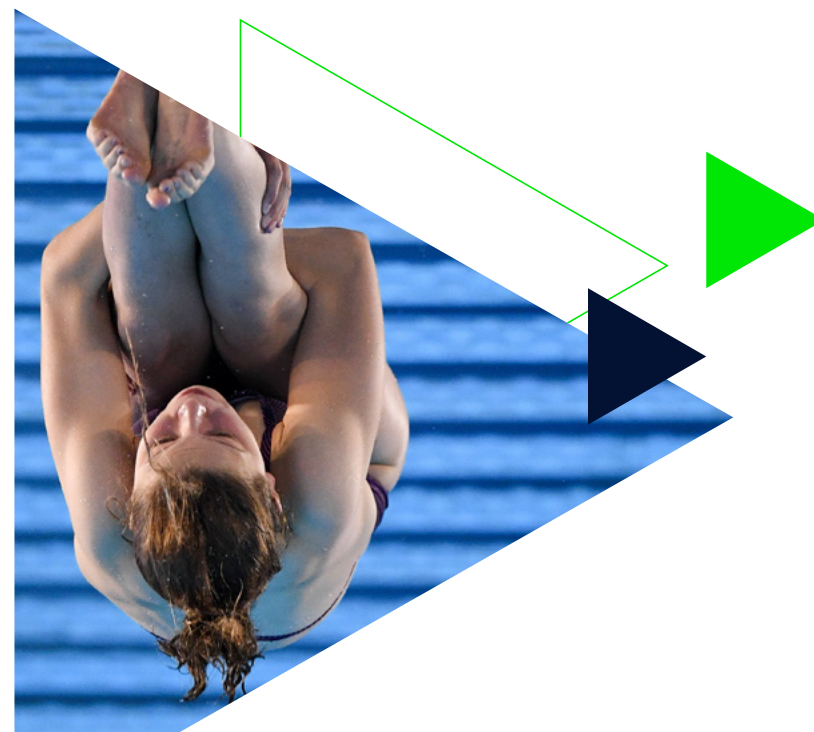
**Hometown:** Southampton, UK

**Club:** National Centre Dublin/  
Southampton DC

**Coach:** Lindsey Fraser

Tanya, whose maternal grandmother hails from Derry, first competed for Ireland in 2018 when she was fifth at the Youth Olympics and seventh in the platform in her European Senior Championship debut.

In 2020 she had two top 10 finishes in FINA Grand Prix and two sixth places in 2020. In 2021 she made the European senior final and only missed making the final of the Diving World Cup in Tokyo by two points where her score in qualifying made her the first Irish female diver to qualify for an Olympic Games.



# EQUESTRIAN



## COMPETITION DATES

<b>July 24</b>	Dressage Grand Prix (qualifying)
<b>July 25</b>	Dressage Grand Prix (qualifying)
<b>July 28</b>	Dressage Individual Grand Prix Freestyle (individual final)
<b>July 30</b>	Eventing Dressage (individual & team)
<b>July 31</b>	Eventing Dressage (individual & team)
<b>August 1</b>	Eventing Cross Country (individual & team)
<b>August 2</b>	Eventing Jumping (team & individual)
<b>August 3</b>	Show jumping (individual qualifier)
<b>August 4</b>	Show jumping (individual final)
<b>August 6</b>	Show jumping (team qualifier)
<b>August 7</b>	Show jumping (team final)

The Olympic Games feature three forms of equestrian sport:

**Show Jumping** involves jumping the horse over a series of obstacles in an arena, aiming for a fault-less 'clear round'. Faults (penalties) are earned for knocking a pole, refusing or missing a fence or finishing outside the allocated time. A fall by horse or rider is automatic disqualification.

**Eventing** is likened to equestrian triathlon. It starts with a round of dressage, followed by a round of cross-country where horse/riders jump approximately 40 solid fences across a course of up to 6km. The third element is a round of show-jumping over 11-15 jumps in an arena.

**Dressage** aims to show the perfect partnership between horse and rider by a series of movements, including the piaffe and passage (elevated trots), turns and diagonals, all performed on a flat arena.

## OLYMPIC HISTORY

Some equestrian sport featured in the 1900 Olympics, did not return until 1912 but have been there since. Only commissioned military officers and 'gentlemen' were initially permitted to compete. Women were first allowed to compete in dressage in 1952, in show jumping in 1956 and in eventing in 1964. Equestrianism is one of the rare sports where women and men compete against each other.

## FORMAT

- **Show Jumping:** 75 horse and athlete combinations take part in initial qualifying to a top 30 individual final. The top 20 teams (of three) vie to make the top 10 team final. Jump-offs are used when there is a tie for a medal.
- **Eventing:** 65 pairs contest three events and riders with least penalties overall (lowest score) win medals. In the cross country (XC) element, points are collected for fence refusals or finishing outside the time limit. Riders can remount after first fall but are disqualified for a second.
- **Dressage:** All 60 pairs (15x teams of three plus 15 'individuals') contest the initial Grand Prix (qualifier). The top eight teams go on to the Grand Prix Special (team championship) and the top 18 pairs qualify for the Grand Prix Freestyle (individual championship, which is performed to music).

## DID YOU KNOW?

Nick Skelton's show jumping gold in Rio 2016 was especially heroic. He was 58, competing in his seventh Olympics and won after a six-way jump-off and he finally became champion 16 years after he had initially retired from the sport after breaking his neck in two places.

## FUN FACT!

An equestrian 'high jump' competition featured in the 1900 Olympics - the equivalent of modern-day 'Puissance' - though it was jumped over a fence more like a steeplechase than today's towering, collapsible 'walls'.

**Bertram Allen****Show Jumping****Age:** 25 (DOB 01/08/1995)**Hometown:** Enniscorthy, Co Wexford**World Ranking (early July):** 29**Groom:** Lovisa Munter**Horse:** Pacino Amiro (Irish-bred, 2012 gelding)**Breeder:** Simon Scott (Donegal)**Owner:** Aidan McGrory

Bertram first competed for Ireland in 2008. He won individual gold at the 2010 European Pony Championships. He won team gold (2012) and individual silver (2013) at the European Junior Championships.

He was 7th individually at the 2014 World Equestrian Games, 3rd at the World Cup Final in 2015 and a member of Ireland's historic team gold at the European Championships in 2017.

He is one of six siblings and is based in Hunxe in Germany where, assisted by sister April and brother Harry, he runs Ballywalter Stables. He and Pacino finished fourth at the Rome Grand Prix in late April 2021. Tokyo will be his first Olympic Games.

**Darragh Kenny****Show Jumping****Age:** 33 (DOB 24/01/1988)**Hometown:** Belmont, Co Offaly**World Ranking (early July):** 8**Groom:** Nichola O'Donovan**Horse:** VDL Cartello (2007 stallion)**Breeder:** Witt Pferdezeitung**Owner:** Lorcan Gallagher & Heathman Farm

Darragh rode in his first Grand Prix at 14 and debuted in the Dublin Horse Show (2007) when just 19. He was a member of Ireland's Nations Cup (Aga Khan) victors in Dublin in 2015.

In 2007 he won a training bursary to work with a top American coach at North Run Stables (Vermont & Florida) and in late 2012 he formed Oakland Ventures which has a base in USA and The Netherlands.

He competed in two World Equestrian Games and finished 12th individually in 2015. He had 27 placings at this year's Winter Equestrian Festival in Florida. This is his first Olympic Games.

**Cian O'Connor****Show Jumping****Age:** 41 (DOB 12/11/1979)**Hometown:** Karlswood, Co Meath**World Ranking (early July):** 102**Groom:** Johanna Berg**Horse:** Kilkenny (Irish-bred, 2012 gelding)**Breeder:** Ita Brennan (Kilkenny)**Owner:** Susan Magnier

Cian rode in his first Nations Cup for Ireland at age 19. He won team silver at Junior Europeans in 2000. He won an individual bronze and a team gold medal at European Championships in 2017 and competed in three World Equestrian Games.

He has also contested two FEI Nations Cup finals and was part of Ireland's winning team in 2019 (fourth individual finish) which also secured the team's qualification for Tokyo.

He rides Kilkenny (previously MHS Fernhill), a horse he took over in October 2020. This is Cian's third Olympics and he is Ireland's only equestrian medallist, winning bronze on Blue Loyd in 2012.

**Shane Sweetnam****Show Jumping (Reserve)****Age:** 40 (DOB 19/01/1981)**Hometown:** Dunmanway, Co Cork**World Ranking (early July):** 26**Groom:** Maria Israelsson**Horse:** Karlin Van't Vennehof (2010 mare)**Breeder:** Jos Voeten**Owner:** Seabrook LLC & Shane Sweetnam

Shane began his Grand Prix career aged 16. In 2004, after qualifying in IT from the University of Limerick, he headed to Florida and got a job with US Olympic veteran Margie Engle and has been based in Florida since.

He was eighth individually to help Ireland to team gold at the 2017 Europeans and competed in the 2018 World Equestrian Games where Ireland finished seventh. In 2021 he won the first five-star Grand Prix of the year at America's prestigious Wellington Equestrian Festival.

Shane was a reserve for London 2012 but this is his Olympic debut. He is a first-cousin of Munster and Ireland rugby player Donnacha Ryan.



**Cathal Daniels****Eventing****Age:** 24 (DOB 13/09/1996)**Hometown:** Loughrea**World Ranking (early July):** 17**Groom:** Jennifer Kuehnle**Horse:** Rioghan Rua (Irish-bred, 2007 mare)**Breeder:** Margaret Kinsella (Galway)**Owner:** Frank & Margaret Kinsella

In 2012, aged 15, Cathal won individual and team gold at the European Pony Eventing Championship in France. He won two team golds and individual silver at European U18s (2013/2014) as well as European U21 team bronze and fourth individually in 2015. In 2018 he was part of Ireland's team silver at the World Equestrian Games.

In 2019 he won senior individual bronze at the European Championships on Rioghan Rua or 'Red' as she is known, Ireland's first podium place at that level since 1995. In 2020 he was fifth at the World Championships for Young Horses and he is the only rider under 25 years of age in the world's top 20 eventers.

He is based on the Curragh in Kildare and will make his Olympic debut in Tokyo.

**Sarah Ennis****Eventing****Age:** 46 (DOB 13/03/1975)**Hometown:** Howth**World Ranking (early July):** 72**Groom:** Ailsa Cannon**Horse:** Horseware Woodcourt Garrison (Irish-bred, 2009 gelding)**Breeder:** Patrick J Kearns (Laois)**Owner:** Breda Kennedy

Sarah has competed for Ireland since 2002 on more than 50 horses in over 280 competitions and beat the legendary British rider William Fox-Pitt in her first international victory. In 2012 she won the three-star at Ballindenisk and was Ireland's highest eventer on the world rankings.

Her individual fifth was vital to Ireland winning silver at the 2018 World Equestrian Games. She has been riding Woodcourt Garrison AKA 'Tyson' since 2015.

She is a qualified lab technician and mother of one. She works fulltime with horses, running Steller Sport Horses in Batterstown, Co Meath with her husband Nikki Potterton. This is her Olympic debut.

**Sam Watson****Eventing****Age:** 35 (DOB 28/12/1985)**Hometown:** Nurney, Co Carlow**World Ranking (early July):** 47**Groom:** Hannah Watson**Horse:** Tullabeg Flamenco (Irish-bred, 2009 gelding)**Breeder:** Nicholas Cousins (Wexford)**Owner:** Vahe Bogossian

Since his international debut (2002) Sam has competed in three World Equestrian Games (2010, 2014, 2018) and contributed to three top ten team finishes. His biggest achievement was 14th individual place in 2018 which helped Ireland to their historic team silver. He was 12th, individually, at the 2015 European Championships and 10th at the 2018 Nations Cup in Boekelo.

Sam is co-founder of the sports data and analytics company EquiRatings. His father John, a multiple world and European medallist, competed in Seoul 1988 but had to withdraw after breaking his collarbone on the cross-country course.

**Austin O'Connor****Eventing (Reserve)****Age:** 45 (DOB 10/12/1974)**Hometown:** Mallow, Co Cork**World Ranking (early July):** 238**Groom:** Francesca Denning**Horse:** Colorado Blue (2009 gelding)**Breeder:** Mellon Stud**Owner:** Austin O'Connor & The Salty Syndicate

Austin, based at Attington Stud in Oxfordshire since 1994, will be competing in his third Olympics in Tokyo. He was 21st individual and eighth in the team event at the 2008 Olympics in Beijing and he was 17th individual in the Sydney Olympics (2000).

In 1995 he won team gold at the Young Rider Championships in Germany. In 1999 he was fourth at Badminton. In 2011 he was 14th at the World Championships. In 2020 he and Colorado Blue were third in a four-star event in Little Downham and had a clear cross-country in their five-star debut in Pau.



**Heike Holstein****Dressage****Age:** 49 (DOB 10/12/1971)**Hometown:** Carbury, Co Kildare**World Ranking (early July):** 155**Groom:** Fraser Kirby**Horse:** Sambuca (Irish-bred, 2009 mare)**Breeder:** Heike Holstein**Owner:** Jake & William Bell

Heike first sat on a pony at the age of two. She won her first Irish title aged 18 (1990) and has since won it 12 times. She trained with seven-time Olympic medallist Dr Reiner Klimke in Germany for many years and this will be her fourth Olympics. She was 26th in Atlanta (1996), 42nd in Sydney (2000) and 50th in Athens (2004).

She bred Sambuca herself and brought her to Grand Prix level and competed on her at the 2019 European Championships. She took 13 years out of international competition to have her family (sons Jake and Archie) so the 2019 Nations Cup in Aachen was her first appearance for Ireland in 14 years.

Despite limited competitions in 2020-21 the pairing had seven top 10 placings, including the five-star Grand Prix in Rotterdam in July 2021. Her mother Gisela Holstein is an international dressage judge and her brother Erik, a show jumper, was 10th individually at the 1998 World Equestrian Games.

**GOLF****COMPETITION DATES****July 29 - August 1** Men's event**August 4- August 7** Women's event

Golf is a stick and ball game played on specially designed grass courses containing 18 holes of very varied topography.

The object is to get the ball into each hole in as few strokes (strikes) as possible using up to 14 clubs, whose heads have a variety of angles which affect the trajectory and distance of the ball.

Olympic golf is an individual stroke play competition (counting all shots taken) of 72 holes involving 60 players of each gender. The top 15 on golf's world rankings automatically qualify and a country can have a maximum of four competitors.

Golf is unusual in being self-refereed though tournament directors can be called in to adjudicate any queries or disputes.

### OLYMPIC HISTORY

Golf (men and women's singles) was part of the inaugural modern Olympic programme in 1900. Men's only (singles and team) was in the 1904 games but the sport was not included again until the 2016 Games in Rio.

### FORMAT

- ▶ Olympic golf is a straight stroke play format of 4x18 holes, played on four consecutive days (no half-way cut/elimination)
- ▶ The gold medallist is the one who covers the 72 holes in the least amount of shots.
- ▶ There are 60 players in each competition (women/men).
- ▶ In case of a tie for any podium place a three-hole playoff will determine the medal winners.

### DID YOU KNOW?

Golfers have roughly 40-50 seconds to hit a shot and can be penalised for playing too slowly. They get a verbal warning for their first 'slow play' offence, a one-stroke penalty for the second offence, a two-stroke penalty for the third and are disqualified for a fourth slow-play offence.

### FUN FACT!

When Canada's multi-talented and outgoing George Lyon won golf gold in 1904 he walked down the path to the medal ceremony on his hands. A men's competition was arranged for 1908 but an internal dispute ruled out all the British golfers, leaving Lyon as the only entrant. Offered the chance, by default, to become a two-time Olympic champion he sportingly refused the gold medal.

### Shane Lowry

**World Ranking: 42**

**Age:** 34 (DOB 02/04/1987)

**Hometown:** Clara, Co Offaly

**Olympic Ranking:** 18



Shane won the Irish Open as an amateur in 2009 and turned professional a week later. In 2015 he won the prestigious World Golf Championship (Bridgestone Invitational) and his career highlight so far was winning a Major - the 2019 British Open at Royal Portrush. He has had 17 top 10 finishes on the PGA, including five this year. In 2021 he tied fourth at the PGA Championship (the second Major of the season) and was eighth at the Players' Championship. His brother Alan will be his caddy on his Olympic debut. His father Brendan and uncles Seán and Mick won All-Ireland football medals with Offaly in 1982.

### Rory McIlroy

**World Ranking: 10**

**Age:** 32 (08/05/1989)

**Hometown:** Hollywood, Co Down

**Olympic Ranking:** 6



Rory is a four-time Major champion and former World #1 who has spent over 100 weeks at the top of the global rankings. He has represented Europe, Great Britain & Ireland, and Ireland as both an amateur and a professional and will make his debut Olympic appearance in Tokyo. He has 19 victories on the PGA and 14 on the European Tour and his four Majors wins are the US Open (2011) PGA Championship (2012 & 2014) and the British Open (2014). This season he has already won the Wells Fargo Championship and tied seventh at the US Open. He has played in five consecutive Ryder Cups since 2010 and only lost one.

### Leona Maguire

**World Ranking: 60**

**Age:** 26 (30/11/1994)

**Hometown:** Ballyconnell, Co Cavan

**Olympic Ranking:** 26



While on scholarship at Duke University in America Leona spent 135 weeks at #1 in the world amateur rankings, winning titles like the Women's Amateur Championship, the Irish Women's Close and a bronze medal with Ireland at the 2016 World Amateur Team Championships. Two professional wins and seventh place on the Symetra Tour in 2019 earned her first card on the LPGA Tour in 2020. In 2021, her first full LPGA season, she has had four top 10 finishes, with 2nd place at the Lotte Championship (April) and Meijer Classic (June). By the start of July she was ranked 14th in the Tour Championship standings. This is her second Olympics after finishing tied 21st in Rio 2016.

### Stephanie Meadow

**World Ranking: 122**

**Age:** 29 (DOB 20/01/1992)

**Hometown:** Jordantown, Co Antrim.

**Olympic Ranking:** 38



Stephanie's family moved to South Carolina when she was 13 to further her golf talent. She was the University of Alabama's first four-time first-team All-American. She was third in the US Open on her LPGA debut in 2014, got her LPGA tour card in 2015 but also lost her father Robert that year and struggled with a back injury in 2017. In 2018 she won her first event on the second tier Symetra Tour and finishing sixth overall earned her back her LPGA Tour Card. In August 2019, she won the Handa World Invitational at Galgorm Castle. In 2021 she was tied 19th in the ANA Inspiration (the first Major). This is her second Olympics, after finishing tied 31st in Rio 2016.

# GYMNASTICS



## COMPETITION DATES

<b>July 24</b>	Men's Qualifying
<b>July 25</b>	Women's Qualifying
<b>July 29</b>	Women's Individual All-Around final
<b>August 1</b>	Men's pommel and floor finals and women's vault and uneven bars finals
<b>August 2</b>	Men's ring and vault finals and women's floor final
<b>August 3</b>	Men's horizontal and parallel bars finals and women's beam final

In gymnastics athletes perform short acrobatic routines on or with apparatus and are judged on the difficulty, accuracy and aesthetic quality of each performance. There are three different disciplines in gymnastics – artistic, rhythmic (women's only) and trampoline and artistic gymnastics is the best known.

In **MAG (men's artistic)** athletes can compete in six separate medal events – floor, pommel horse, rings, vault, parallel bars and horizontal bar – plus an 'all-around' competition.

In **WAG (women's artistic)** there are four events: floor, beam, vault and uneven bars and an all-around and there is also a team all-around event for teams of four. The artistic gymnastics competition begins with qualification rounds to determine who will move on to the individual apparatus finals and the individual and team all-around finals.

**Scoring:** Up until Athens 2004 gymnasts were scored out of 10 but, in 2005, this was changed to allow greater differentiation between athletes' performances. They are now scored on 'D (degree of difficulty)' and 'E (execution)'. Each judge combines these to give their total score so there is no 'maximum' score now but anything from 14 points upwards is a high score.

## OLYMPIC HISTORY

Men's artistic gymnastics has been part of the Olympic programme since the first modern Games of Athens in 1896 and female gymnasts have been included since Amsterdam 1928.

## FORMAT

- ▶ 12 teams and 50 individual qualifiers take part in each MAG and WAG competition.
- ▶ Every gymnast (whether individual or part of a team) competes in the initial qualification round which determines who makes the finals.

## Qualification

- ▶ The 24 gymnasts with the highest cumulative score across all apparatus qualify for the all-around finals (2 max per country).
- ▶ The top eight scorers on each individual apparatus qualify for the event finals (2 max per country).
- ▶ The top eight teams across all apparatus qualify for team finals.
- ▶ After qualifying the order of finals is: Team, All-Around and Individual events – and scoring starts from scratch.

## DID YOU KNOW?

When Romania's Nadia Comaneci became the first gymnast to earn a 'perfect 10' at the 1976 Olympics, the scoreboard actually showed 1:00. That was because the manufacturers had not calibrated for 10:00 because they had been advised such perfection was impossible to achieve. Comaneci actually scored seven '10's in Montreal, on bars and beam.

## FUN FACT!

In ancient Greek 'gymnasts' trained and competed in the nude. The Greek word 'gymnazo' actually means 'to train naked'. However what they did was not acrobatics but more like what we now call athletics (runs, jumps & throws) plus swimming.



**Rhys McClenaghan****Event:** Pommel Horse**Age:** 21 (DOB 21/07/1999)**Hometown:** Newtownards, Co Down**Club:** National Gymnastics TC**Coach:** Luke Carson

Rhys gave notice of his talent when he won European Junior silver in 2016 at his speciality - pommel horse – which was also Irish gymnastics' first ever European medal. In 2018 he was European (senior) and Commonwealth champion in pommel, beating England's reigning Olympic champion Max Whitlock in both. He tied with Whitlock in the latter but won due to a higher execution score. He did not make the final at the 2018 World Championships and had surgery soon afterwards (November) on a cyst in his shoulder.

In 2019 he won bronze at the World Championships in Stuttgart, another first for Ireland and won FIG's overall World Cup series for pommel. In April 2021, with an upgraded routine, he finished fifth at the Europeans in Switzerland. In a particularly dramatic pommel event five of the eight finalists (including Rhys) fell in what, due to Covid, was their first major championships in 18 months.

Rhys competed for Rathgael Gymnastics Club in Bangor before he and his coach moved to Dublin in late 2018 where he trains at the National Gymnastics Training Centre in Abbotstown.

**Megan Ryan****Event:** All-Around**Age:** 19 (DOB 03/04/2002)**Hometown:** Cork**Club:** Douglas GC**Coach:** Emma Hamill

Megan comes from a big GAA family - her father Aidan captained the Cork hurlers and her sister Hayley plays camogie for Cork – but once she was selected for Gymnastics Ireland's elite development team aged eight she never looked back and was 13 when she won her first Irish senior titles in 2015.

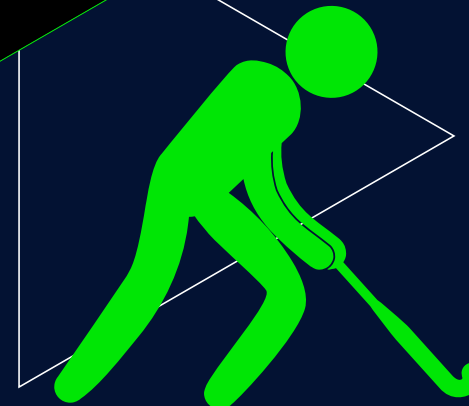
In 2016 she finished 18th on vault at the European Championships. In 2019 she won silver on the uneven bars at the World Challenge Cup in Turkey, the first podium finish by an Irish female gymnast at that level. She made the top 50 in the floor and All-Around competitions at the 2019 European Championships.

She completed her Leaving Certificate at Christ King Girls SS in Douglas in June 2021 and hopes to study pharmacy in future.

# HOCKEY

**COMPETITION DATES**

<b>July 24</b>	Ireland v South Africa
<b>July 26</b>	Ireland v Netherlands
<b>July 28</b>	Ireland v Germany
<b>July 30</b>	Ireland v India
<b>July 31</b>	Ireland v Great Britain
<b>August 1</b>	Quarter-finals
<b>August 3</b>	Semi-finals
<b>August 5</b>	Final and third place play-off



Hockey is an 11 a-side stick and ball field sport that gets its name from the French word 'hocquet', meaning shepherd's crook, in reference to its hooked stick (curved on one side). The pitch is 91.4m by 55m (100 yd x 60 yd), goals are only scored when the ball is struck inside the semi-circle and you win by scoring more goals than your opponent in 60 minutes (split into four quarters).

The first Olympic games played on Astro-turf were in Montreal in 1976 and the top artificial pitches are now water-based which makes the game even faster. Players can only strike the ball with the flat side of the stick. If it hits any part of their body other than their stick hand (even if accidental) it is a foul. However the goalkeeper, who wears a lot of protective gear, can use any part of their body to make a save. Outfield players can don a protective face-mask to defend a penalty corner. Hockey is largely a ground game but the ball can be flicked into the air (called an 'aerial') once it meets strict safety rules.

There are 'rolling' subs and 'rolling' frees (a free-taker can hit it to themselves) and penalty strokes are awarded when a likely goal is illegally prevented. Drawn games in knock-out stages will be decided by penalty shoot-outs whereby five players from each side get a one-on-one chance against the goalkeeper. The attacker starts with the ball on the 23m line and has eight seconds to score. If still drawn after the first five it goes to sudden death shootout. Hockey has three disciplinary cards. Green is a two-minute suspension, yellow is for five minutes and a red rules you out of the remainder of the game.

## OLYMPIC HISTORY

Men's hockey was an Olympic event in 1908 in London with six teams, including four representing GB (including 'Ireland'). It was removed from the 1924 Games due to the lack of an international structure. That prompted the founding of its international federation (FIH) later that year and it has been an Olympic event since 1928 though women's hockey was not an Olympic event until 1980. The Olympic hockey tournament was by invitation until a qualification system was introduced for the 1992 Games.

## FORMAT

- ▶ Twelve teams in each competition (men/women) with two groups of six competing in a round-robin (each team plays everyone in their group) first.
- ▶ The top four in each group progress to the knock-out stages, starting with quarter-finals and the bronze medal is decided by a playoff between the beaten semi-finalists.

## DID YOU KNOW?

When Ireland's men's hockey team competed in the 2016 Olympics they were the first Irish 'team' to qualify since men's basketball in 1945 and the first in their sport in 108 years. An Irish team competed in 1908 but that was before the state was established.

## FUN FACT!

It is not compulsory in hockey to use a goalkeeper. Teams obviously do because it is such a vital and specialist position but, in the final minutes of games you will often see teams replace their goalkeeper with an outfield player in a desperate last-gasp bid to score.

## Naomi Carroll

**Caps: 115**



**Position:** Forward

**Age:** 28 (13/09/1992)

**1st Cap:** 2012 vs Wales

**Hometown:** Cratloe, Co Clare

**Club:** Catholic Institute

**Job:** Maths and coding teacher

Carroll played underage soccer for Ireland (alongside Deirdre Duke) and unusually played gaelic football for Clare (football) and camogie for Limerick (as no club locally). Only took up hockey at 14 but won national titles with Hermes and an Ireland regular in 2014-2017. Was a non-travelling reserve for 2018 World Cup and ruptured her cruciate playing gaelic that summer. Made her long-awaited return in 2021 Europeans, scoring the winner against Scotland.

## Deirdre Duke

**Caps: 146**



**Position:** Forward

**Age:** 29 (09/06/1992)

**1st Cap:** June 2013 vs Scotland

**Hometown:** Dublin

**Club:** Old Alexandra

**Job:** Trainee solicitor

Versatile star who also won All-Ireland U14 gaelic football with Dublin and represented Ireland at U17 soccer. Has won eight trophies with UCD, captaining their treble in 2017. Brilliant at 2018 World Cup, scoring twice v USA in vital opening win. Played a season with Dusseldorf in 2019 where reached Germany's final four. A travelling reserve for Ireland at 2021 Europeans, she replaced the injured Sarah Torrans and won 'Goal of the Tournament' for her strike against England.

## Nicci Daly

**Caps: 196**



**Position:** Midfield/Forward

**Age:** 33 (03/04/1988)

**1st Cap:** 2010 vs Belgium

**Hometown:** Rathfarnham

**Club:** Loreto

**Job:** Data engineer in motorsport and runs Formula Female programme

Talented gaelic footballer who debuted for Dublin seniors in 2009, she played hockey in school but did not join a club (Glennane) until 2008 and has since starred for Muckross, Holcombe (England) and Loreto. Scored a contender for Ireland's best ever goal versus South Africa in the 2016 Olympic qualifiers and key player for Ireland since. Her family is steeped in top level motorsport.

## Sarah Hawkshaw

**Caps: 38**



**Position:** Midfield/Forward

**Age:** 25 (04/11/1995)

**1st Cap:** January 2019 vs Chile

**Hometown:** Castleknock

**Club:** Railway Union

**Job:** Fulltime player and schools coach

Played gaelic football for Dublin up to Under-16 level and hockey for Mount Sackville before joining Railway Union. She spent 2014-2018 at University of Massachusetts, and made Irish breakthrough in 2019, scoring twice when Ireland finished fifth at Europeans. Her brother David captained Ireland to rugby's U20 Grand Slam in 2019.

**Lizzie Holden (née Colvin)****Caps:** 201**Position:** Midfield**Age:** 31 (04/01/1990)**1st Cap:** June 2008 vs France**Hometown:** Portadown**Club:** Belfast Harlequins**Job:** Solicitor specialising in employment law

Midfield dynamo started hockey in Armagh HC and starred for Loreto while studying at Trinity before transferring back to Belfast Harlequins in 2017. Only the seventh Irish woman to amass 200 caps despite a cruciate injury (2013-2015). Her most famous goal, in a 2-1 defeat of India, ultimately got Ireland to the 2018 World Cup where she featured in every game.

**Hannah Matthews****Caps:** 152**Position:** Defence**Age:** 30 (24/03/1991)**1st Cap:** June 2014 vs Italy**Hometown:** Dublin**Club:** Loreto**Job:** School teacher

Schoolgirl star for Loreto Beaufort and has played for Loreto club her entire career, scoring winning penalty stroke in their 2010 Irish Cup final. A 'big-game player' she was key in Ireland's World Cup silver medal in 2018 and passed the 150-cap mark at the 2021 Euros. Her father (Phillip Matthews) and maternal grandfather (Kevin Flynn) played rugby for Ireland.

**Sarah McAuley****Caps:** 1**Position:** Defence**Age:** 19 (25/09/2001)**1st Cap:** June 2021 vs Italy**Hometown:** Dublin**Club:** Muckross**Job:** Student

Newest and youngest squad member who has impressed since drafted in as defensive cover when Ireland were hit by long-term injuries to Zoe Wilson and twins Serena and Bethany Barr for the uncapped series against GB in March 2021. A Leinster Schools Cup winner with Muckross Park in 2017 she was travelling reserve for June's European Championships and made her debut against Scotland.

**Shirley McCay****Caps:** 311**Position:** Defence**Age:** 32 (07/06/1988)**1st Cap:** Jan 2007 vs Canada**Hometown:** Drumquin, Co Tyrone**Club:** Pegasus**Job:** Ulster Hockey Talent Coach

Ireland's most capped sportswoman won the Kate Russell All-Ireland Schoolgirls Championship with Omagh Academy in 2005, two senior Cups with Ulster Elks (2015-2016) and a league title with Pegasus in 2019. Her 200th cap in June 2015 surpassed Nikki Symmon's Irish cap record and she played in a remarkable eighth European Championships in June 2021.

**Ayeisha McFerran****Caps:** 105**Position:** Goalkeeper**Age:** 25 (10/01/1996)**1st Cap:** January 2014 vs Spain**Hometown:** Larne, Co Antrim**Club:** SV Kampong (NED)**Job:** Professional hockey player

Won an Irish league title with Pegasus at 19 and debuted for Ireland's seniors at 18, initially as a shoot-out specialist. Vital to the Green Army's 2018 World Cup silver medal where she was also Goalkeeper of the Tournament. A graduate of the University of Louisville and a four-time All-American pick, McFerran has twice been nominated for FIH World Goalkeeper of the Year. Playing professionally in the Netherlands, she is regarded as the world's top club league, since August 2019.

**Hannah McLoughlin****Caps:** 19**Position:** Defence/midfield**Age:** 22 (02/12/1999)**1st Cap:** 2018 vs Scotland**Hometown:** Dublin**Club:** UCD**Job:** Student

Only 18 when she made her Irish senior debut, Player of the Match in the 2020 Irish Senior Cup final and became a regular in Ireland's defence in past year, including her first European Championships. McLoughlin started her career with Avoca before moving to Loreto and now UCD. She plays a key role at penalty corners due to her extensive array of ariels and long passes.

**Katie Mullan (Captain)****Caps:** 198**Position:** Midfield/Forward**Age:** 27 (07/04/1994)**1st Cap:** August 2012 vs Wales**Hometown:** Coleraine, Co Derry**Club:** Ballymoney**Job:** Visualisation Engineer

Won multiple Irish Cup and League honours with UCD while studying engineering and has also played for Der Club an der Alster in Germany. Represented Ireland in the 2010 Youth Olympic Games alongside Roisin Upton. She has captained Ireland since 2016 and led them to World Cup silver in 2018 and their first Olympic qualification. Won an All-Ireland camogie club intermediate medal with CLG Eoghan Rua in 2010 before concentrating on hockey.

**Anna O'Flanagan****Caps:** 212**Position:** Forward**Age:** 31 (18/02/1990)**1st Cap:** July 2010 vs Scotland**Hometown:** Rathgar, Co Dublin**Club:** Muckross**Job:** Strategy and Operations Consultant

Ireland's all-time topscorer with 83 goals from 212 caps was still a schoolgirl when she won an All-Ireland club title with Hermes. Won a double with UCD in 2014 and more honours with Hermes-Monkstown and spent two years at HC Bloemendaal (Netherlands) to prepare for 2018 World Cup. Her first Irish goal was in April 2011, her 100th cap v Canada in May 2015. Player of the Match in 2018 World Cup semi-final when her 65th goal equalled Lynsey McVicker's Irish record, she's now on 83.

**Lena Tice****Caps: 114****Position:** Defence**Age:** 23 (16/11/1997)**1st Cap:** November 2016 vs Scotland**Hometown:** Glenealy, Co Wicklow**Club:** Old Alexandra**Job:** Student

Dual prodigy who played senior cricket for Ireland at age 13 and won a hockey World Cup at 20. Amassed 60 cricket caps before concentrating on hockey. Starred for St Gerard's in their historic Leinster Schools victory in 2015. Won a treble with UCD in 2017 and retained their Cup and League titles a year later. Made her senior debut for Ireland at 17 and a key player in 2018 World Cup.

**Sarah Torrans****Caps: 26****Position:** Forward**Age:** 22 (14/02/1999)**1st Cap:** January 2017 vs Scotland**Hometown:** Knocklyon**Club:** Loreto**Job:** Student (nursing)

Initially combined hockey with sprinting for DSD Athletics Club and hockey with Corinthians. Was selected as a reserve for the 2018 World Cup squad while still a teenager. Has been very unlucky with injuries – a freak one forced her out of captaining Ireland U21s at 2019 Junior Europeans – and she also missed this summer's Europeans due to late injury.

**Róisín Upton****Caps: 81****Position:** Defence/Midfield**Age:** 27 (01/04/1994)**1st Cap:** November 2016 vs Scotland**Hometown:** Janesboro (Limerick city)**Club:** Catholic Institute**Job:** Primary School Teacher

Represented Ireland at Youth Olympics in 2010, Irish Youth Player of the Year 2011. Won USA college Div 1 title with UConn Huskies (2012-2015). Her Ireland senior career was initially badly disrupted by injury but central to Ireland's silver at 2018 World Cup and their Olympic journey, as a sweeper and scorer, including spectacular goal in shoot-out against Canada.

**Chloe Watkins****Caps: 229****Position:** Midfield**Age:** 29 (07/03/1992)**1st Cap:** July 2010 vs Scotland**Hometown:** Killiney**Club:** Monkstown**Job:** Trainee accountant

Ireland's creative engine won her first Irish title with Hermes when she was still 16 and has had club success since in Ireland, Spain (Campo de Madrid) and HC Bloemendaal (Netherlands, 2018). Was just 18 on Irish senior debut. Scored vital shoot-out goals v India and Spain in 2018 World Cup (the final marked her 200th cap) and also in Olympic playoff against Canada. Underwent surgery in 2020 after experiencing heart palpitations at a training camp in South Africa.

**Michelle Carey****Caps: 5 (Reserve)****Position:** Midfield**Age:** 22 (05/05/1999)**1st Cap:** June 2021 vs Netherlands**Hometown:** Dublin**Club:** UCD**Job:** Student

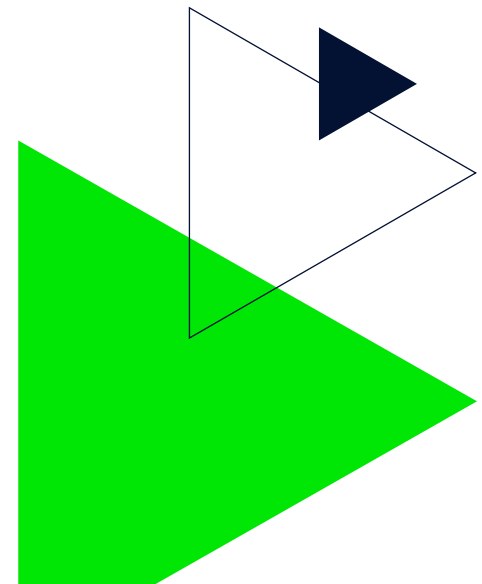
Played for Ireland – with her twin sister Niamh – at all underage levels while also playing underage for Dublin's ladies footballers up to minor level. She won a Dublin club junior title with Ballinteer St Johns last year before winning an Irish Senior Cup with UCD, and played in every game at the 2021 Europeans.

**Zara Malseed****Caps: 2 (Reserve)****Position:** Forward**Age:** 24 (11/06/1997)**1st Cap:** June 2021 vs England**Hometown:** Hollywood, Co Down**Club:** Ards**Job:** Medical student

Scored her first international goal in a 3-0 defeat of Italy a day after making her Ireland debut in the 2021 Europeans Championships. An Irish U18 eight years ago she has studied in Edinburgh where she won a Scottish treble and since her return to Ards has had a meteoric rise since Irish call-up in 2020.

**Lizzie Murphy****Caps: 13 (Reserve)****Position:** Goalkeeper**Age:** 23 (DOB 28/06/1998)**1st Cap:** October 2017 vs Scotland**Hometown:** Dublin**Club:** Loreto**Job:** Student

Ireland's reserve goalkeeper has extensive European club experience with Hermes, Monkstown and Loreto. Impressed in 2017 and 2019 Junior Europeans for Ireland's U21s. Emerged into senior ranks in 2019 and has been understudy to McFerran at the 2019 and 2021 European Hockey Championships and 2020 Olympic qualifier against Canada.





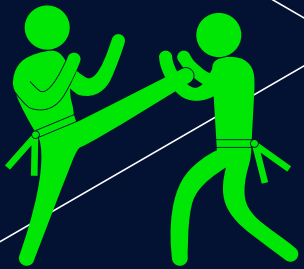
# JUDO



## COMPETITION DATES

**July 28** -70kg/-91kg

**July 29** -78kg/-100kg



Judo, a combat sport between two opponents, originated in Japan and the word literally means 'the gentle way'. The objective of judo is to throw or take down an opponent to the ground or subdue them with a pinning hold, or force them to submit with a joint lock or a choke.

Athletes (known as judoka) wear white or blue judogi (judo uniforms), face each other on a 10m x 10m mat and compete in weight divisions. All Olympic bouts are now four minutes long. The highest score in judo is for an 'ippon' which swiftly throws an opponent straight onto their back and automatically ends a bout.

A waza-ari is awarded when you throw your opponent with control and accuracy but not to the extent of an ippon. Two waza-ari are equal to one ippon. If no 'ippon' is scored, the competitor who claims the most points wins. Points are scored by grappling with and pinning your opponent to the mat for 10 to 20 seconds. If scores are tied at the end of four minutes the bout goes to 'Golden Score' overtime when the first contestant to score wins.

## OLYMPIC HISTORY

Judo was introduced as an Olympic sport for men in Tokyo 1964. It didn't feature in 1968 but has been present ever since and was introduced for women at Barcelona 1992. Tokyo 2020 marks the introduction of a new Olympic 'mixed team' event.

There are seven Olympic weight classes: minus (-) means 'under' and plus (+) means over.

**Men:** -60kg, -66kg, -73kg, -81kg, -90kg, -100kg and +100kg.

**Women:** -48kg, -52kg, -57kg, -63kg, -70kg, -78kg and +78kg.

In the new 'mixed' event in teams are comprised of three men (-73kg, -90kg, +90kg) and three women (-57kg, -70kg, +70kg).

## FORMAT

- ▶ There are 18 men and women in each competition.
- ▶ A knockout draw – where the top eight are seeded – produces the two finalists. A separate 'repechage' competition provides all the losing quarter and semi-finalists a chance to win one of two bronze medals.
- ▶ In the new mixed team event athletes in the same weight category all face off and the team that finishes 4-2 advances to the next round. In the event of a 3-3 tie a refight will be conducted.

## DID YOU KNOW?

French heavyweight Teddy Riner is aiming for his third consecutive Olympic gold, something only Japan's Tadahiro Nomura has ever done. Riner's amazing 10-year unbeaten record of 154 straight victories was finally broken in early 2020 by Japan's Kokoro Kageura.

## FUN FACT!

Actress Hillary Wolf, best known for playing Macaulay Culkin's sister Megan in the Home Alone movies, was a world junior judo champion in 1994 and twice represented USA at Olympics (1996 & 2000).

**Megan Fletcher****Event:** -70kg**Age:** 31 (02/08/1989)**Hometown:** Wokingham, Berkshire**Club:** Pinewood Judo Club**Coach:** Ciarán Ward & Jurgen Klinger**2021 World Ranking:** 20**2021 Olympic Ranking:** 14

Megan is only the second Irish women to represent Ireland in Olympic judo after Lisa Kearney (2012). This June she fought for a bronze medal at the World Championships in Hungary, the highest level ever by an Irish judoka. Her mother Alma is from Bruff, Co Limerick and Meg first competed for Ireland in 2017, winning a bronze medal at the European Open in Belgrade. She had previously won bronze at the European Cadet Championship in 2005. In 2019 she made the podium at the Marrakech, Tel Aviv and Montreal Grand Prix and was seventh at the European Games in Minsk.

She usually trains at Bath University but Covid forced her to train, with her brother, at their home club in Wokingham, west of London and at the Sports Institute of Northern Ireland. Megan took a break from teaching geography in the past few years to train fulltime for Tokyo.

**Ben Fletcher****Event:** -100kg**Age:** 29 (DOB 13/03/1992)**Hometown:** Wokingham, Berkshire**Club:** Pinewood Judo Club**Coach:** Jurgen Klinger & Ciarán Ward**2021 World Ranking:** 21**2021 Olympic Ranking:** 15

Ben, who is Megan's younger brother, is a former world junior bronze medallist. The multiple Grand Slam and Grand Prix winner, whose mother Alma is from Bruff, Co Limerick, has represented Ireland since 2017. He started 2018 by winning gold at the Tunis Grand Prix, the first Irish judoka to ever win an IJF World Tour event. In 2018 he won silver at the Dusseldorf Grand Slam and bronze at the Antalya Grand Prix. In 2019 he had three top three Grand Prix finishes (Tel Aviv, Marrakech and Hohhot) and won bronze at the Grand Slam in Baku.

In February 2021 he broke his leg in two places in competition in Israel yet has managed to return in time for his second Olympic Games. He competed for Great Britain in Rio where he finished 17th.

# MODERN PENTATHLON

**COMPETITION DATES****August 6**

Women's Event



Modern pentathlon is the only sport designed especially for the Olympics and was the brain-child of modern Olympic founder Pierre de Coubertin. It's designed to be the ultimate test of athletic versatility with five events; epee fencing, 200m freestyle swimming, a round of show jumping, pistol shooting and a 3,200m cross-country run.

The latter two (now called 'laser-run') were combined into one event in 2012 and is now 4x800m runs interspersed with three rounds of stationary target shooting. Fencing foils have sensors in their tip to record hits and the guns, which went from real guns to air pistols in 1994, were switched to laser guns ahead of London 2012.

## OLYMPIC HISTORY

Modern Pentathlon is based on the idea of a soldier ordered to deliver a message to troops during a war. It debuted in 1912 but did not include female contestants until Sydney 2000.

## FORMAT

- ▶ 36 athletes in each individual competition.
- ▶ Points are earned in each event, depending on placings, and combined to give total score.
- ▶ In epee they fence against every other competitor.
- ▶ Swimming is a timed 200m freestyle, run off in heats.
- ▶ Show-jumping is one round over 12 fences.
- ▶ The final event has interval or 'handicapped' starts, depending on their standing after the previous three.
- ▶ In the laser-shooting event athletes can only resume running again if they have hit all five targets OR after 70 seconds have elapsed.

## DID YOU KNOW?

Modern Pentathlon only switched to a one-day event in Atlanta 1996. It originally took place across five days and moved to four days for 1984 and 1992.

## FUN FACT!

Pentathletes draw lots for completely unfamiliar horses and only get 20 minutes in a warm-up arena, with five practice jumps, to get to know them. That makes the show-jumping element the 'luck of the draw' and the sport's most unpredictable element.

## Natalya Coyle

**World Ranking:** 13



**Age:** 30

**Hometown:** Ashbourne, Co Meath

**Olympic Ranking:** 12

**Coaches:** Arthur Lanigan-O'Keeffe (swimming); Steve Macklin (running); Brian Duff & John Ledingham (riding); Andrei Fedotov (fencing); John Leighton Dyson (shooting)

Tokyo marks Natalya's third Olympic Games. In 2012 she became Ireland's first modern pentathlete to qualify for an Olympics since the 1980s and finished ninth in London 2012.

In Rio 2016 she finished sixth and she qualified very early for Tokyo 2020 by finishing 5th at the 2018 European Championships. She won her first individual World Cup medal in Sophia in 2018 (she had already made podium in mixed relay) and she won another individual World Cup silver in Egypt 2019.

In the past 12 years she has made the World Cup Finals (involving the world's top 36) nine times, narrowly finishing fourth in 2018 and fifth in mid-May this year.



# ROWING



## COMPETITION DATES

July 23-30 All crews

Olympic rowing involves propelling a boat using oars, in lanes, along a straight course and rowers sit with their backs to the finish line. In sweep rowing each rower handles a single oar. In sculling a rower uses two oars. Larger crews include a cox who sits in the stern or the bow, and controls the steering and co-ordination of the strokes. Early Olympics featured 'match races' between two or three boats, until the modern six boat side-by-side format was adopted in 1936. All Olympic races are now raced over a 2000m course but this did not become the standard distance for men until the 1912 Olympics and women raced over 1,000m until 1988. Rowing boats are called 'shells' - unless they are sculls.

## OLYMPIC HISTORY

Rowing was due to debut in the 1896 Games but had to be cancelled due to stormy waters. Male rowing has been in every Summer Olympics since and women's rowing was introduced in 1976. Lightweight events were introduced in 1996. To satisfy the IOC's gender equality targets the men's lightweight fours has been removed since Rio 2016 and been replaced with a women's coxless four.

## FORMAT

- ▶ **Men:** Single sculls, Double sculls, Quadruple sculls, Coxless pair, Coxless four, Eight
- ▶ **Women:** Single sculls, Double sculls, Quad sculls, Coxless pair, Eight
- ▶ **Lightweight Men:** Double sculls, Coxless four
- ▶ **Lightweight Women:** Double sculls

Since 1964 Olympic rowing has used a series of qualifying races to produce six boats to each final, including 'repechages' which is the French word for 'fishing again.'

## DID YOU KNOW?

Coxswains can't weigh less than 50kg (7 st, 12 lbs) and 55kg (8st 9lbs) for women and men respectively. If they do they have to pack dead weight to reach the minimum weight.

## FUN FACT!

In 1924 Bill Havens, the cox for USA's gold-winning Eight, didn't take part because his wife was expecting a baby. In 1952 Frank Havens, their son who was born four days after the 1924 Olympics, won gold in C-1 10,000m canoeing in Helsinki.



### Sanita Puspure

#### Women's Single

**Age:** 39 (DOB 21/12/1981)

**Hometown:** Ballincollig, Cork

**Club:** Old Collegians BC

Sanita is the back-to-back World (2018-2019) and European Champion (2019-2020) who has never dropped outside world's top four scullers since 2017. Finished fourth in quarter-finals at her two previous Olympics (2012 & 2016) and was Ireland's only rower in London 2012. She won bronze in this year's World Cup II and skipped Europeans to concentrate on Tokyo.

Competed for her native Latvia from 1999-2003, moved to Ireland in 2006 and resumed international rowing for Ireland in 2010.



### Paul O'Donovan

#### L'weight Men's Double

**Age:** 27 (19/04/1994)

**Hometown:** Skibbereen

**Club:** UCC

Paul has been rowing since he was six. He has a physiotherapy degree from UCD and is currently studying medicine at UCC.

Paul and his brother Gary won Ireland's first Olympic rowing medal (silver in LWx2) in 2016 and he is a four-time world champion; two in Lightweight Single (2016 and 2017) and two in Lightweight Double with Gary (2018) and Fintan McCarthy (2019). His European honours are two golds (2016 and 2021) and two silvers (2017, 2018). This year he won the European title with Fintan and they also won gold at the World Rowing Cup II in Lucerne.



### Fintan McCarthy

#### L'weight Men's Double

**Age:** 24 (23/11/1996)

**Hometown:** Skibbereen

**Club:** Skibbereen RC

Fintan only started rowing after the London 2012 Olympics. He has a degree in physiology from UCC.

He won his first Irish title in 2016, made a European final - with his twin brother Jake - in 2019 and won the World LWX2 title with Paul which also qualified the boat for Tokyo. He won European bronze in single sculls in 2020 and in 2021 won a European doubles title with Paul and gold in Lucerne World Cup.



### Margaret Cremen

#### L'weight Women's Double

**Age:** 22 (05/01/1999)

**Hometown:** Rochestown, Cork

**Club:** UCC

Margaret has been rowing since 2014 and is studying Sports Science and PE (with Irish) in UCC.

Margaret and Aoife Casey won silver at the 2020 European U23 Championships in Duisburg, franking the promise shown when they were also runners-up at the 2017 European Juniors. In 2021 they were fifth in the European final and qualified for Tokyo by finishing third at the final Olympic qualifier in Lucerne.



### Aoife Casey

#### L'weight Women's Double

**Age:** 22 (01/06/1999)

**Hometown:** Skibbereen

**Club:** UCC

Aoife started rowing in 2009 and is currently studying Medical and Health Sciences at UCC. Her father Dominic is Rowing Ireland's lightweight coach.

In 2019 Aoife was fourth at the World U23 Championships with Clíodhna Nolan. In 2020 she won silver at European U23s with Margaret, with whom she also won silver at 2017 European Juniors. In 2021 they were fifth in the European final and they qualified for Tokyo, by finishing third, at the final Olympic qualification regatta in Lucerne.



### Philip Doyle

#### Men's Double

**Age:** 28 (DOB 17/09/1992)

**Hometown:** Banbridge, Co Down

**Club:** Belfast Boat Club

Only took up rowing in 2014 while at Queens University studying medicine. Missed 2020 Europeans as he took time out during global pandemic to return to medicine full time in Daisy Hill hospital.

Philip and Ronan Byrne qualified the Men's Double by winning silver at the 2019 World Rowing Championships in Linz. They won silver at the World Rowing Cup III in Rotterdam in 2019 and silver in World Rowing Cup II in Lucerne this year.



### Ronan Byrne

#### Men's Double

**Age:** 23 (DOB 17/04/1998)

**Hometown:** Ballinlough, Cork

**Club:** UCC

Rowing since 2011 and studying Nutritional Science in UCC.

Won gold at men's single scull at the 2019 European U23s, after qualifying for the Olympics in double and was named World Rowing's 'Rising Star' in September 2019. In 2020 he won gold in men's doubles at European U23s and bronze in men's doubles at European Seniors, both with Daire Lynch. Qualified the Men's Double with Philip Doyle by winning Silver at the 2019 World Rowing Championships and won silver at the World Rowing Cup III in 2019 and silver in World Rowing Cup II in Lucerne this year.



### Aileen Crowley

#### Women's Pair

**Age:** 27 (DOB 12/02/94)

**Hometown:** Killorglin, Co Kerry

**Club:** Old Collegians BC

Started rowing in 2010 and has a degree in architecture.

Had been rowing with the women's four but made successful switch to W2 before the 2019 World Championships where she and Dukarska qualified boat for the Olympics. Won silver at the 2021 World Rowing Cup II in Lucerne and 6th at 2021 Europeans. Aileen won bronze at the 2020 Europeans in the Women's Four, an event Monika missed due to injury.

### Monika Dukarska

#### Women's Pair

**Age:** 30 (DOB 18/10/1990)

**Hometown:** Killorglin

**Club:** Killorglin RC

Monika started rowing in 2008, first rowed for Ireland in 2013 and won World Cup silver and made a European final this year. She is also a two-time World Coastal Rowing champion (2009 & 2016). She is a PhD student in education, with a Masters in innovation and design.

Her family moved from Poznan (Poland) to Ireland when she was 16. Her first name is pronounced 'Mon-eeek-a'.

### Emily Hegarty

#### Women's Four

**Age:** 22 (DOB 03/08/98)

**Hometown:** Skibbereen, Co Cork

**Club:** UCC

Started rowing in 2009 and studies biological science at UCC.

Won silver at 2019 World U23 Championships in Sarasota and a bronze medal in the Women's Pair at the U23 2020 European Rowing Championships alongside UCC teammate Tara Hanlon.

### Aifric Keogh

#### Women's Four

**Age:** 29 (DOB 09/07/1992)

**Hometown:** Na Forbacha (Furbo), Galway

**Club:** UCC

Started rowing in 2006 in the Jes in Galway, and studied food microbiology at UCC.

Was part of the women's double earlier in this Olympic campaign. A world finalist who finished sixth, with Emily Hegarty in Paris 2018. They were the first Irish women's pair to make a World final.

Set world records on the ergometer (indoors) during 2020 Covid Lockdowns and has beaten Sanita Puspure in a 30-minute erg test.

### Eimear Lambe

#### Women's Four

**Age:** 23 (DOB 11/08/1997)

**Hometown:** Cabra, Dublin

**Club:** Old Collegians BC

Started rowing in 2012 and competing for Ireland in 2015. First competed internationally at the Coupe de la Jeunesse in 2014 and also raced at the 2014 Youth Olympics.

Studied International Commerce and German at UCD. Younger sister of Rio Olympian Claire.

### Fiona Murtagh

#### Women's Four

**Age:** 26 (DOB 11/07/1995)

**Hometown:** Galway

**Club:** NUI Galway RC

Started rowing in 2009 and studied science at NUI Galway and Fordham University, New York. Won the prestigious Head of Charles (in Boston) two years in a row. Won bronze at the 2020 European Championships in the Women's Four and silver at this year's Europeans.

#### WOMEN'S FOUR

This crew won silver at the 2021 European Rowing Championships in Varese (Italy) and went on to qualify the Women's Four boat for Tokyo at the final Olympic qualification regatta in May.

Three of this crew - Fiona, Eimear and Aifric (with Aileen Crowley) - won European bronze in 2020.

### Tara Hanlon

#### Women's Four (Reserve)

**Age:** 23 (DOB 18/05/1998)

**Hometown:** Cork City

**Club:** UCC Rowing Club

Started rowing in 2013 and completed the third year of her commerce studies in UCC (where she is a Quercus (scholarship) student) in March 2021.

Tara won silver at the 2016 Coupe de la Jeunesse in Poznan and part of the Irish four who won World U23 silver in 2019. In 2020, in a pair with Emily Hegarty, she won European U23 bronze and they were also fifth in the European seniors.

# RUGBY SEVENS



## COMPETITION DATES

<b>July 26</b>	Men's Pool Games (Pool C: Ireland, S.Africa, USA & Kenya)
<b>July 27</b>	Men's Placing Round & quarter-finals
<b>July 28</b>	Men's semi-final, final & last placing games

The aim of a rugby match is to ground an oval ball over the opponent's end line (called a try) or kick it through their cross-bar (a penalty kick or conversion).

The ball can be moved by carrying it, passing it or kicking it. What makes rugby unusual is that the ball can only be passed backwards or sideways by the hand. You cannot propel the ball forward with any part of your body other than your feet.

Rugby Sevens feature the same skills and foul rules as 15s but, because it is played on the same size pitch (100m x 70m) with only seven players a-side, creates far more space and a lot more running and tries.

Sevens games consist of two seven-minute halves. Teams consist of three forwards and four backs with five replacements.

Scrum are contested by just three players a-side and lineouts are also smaller.

Scoring is the same as 15s - five points for a try, two for a conversion, three for penalties - but the latter two have to be taken from the hands, as drop-kicks.

The team that scores kicks off afterwards which is the opposite of 15s.

Yellow cards earn two minutes in the sin-bin.

## OLYMPIC HISTORY

Rugby (15s) was played in four of the first seven Modern Olympics after debuting in 1900, but shortly after the 1924 Games (USA beat France in the final in Paris, sparking a pitch invasion by angry French fans) it was dropped.

A vote to re-introduce rugby in the form of Rugby Sevens was passed in 2009 and it made its first appearance in Rio in 2016, for both genders.

## FORMAT

- ▶ 24 teams will take part - 12 each for men and women.
- ▶ Competitions start with round-robin group games and all but four teams will go through to the knock-out stages where teams continue playing to decide the overall placings.
- ▶ In a reverse from the inaugural tournament the men's competition takes place first in Tokyo.

## DID YOU KNOW?

Modern Olympics founder Pierre de Coubertin refereed the first domestic club rugby game in France in 1982 and France's first international on January 1 1906. He championed the sport so when he stepped down, in 1925, the sport lost its main Olympic advocate.

## FUN FACT!

Jerry Tuwai, star of Fiji's inaugural Olympic champions in 2016, plays with the words 'knife' and 'fork' on his boots. He grew up in extreme poverty so inscribes this to remind him that he is providing for his family.

**Billy Dardis****Caps:** 11**Position:** Half-back**Age:** 26 (31/01/1995)**Hometown:** Naas, Co Kildare**Club:** Terenure RFC**Height:** 178cm**Weight:** 87kg

A member of the Leinster academy for three years and played for Ireland U20s in 2014-15. Switched to Sevens fulltime in 2017-2018 season after making his debut in Malmo 2016. Succeeded Tom Daly as Ireland captain in 2017 and captain ever since. Billy has a degree in health and performance science from UCD and used lockdown to recently complete a Masters in management consultancy from Belfield.

**Adam Leavy****Caps:** 16**Position:** Prop/Hooker**Age:** 25 (21/09/1995)**Hometown:** Dublin**Club:** Lansdowne RFC**Height:** 184cm**Weight:** 90kg

A product of the Connacht Academy and played for Lansdowne before joining the Irish Sevens programme in 2017, making his debut in Exeter that year. Took a six-month break from rugby during Covid-lockdown last year to study and graduated with a Masters in finance from UCD the week before the Olympic qualifier in Monaco. Younger brother of 15s star Dan Leavy.

**Foster Horan****Caps:** 11**Position:** Prop**Age:** 28 (03/11/1992)**Hometown:** New Ross, Co Wexford**Club:** Lansdowne RFC**Height:** 180cm**Weight:** 90kg

Foster is one the team's five so-called 'originals' who have been involved since Ireland's first Sevens squad was inaugurated in 2015. Started out with Gorey RFC and played U20 for Ireland (2012) before switching to Sevens. Had injury problems pre-Covid but now back to top form.

**Greg O'Shea****Caps:** 20**Position:** Back**Age:** 26 (23/03/1995)**Hometown:** Limerick**Club:** Shannon RFC**Height:** 180cm**Weight:** 85kg

Greg was a talented sprinter and represented Ireland in the 2011 Youth Olympics in Turkey before coming through the Munster academy. Made his Sevens debut in Lodz 2017. Originally not picked for the final Olympic qualifier but when Gavin Mullen was ruled out with injury he got called up and played a vital role. Won reality TV show 'Love Island' in 2019 but, less than a month later, was back training with Ireland.

**Harry McNulty****Caps:** 30**Position:** Forward**Age:** 28 (05/03/1993)**Hometown:** Dublin**Club:** UCD RFC**Height:** 188cm**Weight:** 94kg

Harry was born in Bahrain and lived in London too before settling in Dublin. He won a Munster schools Cup with Rockwell and is another of the team's five 'originals', making his Irish debut in Bosnia 2015. In the early stages of COVID he went to USA to play for LA Giltinis, a new MLR team but returned in May to help Ireland complete their Olympic dream.

**Jordan Conroy****Caps:** 22**Position:** Winger**Age:** 27(10/04/1994)**Hometown:** Tullamore**Club:** Buccaneers RFC**Height:** 189cm**Weight:** 78kg

The Offaly flier is a superstar on the world stage. He started out as a very promising runner and soccer player before concentrating on rugby, initially with Buccaneers in the All-Ireland league, with whom Irish coach Anthony Eddy first saw him playing on the back pitch at the Aviva stadium. Jordan's made his Sevens debut in Moscow 2017 and in 2020 was the overall top try scorer on rugby Sevens' World Series and selected on its end-of-season 'Dream Team'.

**Mark Roche****Caps:** 20**Position:** Half-back**Age:** 28 (25/01/1993)**Hometown:** Dublin**Club:** Lansdowne RFC**Height:** 172cm**Weight:** 86kg

Another of the five 'originals' who played for Blackrock in the AIL and for Ireland's U20 in 2013 before joining Ireland Sevens' inaugural squad in 2015. He was part of the side that impressed at the London Sevens invitational in 2018, beating England to claim third place. His Irish debut was Bosnia 2015 when he made that tournament's 'Dream Team'.

**Terry Kennedy****Caps:** 23**Position:** Centre**Age:** 25 (04/07/1996)**Hometown:** Dublin**Club:** St Mary's College RFC**Height:** 184cm**Weight:** 85kg

Another 'original'. One was the Irish U20 team (with Hugo Keegan, Jack Stockdale and James Ryan) who reached the 'junior' World Cup final in 2016 and has played AIL for St Mary's. He made his Sevens debut in Zagreb 2015 and is another flier who links brilliantly with Jordan Conroy for many of Ireland's scores. His dad Terry also played rugby for Ireland.



**Hugo Lennox****Caps: 12****Position:** Half-back**Age:** 22 (06/03/1999)**Hometown:** Skerries, Co Dublin**Club:** Skerries RFC**Height:** 175cm**Weight:** 63kg

Hugo starred for Skerries Community School when they got the Leinster School's Cup semi-finals in 2016 and has played AIL with Clontarf and his home club but also played briefly for Barnhall while studying at Maynooth University. Debut was London 2019 and has blossomed since. His brother Conor also stars for Skerries in the AIL.

**Ian Fitzpatrick****Caps: 19****Position:** Forward**Age:** 26 (25/08/1994)**Hometown:** Rathoath, Co Meath**Club:** Lansdowne RFC**Height:** 180cm**Weight:** 89kg

Another of Ireland Seven's five 'Originals' Ian came through the Leinster academy at the same time as team captain Billy Dardis and played U20 for Ireland in 2014. He made his Sevens debut in Zagreb in 2015 and has been fulltime since 2018 but had a bad run of injuries. He has a degree in Commerce from UCD and works part-time in a cybersecurity company called EdgeScan.

**Bryan Mollen****Caps: 13 (Reserve)****Position:** Prop/Centre**Age:** 25 (25/09/1995)**Hometown:** Dublin**Club:** Blackrock College RFC**Height:** 187cm**Weight:** 95kg

Born in Nairobi, to a Dutch father and Dublin mother, Brian has lived all around the world (Kenya, Holland, France, Australia and Belgium) due to his dad's job as a diplomat. His rugby breakthrough came in Blackrock College where he was on a winning Leinster Schools squad that included Joey Carbery and Caelan Doris. Made his Ireland debut in Hong Kong in 2018.

**Jack Kelly****Caps: 12****Position:** Prop**Age:** 23 (26/10/1997)**Hometown:** Dublin**Club:** Dublin University RFC**Height:** 183cm**Weight:** 90kg

Jack, who captained Ireland in the 2017 U20 Six Nations, came through the Leinster academy and played one Pro14 game, against Ospreys, in 2018. He made his international Sevens debut in London 2019 and He 2019-2020 was his breakout season. He studies law at Trinity College and is fluent in French as his family lived there for two years in his youth.

**Gavin Mullin****Caps: 0****Position:** Prop**Age:** 23 (29/11/1997)**Hometown:** Dublin**Club:** UCD RFC**Height:** 183cm**Weight:** 90kg

The team's newest addition. Gavin came through the Leinster academy. made two Pro14 appearances and played for Ireland U20s in 2017. First Sevens games versus GB and USA in May 2021 but still technically 'uncapped'. He was due to debut in the Olympic qualifier in Monaco but got injured beforehand. He recently qualified from UCD with a degree in business and law. His dad is legendary Ireland and Lions centre Brendan.

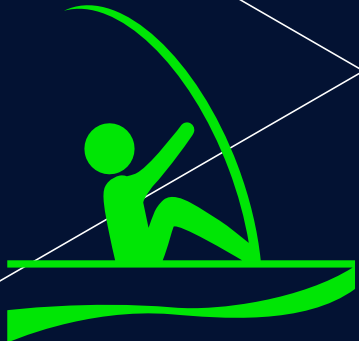


# SAILING



## COMPETITION DATES

July 25, 26, 27 & 29	Laser/Laser Radial Race Series
July 27, 28, 30 & 3	49er/49er FX Race Series
August 1	Laser/Laser Radial Medal Races
August 2	49er/49er FX Medal Race



Sailing has been on the Olympic programme since Paris 1900 when boats were a lot larger (with bigger crews) and time handicaps were used. Olympic sailing now is about smaller, high-performance, one-design boats that test sailors fitness, sailing and weather skills and tactics.

The Tokyo sailing classes are: Laser (men's lightweight solo dinghy), Laser Radial (women's dinghy with a smaller mast and sail area), Finn (men's heavyweight dinghy), 470 (two person dinghy, men's and women), 49er (men's pair high performance skiff), 49er FX (women's skiff), Nacra 17 (mixed pair foiling catamaran) and RS:X (men's and women's windsurfer). 49ers are particularly fast and both of the crew are cantilevered over the water. In Olympic regattas boats are identified by national flags on their sails and crew names on their mainsail.

## OLYMPIC HISTORY

A regatta was on the 1896 programme in Athens but was cancelled due to bad weather so Olympic 'sailing' (known as yachting) made its debut in 1900 but the original events were in larger vessels with bigger crews. Olympic sailing as it is now known was not seen until the 1920s. A men's 'monotype' was introduced in 1920, the 'Star' class began in 1932 and the first class specifically for women – the 470 – was introduced in 1988. Different boat classes have been included and dropped over the years and the two newest Olympic events are Nacra 17 Foiling (mixed pairs) and the women-only 49er FX, both introduced at Rio 2016.

## FORMAT

- ▶ Olympic sailing races follow fleet racing format where fields of equally-matched boats race around the course together.
- ▶ Everyone contests the initial 'fleet' series (between 10 or 12 races) and accumulates points for finishing positions.
- ▶ The winner gets one point, second gets two points etc.
- ▶ Every boat can discard their worst (highest) score and then the ten boats with the lowest accumulated scores qualify for the Medal Race.
- ▶ In the Medal Race points scored are doubled and added to the 'opening series' scores to decide the final positions.

## DID YOU KNOW?

At a very stormy 1988 Olympics in Seoul Canadian Finn sailor Lawrence Lemieux, who was second in the Finn race at the time, stopped to rescue two 470 competitors from Singapore who had capsized and were struggling. Lemieux finished 22nd in his race and 11th overall in his class but the IOC presented him with a special medal for gallantry.

## FUN FACT!

Annalise Murphy, who won Laser Radial silver for Ireland in Rio 2016, is from a family with strong Olympic links. Her mother Cathy McAleavy competed in the 470 class in Seoul where her father Con coached Ireland's sailing team.

**Annalise Murphy****Laser Radial****Age:** 31**Hometown:** Rathfarnham, Co Dublin**Club:** National Yacht Club, Dun Laoghaire**Coaches:** Rory Fitzpatrick

Tokyo is the third Olympics for Annalise. She came agonisingly close to a medal when she finished fourth in London 2012 but bounced back by winning silver in Rio 2016.

That was the culmination of years of hard work and success. Annalise was 8th at the 2009 World Championships and sixth at Worlds in 2011. After her Olympic heartbreak of 2012 she had also won the European title in 2013.

She took time out in 2017-2018 to compete in the Volvo Ocean Race 2017- 2018. After enjoying being part of a crew, she competed with Katie Tingle in the 49er FX before returned to Laser Radial in January 2020, going on to finish 12th at the 2020 World Championships.

Rory Fitzpatrick, who has coached all of her Olympic campaigns, is also an Olympian. He competed in Laser at Athens 2014.

**Robert Dickson****49er Skiff (helm)****Age:** 23 (06/03/1998)**Hometown:** Sutton, Co Dublin**Club:** Howth Yacht Club**Coach:** Matt McGovern**Sean Waddilove****49er Skiff (crew)****Age:** 24 (19/06/1997)**Hometown:** Skerries, Co Dublin**Club:** Howth Yacht Club**Coach:** Matt McGovern

Robert first sailed for fun on Lough Ree, joined Sutton Dinghy Club and then moved to Howth while Seán started his sailing in Skerries Sailing Club. During Transition Year in secondary school they joined a French club (La Rochelle) to train in the 420 dinghy before progressing to the Olympic class 49er.

Their first big success was gold in World Juniors in 2018, at which they also won bronze in 2019, when they were also 22nd at World (senior) Championships. In 2020 they were 18th at Europeans and 44th at Worlds. They secured their Olympic spot during the qualifying series in Lanzarote in March this year, where they eventually finished third.

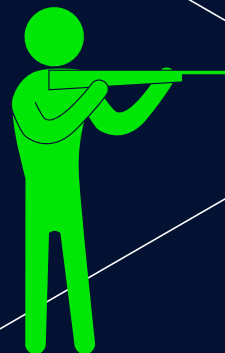
Sean studies Sports Science and Health in DCU, Robert studies International Business and Languages at DIT, both on scholarships. Their coach Matt McGovern is a two-time Olympian (2012 and 2016) who finished 14th in the 49er fleet in London.

# SHOOTING - TRAP



## COMPETITION DATES

July 27	Men's and Women's Trap Qualifying – Day 1
July 29	Men's and Women's Trap Qualifying Day 2 and Finals



There are two different forms of Olympic 'clay pigeon' shooting: trap and skeet.

A 12-gauge shotgun is used to hit as many targets (called clays or birds) as possible which are launched at random angles from spring-loaded devices called a trap, located in a trench 15m in front of the shooters.

Targets are clay saucers which are 11cm wide and 3cm thick and designed to shatter when hit. In trap shooting they travel within a 45 degree radius of their release point, at heights between 1 to 3.5 metres and speeds of up to 120kmph.

Trap shooting requires sharp reflexes and accuracy because the targets are thrown up randomly from three 'traps' in the shooter's line of vision. Clays are released on the shooter's 'release' call. Trap shooters move between five shooting stations on a straight line. They get 25 clays at each station and can take two shots at each clay. A perfect Olympic qualifying score is 125, the equivalent to snooker's '147 break' or darts' 180 but much more rare.

### OLYMPIC HISTORY

Shooting was one of the nine events at the first modern Olympics in Athens 1896 when it included live pigeon shooting. There was also duelling in the early 1900s and numerous events restricted to military weapons but trap has been continuously on the programme since 1952.

Women were not allowed to compete until a mixed event in 1972 and got their own Olympic competitions from 1985.

This year three men's only events (including double trap) have been dropped to create gender equity and will be replaced by three 'mixed' events, including trap.

Two female shooters have won mixed events in the past: Margaret Murdock won the 1976 silver in Rifle 3 Positions and Zhang Shan won Skeet gold in 1992.

### FORMAT

- Qualifying round: All shooters get 125 targets in five rounds of 25 each and they can take two shots at each target.
- Final: Top six scores qualify to the final which is a single round of 25 targets. Shooters only get one shot per target in the final and qualifying scores do not carry over.

### DID YOU KNOW?

Shooters who wear a patch over one eye usually do so because their dominant eye is opposite to their dominant hand. This lessens accuracy, as does closing one eye, so using a patch helps.

### FUN FACT!

Trap shooters wear glasses which don't magnify their sight but have different coloured lenses that make targets stand out more, by compensating for different light and skies. Ireland's Derek Burnett had tests to see what helps him most and found it is red or purple lenses.

### Derek Burnett

**Event:** Trap



**Age:** 51 (DOB 21/10/1970)

**Hometown:** Kenagh, Co Longford

**Club:** Lakeland Shooting Centre, Mullingar

**Coach:** Jeffrey McCready

In Tokyo Derek achieves something only Ireland's Robert Heffernan (race walk) and David Wilkins (sailor) have done before – competing in a fifth Summer Olympics. He was 18th in Sydney (2000), 29th in Beijing (2008) and 27th in London 2012 and came agonising close to making the final in Athens 2004 when he shot 119 out of 125 to finish ninth. He missed qualifying for Rio 2016 by the margin of just one target, after being temporarily distracted by the San Marino shooter beside him breaking his gun.

Since first competing for Ireland in 1997 the Longford shooter has had three top 10 finishes at World Championships, including 5th in 2002. He has won two World Cup medals (bronze 1998 and silver 2007) and made two European Championship podiums, winning silver in 2010 and 2013.

He has achieved the elusive perfect 125 in training but the closest he's come in competition is 123 at World Cups in Granada (2013) and Tucson (2014). Derek qualified for Tokyo 2020 by shooting 121 in a World Cup event in the United Arab Emirates in 2019.



# SWIMMING



## COMPETITION DATES

July 24, 25, 26	M100m Breaststroke
July 27, 28, 29	M200m Breaststroke
July 29, 30, 31	M100m Butterfly
July 26, 27, 28	M200m Butterfly
July 25, 26, 27	M100m Backstroke
July 27, 29	M800m Freestyle
July 30, Aug 1	M1500m Freestyle
July 27, 28	M4x200m Freestyle
July 24, 25, 26	W100m Butterfly
July 25, 26, 27	W100m Breaststroke
July 28, 29, 30	W200m Breaststroke
July 25, 26, 27	W100m Backstroke
July 30, 31, Aug 1	W50m Freestyle
July 26, 27, 28	W200m Individual Medley

Olympic swimmers compete to achieve the fastest time while covering a designated distance in a 50m pool using a predetermined stroke (freestyle, backstroke, breaststroke or butterfly). Individual swimmers also compete in a 'combined' event called 'Individual Medley' (IM) whose order is butterfly, backstroke, breaststroke and freestyle and there are also relay races involving teams of four.

Swimming's international federation FINA was formed during the London 1908 Olympic Games, when a pool was used for the first time in Olympic competition and rules were standardised. Olympic swimming also now includes one outdoor discipline.

Open water swimming is contested, internationally, across distances from 5km to 25km but the Olympic event is 10km and it is regarded as swimming's equivalent of a marathon.

Olympic swimming also includes 'artistic' swimming (formerly known as 'synchronized'). Athletes compete in duet and team routines and are marked for skill and aesthetics by judges.

## OLYMPIC HISTORY

Swimming has featured in every Olympic games since 1896. The very first Olympic events were men's freestyle (crawl) or breaststroke. Backstroke was added in 1904 and female swimmers have competed since 1912. In the 1940s, breaststrokers discovered that they could go faster by bringing both arms forward over their heads. It was ruled illegal but gave birth to the official butterfly stroke in 1952, which first featured on the Olympic programme in Melbourne 1956.

The open water 10km race was introduced in Beijing 2008. Tokyo marks the addition of three new competitions: 800m freestyle (men), 1500m freestyle (women) and a mixed 4x100m medley relay.

## FORMAT

- Heats, semi-finals and finals (top eight), with seeded lanes decided by qualifying times.

## DID YOU KNOW?

'Freestyle' races are so called because all strokes are actually allowed. The term has become synonymous with the 'front crawl' stroke because it is the fastest stroke and everyone uses it but, technically, you could use any stroke you want in a freestyle race.

## FUN FACT!

Johnny Weissmuller became an American sporting idol by winning three gold swimming medals in Paris 1924 and two more in Amsterdam 1928. Hollywood producers then enrolled him for a movie role he made famous. He played 'Tarzan' in a dozen films between 1932-1948.

**Darragh Greene****100m & 200m  
Breaststroke****Age:** 25 (20/10/1995)**Hometown:** Newtownforbes, Co Longford**Club:** National Centre Dublin/Longford SC**Coach:** Ben Higson**PBs:** 59:76 (2021) & 2:10.05 (2019)

First Irishman to break one minute for 100m breaststroke in European semi-final in 2018 but beaten in a 'swim-off' for place in the final. Made semi-finals of 50m breaststroke at 2019 World Championships and 2019 European (short-course) Championships. Holds Irish senior records in 50m/100m/200m breaststroke. His 100m national record of 59:76 seconds was set at Irish trials in April 2021.

**Danielle Hill****100m Backstroke  
& 50m Freestyle****Age:** 21 (27/09/1999)**Hometown:** Newtownabbey, Co Antrim**Club:** Larne Swimming Club**Coach:** Peter Hill (no relation)**PBs:** 1:00:18 (2021) & 25:19 (2021)

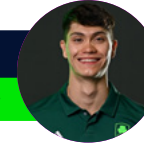
Danielle's time of 1:00:18 at the Irish Olympic trials in June was also her latest Irish record. She was a Commonwealth Games finalist in 2018, a year in which she also dislocated her shoulder during training. She was a finalist at the 2019 European SC Championships, is a student of Sport and Exercise Science at UUJ. She is the fastest ever Irish female swimmer and holds senior records at 50/100m freestyle and 50/100m backstroke.

**Brendan Hyland****200m Butterfly &  
4x200m Freestyle Relay****Age:** 26 (DOB 23/09/1994)**Hometown:** Knocklyon, Dublin**Club:** National SC Dublin/Tallaght SC**Coach:** Ben Higson**PBs:** 1:56:55 (2019) & 1:50:51 (2019)

Brendan, a 15-time Irish champion, was Ireland's 2019 High Performance Swimmer of the Year and has made finals at the 2021 and 2019 (SC) European Championships. In 2019 he broke the Irish 200m butterfly record at the World Championships, finally breaking 1:57 with his 1:56:55 in the semi-finals to place 11th overall. In 2018 he finished 10th in 200m Butterfly at the World Short Course Championships and was ninth at Europeans. He also competed in the 2017 World Championships and holds the Irish Senior record at 100m and 200m Butterfly and 200m Individual Medley.

**Finn McGeever****4x200m Freestyle Relay****Age:** 20**Hometown:** Ballina, Co Tipperary**Club:** National Centre Limerick/Limerick SC**Coach:** John Szaranek**PB:** 1:48:13 (2021)

Finn grew up on the banks of Lough Derg and is a second-year student at the University of Limerick where he is part of Swim Ireland's high performance squad. He caused a sensation when breaking the Irish 400m freestyle record at this year's Nationals in April (3:52.83) and was part of the team who finished fifth and twice broke the Irish 4x200m freestyle record (to 7:12 flat) at this year's European Championships in May.

**Jack McMillan****4x200m Freestyle Relay****Age:** 21 (DOB 04/01/2000)**Hometown:** Belfast**Club:** Bangor SC**Coach:** Paul Dennis**PB:** 1:47:10 (2020)

Part of Irish team who broke national 4x200m record twice at this year's European Championship, finishing fifth in final when they lowered it to 7:12.00. He set an Irish 200m SC freestyle record of 1:42.74 at the 2019 Europeans and smashed that with 1:42.18 in December 2020. Jack won gold in 200m freestyle and silver in 100m freestyle at the 2018 World Schools Games. He was a finalist, in 200m Freestyle, at the 2019 European SC Championships. His Irish 200m long course freestyle record of 1:47.10 (December 2020) was a fraction outside Olympic qualification.

**Mona McSharry****100m & 200m  
Breaststroke****Age:** 20 (DOB 21/08/2000)**Hometown:** Grange, Co Sligo**Club:** University Of Tennessee**Coach:** Matt Kredich**PBs:** 1:06.29 (2021) & 2:25.92 (2021)

Sligo star Mona, who developed at Ballyshannon Marlins club, was world junior champion at 100m Breaststroke and European Junior champion at 50m and 100m breaststroke in 2017 and won a senior European SC bronze (50m breaststroke) in 2019. In 2016 she won silver (100m) and bronze (50m) at European Juniors. In 2017 she won two golds (50/100m) and one silver (200m) at European Juniors and a gold and bronze at World Juniors. She holds Irish Senior records in 50m/100m/200m Breaststroke & 50m Butterfly and has just finished her freshman year at the University of Tennessee, Knoxville.

**Shane Ryan**

**100m Backstroke, 100m B'fly  
& 4x200m Freestyle relay**

**Age:** 26 (27/01/94)

**Hometown:** Pennsylvania USA/  
Irish hometown: Portarlinton

**Club:** National Centre Dublin / NAC

**Coach:** Ben Higson

**PBs:** 53:73 (2019) and 52:94 (2020)

Shane, whose father hails from Portarlinton, has won four 50m backstroke medals since 2017. He was World Student Games champion in 2017 and a bronze medallist at the 2018 World SC Championships, the 2018 European LC Championships and the 2019 European SC Championships. He made the 100m backstroke semi-finals at the 2016 Olympics and was a semi-finalist in the same event at the 2017 World LC Championships. He competed for Toronto Titans in the 2021 International Swimming League and is the Irish senior record holder at 50m/100m Backstroke, 100m Freestyle & 50m Butterfly.

**Ellen Walshe**

**100m Butterfly &  
200m Individual Medley**

**Age:** 19 (DOB 29/09/2001)

**Hometown:** Templeogue, Dublin

**Club:** Templeogue SC

**Coach:** Brian Sweeney

**PBs:** 59:32 (2021) & 2:12.02 (2021)

Ellen won a silver in 100m butterfly at the 2015 European Youth Olympics and gold in 200m butterfly at the 2017 World School Games. In January 2020 she became the first Irish woman to break a minute for 100m butterfly with her 59:54 victory at the Flanders Cup and she lowered that to 59:32 at the Irish Olympic qualification meet in June 2021. At the same event she broke Grainne Murphy's 2009 200m IM record in the heats (2:13.17) and lowered it to 2:12.02 in the final.

**Daniel Wiffen**

**800m & 1500m  
Freestyle**

**Age:** 19 (14/07/2001)

**Hometown:** Magheralin, Co Armagh

**Club:** Loughborough University

**Coach:** Andi Manley

**PBs:** 7:52.68 (2021) & 15:16.90 (2021)

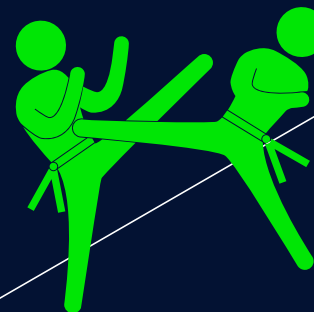
Daniel, who developed with Lisburn Swimming club, is now a student at Loughborough University. He qualified for Tokyo with a remarkable performance at the Irish Trials in April 2021 when he knocked 22 seconds off his own 800m freestyle PB and 13 seconds off the Irish record. He also holds the Irish 1500m free record (15:16.90). His identical twin Nathan is also an elite swimmer.

# TAEKWONDO



## COMPETITION DATES

**July 24** Women's 49kg and Men's 58kg



Taekwondo is a Korean martial art and you earn points by kicking or punching your opponent on the torso or head. The name literally means “the way of the foot and fist” because Tae means ‘to destroy with the feet, Kwon is ‘to strike’ and Do is ‘path’ or ‘way’.

At the end of the three two-minute rounds the winner is the one who has knocked out their opponent or scored the most points. You get one point for a basic attack to the opponent’s torso, two points for a spinning kick to the torso and three points for a kick to the head.

Fighters wear white pyjama-style outfits called ‘Dobok’ and protectors on their torso, feet and head. These contain special sensors, called the PPS (Protector & Scoring system) which is a way of electronically clocking points.

However there are also three judges who add additional scores for more valuable moves like turning/spinning kicks which are especially common at the end of games when fighters are attempting to clinch winning scores.

If the bout ends level the winner is decided by a ‘Golden Point Round’ where first point scored wins.

## OLYMPIC HISTORY

Taekwondo has been on the Olympic programme since Sydney 2000.

## FORMAT

- Four weight classes each for 16 men and 16 women and knockout format to final.
- Bronze is contested through a repechage competition which includes everyone who lost to a finalist.

## DID YOU KNOW?

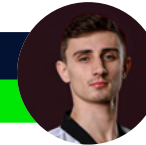
Dubliner Jack Woolley will be Ireland’s first ever Olympian in Taekwondo in Tokyo, competing in the 58kg class.

## FUN FACT!

Taekwondo provided Jordan and the Ivory Coast with their first gold medals in Rio 2016 when Kimia Alizadeh’s bronze at 57kg was also Iran’s first-ever female Olympic medallist.

## Jack Woolley

**Class:** 58kg



**Age:** 22 (DOB 23/09/1998)

**Hometown:** Tallaght

**Club:** South Dublin Taekwondo Club

**World Ranking:** 4

**Olympic Ranking:** 7

**Coach:** Robert Taaffe

Jack was pipped, in the final qualifier, for a place in the Rio Olympics when he was just 17 and still in school. He will make history in Tokyo as Ireland’s first Olympian in Taekwondo.

In 2019 he won silver at the European Championships and US Open, gold at the Australian and Turkish Opens and was ninth in the World Championships. He qualified for Tokyo particularly early by ranking inside the world’s top six.

In 2020 he won the US and Sofia Opens and was fifth in the World Grand Prix final. In 2021 he was fifth at Europeans and 5th at the Sofia Open.





# TRIATHLON



## COMPETITION DATES

<b>July 26</b>	Men's triathlon
<b>July 27</b>	Women's triathlon
<b>July 31</b>	Mixed Relay triathlon

A triathlon is a continuous race of three consecutive sports – swimming, cycling and running – won by the first over the line.

Distances vary but Olympic triathlon is the 'standard' distance of 1.5km swim, 40km cycle and a 10km run.

Smooth transitions from each stage are vital to not losing time so athletes swim in wet-suits which they discard to complete the cycle and run phases in swim-suit unitards, only adding and changing footwear.

In Tokyo the 1.5km swim leg will consist of two laps in Odaiba Marine Park, with eight 5km laps of the park in the bike section and four 2.5km loops for the run.

## OLYMPIC HISTORY

Triathlon, for both genders, debuted at the Sydney Olympics in 2000 and has continued since but a new 'mixed team' event, for teams of four (two women, two men) over shorter distances is debuting in Tokyo.

## FORMAT

- ▶ The order of events is always swim, cycle and run with a mass start.
- ▶ For the new mixed relay each athlete will do a 300m swim, 8km bike and 2km run before handing over ('tagging') their next teammate and the order will be female/male/female/male.

## DID YOU KNOW?

Because of the huge variability of courses and conditions there is no such thing as official Olympic records in triathlon. The bike distance in London 2012 was actually 43km while the bike course in Rio was 48.4km. Still, anything under one hour and 47 minutes (men) and under one hour and 59 minutes (women) is world-class.

## FUN FACT!

You can actually stop and put your feet on the bottom in a triathlon swim as long as you stay stationary. You can't use the bottom to propel you forward.

## Carolyn Hayes

**World Ranking: 29**



**Age:** 33

**Hometown:** Newcastlewest, Co Limerick

**Club:** Limerick Triathlon Club

**Coach:** Eanna McGrath

Carolyn first represented Ireland at water polo. She later dominated the domestic triathlon scene but only made her international debut in 2014 at age 26. She is a doctor but put her medical career on hold in 2018 to train fulltime.

Her first World Cup podium was silver in Kazakhstan in 2019 when she was also 6th at Europeans. In 2021 she was second, behind Olympic champion Nicola Spirig, at the World Cup in Lisbon in May and 10th at the World Championship Series in Leeds in June.

## Russell White

**World Ranking: 86**



**Age:** 29

**Hometown:** Banbridge, Co Down

**Coach:** Michael Black

Russell played hockey for Ulster and was a swimming star for Lisburn SC before transferring to triathlon.

His first international race was in 2010 and he debuted on the World Triathlon Series in 2014 when he also finished 18th in the U23 World Championships. In 2018 he was 14th at the Commonwealth Games and 16th at Europeans.

He got the last qualifying spot for Tokyo after an exceptionally tough year as he broke his collarbone in early 2020.

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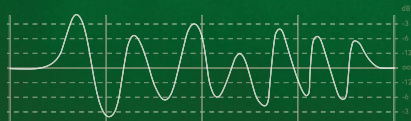
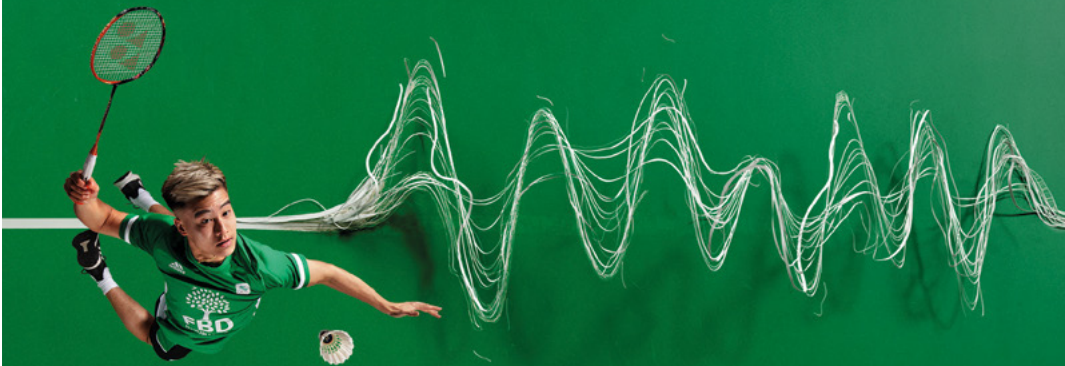


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