



TEAM IRELAND  
**MEDIA GUIDE**  
PARIS 2024

# CONTENTS

Welcome from the CEO	3
Welcome from the Chef de Mission, Paris 2024	4
Team Ireland, Paris 1924 to Paris 2024	6
Laura Weber - Opening Ceremony Wear	10
Index by Sport	13
Index by Athlete	14

---

## SPORT

Artistic Gymnastics	18
Athletics	21
Badminton	37
Boxing	40
Canoe Slalom	48
Cycling Road	52
Cycling Track	56
Diving	61
Equestrian	64
Golf	71
Hockey	76
Rowing	88
Rugby Sevens	98
Sailing	116
Swimming	120
Taekwondo	128

---

# WELCOME FROM THE CEO

As we embark on the Paris 2024 Olympic Games, Team Ireland is proud to present this media guide, highlighting our athletes and teams. I thank all of the accredited media representatives for your hard work and dedication in helping to promote the work of our athletes and their sports as well as my own media team whose aim is to assist you during this Olympic celebration.

For 100 years, Team Ireland has competed on the world's grandest stage, showcasing the talent, dedication, and spirit of our athletes. This year, we are especially proud to have qualified a record number of athletes highlighting the growth and strength of Irish sport.

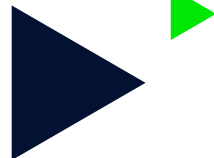
Our athletes have benefited from very strong levels of preparation that have come a long way over the past century, thanks to the significant investment directly to the sports from Government and Sport Ireland, and our main sponsor PTSB, and our partners: Allianz, Deloitte, Flogas, Key Patent Innovations, and McKvr Sport. Our suppliers too, mostly Irish brands and companies, have provided us with huge assistance. This collective effort has ensured that our athletes are better prepared than ever to excel on the world stage.

We also look forward to welcoming a significant contingent of Irish fans to Paris, who will not only support our athletes but also experience the atmosphere of our hospitality venues. These venues will serve as a cultural hub, celebrating the connection between sport and music and art, offering a unique fan experience.

We look forward to seeing you there,



**Peter Sherrard**  
CEO, OFI



# Proud Title Sponsor of Team Ireland



Proud title sponsor



# ptsb

Altogether more human

# WELCOME FROM THE CHEF DE MISSION, PARIS 2024

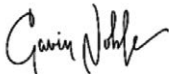
Team Ireland is filled with immense pride and anticipation ahead of Paris 2024.

Our journey to Paris has been marked by detailed preparation, working closely with our partners, including the Paris 2024 organisers. We are performance-focused, striving to maximise opportunities across a wider range of sports than ever before.

Paris 2024 is not just about competition; it's about celebration. We look forward to iconic moments such as the opening ceremony on the Seine, where the world will witness the unity and passion of the Olympic Games against the stunning backdrop of Paris. From the opening ceremony to the final events, we expect unforgettable moments and the creation of new heroes of Irish sport.

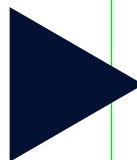
We recognise that each athlete's measure of success will be unique, and regardless of the results, they will be Olympians forevermore.

At this moment in time our Team represents the best of us and we invite you to join us in celebrating them, our history, and our future. Together, let's make Paris 2024 a Games to remember!



**Gavin Noble**

Team Ireland Chef de Mission, Paris 2024

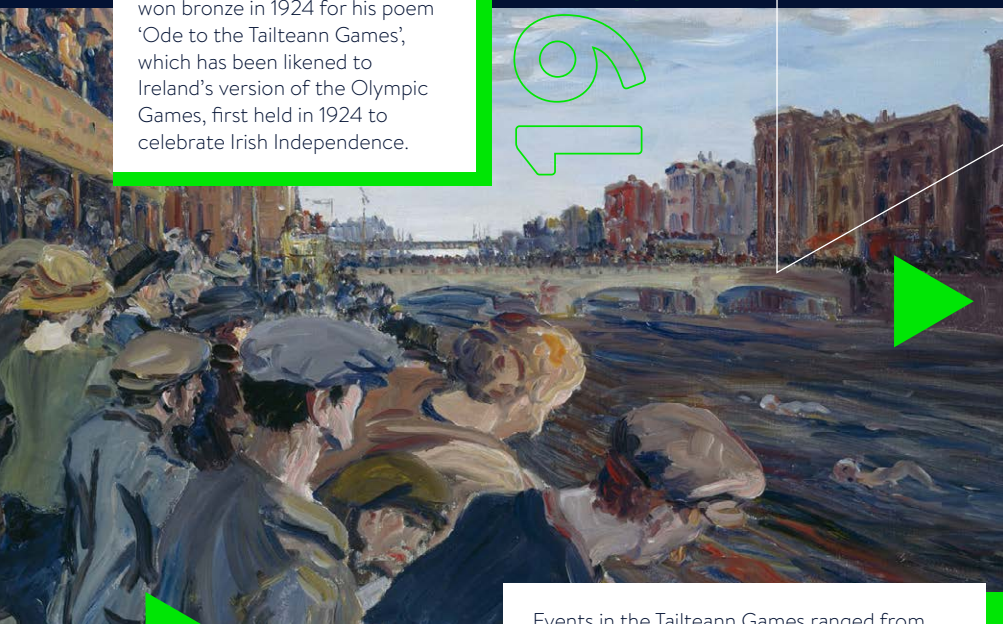


# TEAM IRELAND'S CRÈME DE LA CRÈME FROM PARIS 1924 TO PARIS 2024

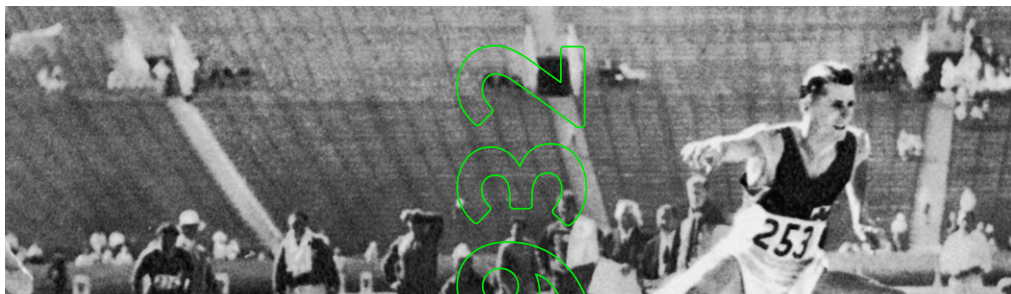
Jack B Yeat's painting 'The Liffey Swim' famously won Ireland's first Olympic medal (silver) in Paris 1924, when 'Art' was a competitive event, and both the medal and the artwork now reside in the National Gallery.

Oliver St. John Gogarty also won bronze in 1924 for his poem 'Ode to the Tailteann Games', which has been likened to Ireland's version of the Olympic Games, first held in 1924 to celebrate Irish Independence.

1924



Events in the Tailteann Games ranged from GAA and athletics, to car and aeroplane racing, and staging it just after the Paris Olympics attracted some high profile Olympians, whose passage home stopped over in Cobh. The swimming, in a re-purposed pond in Dublin Zoo, featured USA's double-Olympic champion Johnny Weismuller, who later found fame playing 'Tarzan' in Hollywood.



# 1932

A plaque at the fifth tee of Ballybunion Golf Club's Old Course marks the four-man Irish Olympic track team training there before producing Ireland's golden hour at the 1932 Games in LA. Bob Tisdall won the 400m hurdles and, just 10 minutes later, Cork's Dr Pat O'Callaghan retained the hammer title he had won four years earlier in Amsterdam, which was Ireland's first track and field medal.

Once Tisdall had won gold he heard his teammate was struggling with the length of his studs on the cinder circle, so ran over to help him file them down. The Kanturk star subsequently retained his Olympic title with his final throw. It is no wonder they were friends for life.



# 1952



'Gentleman John' McNally, from West Belfast, was only 20 when he won the first of Ireland's 18 Olympic boxing medals in Helsinki, 72 years ago. It was Ireland's first Olympic medal in 20 years, yet he was heartbroken to lose the final to a Finnish opponent, on a split 2-1 decision. He was comforted afterwards by an American boxer whom he later realised was Floyd Patterson, the future heavyweight champion of the world.

John passed away, aged 89, in 2022, a quiet man who never sought the limelight, but an absolute idol to future generations of Irish Olympic boxers who have since proudly carried the torch he lit.

THE 1500m final in Melbourne 1956 - Ronnie Delany's unforgettable race to glory - was so compelling that the man who was due to signal the final lap completely forgot to ring the bell.

Australian John Landy was the second man in the world to break four minutes for the mile. Hungary's Laszlo Tabori had shaved a second off his world record, and Denmark's Gunnar Nielsen matched him in 1955. Yet Delany, a 21-year-old from Arklow, out-kicked them all by covering the final 100m in 12.9 seconds.

It was Ireland's first gold medal since 1932 and it would be 36 years before boxer Michael Carruth matched Delany's achievement. That long interlude, and the stellar quality of the race and its winner, explains why he is still so revered.



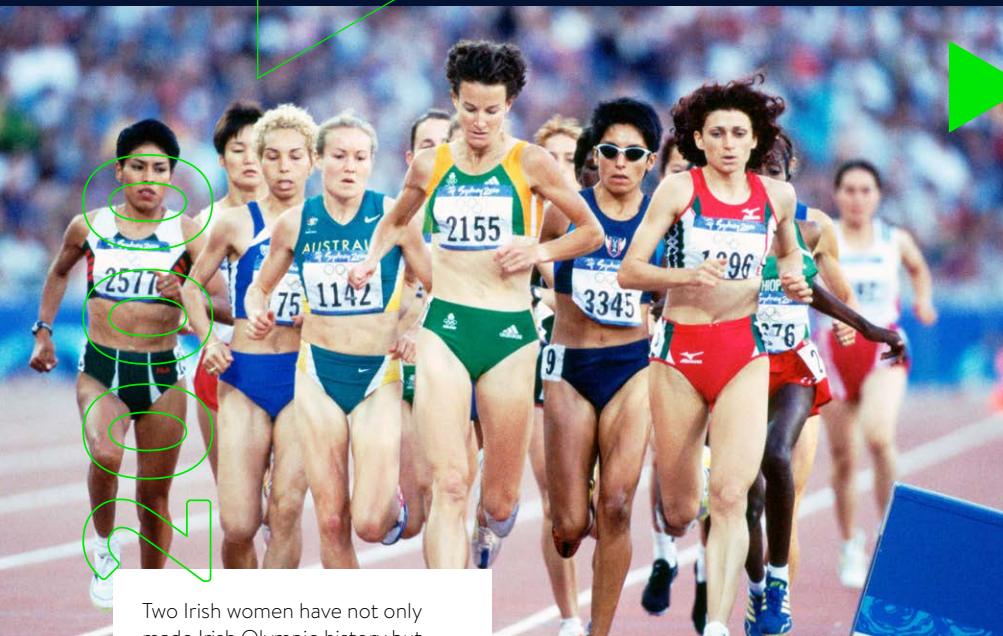
1956



Ireland's first Olympic sailing medal, David Wilkins and Jamie Wilkinson's silver in the Flying Dutchman in Moscow 1980, was also historic. They only joined forces eight months beforehand, though they had crewed together in college, and the 1980 sailing venue was actually in Tallinn, Estonia.

It was neck-and-neck between them and the top Spaniards until they overtook them in the penultimate leg to guarantee silver. The pair made further history on the podium. It was the first time that Lord Killanin presented a medal to athletes from his home nation, during his presidency of the International Olympic Committee from 1972 to 1980.





Two Irish women have not only made Irish Olympic history but changed the aspiration and belief of every female athlete who has followed them.

Sonia O'Sullivan's heartbreak at two previous Games meant her 5000m silver in Sydney 2000 was unforgettable. After 12.5 laps of the track Romania's Gabriela Szabo had to run an Olympic record to pip her by just .23 of a second.

O'Sullivan was only the third Irish athlete to take a medal in a track event, and only the second Irish woman to win one.



Katie Taylor became the third in 2012. Her gold in London was truly iconic as the Bray fighter had tirelessly campaigned for women's boxing to become an Olympic sport. When it finally happened, in just three women's weights initially, it was fitting that Taylor won the 60kg crown, after a titanic tussle with Russia's Sofya Ochigava.



# STYLED FOR SUCCESS IN CAPITAL OF FASHION

It seems serendipitous that the young designer who created Team Ireland's uniforms for the Opening and Closing Ceremonies in Paris came to it through the wedding of two recent Olympians.

The 2021 marriage of Natalya Coyle and Arthur Lanigan O'Keeffe - both top 10 finishers in modern pentathlon in 2012 and 2016 respectively - was the spark that lit Laura Weber's fire to approach the Olympic Federation of Ireland.

Her intricate artistry has been worn by a who's who of international celebrities. When Coyle spotted her embellishments on Jill Biden's outfit at the 2021 US presidential inauguration, she asked her to embroider her wedding dress and they became friends through that process.

"We chatted a lot about her sports, her (multiple) competition uniforms, how they came about and how she wore them," Weber recalls. "I saw so much perseverance, dedication and drive in Natayla as an athlete."

The Manhattan-based Rathfarnham woman, whose company LW Pearl specialises in couture embellishment for other designers and also produces her own range, felt the timing and location of Paris 2024 was particularly auspicious.

The centenary of Ireland's participation in the Olympic Games coincides with their return to the fashion capital of the world.

She was equally conscious that generations of legendary international designers have produced outfits to elevate their Olympians, just as John Rocha and Paul Costello have previously done for Ireland.

She has brought an avant-garde, yet uniquely Irish, sensibility to the design, creating bespoke outfits that consist of two jackets, a knit t-shirt, trousers and trainers.

The Opening Ceremony jackets are all customised with a hand-embroidered patch that represents the emblems of each athlete's county, specifically tapping into the local affiliation and pride that is so central to Irish sporting identity.

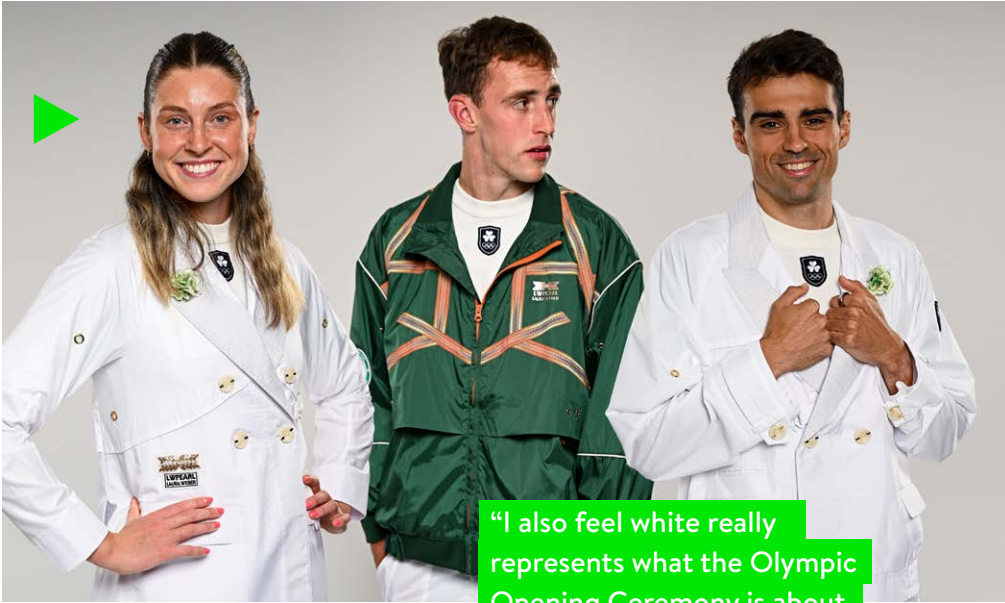
She also crafted shamrock brooches, using four different techniques, to similarly indicate their province, and each jacket face is embroidered with the athlete's name.

Weber deliberately chose white for the opening ceremony jacket "because it is a colour that links the Olympic Games Greek heritage to Ireland's 100th anniversary, and is the colour of prosperity and hope.

"I also feel white really represents what the Olympic Opening Ceremony is about, of all the athletes going into the Games with a blank canvas, feeling anything can happen."

The colours of the tricolour feature in the Closing Ceremony uniform which is equally cutting edge.





“I also feel white really represents what the Olympic Opening Ceremony is about, of all the athletes going into the Games with a blank canvas, feeling anything can happen.”

Weber modelled the green jacket specifically on the tracksuit top that Sonia O’Sullivan wore when receiving her silver medal in Sydney 2000. It has a unique strapping detail, that looks like zips, which is designed to amplify Team Ireland’s achievements in Paris.

Viewed from above, as it will be during the live television coverage, the straps, visually, create a five-point star around the athlete’s torso.

If an athlete is wearing a medal around their neck it will create a sixth point to the star; an additional celebratory flourish to highlight Ireland’s highest achievers.

Weber spent three years working on the initial designs before asking a representative group of Team Ireland athletes for their input.

Their greatest concern was about overheating so there is an open back vent in the jackets and the fabric is an ECO-Hybrid taffeta, a lightweight, breathable and sustainable fabric manufactured from recycled t-shirts and PET bottles.

Collaborating with the athletes themselves was particularly important to Weber, who sees many parallels between the demands of her work in haute couture, and that of Ireland’s greatest athletes.

“The endurance it takes, the results that you don’t see from one day to the next. There’s no such thing as overnight success in fashion. It is about years and years of practice and training, and Olympic sport is exactly the same.

“Whenever the Olympic Games come around everyone in the country gets behind our athletes. This has always been for the athletes; showing up for them and giving them what they deserve, because they have given up their lives to represent our country.”

For all queries on Laura Weber, please contact: [barbara@mprstack.com](mailto:barbara@mprstack.com)



Best of luck to all  
of Team Ireland

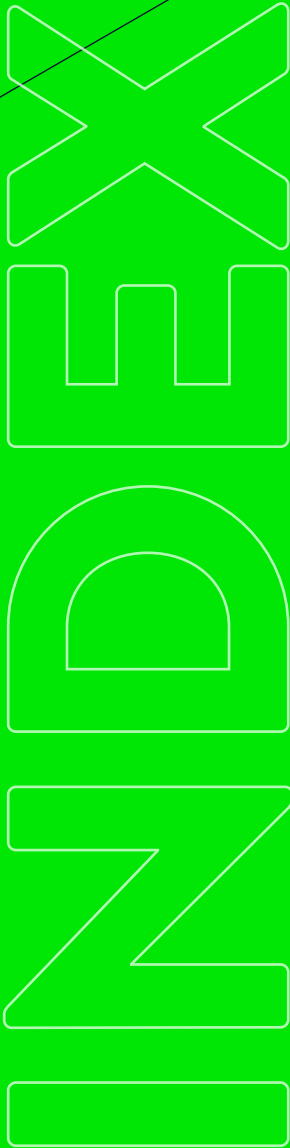
Illustrations by St. Mark's Primary School, Tallaght



**Allianz** 

Proud Partner of the Irish  
Olympic and Paralympic Teams





**ARTISTIC GYMNASTICS**



**ATHLETICS**



**BADMINTON**



**BOXING**



**CANOE SLALOM**



**CYCLING ROAD**



**CYCLING TRACK**



**DIVING**



**EQUESTRIAN**



**GOLF**



**HOCKEY**



**ROWING**



**RUGBY SEVENS**



**SAILING**



**SWIMMING**



**TAEKWONDO**



TEAM IRELAND  
 PARIS  
 2024

ATHLETE	SPORT	PAGE
Rhasidat Adeleke	Athletics	24
Bertram Allen*	Equestrian	70
Megan Armitage	Cycling - Road	54
Kathy Baker	Rugby	109
Thomas Barr	Athletics	24
Sophie Becker	Athletics	25
Alison Bergin	Rowing	93
Susie Berry	Equestrian	67
Claire Boles*	Rugby	115
Peter Brown	Hockey	78
Megan Burns	Rugby	109
Laura Cadden	Athletics	25
Jaime Carr *	Hockey	86
Aoife Casey	Rowing	91
Victoria Catterson	Swimming	124
Dean Clancy	Boxing	43
Aoife Clark*	Equestrian	68
Lee Cole	Hockey	78
Niall Comerford	Rugby	101
Jordan Conroy	Rugby	101
Madison Corcoran	Canoe Slalom	50
Michaela Corcoran	Canoe Slalom	50
Ross Corrigan	Rowing	94
Andrew Coscoran	Athletics	26
Daniel Coyle	Equestrian	69
Erin Creighton*	Cycling - Track	60
Margaret Cremen	Rowing	91
Sean Cribbin*	Rugby	107
Tim Cross	Hockey	79
Rachael Darragh	Badminton	39
Holly Davis*	Rowing	97
Grace Davison	Swimming	125
Robert Dickson	Sailing	119
Cathal Doyle	Athletics	26
Philip Doyle	Rowing	92
Jeremy Duncan	Hockey	79
Vicky Elmes Kinlan	Rugby	112
Alistair Empey *	Hockey	86
Mark English	Athletics	27
Sarah Ennis	Equestrian	67

# TEAM IRELAND

PARIS  
2024

ATHLETE	SPORT	PAGE
Tom Fannon	Swimming	122
Eric Favors	Athletics	27
Brian Fay	Athletics	28
Conor Ferguson	Swimming	125
Alanna Fitzpatrick	Rugby	110
Stacey Flood	Rugby	111
Jude Gallagher	Boxing	43
Lara Gillespie	Cycling - Track	59
Darragh Greene	Swimming	125
Mia Griffin	Cycling - Track	58
Kellie Harrington	Boxing	44
Roisin Harrison*	Athletics	28
David Harte	Hockey	80
Phil Healy	Athletics	29
Sarah Healy	Athletics	29
Ben Healy	Cycling - Road	54
Emily Hegarty	Rowing	96
Noel Hendrick	Canoe Slalom	51
Eve Higgins	Rugby	111
Danielle Hill	Swimming	122
Zoe Hyde	Rowing	93
Liam Jegou	Canoe Slalom	51
Ben Johnson	Hockey	80
Hugo Keenan	Rugby	102
Jack Kelly	Rugby	102
Terry Kennedy	Rugby	103
Aifric Keogh	Rowing	95
Erin King	Rugby	112
Eimear Lambe	Rowing	97
Emily Lane	Rugby	113
Amy Larn *	Rugby	115
Sarah Lavin	Athletics	30
Jennifer Lehane	Boxing	44
Hugo Lennox	Rugby	103
Nathalie Long	Rowing	96
Shane Lowry	Golf	73
Abigail Lyle	Equestrian	66
Finn Lynch	Sailing	118
Johnny Lynch *	Hockey	86
Daire Lynch *	Rowing	92

# TEAM IRELAND

PARIS  
2024

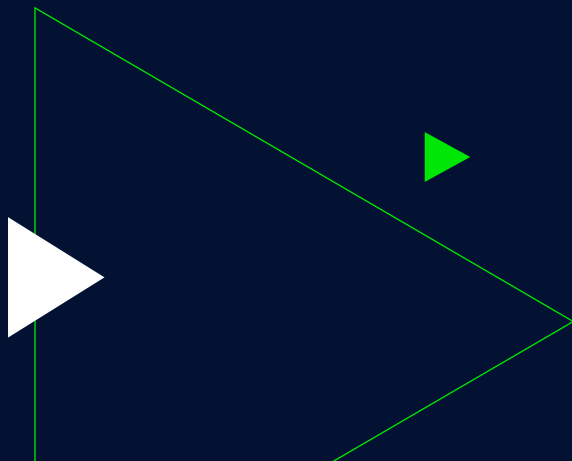
ATHLETE	SPORT	PAGE
Ciara Mageean	Athletics	30
Imogen Magner	Rowing	97
Leona Maguire	Golf	73
Clíodhna Manning*	Athletics	31
Jack Marley	Boxing	45
Kyle Marshall	Hockey	81
Sharlene Mawdsley	Athletics	31
Jodie McCann	Athletics	32
Luke McCann	Athletics	32
Rachel McCann	Athletics	33
Fintan McCarthy	Rowing	90
Rhys McClenaghan	Artistic Gymnastics	20
Fionnuala McCormack	Athletics	33
Max McCusker	Swimming	126
Ciara McGing	Diving	63
Kelly McGrory	Athletics	34
Rory McIlroy	Golf	74
Johnny McKee	Hockey	81
Peter McKibbin	Hockey	82
Eve McMahan	Sailing	118
Harry McNulty	Rugby	104
Mona McSharry	Swimming	123
Stephanie Meadow	Golf	74
Bryan Mollen*	Rugby	107
Daina Moorehouse	Boxing	45
Ryan Mullen	Cycling - Road	55
Gavin Mullin	Rugby	104
Chay Mullins	Rugby	105
Kelly Murphy	Cycling - Track	59
Amee-Leigh Murphy-Crowe	Rugby	110
Sean Murray	Hockey	82
Fiona Murtagh	Rowing	95
Matthew Nelson	Hockey	83
Nhat Nguyen	Badminton	39
Kate O'Connor	Athletics	34
Cian O'Connor	Equestrian	69
Austin O'Connor	Equestrian	68
Chris O'Donnell	Athletics	35
Shane O'Donoghue	Hockey	83
Paul O'Donovan	Rowing	90



# TEAM IRELAND

PARIS  
**2024**

ATHLETE	SPORT	PAGE
Aoife O'Rourke	Boxing	46
Sophie O'Sullivan	Athletics	35
Ashleigh Orchard	Rugby	113
Nick Page	Hockey	84
Béibhinn Parsons	Rugby	114
Jake Passmore	Diving	63
Jack Raftery*	Athletics	36
Erin Riordan	Swimming	126
Michael Robson	Hockey	84
Mark Roche	Rugby	105
Lucy Rock	Rugby	114
Shane Ryan	Swimming	126
Alice Sharpe	Cycling - Track	60
Andrew Smith	Rugby	106
Shane Sweetnam	Equestrian	70
Nathan Timoney	Rowing	94
Nicola Tuthill	Athletics	36
Sean Waddilove	Sailing	119
Ben Walker	Hockey	85
Aidan Walsh	Boxing	46
Michaela Walsh	Boxing	47
Gráinne Walsh	Boxing	47
Daragh Walsh	Hockey	85
Ellen Walshe	Swimming	123
Zac Ward	Rugby	106
Daniel Wiffen	Swimming	124
Jack Woolley	Taekwondo	130



# ARTISTIC GYMNASTICS

**ATHLETE (1):**

Rhys McClenaghan

---

**COMPETITION DATES:**

July 27 & Aug 3

---

**VENUE:**

Bercy Arena

---



## ABOUT ARTISTIC GYMNASTICS

Gymnasts 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.

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.

MAG competitions begin 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) and, in the case of a drawn score in qualifying, are ranked on the highest E score. 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.

### POMMEL HORSE

The pommel horse is considered one of MAG’s most difficult events. Double leg work (feet together) scores highest and gymnasts include variations on a typical circling skill by turning (moore’s and spindles) on their hands and by straddling their legs (flairs).

Gymnasts aim to keep up good speed and form (straight legs and pointed toes) throughout before a perfect dismount from the hands. There are automatic deductions for pausing, stopping, brushing against or coming off the apparatus.

### FORMAT

Twelve teams of six compete in the Olympic MAG plus an additional 36 individuals. That’s a potential 96 competitors but only those who specialise in pommel, or are competing in the team or individual all-around competitions, will take part in pommel qualifying and 70 took part in Tokyo 2020. Only the top eight individuals qualify to single apparatus finals.

### VENUE

The gymnastics venue is the Bercy Arena in the 12th arrondissement.

## IRISH OLYMPIC HISTORY

Ireland’s first Olympic male gymnast was Barry McDonald from Dublin who competed in the all around competition in Atlanta 1996 thanks to an invitational place. Kieran Behan was the first Irish male gymnast to qualify in London 2012 and also competed in Rio 2016 when Ellis O’Reilly was the first Irish woman to qualify.



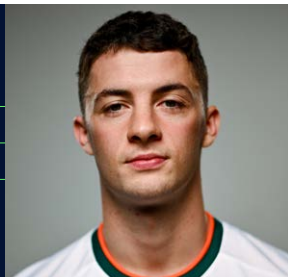
July 27	Men’s (MAG) Qualifying (11am, 3:30 & 8pm)
July 28	Women’s (WAG) Qualifying
July 29	Men’s team final
July 30	Women’s team final
July 31	Men’s individual All Around final
August 1	Women’s individual All Around final
August 3	Finals: Men’s floor & pommel (17:10), women’s vault
August 4	Finals: Men’s ring and vault, women’s uneven bars
August 5	Finals: Men’s horizontal and parallel bars, women’s beam & floor

**RHYS MC CLENAGHAN (2020, 2024)**

**Age:** 25 (21/07/1999)

**Hometown:** Newtownards, Co. Down

**Coach:** Luke Carson



Rhys started gymnastics when he was aged six with Rathgaele GC and trained at the National Gymnastics Training Centre in Dublin from 2018 to 2023 but has trained at home, in Origins Gymnastics Centre in Newtownards, since mid-2023.

His breakthrough came in 2018 when he won Commonwealth and European gold on the pommel horse, beating the reigning Olympic champion Matt Whitlock on both occasions. In 2019, still in his teens, he became the first Irish gymnast to win a medal at World Championships (bronze).

In 2021 he became the first Irish gymnast to make an Olympic final. He was joint second highest qualifier (15.266) in pommel but a fall proved costly in the final where he finished seventh on a score of 13:100.

In 2022 he won silver at the Commonwealth Games and in the past two years he has won back-to-back World titles (Liverpool, Nov '22 & Antwerp Oct '23) and back-to-back European titles (Antalya April '23 & Rimini April '24), bringing his tally of major international medals to 8 (6 gold, 1 silver and 2 bronze).



# ATHLETICS

## ATHLETES (23):

Rhasidat Adeleke  
 Thomas Barr  
 Sophie Becker  
 Lauren Cadden  
 Andrew Coscoran  
 Cathal Doyle  
 Mark English  
 Eric Favors  
 Brian Fay  
 Roisín Harrison\*\*  
 Phil Healy  
 Sarah Healy  
 Sarah Lavin

Ciara Mageean  
 Clíodhna Manning\*\*  
 Sharlene Mawdsley  
 Jodie McCann  
 Luke McCann  
 Rachel McCann  
 Fionnuala McCormack  
 Kelly McGrory  
 Kate O'Connor  
 Christopher O'Donnell  
 Sophie O'Sullivan  
 Jack Raftery\*  
 Nicola Tuthill

## COMPETITION DATES:

August 1 - 11

## VENUE:

Stade de France (Olympic Stadium),  
 Hôtel de Ville



## ABOUT ATHLETICS

Track and Field (T&F) embodies the Games' motto of 'Citius Altius Fortius' (Faster Higher Stronger), and has the most competitors on the Olympic programme.

Athletics includes running, throwing, and jumping events, mostly contested around, or inside, a 400m track. These including multi-events (heptathlon for women, decathlon for men) that combine both and are contested over two days. Race walks and marathons take place on the road.

Paris is the first time that there are an equal number of medal events for men and women, facilitated by the introduction of a new Mixed Marathon Relay in race walking, which replaces the men's 50km. This is a 42.19km event for mixed pairs.

### EVENTS

**Running:** 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 100m (110m men) and 400m hurdles, 3000m steeplechase, 4x100m, 4x400m, and mixed 4x400m.

**Road:** Marathon, 20km walk and mixed marathon relay walk.

**Throwing:** Shot put, discus, javelin and hammer.

**Jumping:** Long jump, high jump, triple jump and pole vault.

**Heptathlon** (in order): 100m hurdles, high jump, shot, 200m, long jump, javelin, 800m.

**Decathlon** (in order): 100m, long jump, shot, high jump, 400m, 110m hurdles, discus, pole vault, javelin, 1500m.

## FORMAT

This is radically altered in Paris by a new 'repechage' round for all track events from 200m to 1500m (including hurdles). All athletes who don't automatically qualify through first-round placings will get a second chance; through repechage, to make the semi-final round and this eliminates the old 'fastest loser' element of qualifying.

Road events (marathons and racewalks) will be in the morning, but all finals of track and combined events will be staged in the evening sessions.

To highlight the Games' commitment to equality and amplify female achievements, the usual order of Olympic marathons has been reversed and the women's marathon will be the only athletics event on the Game's closing day (August 11).

## VENUE

All track and field takes place in the country's biggest stadium; the Stade de France (AKA Olympic Stadium). The marathons start in front of the historic Hotel de Ville and travel out to Versailles and back finishing at the Hotel des Invalides.

The race walks will use the same route as the marathons (a shorter loop) but start opposite the Eiffel Tower at the Trocadéro.



August 1	20km Walks
August 2-6	Track and Field events
August 7	Mixed Walk Relay, track & field events
August 8-9	Track and Field events
August 10	Men's Marathon and track finals
August 11	Women's Marathon

## IRISH OLYMPIC HISTORY

There have been over 900 Irish Olympians in the past 99 years and athletics is the sport that has provided the greatest number (205).

Ireland has won only 38 Olympic medals in that time, and while Irish boxers top the list with 18, it is athletics that has provided the most golds (four) so far.

Kanturk hammer thrower Pat O'Callaghan was twice Olympic champion, winning his and Ireland's first in Amsterdam in 1928 with a throw of 168 feet and seven inches (51.39m).

This was a seminal moment in Irish sport as it was also the first time that the tricolour of the newly established state was raised at an Olympic Games, and the first time also that Amhrán na bhFiann was played in a global arena.

Four years later came Ireland's 'golden hour'. Bob Tisdall not only won 400m hurdles gold in Los Angeles, but then helped 'Dr Pat' to file down his spikes to better suit the throwing surface, and he retained the Olympic crown with his very last throw of 53.92m.

It was another 24 years before Arklow's Ronnie Delany, already a star in US colleges but still only 21, won the next in a loaded 1500m final in Melbourne. Delany's cool head and great finishing kick with 150m to go made him Olympic champion, and the iconic image of him falling to his knees to give thanks and prayer remains indelible.

John Treacy joined this elite group after 26 gruelling miles in LA 1984, and the manner in which he overtook Britain's Charlie Spedding with 150m to go prompted an iconic commentary from RTE's Jimmy Magee.

The nation was equally enraptured when Sonia O'Sullivan won her long awaited Olympic medal (silver) in 2000, after an epic battle with Gabriela Szabo. It is often overlooked that she was also sixth in the 10,000m in Sydney. The heartbreak of finishing fourth, in the 3000m, in Barcelona in 1992, only added fuel for the Cobh legend.

Five other Irish athletes have suffered the heartbreak of finishing fourth but for Robert Heffernan, who put in a heroic performance to finish fourth in the gruelling 50km walk in London 2012, there was redemption.

The Russian winner was subsequently stripped of gold for a doping violation and Heffernan was retrospectively upgraded to a bronze medal. He was awarded it at a special ceremony in his native Cork in November 2016, making him the first Irish athlete to receive an Olympic medal on Irish soil.

In 100 years just four other Irish athletes have come so close to a medal with five fourth places; Eamonn Fitzgerald (triple jump, 1932), John Lawlor (hammer, 1960), Eamonn Coghlan (1500m 1976 and 5000m 1980) and Thomas Barr (400m hurdles, 2016)

In the OFI's centenary year Maeve Kyle also merits special mention.

Ireland's first female track and field Olympian in 1956 (100/200m) repeated that in Rome 1960 and was a semi-finalist at 400m and 800m in Tokyo 1964.



**RHASIDAT ADELEKE (2024)****Age:** 21 (29/08/2002)**Events:** 400m, Mixed 4x400m, W4x400m**Hometown:** Tallaght, Co. Dublin**Club:** Tallaght AC**Coach:** Edrick Floreal**Personal Best:** 49.07 (National Record June 2024)

Rhasidat was a true prodigy, winning European sprint 100m/200m doubles at Youth and Junior level, including a European U18 200m title when she was just 15. She now holds the full deck of Irish senior sprint records (60m to 400m) adding the 100m at Nationals last month with a sensational 11:13. Tallaght AC nurtured her talent before she moved to the University of Texas, USA in early 2021, and even before she specialised in one lap she was ninth at 400m in her first World Championships, and fifth at Europeans in 2022. In 2023 she became the first Irish

athlete to win an NCAA sprint title and was fourth at World Championships. This year she has already won three European senior medals (gold in the mixed relay and silver in individual 400m (in a new Irish record) and women's 4x400m), and got her first ever Diamond League victory in Monaco on July 11 in 49.17, the second fastest time of her career. Rhasidat waived her final year of NCAA eligibility to go pro in the past year but remained at the University of Texas from which she recently graduated with a degree in Corporate Communications.

**THOMAS BARR (2016, 2020, 2024)****Age:** 32 (24/07/1992)**Event:** Mixed 4x400m**Hometown:** Dunmore East, Co. Waterford**Club:** Ferrybank AC**Coaches:** Drew and Hayley Harrison**Personal Best:** 47.97 (National Record August 2016)

Thomas produced one of Ireland's greatest Olympic moments on the track when he was fourth, by a mere fraction, in Rio 2016, just 0.05 seconds off bronze in a sensational sub-48 time that still stands as the national record. A finalist at European Junior and U23 level who was a World Student Games champion in 2015, he has been a model of consistency, always making the semi-finals at least of major championships, and finally won a major medal (bronze) at the 2018 Europeans in Berlin. He finally surpassed that

in Rome last month when he was a key part of the gold medal-winning Mixed 4x400m victory. His season's best of 48.79 seconds in Poland in mid-June was short of the automatic mark (48.70) for Paris, but notably his fastest time since the Olympic semi-final in Tokyo. Despite winning his 12th national title in the 400mh, his final ranking was #42 in the new qualifying system, just two places short of qualifying to race the individual 400mh.



**SOPHIE BECKER (2020, 2024)**

**Age:** 27 (16/05/1997)

**Events:** 400m, W4x400m, Mixed 4x400m

**Hometown:** New Ross, Co. Wexford

**Club:** Raheny Shamrock AC

**Coaches:** Jeremy Lyons and Gerard O'Donnell

**Personal Best:** 51.13 (May 2024)



Sophie was part of the Women's 4x400m Relay team who won silver at this Summer's European Championships in Rome where she also finished 10th in the individual 400m. The Wexford woman was also on the Mixed 4x400m team who made history by making

the Tokyo Olympic final. She is the reigning Irish 400m champion and set her PB in Belfast in May. Sophie has a BSc in genetics and cell biology from DCU and works for Pfizer in their technological innovation centre.

**LAUREN CADDEN (2024)**

**Age:** 24 (07/06/2000)

**Events:** W4x400m, Mixed 4x400m

**Hometown:** Sligo

**Club:** Sligo AC

**Coach:** Dermot McDermott

**Personal Best:** 52.87 (June 2024)



Lauren, who gave up gaelic football four years ago to concentrate on sprinting, has been in the form of her life this season, breaking 53 seconds for the first time in early June. Just over a week later she ran in the heats of the women's 4x400m Relay in Rome, helping Ireland to make the final

where they won silver. In May the Sligo athlete ran in the Women's 4x400m at the World Athletics Relays in the Bahamas; her first ever 4x400m leg. She has a degree in health science and physical activity from ATU Sligo.

## ANDREW COSCORAN (2020, 2024)

**Age:** 28 (18/06/1996)

**Event:** 1500m

**Hometown:** Balbriggan, Co. Dublin

**Club:** Star of the Sea AC

**Coach:** Feidhlim Kelly

**Personal Best:** 3:30.42 (National Record July 2023)



Andrew was a European junior finalist but took a circuitous route to becoming an Olympian; walking away from a US college scholarship and then struggling with injuries until he blossomed again under coach Feidhlim Kelly. On his Olympic debut in Tokyo he outdid his ranking by making the semi-finals of the ultra-competitive metric mile. Since then he has gone from strength

to strength, setting Irish records - indoor (3:33.49) and outdoors (3:20.42) - last year, making the semi-finals of the last two World Championships. He finished 13th in the 1500m final of the recent Europeans in June. He also holds the Irish indoor 5000m record (13:12:56) set in Boston this year. Andrew has a degree in education from DCU.

## CATHAL DOYLE (2024)

**Age:** 26 (12/11/1997)

**Event:** 1500m

**Hometown:** Swords, Co. Dublin

**Club:** Clonliffe Harriers AC

**Coach:** Jon Bigg

**Personal Best:** 3:34.09 (June 2024)



Cathal has represented Ireland in cross-country and mountain running as well as track and has had a great 2024 season, taking over two seconds off his personal best and moving to sixth on the Irish 1500m all-time list. The reigning three-time Irish 1500m champion has twice been a NCAA semi-

finalist for the University of Portland where he did a Masters in Business after obtaining a degree in Education at DCU. He has made the podium of the Morton Games and Cork City Sports in recent seasons, and raced in seven countries around Europe this season chasing Olympic qualification.

**MARK ENGLISH (2016, 2020, 2024)**

**Age:** 31 (18/03/1993)

**Event:** 800m

**Hometown:** Letterkenny, Co. Donegal

**Club:** Finn Valley AC

**Coach:** Feidhlim Kelly

**Personal Best:** 1:44.53 (National Record June 2024)



Mark's class as a half-miler was franked early when he was fifth at World Juniors in 2012, and he is already a four-time continental medallist and two-time Olympian. He won European bronze medals outdoors in 2014 and 2022, and European Indoor silver in 2015, plus an indoor bronze in 2019, most of that while studying medicine in UCD.

He made the Olympic semi-finals on his debut in Rio, and putting his career as a doctor on hold this season to target Paris has paid dividends with some very timely form. His Irish record stood since 2021, but he lowered it twice in one week in June to secure his place in Paris, before winning his ninth Irish title at the national championships.

**ERIC FAVORS (2024)**

**Age:** 27 (16/11/1996)

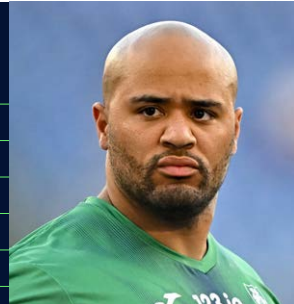
**Event:** Shot Put

**Hometown:** New York/Co. Mayo

**Club:** Raheny Shamrock AC

**Coach:** Dane Miller

**Personal Best:** 20.93m (National Record, April 2024)



Eric, whose grandmother comes from Ballina (Co Mayo), grew up in New York (Rockland), and he was coached in high school by Ireland's Sydney Olympic hammer thrower Paddy McGrath. He broke the 20 metre mark (20:07), and Paul Quirke's 30-year-old Irish record, for the first time in 2022 and came very close to breaking 21m in the US in April and has since taken it out to 20:93m. He has qualified for the last two

World Championships, and missed making the final at this year's Europeans (14th) by just 11cm. He has a degree in criminal law and a Masters in education and IT from the University of South Carolina, but currently works part-time in a school in Pennsylvania so that he can train with Dane Miller whose group contains some of the world's top throwers.

## BRIAN FAY (2024)

**Age:** 25 (09/11/1998)

**Event:** 5000m

**Hometown:** Glasnevin, Co. Dublin

**Club:** Raheny Shamrock AC

**Coach:** Feidhlim Kelly

**Personal Best:** 13:01.40 (National Record July 2023)



Brian was 10th, and the first Irishman home, at the European Cross-Country Championships in Dublin in 2021 and has since proved his class on the track. He was seventh in the US collegiates (NCAA) in 2022, when he was also eighth in the European final. Last year he took almost two seconds off the Irish 5000m record which had been held by Alistair Cragg

for 11 years. He is back-to-back national champion, unleashing a 53-second last lap to retain his title last month. Brian has a business degree from DCU and a Masters in entrepreneurship from the University of Washington and returning home in 2022. The Dubliner will also become the first quadruplet to represent Ireland at an Olympic Games.

## ROISIN HARRISON (2024)

NT RESERVE

**Age:** 27 (10/10/1996)

**Events:** Mixed 4x400m, W4x400m

**Hometown:** O'Brien's Bridge, Co. Clare

**Club:** Emerald AC

**Coach:** Eoghan McNamara

**Personal Best:** 52:53 (June 2023)



Roisin was a member of the women's 4x400m team who were finalists in the World Championships in Budapest last year and also ran the penultimate leg when they set a new Irish indoor record (3:28.45), and finished fifth, at World Indoors in Glasgow

this season. She also helped Ireland's women to the 4x400m final at the World Relays in Nassau in May. Roisin has a PhD in psychology and is a university lecturer in Aberdeen.

**PHIL HEALY (2020, 2024)**

**Age:** 29 (19/11/1994)

**Events:** W4x400m, Mixed 4x400m

**Hometown:** Bandon, Co. Cork

**Club:** Bandon AC

**Coach:** Shane McCormack

**Personal Best:** 51.50 (May 2021)



The 'Bandon Bullet' has been one of the key figures in driving up the standard of Irish women's sprinting over the past decade. She was fourth in a European Junior 100m final in 2013, was twice a 200m finalist at World Student Games, and made the European Semi-finals in 2018, before qualifying for her first Olympics in 2020 at both 200m and 400m. She was part of the mixed 4x400m who made history by making an

Olympic final in Tokyo, and also part of the women's 4x400m team who were sixth in the Europeans in 2022, and went on to win silver at this Summer's Europeans in Rome. She opted out of the World Championships last summer and was later diagnosed with Hashimoto's disease but has made a strong return to form in 2024 and won her 17th Irish senior title last month.

**SARAH HEALY (2020, 2024)**

**Age:** 23 (13/01/2001)

**Event:** 1500m

**Hometown:** Monkstown, Co. Dublin

**Club:** UCD AC

**Coaches:** Jenny Meadows and Trevor Painter

**Personal Best:** 3:57.46 (July 2024)



Sarah gave early notice of her talent by ripping up Ireland's underage records and winning European medals at U18, U20 and U23 level. She was just 20 when she made her Olympic debut in Tokyo but is finding her form now at senior level, taking down the long-standing Irish senior indoor 1500m/3000m records this season, when she also ran an 800m PB of 2:00.86 outdoors. She just missed out on a 1500m

final spot at 2023 World Championships where she clocked an Irish U23 record. She later smashed that by two seconds with 3:57.46 in Paris on July 7, putting her second on the Irish all-time list. She obtained a law degree from UCD and moved to Wigan in mid-2023 where she is a member of the M11 Track Club; a world-class training group that includes the Olympic 800m silver medallist Keely Hodgkinson.

## SARAH LAVIN (2020, 2024)

**Age:** 23 (28/05/1994)

**Events:** 100m Hurdles

**Hometown:** Limerick

**Club:** Emerald AC

**Coach:** Noelle Morrissey

**Personal Best:** 12.62 (National Record August 2023)



A European Youth Olympic bronze medallist in 2011 and a European Junior silver medallist in 2013, Sarah finally won her first senior medal - bronze at the European Games - in 2023. She also broke Derval O'Rourke's long-standing senior record at World Championships and finished 2023 by breaking the Irish 100m flat record (11:27).

In an event where medals are decided by 100ths of a second she has come agonisingly close to other podiums; fourth at the 2019 World Student Games, fifth at the 2022 Europeans, and twice a World semi-finalist. The nine-time Irish champion was in terrific form ahead of this year's Europeans but uncharacteristically clipped a hurdle to finish seventh, yet bounced back by running a season's best of 12:66 a week later.

## CIARA MAGEEAN (2016, 2020, 2024)

**Age:** 32 (12/03/1992)

**Event:** 1500m

**Hometown:** Portaferry, Co. Down

**Club:** City of Lisburn AC

**Coach:** Thomas Moran

**Personal Best:** 3:55.87 (National Record September 2023)



Ciara's journey from World and European Junior silver medallist in 2010/2011 to become European senior champion this year has been torturous at times due to injuries, but she won a European bronze medal in 2016, a European bronze indoors in 2019 and European silver in 2022 along the way. Moving to an elite training group in Manchester in recent years has really

sharpened her speed and racing nous. She was fourth at World Championships last year and finally completed her full European medal set with gold in Rome in June. Her 4:14.58 in Monaco last year made her the fifth fastest female miler in history. She was a semi-finalist in Rio 2016. This is Ciara's third Olympic Games.

## CLIODHNA MANNING (2024)

NT RESERVE

**Age:** 29 (26/04/1995)

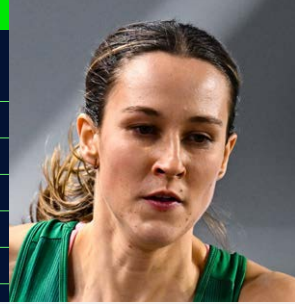
**Events:** Mixed 4x400m, W4x400m

**Hometown:** Kilkenny City

**Club:** Kilkenny City Harriers AC

**Coach:** Peter Lyons

**Personal Best:** 52:60 (July 2022)



Clíodhna was best known as a 100m/200m flier in 2017 when, at the age of 22, she surprised many by winning the 400m at National Championships, and she made the podium again in 2021 and 2022. She made her Olympic debut as part of the

relay squad in Tokyo and was part of the women's 4x400m who finished fifth in the 2023 European Indoors. She has a degree in accounting from DCU, a Masters from IT Carlow and works for Glanbia.

## SHARLENE MAWDSLEY (2024)

**Age:** 25 (10/08/1998)

**Events:** 400m, Mixed 4x400m, W4x400m

**Hometown:** Newport, Co. Tipperary

**Club:** Newport AC

**Coach:** Gary Ryan

**Personal Best:** 50.72 (May 2024)



Sharlene has made huge progress in the past two years; knocking almost a second and a half off her PB, and repeatedly anchoring Ireland to historic relay medals by running the fastest relay splits against the world's best quarter-milers this season. She played a key role for the mixed 4x400m winning bronze at the World Relays in May and made the European 400m final individually (eighth) this summer, but the highlight of her career

to date was anchoring the mixed relay team to that historic European gold, and repeating it to lead the women's 4x400m to a silver medal. Her 50:72 PB this summer overtook Joanne Cuddihy to move her second on the Irish all-time 400m list. She is coached by the 'OG' of Irish sprinting – double Olympian Gary Ryan – and will celebrate her 26th birthday on the penultimate day of the Games.

**JODIE MCCANN (2024)**

**Age:** 24 (03/02/2000)

**Event:** 5000m

**Hometown:** Glenageary, Co. Dublin

**Club:** Dublin City Harriers

**Coach:** Clark McCann

**Personal Best:** 15:20.93 (June 2024)



Jodie has been in the form of her life this year, lowering her 5000m personal best by nearly one minute, to move to tenth on the Irish all-time list, and has also set PBs in the 1500m/Mile/3000m. Putting her primary teaching job on hold and training with Craig Mottram's group in Australia (she has an

Australian passport through her mother) earlier this year seems to have helped. Now back in Ireland she is coached by her father Clark, and Paris will be particularly special for the family as her older brother Luke is also making his Olympic debut.

**LUKE MCCANN (2024)**

**Age:** 26 (12/03/1998)

**Events:** 1500m

**Hometown:** Glenageary, Co. Dublin

**Club:** UCD AC

**Coaches:** Thomas Dreißigacker and Clark McCann

**Personal Best:** 3:33.66 (June 2024)



Luke made his first big leap in 2021 when his 3:36:81 knocked five seconds off his PB and went on to debut at European and World Championships over the next two years. An injury delayed his 2024 start until May, forcing him to race in seven countries within five weeks in pursuit of Olympic

qualification. He ran his personal best as part of the Stockholm Diamond League pre-programme in June which moved him fourth on the Irish all-time list, and he opted to miss the Europeans in Rome to concentrate on his Olympic preparation. His sister Jodie is also making her Olympic debut in Paris.



## RACHEL MCCANN (2024)

**Age:** 22 (26/09/2001)

**Event:** Mixed 4x400m, W4x400m

**Hometown:** Bangor, Co. Down

**Club:** North Down AC

**Coach:** Michael Roberts

**Personal Best:** 53:60 (June 2024)



Rachel played hockey and learned ballet when she was younger. She only joined an athletics club upon starting secondary school yet anchored the Irish women's 4x400m team that came very close to a medal at the European Juniors (U20) in 2019. This year she has broken her 200m and 400m personal bests and ran the race of

her life to take silver behind Sophie Becker at Nationals last month. She was also part of the women's 4x400m squad who finished fifth at World Indoors in March. Rachel receives an athletics scholarship at Queens where she is studying pharmaceutical science.

## FIONNUALA MCCORMACK (2008, 2012, 2016, 2020, 2024)

**Age:** 39 (24/09/1984)

**Event:** Marathon

**Hometown:** Kilcoole, Co. Wicklow

**Club:** Kilcoole AC

**Coach:** Alan McCormack

**Personal Best:** 2:23:58 (December 2021)



Fionnuala is a legendary mudlark; European cross country champion twice (2011 and 2012), a double gold medallist (with the team) in 2012, fifth at World XC in 2014, and fourth five times also at European XC. In Paris she makes more history as the first Irish woman to compete at five Olympic Games. The European indoor bronze medallist at 3000m in 2013 raced the steeplechase in

Beijing, the 5000m and 10,000m in London (15th), and the Marathon in the last two Games, finishing 20th and 25th respectively. Catherina McKiernan is the only Irish woman who has run a faster marathon and Fionnuala qualified for Paris by running 2:26.19 in Valencia last December, just six months after having her third child, and, a week later finished fourth at European XC.

## KELLY MCGRORY (2024)

**Age:** 27 (24/12/1996)

**Events:** Mixed 4x400m, W4x400m

**Hometown:** Laghy, Co. Donegal

**Club:** Tír Chonaill AC

**Coaches:** Hayley and Drew Harrison

**Personal Best:** 52.62 (May 2024)



Kelly is a five-time Irish 400m hurdles champion who moved to eleventh on the Irish all-time 400m flat list in May with an impressive performance in Brussels. She was part of the Women's 4x400m Relay team who sensationally made the final at the World Championships in Budapest

last year. She ran a 400m hurdles PB of 57:10 at Europeans this year. Kelly has a sports science degree from DCU, is based in Limerick where she works for Irish Wheelchair Association Sport, and trains in the same group as her partner Thomas Barr.

## KATE O'CONNOR (2024)

**Age:** 23 (12/12/2000)

**Event:** Heptathlon

**Hometown:** Newry, Co. Down/Co. Louth

**Club:** Dundalk St. Gerald's AC

**Coach:** Michael O'Connor

**Personal Best:** 6297 points (National Record April 2021)



Kate is Ireland's first heptathlete to compete at the Olympic Games, and only our second ever female multi-eventer after Margaret Murphy who competed in the pentathlon in 1972. Her big breakthrough was a European Junior (U20) silver in 2019 when she was still only 18, becoming the first and only Irish

woman to exceed 6000 points. She followed that with silver in the 2022 Commonwealth Games, was 13th on her World Championship debut in 2023, and last month clocked up her second highest points total (6244) despite carrying an injury at the time.

## CHRISTOPHER O'DONNELL (2020, 2024)

**Age:** 26 (17/05/1998)

**Event:** Mixed 4x400m

**Hometown:** Grange, Co. Sligo

**Club:** North Sligo AC

**Coach:** Stewart Marshall

**Personal Best:** 45.26 (June 2022)



Chris is a five-time national 400m champion and was one of the Mixed Relay team who caused such a sensation by making the Olympic final in Tokyo. He was also part of the teams who made the finals at the World Championships in 2022 and 2023. The pinnacle of his career to date was running the first leg when the Mixed 4x400m team won their historic gold at the recent

European Championships in Rome. A native of Grange, where Olympian Mona McSharry also hails from, he discovered his track talent when he did some speed training for soccer at which he also excelled. He has been based in Loughborough since 2018 and started working with coach Stewart Marshall this year.

## SOPHIE O'SULLIVAN (2024)

**Age:** 22 (23/12/2001)

**Event:** 1500m

**Hometown:** Melbourne, Australia/Cork

**Club:** Ballymore Cobh AC

**Coach:** Mauricia Powell

**Personal Best:** 4:02.15 (August 2023)



A European 800m junior silver medallist behind Keely Hodgkinson in 2018, Sophie won the European U23 1500m title in Finland last year, outsprinting Irish teammate Sarah Healy for gold. She ran her PB on her debut at World Seniors in 2023. Sophie, who is the daughter of Olympic medallist Sonia and world-renowned coach Nic Bideau, has spent the last few years at the

University of Washington, making NCAA finals and recently graduating with a degree in journalism. Her PB from Worlds last year put Sophie fifth on the Irish all-time list, just three places behind her mum. She recently won her first Irish senior title and ran a new 800m PB of 2:00.28 that overtook Sonia's best to put her fourth on the Irish half-mile all-time list.

## JACK RAFTERY (2024)

RESERVE

**Age:** 23 (26/04/2001)

**Events:** Mixed 4x400m

**Hometown:** Castleknock, Co. Dublin

**Club:** Donore Harriers

**Coaches:** Jeremy Lyons and Gerard O'Donnell

**Personal Best:** 45.89 (July 2023)



Jack was an individual 400m finalist at last year's European U23 Championships (7th) where he set his PB in the semi-finals. He won his first national senior outdoor title last month to seal his place on the Mixed relay squad. He's already been part of the

squad that made the finals of the 2022 and 2023 World Championships. He is currently studying mechanical engineering at DCU and splitting the final year of his studies to accommodate his increased training load.

## NICOLA TUTHILL (2024)

**Age:** 20 (22/12/2003)

**Event:** Hammer

**Hometown:** Bandon, Co. Cork

**Club:** UCD AC

**Coaches:** Killian Barry, Kevin Warner and Roland Korom

**Personal Best:** 70.32m (May 2024)



Nicola, whose dad Norman built her a throwing circle on the family's dairy farm in her mid-teens, is the youngest member of the athletics squad for Paris, and one of the youngest on the entire Irish team. She impressed by finishing ninth in the European final last month at her first major senior competition and, in May, became only the second Irish woman to throw over 70 metres

after Eileen O'Keefe, extending her Irish U23 record. Nicola, an Ad Astra student in UCD where she studies science, is only the third female Irish thrower to become an Olympian, following Patricia 'Pat' Walsh (ninth in discus in 1984), and world finalist O'Keefe who competed in the hammer in 2008.

# BADMINTON

**ATHLETES (2):**

Nhat Nguyen & Rachael Darragh

---

**COMPETITION DATES:**

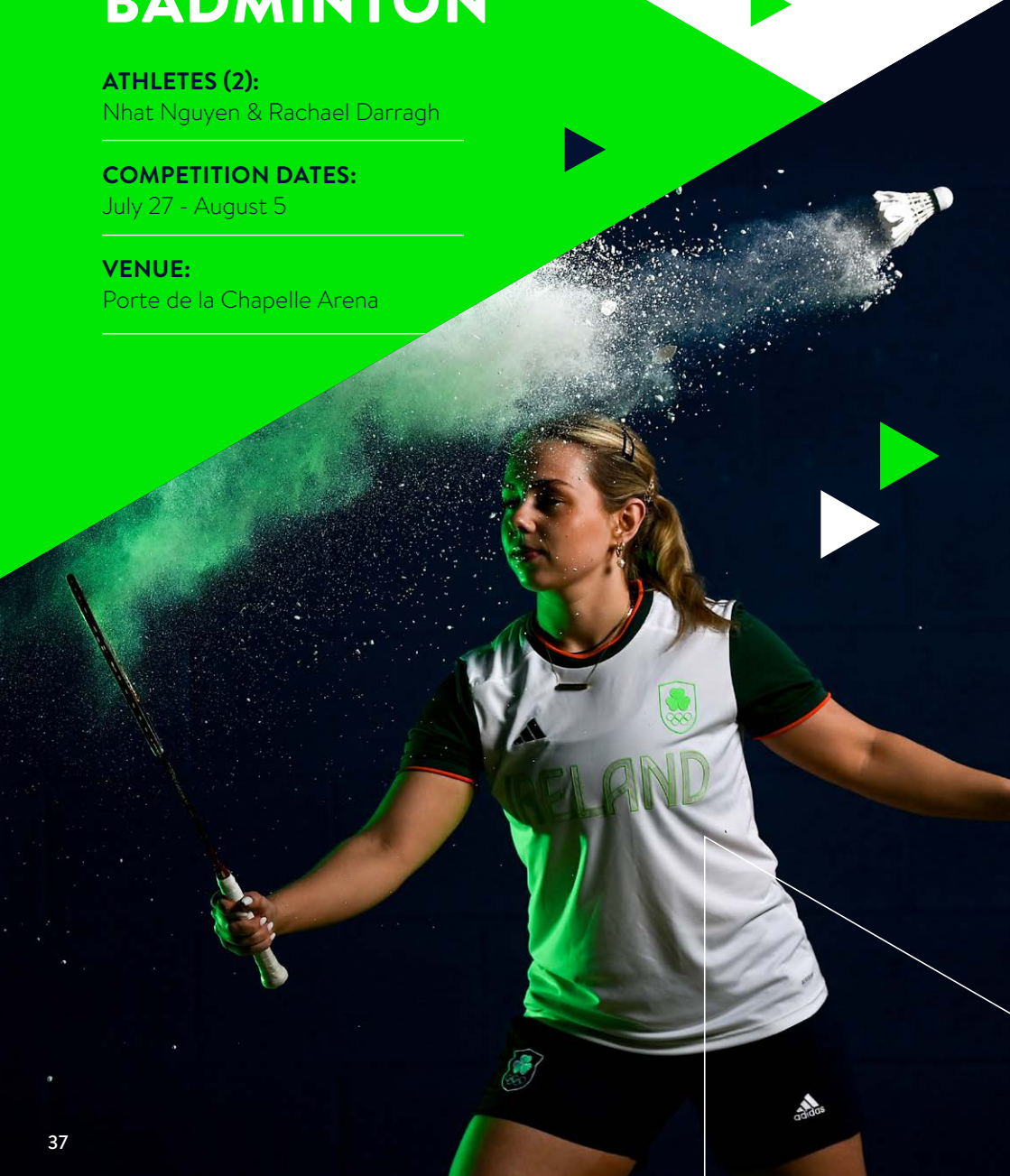
July 27 - August 5

---

**VENUE:**

Porte de la Chapelle Arena

---



## ABOUT BADMINTON

Badminton is a racquet sport played with a shuttlecock instead of a ball.

The court is 13.41m (44ft) long and 5:18m (17ft) 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'. If a player touches the net with their body or racquet they lose the point.

All badminton matches (singles and doubles) are 'best of three' sets and first to 21 points wins each set. Players retain service until they lose a point.

If players reach a deuce (20-20) the next person to win two points in-a-row wins. If the score goes to 29-29 the player who gets the 30th point wins.

Breaks are given when the leading scorer reaches 11 points (60 seconds) and when a game is completed (two-minute break). Ends are switched after each game and during the third game once one player reaches 11 points.

## FORMAT

There are 41 in the men's singles draw and 38 in the women's. Both begin with round-robin groups (seeded) and the top 16 progress to the knock-out stages. The two losing semi-finalists play off to decide the bronze medal.

## VENUE

The Olympic venue is the new 8,000-seat Porte de la Chapelle Arena in the 18th arrondissement.

## IRISH OLYMPIC HISTORY

Badminton only became a medal sport in Barcelona 1992. Sonia McGinn, from Howth, was Ireland's first Olympic badminton player in Sydney 2000. She got a bye to the second-round (it was then straight knock-out) but a tough draw saw her lose to the 1996 Olympic silver medallist.

Chloe Magee was only 19 when she became the first Irish player to win an Olympic match in 2008 and Scott Evans was the first Irish male player to win a game in 2016.



- July 27-31 Singles group games (M/W)
- August 1 Singles last 16 (M/W)
- August 2 Singles quarter-finals (M)
- August 3 Singles quarter-finals (W)
- August 4 Singles semi-finals (M/W)
- August 5 Singles medal matches (M/W)

## NHAT NGUYEN (2020, 2024)

**Age:** 24 (16/06/2000)

**World Ranking:** 44

**Olympic Ranking:** 19

**Hometown:** Clarehall, Co. Dublin

**Club:** Lausanne BC (Switzerland)

**Coach:** Iskandar Zulkarnain



Nhat was born in Vietnam and moved to Ireland, initially to Belturbet, when he was six. He won the European U17 title when he was 15, the same year as his first Irish senior title.

He was a European junior bronze medallist in 2018 when he also made the quarter-finals of World Juniors and the Youth Olympics and made his Olympic debut in Tokyo in 2021.

In 2023 he made the semi-finals of a Super 300 (badminton's second tier) in Orleans

(France) and won his group at the European Games before bowing out in the last 16 to the reigning Olympic champion Victor Axelsen.

Winning the Irish Open last winter was pivotal as his first international victory at senior level. In 2024 he made the quarter-finals of two Super 300 tournaments in Orleans and the German Open and was narrowly beaten in the last 16 at the Europeans Championships in April.

## RACHAEL DARRAGH (2024)

**Age:** 26 (24/09/1997)

**World Ranking:** 82

**Olympic Ranking:** 38

**Hometown:** Raphoe, Co. Donegal

**Clubs:** Skaelskor Slaglese (Denmark), BC Arras (France), Lausanne BC (Switzerland)

**Coach:** Iskandar Zulkarnain



A niece of three-time Olympian Chloe Magee, Rachael moved to Badminton Ireland's High Performance centre at 17 and actually flew to her first European Games in Baku in 2015 the day after completing her Leaving Cert.

During the previous Olympic cycle Rachael was juggling doubles & singles but since concentrating on the latter since 2023 she has jumped almost 100 places in the world rankings and broke into top 60 last Winter.

In 2022 she made the quarter-finals of the Commonwealth Games and the last 16 of the European Championships. In 2023 she moved up a level from the international challenge series to compete at World Tour Super 100/300 level. She made the last 32 of the 2023 World Championships and her career highlight so far was making the quarter-finals of the Abu Dhabi Masters last October which helped her clinch the 38th Olympic slot.

# BOXING

## ATHLETES (10):

Dean Clancy  
Jude Gallagher  
Kellie Harrington  
Jennifer Lehane  
Jack Marley  
Daina Moorehouse  
Aoife O'Rourke  
Aidan Walsh  
Grainne Walsh  
Michaela Walsh

---

## COMPETITION DATES:

July 27 - August 10

---

## VENUE:

North Paris Arena &  
Roland-Garros Stadium





## ABOUT BOXING

Two athletes compete in a 20-foot square (ring) in boxing, trying to land punches on the head or torso, and the winner is the one who scores more points, or a knockout.

Boxers compete in red or blue singlets, not national colours, and an Olympic boxing bout consists of three rounds each lasting three minutes.

Until 2016 the scoring system was more akin to amateur boxing (judged purely on punches landed) but, from Rio 2016, a 10-point scoring system (more similar to the professional game) was adopted.

Boxers are scored based on number of blows landed, domination of the bout, technique and tactical superiority, and competitiveness. Deductions can be made for infringements, indicated by the referee. Boxers can be disqualified for picking up three warnings for anything judged to breach the rules of fair play.

Judges award 10 points when a boxer wins a round and between seven to nine points if they lose. If all judges agree that one boxer has won two or more rounds their decision is 'unanimous'. If they don't agree the winner is decided by majority consensus; called a 'split decision'.

The winner is also decided if one boxer knocks the other out, if the referee or ringside doctors deem one of the boxers unfit to continue, or if a boxer voluntarily retires.

## FORMAT

Female boxers were first included in 2012 and there are 13 classes in Paris (7 male, 6 female) with men's light heavyweight having been replaced by women's bantamweight.

Each weight division has 32 fighters, draws are un-seeded and competition is a straight knock-out format to the final, with both losing semi-finalists awarded bronze medals.

### Men

- 51kg (Flyweight)
- 57kg (Featherweight)
- 63.5kg (Lightweight)
- 71kg (Welterweight)
- 80kg (Middleweight)
- 92kg (Heavyweight)
- 92kg+ (Super Heavyweight)

### Women

- 50kg (Flyweight)
- 54kg (Bantamweight)
- 57kg (Featherweight)
- 60kg (Lightweight)
- 66kg (Welterweight)
- 75kg (Middleweight)

## VENUE

North Paris Arena (July 27- August 4), and Roland-Garros Stadium (August 6-10).



<b>July 27</b>	Round of 32 in M63.5 & 80kg, and W54 & 60kg
<b>July 28</b>	Round of 32 in M57, 71 & 92kg, and W50 & 66kg
<b>July 29</b>	Last 16 in M63.5, 92 & 92+kg, and W60kg
<b>July 30</b>	Last 16 in M51 & 80kg, and W54 & 57kg
<b>July 31</b>	Last 16 M57 & 71kg, and W75kg, plus Q/finals of W60kg
<b>August 1</b>	Q/finals M63.5 & 92kg, last 16 W50 & 66kg, Q/finals W54kg
<b>August 2</b>	Q/finals of M51, 80 & +92kg, and last 16 W57kg
<b>August 3</b>	Q/finals of M57 & 71kg, and W50 & 66kg, Semi-finals W60kg
<b>August 4</b>	Semi-finals of M51, 63.5, 80 & 92kg, Q/finals W57 & 75kg, Semi-finals W54kg
<b>August 6</b>	Semi-finals M71kg, Semi-finals W50 & 66kg, and W60kg final
<b>August 7</b>	Semi-finals M+90 & W57kg, Finals of M63.5 & 80kg
<b>August 8</b>	Semi-finals M57kg & W75kg, Finals M51kg and W54kg
<b>August 9</b>	Finals of M71 & 92kg, Finals of W50 & 66kg
<b>August 10</b>	Finals of M57 & 92+kg, Finals of W57 & 75kg

## IRISH OLYMPIC HISTORY

Boxing is far and away Ireland's most successful Olympic sport.

Of the nation's 35 medals in sport to date, over half (18) have been won by boxers; three gold, five silver and 10 bronze.

Four Irish Olympic boxing teams (32 men) had fought before 1952 when John McNally's historic bantamweight silver in Helsinki made the big breakthrough. He was only 20 when he fought home favourite Pentti Jamalainen in the final and lost on a split decision.

Half of those 18 medals have been won since 2008. Katie Taylor is credited with the introduction of women's boxing to the Games in London 2012 where she won one of the first three women's titles (lightweight), and Kellie Harrington replicated that, winning her crown at the same weight in Tokyo 2020.

Ireland's third gold medallist was Michael Carruth in 1992, when having his father Austin work his corner in Barcelona made it particularly special.

Four more Irish men have achieved the ultimate standard of stepping into a ring to fight for an Olympic crown, yielding silver medals for Fred Tiedt (1956), Wayne McCullough (1992), Kenneth Egan (2008), and John Joe Nevin (2012).

Melbourne was particularly special as John Caldwell, Freddie Gilroy, and Tony 'Socks' Byrne all won bronze, which, added to Fred Tiedt's welterweight silver, resulted in a four-medal haul from the ring to add to Ronnie Delany's 1500m gold.

Two more Ulster heroes Jim McCourt (1964) and Hugh Russell (1980) - who sadly died last year - also won bronze.

It is hard to credit that Ireland had only one boxer each at the Sydney and Athens Games, and that there was a 15-year medal drought between Barcelona and Beijing but then the metal came at pace.

Three were won in Beijing 2008 where Paddy Barnes and the late Darren Sutherland won bronze to accompany Egan's silver.

London equalled Melbourne's four and it was the full set: Gold (Taylor), Silver (Nevin) and bronzes for Paddy Barnes and Michael Conlan.

Judging controversies marred Rio for the Irish in 2016 but Harrington (gold) and Aidan Walsh (bronze) raised the standard again in 2020.

Paddy Barnes is one of only four Irish athletes to win two Olympic medals (or more), and the only boxer to do it, something Kellie Harrington and Aidan Walsh have a chance to equal in Paris.



## DEAN CLANCY (2024)

**Age:** 23 (20/10/2000)

**Weight Class:** 63.5kg (Lightweight)

**Hometown:** Sligo

**Club:** Sean McDermott BC, Manorhamilton

**Coach:** Jason Clancy (father)



Dean qualified for his first Olympic Games at last year's European Games where he won a bronze medal. In the same year he also won gold at the prestigious 2023 Usti nad Labem Grand Prix. His first major international success was European junior silver in 2017. A year later he won silver at European Youths and almost replicated that at the Youth Olympics where he lost a box-off for the single bronze on offer.

In 2019, four weeks after turning 18, he won his first Irish senior title. In 2021 he bounced back after a bad bout of Covid to win European U22 gold. He was a quarter-finalist at the 2024 European Championships in Belgrade in April where he lost to Azerbaijan's Malik Hasanov.

## JUDE GALLAGHER (2024)

**Age:** 22 (05/10/2001)

**Weight Class:** 57kg (Featherweight)

**Hometown:** Newtownstewart, Co. Tyrone

**Club:** Two Castles Boxing Club

**Coaches:** John Gallagher (father) & Eric Donovan



Jude qualified for his first Olympic Games in March by winning four rounds of the first Olympic Qualifying Tournament in Italy where he had to reach the top four. A bronze medallist at World and European Youth Championships in 2018, he won Commonwealth gold in Birmingham in 2022, beating Joseph Commey in the final but came up against eventual winner Javier Ibanez, a former World Youth champion, at the 2023 European Games.

Boxer of the tournament at 2024 National Elite Championships in a particularly stacked division, his qualification in Milan made Jude only the second Tyrone boxer to become an Olympian since Tommy Corr fought in Los Angeles 40 years ago.

## KELLIE HARRINGTON (2020, 2024)

**Age:** 34 (11/12/1989)

**Weight Class:** 60kg (Lightweight)

**Hometown:** Portland Row, Dublin 1

**Club:** St Mary's BC, Tallaght

**Coach:** Noel Burke



The reigning Olympic 60kg champion. Kellie's first major was a World silver medal in 2016 (64kg). She won a World title and European bronze at 60kg in 2018 and silver at the 2019 European Games. Despite the hand injury that delayed her qualification until June 2021 she became Ireland's third ever Olympic boxing champion in Tokyo with a unanimous victory over Beatriz Ferreira (Brazil).

Kellie has since added a European title (2022), and European Games gold in 2023 (which clinched her place in Paris), and two Strandja titles in a remarkable three-year, 32-fight winning streak that began in February 2021. It only ended when she was beaten by Serbia's Natalia Shadrina in Belgrade in this year's European semi-finals, yet returning with a bronze still brought her major medal tally to date to eight (4 gold, 2 silver, 2 bronze).

## JENNIFER LEHANE (2024)

**Age:** 25 (19/08/1998)

**Weight Class:** 54kg (Bantamweight)

**Hometown:** Ashbourne, Co. Meath

**Club:** DCU Boxing Club

**Coach:** Derek Aherne



Jenny initially starred in Taekwondo, winning two European senior titles and medals at World Junior and Seniors before concentrating on boxing while studying in DCU. A National Elite title in 2021 put her firmly on the IABA High Performance radar and, just two years ago, she put her primary teaching job on hold to train full-time.

She was just one win short of Olympic qualification at last year's Europeans, beaten by the eventual Bulgarian champion in the quarter-finals. At the first Olympic qualifiers in March this year she suffered a split decision to France's Romane Moulai, but victories over a Puerto Rican, a Ukrainian, and a Hungarian at the final Olympic Qualifiers in Bangkok clinched her place in Paris.

## JACK MARLEY (2024)

**Age:** 21 (16/11/2002)

**Weight Class:** 92kg (Heavyweight)

**Hometown:** Sallynoggin, Co. Dublin

**Club:** Monkstown Boxing Club

**Coach:** John Paul Kinsella



Jack started boxing aged eight and won his first All-Ireland title at eleven. In 2021, aged 18, he became the second youngest national heavyweight champion in Irish amateur history. He won a bronze medal at the European U22 Championships in 2021, and turned that to gold in 2022.

Last year he clinched Olympic qualification by winning silver at the European Games

in Krakow where his semi-final victory over Spain's world bronze medallist Emmanuel Reyes Pla was vital. It not only made him Monkstown BC's first Olympian but the first Irish heavyweight to win a major international medal in over sixty years. This year Jack was a bronze medallist at Strandja and lost to Belgium's Victor Schelstraete in a split decision at the Europeans in April.

## DAINA MOOREHOUSE (2024)

**Age:** 22 (16/9/2001)

**Weight Class:** 50kg (Flyweight)

**Hometown:** Bray, Co. Wicklow

**Club:** Enniskerry Boxing Club

**Coach:** Paul O'Toole



A 4' 11" pocket-rocket who famously used to rise daily at 6am to train before school, Daina won gold and 'Best Boxer' at the European Juniors in 2017 when she was just 15. In 2018 she beat a Russian to clinch the European Youth title and made the quarter-finals of World Youths.

In 2019 she won another European Youth medal (bronze) and in 2023 she reached the

last eight at European U22s and was deemed unlucky not to get past the same stage at the European Games. This year made the last 16 at the first Olympic Qualification tournament in Italy but had to go to the final qualifiers in Bangkok in June where she beat boxers from Armenia and Guatemala before a unanimous victory over Bulgaria's Zlatislava Chukanova punched her first Olympic ticket.

**AOIFE O'ROURKE (2024)****Age:** 27 (02/07/1997)**Weight Class:** 75kg (Middleweight)**Hometown:** Tarmon, Co. Roscommon**Club:** Castlerea Boxing Club**Coach:** Paddy Sharkey

Aoife originally took up boxing to get fitter for inter-county football but quickly emerged as world class, winning silver at her first major (European U22s) in 2018. She has a phenomenal 27-1 record since making her Olympic Games debut in 2021 where she lost to China's two-time silver medallist Qian Li in the last 16.

Her only loss since was to USA's Naomi Graham in the 2022 World Championships. This year she won her third consecutive European title in Budapest (2019, 2022 & 2024) and overcame Qian Li en route to the prestigious Strandja title in February. She secured early qualification for Paris by winning the 75kg at last year's European Games in Krakow.

**AIDAN WALSH (2020, 2024)****Age:** 27 (28/03/1997)**Weight Class:** 71kg (Welterweight)**Hometown:** Belfast**Club:** Holy Family Boxing Club, Belfast**Coaches:** Damian Walsh (father) & Gerry Storey

A Commonwealth Games silver medallist in 2018, Aidan won Olympic bronze in Tokyo by beating Mervyn Clair of Mauritius in the quarter-finals but an ankle injury unfortunately prevented him from contesting the semi-finals. His return to his second Olympics is remarkable given that he contemplated retirement in the past twelve months.

He returned to the HP unit before a camp in Tenerife last November and came through a gruelling final Olympic Qualifier in Thailand in early June where 70 welterweights chased five spots. Aidan won three bouts before losing his quarter final to a Jordanian on a split decision. In the box-off for the fifth spot he beat a Cuban and then clinched his second Olympic appearance with a unanimous decision over Puerto Rico's Angel Gabriel Llanos Perez.

## GRAINNE WALSH (2024)

**Age:** 28 (13/10/1995)

**Weight Class:** 63.5kg (Welterweight)

**Hometown:** Tullamore, Co. Offaly

**Club:** St Mary's Boxing Club, Tallaght

**Coach:** Noel Burke



Grainne played soccer for Shamrock Rovers and the Irish U17s before concentrating on boxing, initially with local club Spartacus. She was a World and European quarter-finalist in 2016 and a bronze medallist at the 2019 European Games but a thumb injury, which eventually needed surgery, derailed her Tokyo Olympic dream and then a dumbbell

fell on her toe in training which also needed surgery. She looked to have clinched her Olympic debut at the first qualifiers in Italy this year but was on the wrong end of a split decision and had to go to the final Qualifiers in Thailand in June where she won four fights, beating Armenia's Ari Hovsepyan to finally secure her ticket to Paris.

## MICHAELA WALSH (2020, 2024)

**Age:** 31 (05/06/1993)

**Weight Class:** 57kg (Featherweight)

**Hometown:** Belfast

**Club:** Holy Family Boxing Club

**Coaches:** Damian Walsh (father) & Gerry Storey



Michaela won bronze at World Youths in 2011 and Commonwealth silver in 2014 (flyweight) which she repeated at featherweight in 2018 when she also won European Championship bronze. She took silver at the 2019 European Games and in 2021 qualified for her first Olympics by finishing runner-up in the final Qualifier. Walsh lost to Italy's Irma Testa in the last 16 in Tokyo.

In 2022 she added Commonwealth gold and another European bronze and her bronze at the 2023 European Games – her eighth major medal – also clinched her place in Paris. Michaela and Aidan made history in 2021 as the first sister/brother to ever compete in Olympic boxing and are repeating that achievement in Paris.

# CANOE SLALOM

## ATHLETES (4):

Madison Corcoran  
Michaela Corcoran  
Noel Hendrick  
Liam Jegou

## COMPETITION DATES:

July 27 - August 1

## VENUE:

Vaires-sur-Marne Nautical Stadium





## ABOUT CANOE SLALOM

Competitive canoe slalom only started in the 1930s, and had its first world championship in 1949. Paddlers navigate down a 250m course of river rapids while passing through a series of overhanging gates (18 to 25), in the fastest time possible. Top paddlers do it in just over ninety seconds.

The Olympic course is usually artificial with the water flow dictated by movable obstacles in it. The course of gates is changed between the heats 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) and using a double-bladed paddle, while a C category indicates they are kneeling (called canoeing), and using a single-bladed paddle.

Individual canoe slalom (K1 and C1) debuted in Munich 1972 but didn't reappear until Barcelona 1992. All Olympic slalom is now raced in singles but Paris will also feature 'kayak cross'; a new fast and furious hybrid slalom event contested simultaneously by four competitors.

## FORMAT

Competitors (21 in K1, 18 in C1) get two runs in the qualification round, and are ranked based on their best run. The top 18 (K1), and top 15 (C1), advance to a one run semi-final. The twelve fastest semi-finalists make the final.

## VENUE

The event will take place in the Vaires-sur-Marne Nautical Stadium, which also hosts Olympic rowing. It was custom-built in 2019, and is located 40km from the athlete's village.

## IRISH OLYMPIC HISTORY

Ireland has a remarkable history in canoe slalom, coming agonisingly close to a medal despite having no artificial course on the island. Ian Wiley was fifth in Atlanta 1996, and Eoin Rheinisch was fourth in Beijing 2008, pipped for bronze by the very last competitor down the course. Eadaoin Ní Challarain was Ireland's first female Olympian in Sydney and placed eleventh in Athens, while Hannah Craig was the first Irish woman to make a final in London; finishing tenth. Liam Jegou was Ireland's only athlete in Tokyo where he finished 15th. The canoeing team in Paris is Ireland's largest since Atlanta 1996.



July 27	Heats of MC1 and WK1
July 28	WK1 semi-finals and final
July 29	MC1 semi-finals and final
July 30	MK1 and WC1 heats
July 31	WC1 semi-finals and final
August 1	MK1 semi-finals and final

## MADISON CORCORAN (2024)

**Age:** 21 (07/08/2002)

**World Ranking:** 55

**Event:** K1

**Hometown:** Bethesda, Maryland (USA)/Dublin

**Club:** Potomac Whitewater CC

**Coach:** Yure Meglic



Madison's twin sister Michaela has also qualified for Paris 2024. The pair are steeped in canoeing as their dad Mike (originally from Glasnevin) competed in the 1992 and 1996 Olympic Games. Madison grew up by the Potomac River in Maryland and competed for USA as a junior. After high school she spent a year in Slovenia; a hot-bed of canoeing, and still bases herself in Ljubljana for a lot of the season and has also spent time training at Lee Valley in London.

She was 34th when she made her Irish debut at the 2021 Europeans, finished 33rd in them a year later and was 52nd at the 2023 World Championships. Her 23rd place at the 2023 European Games secured her Olympic debut and, like her teammates, preparation for Paris has taken precedence over competitions this season. Madison juggles elite sport with studying neuroscience at Vanderbilt University in Nashville, Tennessee.

## MICHAELA CORCORAN (2024)

**Age:** 21 (07/08/2002)

**World Ranking:** 54

**Event:** C1

**Hometown:** Bethesda, Maryland (USA)/Dublin

**Club:** Potomac Whitewater CC

**Coach:** Yure Meglic



Michaela's qualification, through a late quota re-allocation, means Paris will be particularly special for the Corcoran twins who follow their dad Mike's Olympic legacy.

Michaela is older by one minute and prefers the single-paddle canoeing discipline. She debuted for Ireland at the 2021 Europeans and has been a regular semi-finalist at age-group Europeans and World Championships. She came particularly

close to making the final of the World U23 Slalom Championships in Liptovsky, Slovakia earlier this month, where she finished 14th overall. With no other siblings, the twins are particularly close, even though their academic studies keep them far apart during term-time. Michaela is studying biochemistry at the University of Miami with Madison studying in Tennessee.

## NOEL HENDRICK (2024)

**Age:** 26 (24/12/1997)

**World Ranking:** 48

**Event:** K1

**Hometown:** Donadea, Co. Kildare

**Club:** Ribbontail Paddlers CC

**Coach:** Eoin Rheinisch



Noel and his twin brother Robert (who were born on a Christmas Eve) were fourth in a C2 double at the 2015 World Junior Championships but both flourished individually. They actually both clinched nation qualifying spots for Paris at the 2023 World Championships but Robert lost out to Liam Jegou in the subsequent Irish trials. Noel was in London 2012 to watch his current coach compete and his big breakthrough was ninth in European U23s in 2018. He came agonisingly close to Olympic qualification for Tokyo, only beaten

for the last available place by one spot when he finished 13th nation at 2021 Europeans. He was 28th at the European Games in 2023, and clinched his Olympic place by finishing 16th place at the 2023 Worlds. Noel has a degree in software engineering from Maynooth University and a Masters in artificial intelligence from DCU. He spent a year training full-time in Italy in 2021. Noel is based in Ireland but has spent a lot of the past year training abroad, especially on the Olympic course in Paris.

## LIAM JEGOU (2020, 2024)

**Age:** 28 (09/01/1996)

**World Ranking:** 26

**Event:** C1

**Hometown:** Hunnigue (France)/Co. Clare

**Club:** CADPA Hunningue

**Coach:** Jure Meglic



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, despite hip surgery in 2017, won bronze at World U23s in 2019. In November 2019 he was the first Irish C1 paddler to win gold at a World Cup event, in Pau where he is based fulltime. In Tokyo he became only the third Irish man, after Mike Corcoran and Stephen

O'Flaherty, to race C1 at an Olympic Games and finished 15th. Liam was 16th at the 2022 European Championships, and 30th and 31st respectively at the last two World Championships. He finished 24th at the 2023 European Games, and was also 24th at the Paris test event last October. This year he was a semi-finalist at the World Cup in Prague but he has largely concentrated on training rather than competition.

# CYCLING ROAD

## ATHLETES (3):

Megan Armitrage

Ben Healy

Ryan Mullen

## COMPETITION DATES:

July 27, August 3 & 4



## ABOUT ROAD CYCLING

Road cycling is one of the original Olympic events. It featured on the competitive programme at the first modern Olympiad in 1896, and, while left out of the next three Games returned as a men's TT in Stockholm 1912.

Women's cycling was only added to the programme in 1984 (a road race), followed by a time trial in 1988. Only amateur cyclists were allowed to take part up to Atlanta 1996, but since then it is open to professional cyclists.

There are two different events in Olympic road cycling; the mass start road race (RR), and the staggered individual time trials (TT).

### IRISH OLYMPIC HISTORY

Ireland has a rich history of competing in cycling events in the Olympics. Tyrone's Jack Woodcock (road race) was Ireland's first Olympic road cyclist in 1928, but the next to enter (in 1948) all withdrew due to political wrangling and it was 1960 before Irish cyclists took part again. Martin Earley and the Kimmage (Paul and Kevin) and McQuaid brothers (Pat and Oliver) are among Irish Olympians, as are Stephen Roche and son Nicolas. Ireland's best ever road result is 13th in the road race, achieved by Ciaran Power in Athens (2004), and again by Dan Martin in Rio (2016). US-born Deirdre Murphy, in Sydney 2000, is the only Irish woman so far to contest a road event (RR).



## FORMAT

Paris marks the first time that there will be equal numbers competing in Olympic men's and women's road cycling, and the first time also that they all race over the same time trial course.

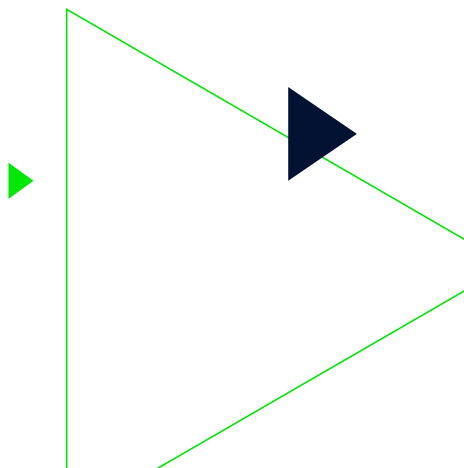
Each road race field consists of 90 riders.

Each time trial will have 35 riders.

## VENUE

The men's road race is 273km long (2800m in climbing), while the women's is 158km (1700m in climbing). Both begin and end at the Trocadero, take the riders out into the challenging terrain of the Chevreuse Valley, before returning to some laps of Montmartre, including a cobbled climb.

The time trial course is a flat 32.4km which starts at Esplanade des Invalides and finishes on the Pont Alexandre III bridge.



- July 27 Men's and Women's Time Trial
- August 3 Men's Road Race
- August 4 Women's Road Race

## MEGAN ARMITAGE (2024)

**Age:** 27 (12/08/1996)

**Event:** Road Race

**Hometown:** Shinrone, Co. Offaly

**Club:** EF Education-Cannondale



Megan went from fun runner to a marathoner while studying law and French in UCD, and then made an even quicker leap from social cyclist to a pro road racer. She only took it up seriously during lockdown, went to Belgium's kermesse circuit after graduation and was runner-up in only her second year at National Championships (2021).

Last year she became the first Irish female to win a UCI-ranked stage race with her GC victory at the Vuelta Extremaduras Feminas. She also had two concussions in 2023, one of which put her out of the Tour de France. She subsequently signed for her UCI Continental Tour team and finished 24th on GC at the Thuringen Tour in June, but illness ruled her out of her debut at the Giro' earlier this month.

## BEN HEALY (2024)

**Age:** 23 (11/09/2000)

**Event:** Road Race

**Hometown:** Stourbridge, UK/Co. Cork

**Club:** EF Education – EasyPost



Healy, who grew up near Birmingham, qualifies for Ireland through his Cork grandparents and is fast emerging as one of the most exciting young riders in the world. In 2019 he became the youngest ever winner of a stage at the Tour de l'Avenir, and in 2021 won a stage of the 'Baby Giro.' The two-time Irish champion joined World Tour team EF Education three years ago and 2023 was his breakout year. He won the GP

Industria & Artigianato, a stage at Coppi e Bartali and was second to Tadej Pogačar, at the Amstel Gold Race. Then came his sensational 50km breakaway to win a stage of the Giro d'Italia. This year he won the final stage of the Tour of Slovenia before making his Tour de France debut, where he was ninth on stage seven and, two days later, led out the final sprint to finish fifth on stage nine.

**RYAN MULLEN (2024)****Age:** 30 (07/08/1994)**Event:** Road Race**Hometown:** Birkenhead, UK/Co. Meath**Club:** BORA – Hansgrohe

An eight-time Irish champion, Ryan was the youngest ever (19) champion when he won the first of his three national road race titles in 2014. He won two bronze medals at European U23s in 2013 and a silver on the road at World U23s a year later when he was only a fraction of a second from gold. He was third in the Ras Tailteann in 2015 while still a youth rider, and fifth in the TT

at the senior World Road Championships in 2016 before winning a bronze in the TT at the 2017 European Championships. Ryan spent four seasons on the World Tour with Trek-Segafredo before moving to Bora-hansgrohe in 2021 to join up with Irish teammate Sam Bennett and raced in the Giro d'Italia this year. His grandparents are from Duleek in Meath.

# CYCLING TRACK

## ATHLETES (4):

Mia Griffin  
Lara Gillespie  
Kelly Murphy  
Alice Sharpe  
Erin Creighton\*

---

## COMPETITION DATES:

August 6 - 11

---

## VENUE:

Saint-Quentin-en-Yvelines velodrome

---





## ABOUT TRACK CYCLING

Track cycling has appeared at every edition of the modern Olympic Games except for the 1912 Games in Stockholm. Women first competed in Olympic track events in Seoul (1988).

Track bikes have a fixed gear and no brakes so you can only reduce speed slowly, using backward resistance.

Olympic track takes place on an indoor, bowl-shaped arena called a velodrome that is 250m round with steeply banked sides, and is usually heated to reduce drag. In some events track cyclists can reach over 70kph.

There are five Olympic disciplines; Sprint (individual and team), Team Pursuit, Keirin, Omnium, and Madison.

Keirin was introduced in Sydney 2000, and men's Madison in 2008, but the latter was then dropped, for gender equity reasons. Madison (for men and women) was reintroduced in Tokyo (2020).

## VENUE

The venue in Paris is Saint-Quentin-en-Yvelines velodrome, built in 2014, and situated 36km from the athlete's village.

## FORMAT

### Team Pursuit (10 teams)

Each team of four riders does a 16-lap time-trial to create seedings for head-to-heads. Only the top eight go through to the next stage and, following that, only the two fastest teams compete for gold and silver with the next two fastest competing for bronze.

During head-to-heads, each team starts on opposite sides of the track and the team that crosses the finish line first (as determined by the third rider's front wheel) is the winner.

### Omnium (22 riders)

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) for men, and 7.5km (30 lap) for women respectively, with the 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** – Same distances but last rider to cross the finish line every second lap is eliminated until one is left.

**Points race** - 25km (100 laps) and 20km (80 laps) for men and women respectively. Points are scored in intermediate sprints, held every 10 laps. Final sprint has double points and you also get 20 points if you lap the field. The points from the three previous events are then added to decide final placings.

### Madison (15 pairs)

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 recovers by circling slowly at the top of the track until the changeover, when they can be boosted by a 'hand-sling' from their partner.



#### Irish Riders

- August 6 Team Pursuit Qualifying (W)
- August 7 Team Pursuit knock-out/medal races (W)
- August 8 Madison (W)
- August 11 Omnium (W)

## IRISH OLYMPIC HISTORY

Ireland has only had 11 Olympic track cyclists to date. The legendary Bertie Donnelly took part in the 1000m and sprint in 1928. Martin McKay and Mick Hogan were the next in 1960. The most successful male track rider to date is David O'Loughlin (11th in Pursuit in 2008). Ireland's first female track Olympian was Australian-born Shannon McCurley in Keirin in 2016, and Emily Kay's 13th in Omnium in Tokyo is the best female result so far. Paris marks the first time Ireland has qualified in Team Pursuit, and that result also earned Ireland a spot in women's Omnium and Madison.



### MIA GRIFFIN (2024)

**Age:** 25 (30/12/1998)

**Event:** Team Pursuit

**Hometown:** Glenmore, Co. Kilkenny

**Club:** DAS-Hutchinson-Brother UK



Originally a Kilkenny minor camogie player, Mia didn't take up cycling until her late teens yet won a bronze medal in Individual Pursuit at the European U23s (2020). She has been integral to Ireland's Team Pursuit line-up winning silver at the Nations Cup in Hong Kong this year, and securing their historic Olympic spot as a result. She was also part of Irish team who won Pursuit bronze at the 2021 European Championships, and raced for a bronze medal at this year's Europeans where they were beaten by world record holders Germany.

Mia raced on the World Tour with Israel Premier Tech Roland in 2023, and is now with UK Continental Tour side DAS-Hutchinson. She is the only Irish woman to take part in, and finish Paris-Roubaix, unfortunately suffering a bad concussion on it last year which kept her off the bike for five months. On her return she also qualified Ireland's nation spot in the Olympic Road Race with a third place on the Tour of Guangzi in China; the best result ever by an Irish rider in a women's World Tour race.

## LARA GILLESPIE (2024)

**Age:** 23 (21/04/2001)

**Event:** Team Pursuit, Madison & Omnium

**Hometown:** Enniskerry, Co. Wicklow

**Club:** UAE Team ADQ



Lara started out with Orwell Wheelers and was a winner of multiple continental junior track medals, including European Junior Points champion in 2018, and a Youth Olympics Time Trial silver (2017). She was also the first Irish woman to win a medal (Pursuit bronze) at World Juniors (2019). In 2023 she won two European U23 track titles (Omnium and Points), and, in her first season in the UCI Track Champions League, won the Elimination race in the final round finishing fourth overall. She was just pipped for bronze in the Omnium at this year's

senior Europeans, and won an Omnium bronze at the Ghent International at the start of July. Lara was part of Ireland's Team Pursuit quartet who won silver, and set their latest Irish record (4:15.697), in Hong Kong in March 2023, to qualify for Paris. She has a degree in Health and Performance Science from UCD where she was an Ad Astra scholarship recipient. She is now riding for UAE Team ADQ, where her results for their development squad this summer saw her promoted to their World Tour team in June.

## KELLY MURPHY (2024)

**Age:** 34 (03/11/1989)

**Event:** Team Pursuit

**Hometown:** Birmingham/Co. Roscommon

**Club:** Doltcini O'Shea (UK)



Kelly is a self-confessed late developer who only took up cycling at 28 as a means of transport and joined the Irish team when she got the call two weeks after completing a PhD in cognitive neuroscience. Born in London in a tight Irish community, both her parents are Irish (Roscommon and Dublin). She is a three-time Irish Time Trial champion on the road and was part of the Team Pursuit who won bronze in the 2021

Europeans, and has now made history with their Olympic qualification. She was sixth in the individual 3km Pursuit at Worlds in 2021, and seventh at the 2022 Worlds when she lowered her own Irish record to 3:25:424. Like her teammates Kelly does her track training in Mallorca and races on road at UCI Continental level for her English club where she is a team leader.

**ALICE SHARPE (2024)****Age:** 30 (03/05/1994)**Event:** Team Pursuit & Madison**Hometown:** Cambridge/Co. Antrim**Club:** DAS-Hutchinson-Brother UK

Alice was born in Munich and grew up in Cambridge, but qualifies for Ireland through her father Steve, who lives in Belfast. She competed in triathlon until she switched to cycling while at Manchester Metropolitan University. She joined Cycling Ireland's elite ranks in 2018 and has been part of the Team Pursuit squad that has knocked almost six seconds off the Irish record since 2021, won European bronze that year, and won

silver at the Nations Cup in Hong Kong in March; the result which secured Olympic qualification. She is also a two-time Irish Road Race champion (2019, 2022), and races professionally for a UK team where Mia Griffin is a teammate. Alice and Lara Gillespie just missed the podium in the Madison at the Ghent International at the end of last month.

**ERIN CREIGHTON (2024)****RESERVE****Age:** 20 (06/03/2024)**Hometown:** Belfast, Co. Antrim**Club:** McConvey Cycles Belfast

Erin is still a relative newcomer to track; only making her international debut in the World Junior Track Championships in 2021. She stepped into the Team Pursuit squad this year in the wake of Emily Kay's retirement, and took the year out of university to train full-time. She rode in Nations Cup and

in the qualifying round of the European Championships where she also competed in individual pursuit and competed in the European U23s in July. As a natural sprinter the high-octane elimination race is Erin's favourite track discipline.

# DIVING

**ATHLETES (2):**

Ciara McGing  
Jake Passmore

---

**COMPETITION DATES:**

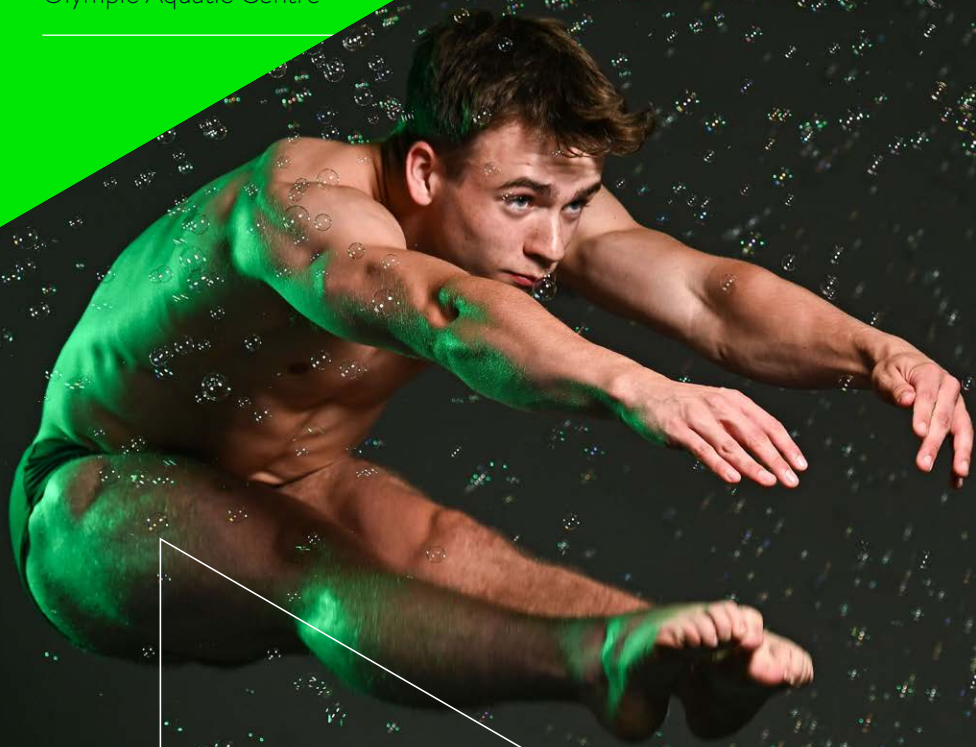
July 27 - August 10

---

**VENUE:**

Olympic Aquatic Centre

---



## ABOUT DIVING

Diving involves doing acrobatic manoeuvres in the air before entering the water as gracefully as possible. Olympic diving has two disciplines - 3m springboard, and 10m platform – done individually or in pairs (synchronised). Divers can adjust the level of bounce in a springboard by rotating the wheel on the side of the board 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 are 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, known as a ‘rip entry’.

Individual competitions are judged by seven judges but the top two highest and lowest scores are discarded, leaving the middle three scores (out of 10), which are added together and multiplied by the degree of difficulty to give the total for each dive.

## FORMAT

Individual competitions feature three rounds. The top 18 in the preliminaries qualify for the semi-final where the top 12 then progress to the final. Competitors get six dives in each round whose scores are combined to decide rankings. Scores do not carry over to the next round.

## VENUE

The Diving will be contested at the Olympic Aquatics Centre; the only permanent sports facility to be built for the Paris 2024 Games. After the Games it will remain open and serve the community of the Seine-Saint-Denis region.

## IRISH OLYMPIC HISTORY

Dublin’s Eddie Heron was Ireland’s first Olympic diver in 1948, but only got to take part in the preliminaries because the aquatic team then withdrew on political grounds. It was another 68 years before Oliver Dingley followed him and he made history in Rio 2016 by qualifying to the springboard final where he finished eighth. Dingley also competed in Tokyo (25th) where Tanya Watson, still only 19, was Ireland’s first female Olympian in diving. She competed in 10m platform and finished 15th; just 23.25 points short of making the final.



July 27	Women’s 3m Synchronized Pairs
July 29	Men’s 10m Synchronized Pairs
July 31	Women’s 10m Synchronized Pairs
August 2	Men’s 3m Synchronized Pairs
August 5	<b>Women’s 10m prelims &amp; s/final</b>
August 6	<b>Men’s 3m prelims &amp; Women’s 10m final</b>
August 7	<b>Men’s 3m s/final</b> & Women’s 3m prelims
August 8	Women’s 3m s/final & <b>Men’s 3m final</b>
August 9	Men’s 10m prelims & Women’s 3m final
August 10	Men’s 10m s/final and final

## CIARA MCGING (2024)

**Age:** 23 (03/03/2001)

**Event:** 10m Platform

**Hometown:** London/Donegal-Mayo

**Club:** Shamrock DC

**Coach:** Mark Holdsworth



Ciara grew up in London but her grandparents hail from Rathmullan (Donegal), and Tourmakeady (Mayo). She moved to Dublin at age 16 to train with Swim Ireland's elite diving squad for three years before joining Ohio State University in 2020. At Ohio she has won a Big 10 title, reached NCAA finals, obtained a degree in health sciences, and is currently doing her Masters. She won her first senior Irish title

at 17, and debuted for Ireland at the 2019 Junior European championships in Kazan, Russia. Ciara narrowly missed qualifying for Tokyo 2020; she finished 23rd in the World Diving Cup where the top 18 qualified. Since then she was ninth in the 2020 Europeans, made her World Championships debut for Ireland in 2022 and finished sixth at the 2023 European Games in a PB of 280.20 points.

## JAKE PASSMORE (2024)

**Age:** 19 (12/06/2005)

**Event:** 3m Springboard

**Hometown:** Bradford/Dublin

**Club:** Shamrock DC

**Coach:** Mark Holdsworth



Jake became the first Irish diver to win a global junior medal (1m springboard silver) at the 2022 World Junior Championships in Montreal where he was just 16.10 points off gold, and also won 1m bronze at the 2022 European Juniors. A native of Bradford and based in Leeds, the Yorkshire teenager has competed for Ireland since he was 10 and qualifies through his maternal grandmother from Dublin. He made his Irish senior debut at the 2023 European Games, finishing 10th in the 3m final despite being the

youngest in the field. He was 44th on his World Championship debut in 2023 and still only 18 at this year's Worlds in Doha in February where he finished 17th in the semi-finals, not far off the top 12 who got automatic Olympic qualification. Still in with a chance of making Paris through nation places, Jake skipped this summer's European Championships to continue training and, two days after his 19th birthday, got word of his Olympic qualification.

# EQUESTRIAN

## ATHLETES (7):

Abigail Lyle

Susie Berry

Sarah Ennis

Austin O'Connor

Aoife Clark\*

Daniel Coyle

Cian O'Connor

Shane Sweetnam

Bertram Allen\*

---

## COMPETITION DATES:

July 27 - August 6

---

## VENUE:

Park at the Palace of Versailles

---





## ABOUT EQUESTRIAN

Some equestrian sport featured in the 1900 Olympics. It did not return until 1912 but has been on the programme ever since, in a variety of formats.

Only commissioned military officers and ‘gentlemen’ were initially permitted but that changed in 1952; women were first allowed to compete in dressage that year, in show jumping in 1956, and in eventing in 1964.

The Olympic Games include three forms of equestrian sport:

**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.

**Show jumping** involves jumping the horse over a set route of jumps in an arena, aiming for a faultless ‘clear round’. Penalties are earned for knocking a pole, refusing or missing a fence, and/or finishing outside the allocated time. The pairing with least penalties and the fastest time wins. Competitors are disqualified if they jump the wrong obstacle or the horse refuses to jump a fence more than once, or if the athlete falls off, or both horse and rider fall on the ground.

**Eventing** is like an equestrian triathlon. It begins 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 within a time limit. The

third element is a round of show jumping and horses are tightly vetted after each element to ensure they are fit to continue.

In all competitions athletes who have qualified as a team (of three) are also eligible for individual medals.

## IRISH OLYMPIC HISTORY

Ireland has won just one equestrian medal – showjumper Cian O’Connor’s bronze medal in London 2012 – since an all-Army show jumping team of Dan Corry, Fred Ahern and Jack Lewis became the nation’s first Olympic equestrians in 1948 when they came agonisingly close to a medal; lying fifth with just three fences to go when the third rider was disqualified.

Ireland’s first Olympic eventers came in 1952 (Harry Freeman-Jackson, Ian Hume-Dudgeon and Mark Darley). Tony Cameron has been our best ever eventer; fifth in Tokyo 1964 when he, Tommy Brennan, John Harty, and Harry Freeman-Jackson came heartbreakingly close to a team medal (fourth). Anna Merveldt has performed best in dressage. She made the final (11th) in 1992, competed in London 2012 and is one of the two reserves for Paris 2024. Tokyo 2020 was also a landmark moment as it was the first time Ireland qualified teams in all three disciplines.



- July 27 Eventing (Dressage)
- July 28 Eventing (Cross-Country)
- July 29 Eventing (Show Jumping)
- July 30 Dressage Qualifiers (individual & team)
- July 31 Dressage Qualifiers (individual & team)
- August 1 Show Jumping Team Qualifiers
- August 2 Show Jumping Team Final
- August 3 Dressage Grand Prix Special (team final)
- August 4 Dressage Grand Prix Freestyle (individual final)
- August 5 Show Jumping Individual Qualifiers
- August 6 Show Jumping Individual Final

## FORMAT

**Dressage:** Starts with a ‘Grand Prix’ qualifying test for individuals and teams. The top eight ranked teams qualify for the team final (Grand Prix Special), while the top two individual athletes from each heat, plus the next best six, qualify for the individual final (Grand Prix Freestyle) where original routines are performed to music.

**Show Jumping:** 75 horse and athlete combinations take part in initial qualifying to a top 30 individual final, while 20 teams compete to make the top 10 for the team final. Jump-offs are used whenever there is a tie for a medal.

**Eventing:** The three elements are contested on consecutive days and the horse and rider pairing with least penalties overall wins. In cross country, penalties are collected for a refusal, a ‘run out’ (before a fence), or finishing outside the time limit. Riders can remount after a first fall but are disqualified for a second. The top 25 individuals after the round of show jumping get a second round to determine individual medals.

## VENUE

The Park at the Palace of Versailles is the 2024 Olympic venue; approximately 20km west of Paris.

## DRESSAGE

### ABIGAIL LYLE (2024)

**Age:** 39 (22/04/1985)

**World Ranking (late July):** 97

**Hometown:** Bangor, Co. Down

**Groom:** Mark McVicar

**Horse:** Giraldo (14-year-old gelding)

**Breeders:** Gerrit and Leon Eggink

**Owners:** Abigail Lyle and Caroline Clarry



Abi comes from a completely non-equine background but finally persuaded her parents to buy her a horse after completing her GCSEs. She started college in Queens (English and Film), but left after 18 months and worked as a groom in a racing yard, before moving to England in 2009, to work and train in an equitation school. Former Olympian Carl Hester has coached her to international level and she now trains 10 horses in a yard in Moreton-in-Marsh in the Cotswolds, and made her international

debut in 2014. She got Giraldo, whom she calls ‘Arty’, when he was four, and they made their big breakthrough in 2022, competing in the World Championships in Denmark and later at the London Excel Grand Prix when she scored 72:25% in the Freestyle for a top 10 finish, something she matched in December 2023. This year she won the CD13\* Freestyle at Addington and made the Freestyle finals at two CD14\* events in Le Mans and Hagen.

## EVENTING

**SUSIE BERRY (2024)****Age:** 28 (01/01/1996)**World Ranking:** 66 (early July)**Hometown:** Dromore, Co. Down**Groom:** Crisy Salmon**Horse:** Wellfields Lincoln (11-year-old bay gelding)**Breeder:** Emma Humphreys**Owners:** Sue Wilkinson and Anne Marling

Susie was riding from a young age (her mum is a vet and a breeder) and, from 2012 to 2017, represented Ireland in six European Junior Championships. In 2014 she relocated from Northern Ireland to Maidwell, Northamptonshire to train and work for Piggy March and won Junior European Team gold at Bishops Burton. In 2021 she partnered 'John the Bull' to 3rd place in the CCI4\* in Blenheim. In 2022 she set up her own yard and was part of the team who

finished fifth at the World Championships and secured Olympic qualification, and she also won the CCI4\* in Little Downham on 'Wellfields Lincoln', who she calls 'Slinky'. Susie has competed in Badminton, Burghley, and Luhmulen since stepping up to the five-star level. She was badly injured competing in Blair Castle a year ago – concussion, broken ribs, punctured lungs, and liver laceration – but recovered fully to take third in the CCI4\* in Kronenberg seven months later.

**SARAH ENNIS (2020, 2024)****Age:** 49 (13/03/1975)**World Ranking:** 62 (late June)**Hometown:** Howth, Co. Dublin**Groom:** Emily Singleton**Horse:** Action Lady M (10-year-old bay mare ISH)**Breeder:** Susanne Macken**Owners:** Andrew Cox and Susanne Macken

Sarah has competed on over 60 horses for Ireland since 2002. She started out with the Ward Union Hunt and Howth Pony Club before taking to eventing at age 18. She rose to 15th on the world rankings in 2013, and her individual fifth was vital to Ireland winning silver at the 2018 World Equestrian Games. Her brilliant cross-country leg led Ireland's comeback to finish fourth at last year's

Europeans. Sarah and Action Lady have been third (Ballindenisk) and 10th (Kronenberg and Bicton) in their last three four-star events. She made her Olympic debut in Tokyo where she was 36th individually and helped Ireland to eighth place. A qualified lab technician, and mother of one, she runs Steller Sport Horses in Batterstown, Co. Meath with her husband Nikki Potterton.

**AUSTIN O'CONNOR** (2000, 2008, 2020, 2024)

**Age:** 49 (10/12/1974)

**World Ranking:** 69 (late June)

**Hometown:** Mallow, Co Cork

**Horse:** Colorado Blue (15-year-old grey gelding)

**Breeder:** Kate Jarvey

**Owners:** Salty Syndicate, Gill Watson, Philippa Smith, Jenny Bural



Austin is competing in his fourth Olympic Games in Paris. He and his Olympic partner from Tokyo had a sensational year in 2023 when he was the first Irish rider in 40 years (since Jessica Harrington) to make the podium in Badminton. He then went on to win the prestigious CC15\* in Maryland; the first five-star victory by an Irish rider since 1965. This year he was part of the team that finished fifth at World Championships in Italy to clinch the spot in Paris.

Austin represented Ireland at the 2000 (17th), 2008 (21st), and 2020 Olympic Games (13th). He was only 13 when he completed the two-star in Punchestown, and went to England when he was 19. He set up his own yard two years later and is currently based in the Attington Stud in Oxfordshire. He was the reserve for the Tokyo Olympics and replaced Cathal Daniels who had to withdraw his horse on veterinary reasons, yet he and Colorado Blue were 13th; his best Olympic result so far.

**AOIFE CLARK** (2012, 2024)

ALTERNATE

**Age:** 42 (06/08/1981)

**World Ranking:** 105 (late June)

**Hometown:** Kildare

**Groom:** Natalie Wallace

**Horse:** Sportsfield Freelance (11-year-old bay mare)

**Breeder:** Sharon Hallahan

**Owners:** The Freelance Syndicate



A graduate of UCD with a first-class degree in Maths and Classics Aoife performed brilliantly at her last Olympic Games in London 2012. Her seventh place, on Master Crusoe, was Ireland's best individual finish in 36 years, and helped the team to a fifth-place finish. She rose to 11th in the world

rankings in 2013 after wins in Blenheim and Bramham. Aoife took a career break in 2018 to have her son Patrick, and returned to top level competition just eight months later. This year she and Sportsfield Freelance won a CC13\* in Kronenberg, and were fourth at CC14\* in Saumur.

## SHOWJUMPING

### DANIEL COYLE (2024)

**Age:** 30 (02/12/1994)

**World Ranking:** 12

**Hometown:** Ardmore, Co. Derry

**Groom:** Francesca Garavelli

**Horse:** Legacy (14 year-old mare)

**Breeder:** Romain Rotty

**Owner:** Ariel Grange



Daniel found himself at a crossroads in 2016, but a move to Canada, and becoming first rider for owners Susan and Aerial Grange, in Ontario, helped elevate his world ranking from 55th to 11th in the past two years. He was part of the Irish team who were fifth at Europeans in 2021 (9th individual), fourth at the World Championships in 2022 (which secured their spot in Paris), and

has finished top of the Longines League of Nations standings this year (contested by the world's top 10 teams), ahead of the final in Barcelona in October. In 2022 he was the first Irish rider to win the five-star Grand Prix of Rotterdam in 58 years, and he has won a hat-trick of five-star World Cups on his new horse 'Incredible' this season.

### CIAN O'CONNOR (2004, 2012, 2020, 2024)

**Age:** 44 (12/11/1979)

**World Ranking:** 50

**Hometown:** Karlswood, Co. Meath

**Groom:** Johanna Berg

**Horse:** Maurice (12 -year-old gelding)

**Breeder:** Johan Juwet

**Owners:** Kiera Stoute, Sarah Stoute and Cian O'Connor



Ireland's only equestrian medallist to date - bronze on 'Blue Loyd' in 2012 - is competing in his fourth Games, 24 years after winning team silver at Junior Europeans. Cian won an individual bronze and team gold at senior Europeans in 2017. His clear round anchored Ireland in the 2019 Nations Cup final in Barcelona, which secured their place in Tokyo. He was seventh on 'Kilkenny' with a clear round and only a time fault cost them

a place in the individual medal jump-off. This year Cian and Maurice took second place at the five-star Grand Prix in Wellington, as well as helping the Irish team win the Ocala leg of the Longines League of Nations in Florida, and the last pre-Olympic five-star Nations Cup in Aachen on July 4. He runs 'Karlswood', his high performance equitation centre in Batterstown, Co Meath.

## SHANE SWEETNAM (2020, 2024)

**Age:** 43 (19/01/1981)

**World Ranking:** 9

**Hometown:** Dunmanway, Co. Cork

**Grooms:** Maria Israelsson & Seamus McKeever

**Horse:** James Kann Cruz (11-year-old gelding)

**Breeder:** Patrick Connolly

**Owners:** Gizmo Partners LLC



After qualifying in IT from the University of Limerick in 2004, Shane headed to work with US Olympic veteran Margie Engle and has been in Florida since. His eighth place helped Ireland to team gold at the 2017 Europeans and he won the five-star Grand Prix at Wellington in 2021. He was a key member of Ireland's team silver at Europeans last year (13th individual), and the team that won the Aga Khan in Dublin in

2022 and were runners-up in 2023. He and James Kann Cruz won the four-star Grand Prix in Lexington last Winter and provided two clear rounds when Ireland had a faultless victory at the last pre-Olympic five-star Nations Cup in Aachen on July 4. A reserve in 2012 and 2020, he made his Olympic debut in Tokyo but he and 'Alejandro' had a fall and were automatically eliminated.

## BERTRAM ALLEN (2020, 2024)

ALTERNATE

**Age:** 28 (01/08/1995)

**World Ranking:** 61

**Hometown:** Enniscorthy, Co. Wexford

**Groom:** Lovisa Munter

**Horse:** Pacino Amiro (14-year-old gelding)

**Breeder:** Simon Scott

**Owners:** Ballywalter Stables



Bertram's Olympic debut came in Tokyo where he and Pacino Amiro (known as 'Buddy') made the final and finished 15th (8 faults and a time of 84:64). He was the youngest ever winner of a Global Champions Grand Prix in 2015 and took bronze at the World Cup final that year when he rose to fifth in world rankings. In 2023 he missed bronze by fractions of second in

the jump-off at the Global Champions Tour Super GP in Prague (for the world's top 16 riders). Part of Ireland's historic team gold at the 2017 Europeans and this partnership jumped a double clear in Ireland's flawless victory at the five-star Nations Cup in Aachen on July 4. Bertram has been based in Hunxe, Germany since 2011 where he runs Ballywalter Stables.

# GOLF

**ATHLETES (4):**

Shane Lowry  
Leona Maguire  
Rory McIlroy  
Stephanie Meadow

---

**COMPETITION DATES:**

August 1 - August 10

---

**VENUE:**

Le Golf National Club,  
Saint-Quentin-en-Yvelines

---



## ABOUT GOLF

Golf is a stick (club) and ball game played on 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 each shot.

Olympic qualification is decided by world rankings and includes 60 men and 60 women. The top 15 ranked automatically qualify, up to a maximum of four competitors per country. After the top 15 the top two eligible players per country are included, so long as that country does not already have at least two players in the top 15.

Golf is unusual in being self-judged, though tournament directors can be called in to adjudicate on queries or disputes.

## FORMAT

A straight stroke play competition (men's and women's singles) of 4x18 holes over four consecutive days, with no half-way 'cut' (elimination); as is usually the case. The gold medallist is the one who covers the 72 holes in the least number of shots. In case of a tie for any podium place, a three-hole playoff will determine the medal winners.

## VENUE

The venue is Le Golf National club in Saint-Quentin-en-Yvelines; 41km from the Olympic Village.

## IRISH OLYMPIC HISTORY

Golf (men and women's singles) was part of the inaugural modern Olympic programme in 1900. Men's only (singles and team) were in the 1904 Games but the sport did not feature again until the 2016 Games in Rio. Leona Maguire and Stephanie Meadow represented Ireland at those Games with Shane Lowry and Rory McIlroy joining them in Tokyo to make their Olympic debuts. Rory just missed out on bronze in a play-off at those Games, with Stephanie placing seventh.



- August 1 Men's Round 1
- August 2 Men's Round 2
- August 3 Men's Round 3
- August 4 Men's Round 4
- August 7 Women's Round 1
- August 8 Women's Round 2
- August 9 Women's Round 3
- August 10 Women's Round 4



## SHANE LOWRY (2020 & 2024)

**Age:** 37 (02/04/1987)

**Olympic Ranking:** 55

**World Ranking (late July):** 33

**Hometown:** Clara, Co. Offaly

**Caddie:** Darren Reynolds



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 is his Major win at the 2019 British Open at Royal Portrush. He has had eight top ten finishes in Majors so far, including tied third at the 2022 Masters, and tied fourth in the PGA in 2021, with two Ryder Cup appearances also.

He was sixth in the PGA at Valhalla this year where he became only the fourth golfer in history to shoot a 62 in a Major, and the first European ever to do so. This season he also had five top ten finishes on the PGA tour, including victory in the Zurich Classic in April with his Irish teammate Rory McIlroy. Now based in Florida and a sponsor of his beloved Offaly GAA since 2021, Shane made his Olympic debut in Tokyo where he finished tied 22nd with a score of 274 (70-65-68-71).

## LEONA MAGUIRE (2016, 2022, 2024)

**Age:** 29 (30/11/1994)

**Olympic Ranking:** 21

**World Ranking (late July):** 32

**Hometown:** Ballyconnell, Co. Cavan

**Caddie:** Vern Tess



While on scholarship at Duke University in America Leona, who is now based in Orlando, spent 135 weeks at number one in the world amateur rankings. Two professional wins and seventh place on the Symetra Tour in 2019 earned her first card on the LPGA Tour in 2020. In her first full season she had four top tens, and in 2022 was the first Irish woman to win on the LGPA Tour (the Drive On Championship). She was also runner-up to Lydia Ko in the end-of-season CME Tour Championship, eighth at

the US Open, and fourth at the Women's Open in Scotland rising to #11 in the world that year. A second LPGA title (Meijer Classic) moved her to world #10 in 2023 when she lit up the Solheim Cup. Earlier this month Leona eagled the final hole at the Centurion Club to win the Aramco Team Series and in doing so became the first Irish player to win on the Ladies' European Tour. This is her third Olympic Games; she finished tied 21st in Rio 2016, and tied 23rd in Tokyo with a score of 279 (71-67-70-71).

## RORY MCILROY (2020 & 2024)

**Age:** 35 (08/05/1989)

**Olympic Ranking:** 2

**World Ranking (late July):** 2

**Hometown:** Holywood, Co. Down

**Caddie:** Harry Diamond



Rory has spent over 100 weeks at world number one since turning pro in 2007, is a four-time Major winner (the 2011 US Open), the PGA Championship (2012 & 2014) and the British Open (2014), and was runner-up in the 2022 Masters. So far this year he has notched up three tournament victories at the Dubai Desert Classic, Wells Fargo Championship and Zurich Classic along with five other top 5 finishes. He was second in

the Masters this year. He has racked up 26 wins on the PGA, a record three FedEx titles, 17 victories on the European Tour, and five wins from seven Ryder Cup appearances. Rory scored a total of 269 (69-66-67-67) on his Olympic debut in Tokyo, and finished tied fourth after an unforgettable seven-man playoff for the bronze medal. Eliminated after the second hole, he famously said: "I never tried so hard in my life to finish third".

## STEPHANIE MEADOW (2016, 2020, 2024)

**Age:** 32 (20/01/1992)

**Olympic Ranking:** 37

**World Ranking (start of July):** 132

**Hometown:** Jordanstown, Co. Antrim

**Caddie:** Ben Lown



Stephanie's family moved to South Carolina when she was thirteen to further her golf talent, and 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, winning her LPGA tour card in 2015, but also sadly lost her father Robert that year and went on to struggle with a back injury in 2017. In 2018 she won her first event on the Symetra Tour finishing sixth overall earning back her LPGA Tour Card. Before Tokyo 2020 she was tied

19th at the ANA Inspiration (the season's first Major). In 2022 she made 18 cuts from 25 events and in 2023 had a real shot at a Major when she finished third at the KPMG PGA Championships; one of her nine top ten finishes on the LPGA tour so far. This is Stephanie's third Olympic Games. She was tied 31st in Rio 2016 but tied 7th in Tokyo with a brilliant score of 272 (72-66-68-66), just three shots off a bronze medal and five off gold.

**From  
green  
to  
gold**

Wishing  
Team Ireland  
the very best  
of luck in  
Paris!



**Deloitte.**



Team Ireland

Official Partner

# HOCKEY

## ATHLETES (16):

Peter Brown

Lee Cole

Timothy Cross

Jeremy Duncan

David Harte

Ben Johnson

Kyle Marshall

Johnny McKee

Peter McKibbin

Seán Murray

Matthew Nelson

Shane O'Donoghue

Nick Page

Michael Robson

Ben Walker

Daragh Walsh

Jamie Carr\*

Ali Empey\*

Johnny Lynch\*

---

## COMPETITION DATES:

July 27 - August 8

---

## VENUE:

Stade Yves-du-Manoir

---



## ABOUT HOCKEY

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.

The ball can be flicked into the air (an 'aerial'), once it meets strict safety rules. Goals are only scored when the ball is struck by an attacker inside the semi-circle, and games are 60 minutes long; split into 4x15min quarters.

Players can only strike the ball with the flat side of the stick. If ball hits any part of the body other than the 'stick hand' a free is given. Goalkeepers can use any part of their body to make a save, and defenders can don protective facemasks to defend penalty corners.

There are 'rolling' subs and 'rolling' frees (free-takers can hit it to themselves), and penalty strokes are awarded when a likely goal is illegally prevented.

Hockey has three disciplinary cards which yield time suspensions: Green = 2 minutes, yellow = 5 minutes, red = rest of game.

It is not compulsory in hockey to use a goalkeeper and they are often replaced by an outfield player in the late stages if a team is desperately chasing a score.

## FORMAT

Competition starts with 12 teams split into two seeded round-robin groups of six. Top four in each go to the quarter-finals, and the bronze medal is decided by a playoff between the beaten semi-finalists.

Drawn games in knock-out stages are decided by penalty shoot-outs where five players from each side get a one-on-one chance against the goalkeeper, starting on the 23m line, with just eight seconds to score. If still drawn after the first five this continues in 'sudden death' format.

## VENUE

Stade Yves-du-Manoir; the original site of the 1924 Olympic Stadium and soccer's 1938 World Cup final. It is also known locally as Stade de Colombes, and has a capacity of 15,000.

## IRISH OLYMPIC HISTORY

Ireland's men's participation in Rio 2016 made them the first Irish 'team' to qualify for a Games since men's basketball in 1945. They beat Canada and lost to India, Netherlands, Germany and Argentina to finish 10th overall.

Women's hockey was not an Olympic event until 1980 and Ireland's women made their long-awaited debut in Tokyo 2020. They beat South Africa and lost to Netherlands, Germany, GB and India to finish 10th.



<b>July 27</b>	Ireland v Belgium (10:30am)	
<b>July 29</b>	Ireland v Australia (10am)	
<b>July 30</b>	Ireland v India (1:15pm)	
<b>August 1</b>	Ireland v Argentina (1:15pm)	
<b>August 2</b>	Ireland v New Zealand (5pm)	
<b>August 4</b>	Men's Quarter-finals (10am/12:30/5:30/8pm)	
<b>August 6</b>	Men's Semi-finals (2 & 7pm)	
<b>August 8</b>	Men's Final (7pm) and bronze medal play-off (2pm)	(Local times)

**PETER BROWN (2024)**

**Age:** 30 (07/07/1994)

**Position:** Midfielder

**Caps:** 43

**Hometown:** Banbridge, Co. Down

**Club:** Banbridge HC



Peter has won nine major domestic titles with his club (three each of Irish EY League, Senior Cup and Champions Trophy), including a double of league and Champions trophy this season. He has played four times with his club in the EHL; hockey's equivalent of the Champions League. Ireland hosting a group

stage in the EHL when Banbridge beat the French champions, and drew with the Belgian equivalent to reach the last 16 remains one of his proudest moments in the game. He went to Queens and now combines hockey with working as a project manager.

**LEE COLE (2024)**

**Age:** 29 (21/02/1995)

**Position:** Defender

**Caps:** 124

**Hometown:** Shankill, Co. Dublin

**Club:** Monkstown HC



A key defender but also one of the team's best drag-flickers at penalty corners, Lee is also a first-choice to take penalty strokes. He played professionally in Belgium, with Royal Oree, from 2017-2010, and was part of the Irish team who lost out so controversially to Canada in a playoff for the last spot at

the Tokyo Olympics. Lee scored the penalty stroke that ensured Ireland beat world number two Belgium in May, yielding the team's first victory in the EY Pro League. He works as an account executive for Personio, and coaches Monkstown's Strikers, the club's intellectual disability team.

**TIMOTHY CROSS (2024)**

**Age:** 33 (26/01/1991)

**Position:** Defender

**Caps:** 61

**Hometown:** Eaglemont, Melbourne/Co. Antrim

**Club:** Hampstead & Westminster HC (England)



Started hockey with Greensborough HC in Melbourne and won eight caps for Australia before transferring to play for Ireland, which necessitated a three-year international absence. He played with Tilburg in Netherland's ultra-competitive Hoofdklasse League, made his Irish debut in 2019 and

was part of the Irish squad just pipped for a spot in Tokyo. Timothy then moved to Belfast to train with Ireland playing for Annadale (2019-2021), before moving to London in 2023 where he works as a PE and Nutrition teacher.

**JEREMY DUNCAN (2024)**

**Age:** 29 (02/08/1994)

**Position:** Forward

**Caps:** 117

**Hometown:** Kilkenny

**Club:** Monkstown HC



Played in a Senior Cup final for Railway Union while still in school in Kilkenny College. He has played professionally in Belgium where he reached the last four in Europe's EHL (2018) during two seasons with Herakles HC, and played for Royal Oreé until Covid interrupted. Part of the team that beat New

Zealand in 2017 to qualify for the 2018 World Cup where he got injured and also on the team who narrowly missed qualifying for Tokyo. An Ad Astra scholarship recipient at UCD, he now works as a physiotherapist and clinic manager at DBC Sports Medicine Clinic, and will turn 30 while in Paris.

**DAVID HARTE** (2016, 2024)

**Age:** 36 (03/04/1988)

**Position:** Goalkeeper

**Caps:** 242

**Hometown:** Ballinspittle, Co. Cork

**Club:** SV Kampong (Netherlands)



Won Irish senior Cups with Cork Harlequins and Pembroke and captained Ireland at their historic Olympic appearance in Rio 2016 as well as the 2018 World Cup. Harte was FIH's world 'Goalkeeper of the Year' in 2015 and 2016. He has already signed for a 13th season with SV Kampong with whom he has won two European club titles (EHL), and was runner-

up in Europe this year after Kampong won their first Dutch title in six seasons. Missed the deciding leg of the Olympic qualifying playoff against Canada in 2019 due to injury. A member of the OFI's Athlete's Commission and represented Ireland on the European equivalent for six years.

**BEN JOHNSON** (2024)

**Age:** 23 (01/08/2000)

**Position:** Forward

**Caps:** 38

**Hometown:** Waterford

**Club:** Three Rock Rovers HC



Super skilful player who led Newtown to shock Banbridge Academy by winning their first All-Ireland schools' title in 2018, but injury slowed his progress and has had two knee operations in the last three years. Didn't make the squad for Ireland's Olympic qualifying tournament in Valencia in January

but, after getting a late call-up as an injury replacement turned out to be our top-scorer. Notably one of his three goals came in the thriller against Korea which clinched the spot in Paris. A graduate of Sustainable Energy Engineering from TU Dublin he will turn 24 during the Olympic Games.



**KYLE MARSHALL (2024)**

**Age:** 26 (10/07/1998)

**Position:** Defender

**Caps:** 52

**Hometown:** Markethill, Co. Armagh

**Club:** Old Georgians HC



A product of Banbridge HC and one of Ireland's key defenders. He briefly played for England at junior level while he was at college in Nottingham, but transferred back and made his Irish senior debut in 2021. Played for Beeston HC in England for four years before transferring to Old Georgians with

whom he won a bronze medal in the EHL (top European club league) this year. Kyle broke his thumb in the final Olympic qualifying match in January which side-lined him for three months. He has a degree in financial mathematics and works as a data analyst.

**JOHNNY MCKEE (2024)**

**Age:** 27 (22/12/1996)

**Position:** Forward

**Caps:** 102

**Hometown:** Newry, Co. Down

**Club:** Banbridge HC



The striking ace for Banbridge was a key player when they eliminated Belgium's Royal Leopold to make the last 16 of the EHL (Europe's top club competition) in 2016. Has played with Crefelder in Germany's Bundesliga and has won three Irish Leagues and three Senior Cups, including the latter

this season. A regular for Ireland since his senior debut in 2015, he has scored 43 goals to date. His younger sister Katie was also vying for a place in Paris with the Irish women at the same Olympic qualification tournament in January.

## PETER MCKIBBIN (2024)

**Age:** 27 (19/03/1997)

**Position:** Defender

**Caps:** 48

**Hometown:** Comber, Belfast

**Club:** Lisnagarvey HC



Peter has won two national leagues, two national cups, and a Champions trophy with his club, where he has been a key man in their two European club titles in the last two seasons, including this year's third tier EuroHockey Club Trophy I. He made his Irish senior debut against Scotland in 2019,

and was part of the Irish team who won EuroHockey Division II bronze in 2021, and gold in 2023. He has a degree in Sport and Exercise Science from Ulster University and works in procurement for the N.I. Civil Service.

## SEÁN MURRAY (2024)

CAPTAIN

**Age:** 27 (05/05/1997)

**Position:** Midfielder

**Caps:** 140

**Hometown:** Lisburn, Co. Antrim

**Club:** Gantoise HC (Belgium)



One of the nine remaining players from the team that so narrowly missed out on a spot at the Tokyo Olympics, Seán is now team captain and truly a world-class centre-midfielder, playing full-time in one of the world's best leagues. He spent two years in the Dutch top-flight with Rotterdam, and the last four in Belgium; the first two of these

at Leuven, and currently with Gantoise; who have won the last two Belgian league titles. Played in two EuroHockey Championships, the 2018 World Cup, and led Ireland into this year's historic first FIH ProLeague involvement and their two victories over Belgium.

**MATTHEW NELSON (2024)**

**Age:** 26 (14/04/1998)

**Position:** Forward

**Caps:** 87

**Hometown:** Lisburn, Co. Antrim

**Club:** Lisnagarvey HC



Another key man for Lisnagarvey in winning two European club titles in the last two seasons, including this year's third tier EuroHockey Club Trophy I. A key attacker who scored the first goal when Ireland beat Belgium (2-1) for the first time in history in the FIH Pro League in May, he also

scored two goals at the Olympic qualifying tournament in January; including one in the playoff against Korea. Matt previously played professionally for Crefelder in the German Bundesliga for two seasons (2019-21), and now works as a PE teacher at Grosvenor Grammar School.

**SHANE O'DONOGHUE (2016, 2024)**

**Age:** 34 (24/11/1992)

**Position:** Defender

**Caps:** 234

**Hometown:** Knocklyon, Co. Dublin

**Club:** Glennane HC



Ireland's record goal scorer (119) since his debut in 2011, Shane played a key role in winning European bronze in 2015, and qualifying for the 2016 Olympics. One of only two on the current side who played in Rio (scoring three goals to help Ireland finish 10th), and one of the nine whose hopes of making Tokyo 2020 were controversially dashed in a playoff in Vancouver.

Shane won two Belgian titles with KHC Dragons and was nominated for FIH's 2015 Young Player of the Year. He is back with Glennane since 2020 and and player-coach for the past two years. Shane has a sports science degree and a Masters in performance psychology and combines training with working fulltime for RSA Insurance and 123.ie.

## NICK PAGE (2024)

**Age:** 27 (28/05/1997)

**Position:** Defender

**Caps:** 53

**Hometown:** London/Dublin

**Club:** Oxted HC (England)



Nick played for England at U21 level but qualifies for Ireland through his grandparents, earning a call up in 2021 after a strong season with Old Georgians when they won their first English title. He won two English Leagues and Cups with them and now plays for Oxted in Surrey who are also in the Premier League.

In the past three years he has won Nations Cup silver in 2022, EuroHockey II gold in 2023, and qualified for his first Olympic Games. He has a sports science and management degree from Loughborough University.

## MICHAEL ROBSON (2016, 2024)

**Age:** 29 (18/04/1995)

**Position:** Midfielder

**Caps:** 162

**Hometown:** Hollywood, Co. Down

**Club:** Annadale HC



Michael made his debut against England ten years ago and since then has won a European bronze medal (2015), played in the 2018 World Cup, and helped Ireland qualify for the 2016 Olympics while he was studying a BSc in Finance at Queens. He was a travelling reserve in Rio and is one of only three

survivors from that 2016 squad. He took time out of his career as an accountant with EY-Parthenon to spend three years playing professionally in Germany with Crefelder (2017-2020), where younger brother Callum also played.

**BEN WALKER (2024)**

**Age:** 25 (13/07/1999)

**Position:** Forward

**Caps:** 92

**Hometown:** Glenageary, Co. Dublin

**Club:** Braxgata HC (Belgium)



Ben was an underage star with Three Rock Rovers and won two Irish senior cups and three Champions Trophies with them while studying for his commerce degree in UCD. He spent a season with Leuven in Belgium, where he also got a Masters in Business, and is now playing with Braxgata over there.

A regular goal scorer since 2019 he was part of the Irish squad who went to Valencia for the final Olympic qualifier but a hamstring injury suffered in training forced him to sit out the tournament.

**DARAGH WALSH (2024)**

**Age:** 26 (27/08/1997)

**Position:** Defender

**Caps:** 104

**Hometown:** Dublin

**Club:** Braxgata HC (Belgium)



Another Three Rock Rovers star who won three Irish Senior Cups (2014-2019) and three Champions Trophies before pursuing a professional career abroad; initially with Leuven in Belgium, and now with Braxgata.

He made his Irish senior debut versus Pakistan in 2017, was part of the team who played in the 2018 World Cup and so narrowly missed qualification for the Tokyo Olympics. A Trinity graduate, he holds a Masters in Business Economics and is currently a full-time player.

**JAMIE CARR (2024)**

RESERVE

**Age:** 28 (13/06/1996)

**Position:** Goalkeeper

**Caps:** 74

**Hometown:** Dublin

**Club:** Gantoise (Belgium)



Jamie started out with Three Rock Rovers before moving to the Belgian league, initially to Leuven (2019-2023), and then on to Gantoise; the current Belgian champions. He has a Law degree from UCD and a Masters in International Politics from KU Leuven.

**ALI EMPEY (2024)**

RESERVE

**Age:** 23 (11/12/2000)

**Position:** Forward

**Caps:** 7

**Hometown:** Dublin

**Club:** Three Rock Rovers HC



Ali captained High School to their first Leinster Senior Cup in 2019, and made his debut for Ireland in 2023. He is moving to Dutch club SCHC Stichtsche next season where he'll also study for a Masters in Finance.

**JONNY LYNCH (2024)**

RESERVE

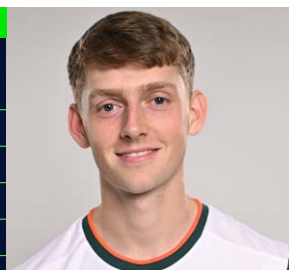
**Age:** 23 (04/05/2001)

**Position:** Midfielder

**Caps:** 41

**Hometown:** Lisburn, Co. Antrim

**Club:** Lisnagarvey HC



One of the Lisnagarvey stars who won two domestic and one European trophy this season, he made his Irish senior debut in 2022 and is a particularly versatile and a dangerous counter-attacking defender.

# Proud to be The Energy Behind Team Ireland

Wishing our brand ambassadors Ciara Mageean, Jordan Conroy and all of Team Ireland the best of luck at the Olympic Games!

Visit [flogas.ie](https://flogas.ie) for more on our Team Ireland Dual Fuel Tariff.



Team Ireland



Energy for everyone

Proud Partner of Team Ireland

# ROWING

## ATHLETES (16):

Paul O'Donovan  
Fintan McCarthy  
Margaret Cremen  
Aoife Casey  
Philip Doyle  
Daire Lynch  
Zoe Hyde  
Alison Bergin  
Ross Corrigan

Nathan Timoney  
Aifric Keogh  
Fiona Murtagh  
Emily Hegarty  
Natalie Long  
Eimear Lambe  
Imogen Magner  
Holly Davis\*

## COMPETITION DATES:

July 27 - August 3

## VENUE:

Vaires-sur-Marne Nautical Stadium





## ABOUT ROWING

Olympic rowing involves propelling a boat using oars, over a straight laned course of 2000m and rowers, uniquely, compete with their backs to the finish line.

In sweep rowing each rower handles a single oar. In sculling each rower uses two oars. The boat (shell or scull) is steered using a small rudder attached to the shoe of one rower by a cable.

Early Olympics featured ‘match races’ between two or three boats, until the modern six boat side-by-side format was adopted in 1936. 2000m did not become the standard distance for men until the 1912 Olympics and women raced over 1,000m until 1988.

This is the last year that lightweight rowing will feature on the Olympic programme.

## FORMAT

Since 1964 Olympic rowing has used a series of qualifying races to produce six boats to each final. Every boat that doesn’t qualify initially gets a second chance through ‘repechages’ which is French for ‘fishing again’.

### Olympic events are:

- Single Sculls (1x)
- Double Sculls (M/W2X)
- Quadruple Sculls (Quads or M/W4X)
- Pair (M/W2-)
- Four (M/W4-) & Eight (M/W8+)
- Lightweight Double sculls (LM/LW2X)

## VENUE

The rowing venue is Vaires-sur-Marne Nautical Stadium, approx. 50km from the athletes’ village. It was built in 2019 to accommodate Olympic rowing and canoeing and has a 24,000 capacity.

## IRISH OLYMPIC HISTORY

A men’s Eight were Ireland’s first Olympians in London in 1948. Carlow sculler Sean Drea, was its next in 1972 and came fourth in Montreal in 1976. A lightweight men’s Four (Derek Holland, Sam Lynch, Neville Maxwell and Tony O’Connor) were also fourth in 1996. Skibbereen brothers Gary and Paul O’Donovan made history in Rio in 2016 by winning Ireland’s first Olympic rowing medal (LM2X silver). It was 1976 before female rowers were admitted and Leitrim’s Frances Cryan was Ireland’s first female Olympian in 1980.

In 2016 Claire Lambe and Sinead Lynch made history as the nation’s first female finalists (sixth). A team of 13, in six boats, went to Tokyo 2020 where Paul O’Donovan and Fintan McCarthy (LMx2) became Ireland’s first Olympic rowing champions and the women’s Four of Emily Hegarty, Aifric Keogh, Eimear Lambe, and Fiona Murtagh became Ireland’s first female team medallists (bronze) in any sport.

Ireland have seven boats (16 athletes) in Paris: Doubles (M/W), Lightweight Doubles (M/W), Pairs (M/W) and a Women’s Four.



<b>July 27</b>	Heats of Single, Double and Quad Sculls
<b>July 28</b>	Heats of Pairs, Fours and LW Doubles + Repechage of Single & Double Sculls
<b>July 29</b>	Single E&F S/finals, heats of Eights + Repechage Pairs, Quads & Lw Doubles
<b>July 30</b>	Single Sculls Q/finals, Double Sculls A&B S/finals + Repechage Fours
<b>July 31</b>	Quads (A/B) finals, Pairs & Lw Doubles S/finals,
<b>August 1</b>	Double Sculls and Fours finals (A&B), S/finals of Singles + Repechage Eights
<b>August 2</b>	Finals of Pairs and LW Double Sculls
<b>August 3</b>	Single finals (A, B & C finals) and Eights finals

**PAUL O'DONOVAN** (2016, 2020, 2024)

**Age:** 30 (19/04/1994)

**Event:** Men's Lightweight Double Scull (LM2x)

**Hometown:** Skibbereen, Co Cork

**Club:** Skibbereen Rowing Club



Reigning Olympic champion Paul first raced for Ireland as a junior 13 years ago, and first medalled (bronze) two years later at World U23s. The first two of his six world titles were won as a lightweight single sculler (2016 and 2017). In 2018 himself and his older brother Gary won World Championship gold in the lightweight double, with Paul going on to win three more also in the double (2019, 2022, 2023) alongside current partner Fintan McCarthy. He won Ireland's first ever

Olympic rowing medal (silver) with brother Gary in Rio 2016, and went on to win gold with Fintan at the delayed Tokyo Games in 2021. Already a qualified physiotherapist, he combined rowing with studying for a medical degree at UCC graduating in 2023 with first class honours. He raced the heavyweight single at this year's European Championships in April (8th overall), and the duo reunited to claim bronze at the second Rowing World Cup in May.

**FINTAN MCCARTHY** (2020, 2024)

**Age:** 27 (23/11/1996)

**Event:** Men's Lightweight Double Scull (LM2x)

**Hometown:** Skibbereen, Co Cork

**Club:** Skibbereen Rowing Club



Fintan only started rowing after the 2012 London Olympic Games, and has a degree in physiology from UCC. He won his first Irish title in 2016, and made his first European final with his brother Jake in 2019. He and Paul qualified the LM2x for the Tokyo Games where they won Ireland's first ever Olympic rowing gold medal. Alongside partner Paul

he has won three World (2019, 2022 & 2023) and two European titles (2021 & 2022), and was also a European bronze medallist, in a lightweight single, in 2020. Fintan sat out this year's Europeans owing to illness but came back to join Paul and win bronze at the Lucerne World Cup in May.

**MARGARET CREMEN (2020, 2024)**

**Age:** 25 (05/01/1999)

**Event:** Women's Lightweight Double Scull (LW2x)

**Hometown:** Rochestown, Co Cork

**Club:** UCC/Lee Rowing Club



Margaret (Mags), who will start her final year of Sports Studies in UCC in September, won European Junior silver with Aoife Casey in 2017 and repeated it at European U23 level in 2021. The pairing made their Olympic debut in Tokyo where they were eighth in the lightweight double.

In 2022 they won bronze at Worlds and their seventh place at the 2023 edition qualified the boat for Paris. This year Mags won a European silver medal in a lightweight single scull, and then reunited with Casey to place fifth in the lightweight double at the World Cup in Lucerne.

**AOIFE CASEY (2020, 2024)**

**Age:** 25 (01/06/1999)

**Event:** Women's Lightweight Double Scull (LW2x)

**Hometown:** Skibbereen, Co Cork

**Club:** Skibbereen Rowing Club



Aoife started rowing with Skibbereen RC in 2009 and has a first-class degree in Medical and Health science from UCC. In 2019 she was fourth in the lightweight double (with Cliodhna Nolan) at the World U23s. She partnered Mags to European U23 silver in

2020 and they made their Olympic debut together at the Tokyo Games. They were bronze medallists at the 2022 Worlds and seventh at last year's edition. So far this season they finished fifth at the second World Cup regatta in May.

**PHILIP DOYLE (2020, 2024)**

**Age:** 31 (17/09/1992)

**Event:** Men's Double Scull (M2x)

**Hometown:** Banbridge, Co Down

**Club:** Belfast Boat Club



Philip took up rowing in 2014 while studying medicine in Queens University and combined it with work as a doctor during the global pandemic. The Banbridge man won World silver with Ronan Byrne in 2019 before their Olympic debut in Tokyo where they placed tenth. Philip claimed bronze at last year's

Worlds alongside Daire Lynch, and they've shown promising form so far this summer. The duo won bronze at the first World Cup in April, missed Lucerne through injury but won the final World Cup in Poland in June; Ireland's first heavyweight gold at this level.

**DAIRE LYNCH (2024)**

**Age:** 26 (19/06/1998)

**Event:** Men's Double Scull (M2x)

**Hometown:** Clonmel, Co Tipperary

**Club:** Clonmel Rowing Club



An Economics graduate from Yale University, Daire's first major international success came when he won a European U23 title with Ronan Byrne in 2020, and followed this up bronze later that year at the senior European Championships. In 2023, paired with current partner Philip Doyle, they were fourth at the

Europeans before their brilliant bronze medal at the Worlds. That performance qualified the boat for Paris and their pre-Olympic form has been very impressive, with two World Cup medals, including gold at the final event in June. This is Daire's Olympic debut.

**ZOE HYDE (2024)**

**Age:** 27 (31/01/1997)

**Event:** Women's Double Scull (W2x)

**Hometown:** Killorglin, Co Kerry

**Club:** Killorglin Rowing Club



Zoe credits the pandemic with bringing her back to elite rowing as she started training again seriously while working from home. The Kerry native won a World Cup silver with Sanita Puspure in Lucerne in 2022, and put her work with Deloitte on hold after they won bronze at the 2022 World Championships

in the heavy double. Hyde was paired with Alison Bergin for the 2023 Worlds where their fourth place clinched the spot for Paris. This year the pairing finished fifth at the Europeans, and fourth at the second World Cup regatta.

**ALISON BERGIN (2024)**

**Age:** 22 (25/02/2022)

**Event:** Women's Double Scull (W2x)

**Hometown:** Kildinan, Co Cork

**Club:** Fermoy Rowing Club



Alison, who studies Sport and Exercise Management at Cork IT, was part of a four that was fifth at European Juniors in 2020. The Cork athlete then starred as a single sculler, winning bronze and silver at the U23 World Championships in 2022 & 2023. She immediately clicked with Zoe when they were

paired last year, and their fourth place finish at the World Championships in Belgrade qualified the boat for Paris. This year they were fifth at Europeans, and fourth at the Lucerne World Cup. Alison is one of the OFI Paris Olympic Scholarship recipients.

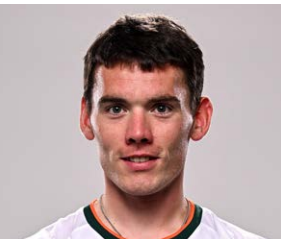
## ROSS CORRIGAN (2024)

**Age:** 25 (04/01/1999)

**Event:** Men's Pair (M2-)

**Hometown:** Enniskillen, Co Fermanagh

**Club:** Enniskillen Rowing Club



Ross and his partner in the pair Nathan have rowed together since their school days at Enniskillen Royal Grammar School. Ross is a chemical engineering graduate from Queens who played Gaelic football for Kinawley as a teenager. He won a World U23 silver in a four in three years ago. Last year, racing in

the senior ranks, himself and Nathan made a World Cup final (sixth) before going on to win bronze at the Worlds, a result which secured the boat a spot in Paris. This season Ross and Nathan were seventh at Varese World Cup, and he was sixth in Lucerne, racing there with John Kearney.

## NATHAN TIMONEY (2024)

**Age:** 23 (06/09/2000)

**Event:** Men's Pair (M2-)

**Hometown:** Enniskillen, Co Fermanagh

**Club:** Enniskillen Rowing Club



Nathan played underage hurling for Fermanagh before concentrating on rowing and, when not training, he studies Business Management at Queens. Like Ross he initially raced in a Four and won a bronze medal at World U23 Championships in 2022. He also competed in a four at last year's Europeans

before switching into the pair with Ross for the second World Cup, where they made the final. Their partnership made a big breakthrough with bronze at the 2023 World Championships which was Ireland's first ever heavyweight sweep medal.

**AIFRIC KEOGH (2020, 2024)**

**Age:** 32 (09/07/19929)

**Event:** Women's Pair (W2-)

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

**Club:** Grainne Mhaol Rowing Club



Keogh started rowing in the Jes in Galway in 2006, and studied Food Microbiology at UCC. Aifric (with Emily Hegarty) made a final at World Championships in 2018. Despite a blood clot on her lung in 2019 she won European medals in 2020 & 2021. The Galway athlete went on to make history as one of Ireland's first female Olympic rowing

medallists, claiming bronze in Tokyo in the Four. Despite racing mostly in Fours, Keogh was paired with Fiona Murtagh last year, and the duo came fourth at 2023 World Championships which earned the boat an Olympic berth for Paris. The pairing have made the podium in all three of this seasons World Cup regattas.

**FIONA MURTAGH (2020, 2024)**

**Age:** 29 (11/07/95)

**Event:** Women's Pair (W2-)

**Hometown:** Moycullen, Co Galway

**Club:** University of Galway BC



Fiona followed her twin Alan into the sport in 2009 and was awarded a rowing scholarship to Fordham University in New York. Her impressive national title in 2019 saw her called up to the Irish team in 2020, aged 25. She won bronze in the Four at the 2020 Europeans followed by a silver at the same event a year later. At the subsequent Tokyo Games Fiona was one of the Four that

claimed that historic bronze medal, when, remarkably she raced the final with stitches in her arm, having sliced it open while cleaning the boat during the regatta. Herself and Aifric were only paired before last year's Worlds but immediately clicked and secured Olympic qualification with their placing at that event.

**EMILY HEGARTY (2020, 2024)**

**Age:** 25 (03/08/1998)

**Event:** Women's Four (W4-)

**Hometown:** Skibbereen, Co Cork

**Club:** Skibbereen Rowing Club



Ten years after taking up the sport Emily won World U23 silver in a four in 2019, and European U23 bronze the following year. The Cork athlete was part of the women's Four who won the final qualifier for Tokyo, and then one of the quartet that won Ireland's first female Olympic medal (bronze) at those Games. The same line up were sixth at 2022 World Championships but Emily

unfortunately lost all of 2023 to a back injury. After a lay-off of over eighteen months she made her Irish comeback at the opening World Cup this season in the new-look Four, who then raced the final Olympic qualifier in May to take top spot and claim a place in Paris. A Quercus scholar at UCC, she graduated with a degree in physiology last winter.

**NATALIE LONG (2024)**

**Age:** 34 (13/06/1990)

**Event:** Women's Four (W4-)

**Hometown:** Cobh/Johannesburg

**Club:** Lee Valley Rowing Club



Born in South Africa with Irish grandparents on her father's side Natalie moved to Cobh in 2007 with her dad, where initially she took up ocean rowing. She began classic rowing while studying for a degree in diagnostic radiography in London. She has only pursued

the sport seriously since 2018 and a return to single sculling helped her break into the Irish squad in 2021 at the age of 32, but she did not make the team for Tokyo. Natalie won silver in the Four at Europeans in 2022, and was also seventh at 2022 Worlds in a pair.



## EIMEAR LAMBE (2020, 2024)

**Age:** 26 (11/08/1997)

**Event:** Women's Four (W4-)

**Hometown:** Cabra, Dublin

**Club:** Old Collegians Boat Club



Eimear's older sister Claire made history as part of the first Irish women's crew to reach an Olympic final in 2016. Eimear followed in her sister's footsteps competing in her first Games in Tokyo and went on to win that historic bronze as one quarter of the Women's Four. Her selection for Paris makes her a two-time Olympian. As a teenager she

raced in the Youth Olympics in 2014, was a World U23 silver medallist in 2019, and won two European medals in 2020 and 2021. Two years ago she added European silver to her medal collection. A graduate of Commerce with German in UCD, Eimear works as a consultant for EY.

## IMOGEN MAGNER (2024)

**Age:** 25 (08/07/1998)

**Event:** Women's Four (W4-)

**Hometown:** Killavullen, Co Cork/Cambridge

**Club:** Carlow Rowing Club



Imogen spent five years living in Barcelona as a teenager while on the junior international tennis circuit and it was there that she first saw rowing on the local canal. She joined the UK's 'Start Rowing' programme in 2018 and transferred to Ireland in 2022, qualifying

through her late Kilkenny grandfather. She made her Irish debut at the 2023 Europeans, finishing seventh in a pair with Natalie Long. She was part of the Four who were ninth at the 2023 Worlds and went on to win this year's final Olympic qualifier in May.

## HOLLY DAVIS (2024)

RESERVE

**Age:** 19 (10/01/2005)

**Event:** Women's Four (W4-) Reserve

**Hometown:** Ballincollig, Co Cork

**Club:** Lee Valley Rowing Club



Holly was only 14 when she won her first international as a single sculler in the Junior Home International Regatta in 2019. A couple of years later she took bronze in the

double at the World Junior Championships and she added silver in the single sculls at last year's World U19s, which were raced over the Paris Olympic course.

# RUGBY SEVENS

**ATHLETES (MEN) (12):**

Niall Comerford  
Jordan Conroy  
Hugo Keenan  
Jack Kelly  
Terry Kennedy  
Hugo Lennox  
Harry McNulty  
Gavin Mullin  
Chay Mullins  
Mark Roche  
Andrew Smith  
Zac Ward  
Sean Cribbin\*  
Bryan Mollen\*

**(WOMEN) (12):**

Kathy Baker  
Megan Burns  
Amee-Leigh Murphy Crowe  
Alanna Fitzpatrick  
Stacey Flood  
Eve Higgins  
Erin King  
Vicky Elmes Kinlan  
Emily Lane  
Ashleigh Orchard  
Béibhinn Parsons  
Lucy Rock  
Claire Boles\*  
Amy Larn\*

**COMPETITION DATES:**

July 24 - 30

**VENUE:**

Stade de France, Saint-Denis



## ABOUT RUGBY SEVENS

Rugby is played with an oval ball. It can be kicked or passed but, if using the hand, the ball must be passed backwards. The aim is to touch it down behind the opponent's end-line or kick it through the posts. There are two main forms - XV's and 7s - which refers to the number of players per team.

Pierre de Coubertin; the founder of the modern Olympics, was a rugby expert who refereed the first French club championship in 1892, and France's first international in 1906. Hence rugby was an Olympic sport between 1900-1924. When it was reintroduced in Rio 2016 it returned in a Sevens format.

Sevens is played by seven a-side on a full-sized (100m x 70m) pitch. Playing rules and scoring (five points for a try, two for conversion and three for a penalty) are largely the same as XV's, but games are just 14 minutes long, with two seven-minute halves. Conversions must be drop kicked, and scrums and lineouts are just three-a-side.

## VENUE

The rugby venue is the iconic Stade de France in Saint-Denis.

## FORMAT

There are 12 teams per competition starting with two groups of six in a round-robin. Top four go to quarter-finals and the knock-out stages, which decide all final positions through a repechage, also include a game to decide the bronze medal. The men's competition starts two days before the Olympic opening ceremony.

### Men's Pools

Pool A: New Zealand, Ireland, South Africa, Japan

Pool B: Australia, Argentina, Samoa, Kenya

Pool C: Fiji, France, USA, Uruguay

### Women's Pools

Pool A: New Zealand, Fiji, Canada, People's Republic of China

Pool B: Australia, Ireland, Great Britain, South Africa

Pool C: France, USA, Japan, Brazil

## IRISH OLYMPIC HISTORY

Ireland's men, captained by Billy Dardis, first qualified for the Olympic Sevens in Tokyo 2020, and Paris marks further history with the first qualification by the women's team. In Japan the men beat Kenya and lost to South Africa and USA in their group and, in the repechage, beat South Korea and lost to Kenya to finish 10th.



July 24	Men's Round-Robin
July 25	Men's Round-Robin, quarter-finals, and ranking games
July 27	Men's medal games and ranking games
July 28	Women's Round-Robin
July 29	Women's Round-Robin, quarter-finals, and ranking games
July 30	Women's medal games and ranking games

# MEN'S SEVENS



## NIALL COMERFORD (2024)

**Age:** 24 (06/04/2000)

**Position:** Forward

**Ireland debut:** 2021 (Vancouver)

**Hometown:** Shankill, Co. Dublin

**Club:** UCD RFC



Niall, who played hurling and football with Kilmacud Crokes in his youth, didn't take up rugby until his first year in Blackrock College with whom he soon won a Junior Cup. He was recruited to the Leinster Academy with internationals like Joe McCarthy and the Leinster winger made his debut for the

Irish Sevens in Vancouver in 2021. He has already played 123 games for Ireland (39 this year). He was an Ad Astra student at UCD where he studied commerce and has taken a career break from his job as a tax expert to concentrate on preparing for Paris.

## JORDAN CONROY (2020, 2024)

**Age:** 30 (10/04/94)

**Position:** Back

**Ireland debut:** Moscow (2017)

**Hometown:** Tullamore, Co. Offaly

**Club:** Buccaneers RFC



The highest try scorer on the entire World Series in 2020 when also selected on its 'Dream Team' and key to all of Ireland's success, including their historic Olympic debut in Tokyo. Jordan was born in Germany and moved to Ireland at age 10. He showed early promise as a sprinter and soccer player

before concentrating on rugby, initially with Buccaneers in the All-Ireland league. Ireland's top scorer has played 171 World Series games (39 this year) and scored a whopping 615 points (123 tries) already. This season alone he has scored 85 points.

## HUGO KEENAN (2024)

**Age:** 28 (18/06/1996)

**Position:** Back

**Ireland debut:** 2017 (Moscow)

**Hometown:** Booterstown, Co. Dublin

**Club:** UCD RFC/Leinster



Hugo was part of the team in 2017-2019 and his last game then helped Ireland get into the repechage that ensured they qualified for Tokyo 2020. In XVs rugby he first emerged on the Irish team who were beaten finalists at the 2016 U20 World Cup. He scored two tries on his Six Nations debut for Ireland in

early 2020, and became Ireland's first choice full-back before taking up an offer to re-join the Sevens team in May, after a five-year absence. He returned in time for the World Series Grand Final weekend in Madrid and also played in the last round of the European 7s Series.

## JACK KELLY (2020, 2024)

**Age:** 26 (26/10/1997)

**Position:** Forward

**Ireland debut:** 2019 (London)

**Hometown:** Ranelagh, Co. Dublin

**Club:** Dublin University RFC



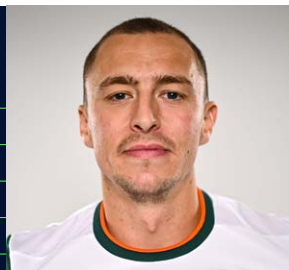
Jack, who captained Ireland in the 2017 U20 World Cup, came through the Leinster academy and is one of the seven survivors from Tokyo 2020. He had a breakout Sevens season in 2019- 2020 and has already played 157 World Series games for Ireland, scoring 175 points and showing both agility and

power as a prop. Since Tokyo, where Ireland finished 10th, Jack has qualified from Trinity with a law degree and is a trainee solicitor with McCann Fitzgerald. He is also fluent in French as his family lived there for two years in his youth.

**TERRY KENNEDY** (2020, 2024)**Age:** 28 (04/07/1996)**Position:** Back**Ireland debut:** 2015 (Bosnia)**Hometown:** Dundrum, Co. Dublin**Club:** St Mary's College RFC

World Rugby's 'Sevens Player of the Year' in 2022 has already scored 550 points on the World Series where he is just five games shy of 150. He scored a hat-trick when Ireland beat New Zealand (36-21) for the first time on the Cape Town leg this season, helping them finish second on the World Series

standings; their best ever placing. Terry is one of the 'originals' who were part of the inaugural Ireland squad that started at Europe's C Division in Bosnia in June 2015, and was also a XV's World Cup U20 finalist in 2016. His dad Terry was a winger for St Mary's and Ireland.

**HUGO LENNOX** (2020, 2024)**Age:** 25 (06/03/1999)**Position:** Back**Ireland debut:** 2018 (Lodz)**Hometown:** Skerries, Co. Dublin**Club:** Skerries RFC

Hugo has played 135 World Series games for Ireland (27 this year) and scored 215 points, almost 100 this year alone. Two of his tries ensured Ireland took the bronze medal in Hong Kong this season, which earned Ireland unprecedented back-to-back podium finishes. 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 Skerries. He has a degree in business and management from Maynooth and works in real estate.

## HARRY MCNULTY (2020, 2024)

CAPTAIN

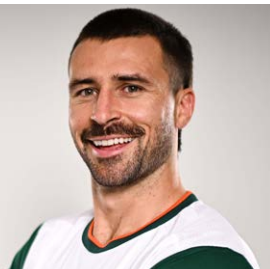
**Age:** 31 (05/03/1993)

**Position:** Forward

**Ireland debut:** 2015 (Bosnia)

**Hometown:** Milltown, Co. Dublin

**Club:** UCD RFC



From Bosnia in 2015 to a two-time Olympian, Ireland's captain has clocked up 181 games and 155 points so far on the World Series. Born in Bahrain, Harry won a Munster schools Cup with Rockwell (2011), and played XVs for Garryowen and Munster. One of the 'OGs' who clinched promotion to the top tier in Hong Kong in 2019 and beat France

in a repechage in Monaco in June 2021 to qualify for Tokyo, where they beat Kenya and South Korea but missed a quarter-final spot on points difference, and ultimately lost the 9/10th playoff to Kenya. Harry has a degree in food science but is now a freelance content creator in photography/video.

## GAVIN MULLIN (2020, 2024)

**Age:** 26 (29/11/1997)

**Position:** Back

**Ireland debut:** May 2021 (Tokyo)

**Hometown:** Donnybrook, Co. Dublin

**Club:** UCD RFC



Gavin was a late call-up for the Tokyo Olympics but is now a key player. Of his 60 World Series games, 45 were this season when he scored 15 tries. He initially emerged through the Leinster Academy and played for Ireland at the 2017 U20 World Cup. Gavin was an Ad Astra scholarship student at UCD,

graduating with a degree in business and law, and he has worked part-time with PWC, as a trainee auditor, for the last two years. His dad Brendan is a legendary Ireland and Lions centre.



## CHAY MULLINS (2024)

**Age:** 22 (23/01/2002)

**Position:** Forward/Back

**Ireland debut:** 2022 (Singapore)

**Hometown:** Bristol/Co. Meath

**Club:** Galway Corinthians (IQ Rugby)



Born in Bristol but with grandparents from Meath and Cavan, Chay was recruited through the IQ (Irish-qualified) programme. He scored three tries in four games to help Ireland's U20s win a Six Nations Grand Slam in 2022, when he was also brought to South Africa as part of an Emerging Ireland team.

Part of the team that won a historic bronze at the Sevens World Cup in 2022, he already has 83 games on the World Series (35 this year) and recently signed a pro contract with Connacht for 2024-2025.

## MARK ROCHE (2020, 2024)

**Age:** 31 (25/01/1993)

**Position:** Back

**Ireland debut:** 2015 (Bosnia)

**Hometown:** Glenageary, Co. Dublin

**Club:** Lansdowne RFC



Mark played schools for Blackrock College, U20s for Ireland in 2013, and won an ALL medal with Lansdowne in 2015, and says his switch to Sevens stardom was a happy accident. He was working as a Tag organiser in Lansdowne when a referee tapped him on the shoulder, told him he had a real talent for

the shorter game and sent him a link to apply for an Irish trial.

Another nine-year stalwart who helped Ireland qualify for their first Olympics, he has scored 400 points in 173 World Series games. Mark is also a new dad - his son Cooper was born on June 6.

## ANDREW SMITH (2024)

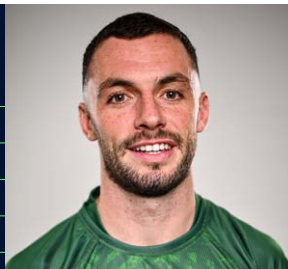
**Age:** 24 (21/07/2000)

**Position:** Forward/Back

**Ireland debut:** 2021 (Dubai)

**Hometown:** Sandymount, Co. Dublin

**Club:** Clontarf RFC/Connacht



Once the IRFU said James Topping could call-up a XV's player from each province to bolster his Olympic squad, Smith was one of his two picks, arriving back a week before Hugo Keenan. He played schools rugby for St. Michaels, was part of the Leinster academy, played U20s international, and won

an ALL title with Clontarf in 2022 while also emerging as a Sevens star. He was part of the team that secured Ireland's place in Paris by winning the inaugural European Games' title in Poland last June, and has since gone on to play XV's for Connacht

## ZAC WARD (2024)

**Age:** 25 (11/12/1998)

**Position:** Forward

**Ireland debut:** 2021 (Dubai)

**Hometown:** Ballinahinch, Co. Down

**Club:** Ballinahinch RFC



The squad's only Ulster man who helped Ireland secure Paris qualification a year in advance, and was also selected 2024 Sevens Player of the Year by his peers. Picked on the 'Dream Team' at the LA leg of the World Series in April after Ireland took bronze to win back-to-back medals on the tour for the

first time. Zac lost six to seven kilos to make the transition from XV's to Sevens World Series where he has racked up 205 points and 125 tries in 90 games. Dad Andy played for Ireland and Zac's younger brother Wyn played for Ireland's U20s this year.

**SEAN CRIBBIN (2024)**

RESERVE

**Age:** 25 (20/08/1998)

**Position:** Back

**Ireland debut:** 2018 (Paris)

**Hometown:** Howth, Co. Dublin

**Club:** Suttonians RFC



Sean captained St Fintan's Sutton to their first senior Schools' Cup final in 2017, when they were narrowly beaten by Clongowes. He has been involved with the Irish Sevens programme since 2019 and helped them qualify for Tokyo 2020, but, aged 22, didn't make the Olympic selection. He has already

exceeded a century of World Series Games and played in 37 this year. He has a BA in Business Administration and works in talent acquisition and analysis for Linesight.

**BRYAN MOLLEN (2020, 2024)**

RESERVE

**Age:** 28 (25/09/1995)

**Position:** Back/Forward

**Ireland debut:** 2018 (Hong Kong)

**Hometown:** Glasthule, Co. Dublin

**Club:** UCD RFC



Born in Nairobi to a Dutch father and Dublin mother, Brian has lived all around the world due to his dad's job as a diplomat. He won a Leinster Schools Cup on a Blackrock team that included Joey Carbery and Caelan Doris, and was part of the team that made Olympic history in 2021. He has a diploma in data

analytics and is a qualified personal trainer, and also coaches at Lansdowne, and with the Leinster U16s.



# WOMEN'S SEVENS



**KATHY BAKER (2024)**

**Age:** 26 (23/01/1998)

**Position:** Forward

**Ireland debut:** 2018 (Japan)

**Hometown:** Kilcloon, Co. Meath

**Club:** Blackrock RFC



Kathy was part of the team that clinched their historic place in Paris by beating Fiji 10-5 in May 2023 in the final leg of the World Series, ensuring fifth place on the standings and Olympic qualification. She is also a talented horse rider who took up rugby while a student in Kings Hospital. She was swiftly

recruited by the Sevens programme in 2016, and was still only 19 when she made her World Series debut at the Kitakyushu Sevens in 2018. She has made a strong comeback from a bad knee injury to make Paris.

**MEGAN BURNS (2024)**

**Age:** 24 (09/04/2000)

**Position:** Back

**Ireland debut:** 2018 (Kazan)

**Hometown:** Tullamore, Co. Offaly

**Club:** Blackrock College RFC



Megan joined the squad when she was still 18 and was this year's Irish 'Sevens' Player of the Year. She did everything from ballet to horse riding in her youth, starting rugby at U15 level with Tullamore and playing for the Sacred Heart in the IRFU X7s schools' competition. She says that being coached

by current Irish captain Lucy Rock in an Irish U18 team was hugely influential. She has already played 137 games on the World Series where she has scored 95 points. Megan is a physiotherapist who juggles that work with her rugby commitments.

**AMEE-LEIGH MURPHY CROWE (2024)****Age:** 29 (26/04/1995)**Position:** Back**Ireland debut:** 2014 (China)**Hometown:** Tipperary Town**Club:** Railway Union RFC

A former sprinter who took up rugby with Clanwilliam at 15 and has been a scoring machine ever since her debut in Guangzhou in 2014. 'Leigh' is Ireland's record try-scorer, with a whopping 985 points (228 tries) on the World Series; 165 of them this season. She is World Sevens' s Series third highest

scorer of all time, was its top scorer in 2019, and was a World Rugby nominee for Sevens Player of the Year in 2022. Tries #163 and #164 clinched Ireland's victory over Fiji in May 2023 which ensured Ireland's historic first Olympic spot. She also has nine Six Nations caps.

**ALANNA FITZPATRICK (2024)****Age:** 19 (17/10/2004)**Position:** Back**Ireland debut:** 2023 (Hamburg)**Hometown:** Portarlington, Co. Laois**Club:** Blackrock RFC

The squad's newest recruit who had just finished her Leaving Cert and was still only 18 when she made her debut for Ireland last Summer in the European Sevens Championship Series. She took up rugby with PortDara RFC and was part of their successful U16s before joining Ireland's development squad. Part of the team who

made history by winning their first ever World Series tournament in Perth in January. Alanna is a qualified personal trainer and is believed to be only the third Laois-born athlete to become an Olympian after rower Frank Moore and runner Anne Keenan Buckley.

## STACEY FLOOD (2024)

**Age:** 27 (05/08/1996)

**Position:** Back/Forward

**Ireland debut:** 2015 (Kazan)

**Hometown:** Rathmines, Co. Dublin

**Club:** Railway Union RFC



One of the 'OGs' who have driven this team to make Olympic history for Ireland, whom their young teammates call the 'Crusty Dustys'. Stacey played Gaelic football for Dublin underage and was also a promising soccer player. She played for Ireland's U18 Sevens in 2014 and made her senior debut a

year later, when still 18. She has racked up 217 games and 228 points on the World Series, including her 50th try last December, and she also has 10 Six Nations caps at fly half. She juggles rugby with working in a financial solutions company.

## EVE HIGGINS (2024)

**Age:** 24 (23/06/1999)

**Position:** Back/Forward

**Ireland debut:** 2017 (Dubai)

**Hometown:** Kilcock, Co. Kildare

**Club:** Railway Union RFC



A rampaging runner and tackler who has already scored 433 points (97 tries) in 190 World Series game, including 15 tries this season. Eve started her rugby playing with boys up to U13 level at Barnhall RFC before switching to Railway. She was only 16 when first recruited to the Irish Sevens and XV's

squads and has 14 Six Nations caps (and eight tries). Eve was among three of the Sevens squad who doubled up this year. The fourth most capped Sevens player in the squad, Eve has a degree in history and sociology and is currently pursuing a Masters in criminology.

## ERIN KING (2024)

**Age:** 20 (21/10/2003)

**Position:** Forward

**Ireland debut:** 2021 (Dubai)

**Hometown:** Blessington, Co. Wicklow

**Club:** Old Belvedere RFC



Sydney-born King lived for spells in the United Arab Emirates and Qatar where her parents' work took them, before they returned to their Wicklow roots. She started rugby abroad, played for Naas RFC's U18s at age 15, and also played inter-county Gaelic at minor level. Erin played in a Sevens World

Cup just a few weeks after finishing her Leaving Cert. She has already played in 104 World Series Games, including Ireland's hard-fought victory over Fiji in Toulouse in May 2023 which secured fifth place overall on the series, and clinched Olympic qualification.

## VICKY ELMES KINLAN (2024)

**Age:** 21 (21/02/2003)

**Position:** Back/Forward

**Ireland debut:** 2022 (Langford)

**Hometown:** Rathnew, Co. Wicklow

**Club:** Wicklow RFC



One of the team's trio of Wicklow players along with her clubmate and team captain Lucy Rock and Erin King. Elmes Kinlan earned her place in the senior set-up after impressing in the Under-18 interprovincial series, quickly building her reputation as a high quality tackler and powerful ball

carrier. She got a Sevens contract almost immediately after leaving school and already has a stunning strike rate. She has scored 60 points in her 62 World Series games to date since making her debut in Langford in 2022.



## EMILY LANE (2024)

**Age:** 25 (10/01/1999)

**Position:** Back

**Ireland debut:** 2018 (Kazan)

**Hometown:** Mallow, Co. Cork

**Club:** Blackrock College RFC



The fifth most capped player in the squad was also a good Gaelic player for Mourneabbey. She was initially reluctant to leave Cork where she was studying biochemistry while playing rugby for UCC and Ballincollig, but a chance meeting with IRFU's Development officer Stan McDowell

persuaded her to take up a central contract. She has 140 games on the World Series and was a nominee for Ireland's Sevens Player of the Year in 2023. Emily has a BSc in biochemistry and is currently doing a Masters in project management.

## ASHLEIGH ORCHARD (2024)

**Age:** 32 (21/12/1991)

**Position:** Forward

**Ireland debut:** 2012 (Ghent)

**Hometown:** Castlewellan, Co. Down

**Club:** Cooke RFC



Part of Ireland XV's Grand Slam win in 2013 and that famous victory over the Black Ferns (2014), Ashleigh has played in four World Cups (two XV's, two Sevens). She stepped away from the Sevens programme in 2019 after repetitive injury, returned through the development squad in 2022, and, just when

she got an Irish re-call, discovered she was pregnant. She returned in May this year, just five months after giving birth to Arabella (who will be one next month), and her try against Spain in the final round of the World Series regular season was her first since 2018. She is currently on leave from Citibank.

**BÉIBHINN PARSONS (2024)**

**Age:** 22 (30/11/2001)

**Position:** Forward

**Ireland debut:** 2019 (Sydney)

**Hometown:** Ballinasloe, Co. Galway

**Club:** Blackrock RFC



Béibhinn was only 16 when she played against USA in Donnybrook in 2018, making her Ireland's youngest ever XV's international. She emerged through Ballinasloe's successful nursery and has been a pivotal scorer since making her World Sevens Series debut in 2019, already amassing 300 points (95 this

year) in her 100 games on the World Series. She was also one of three Sevens players who doubled up with the XV's in the Six Nations this season, with whom she already has 23 caps and 80 points. Béibhinn is currently studying communications in DCU.

**LUCY ROCK (2024)**

**CAPTAIN**

**Age:** 30 (29/09/1993)

**Position:** Back

**Ireland debut:** 2015 (Kazan)

**Hometown:** Tinahely, Co. Wicklow

**Club:** Wicklow RFC



Team captain and one of the 'OGs' Lucy Rock (née Mulhall) was Player of the Match when Wicklow won the 2011 All-Ireland Junior football final. Three years later, while studying science in Trinity College, she got an email inviting her to Sevens trials and she has been Ireland's beating heart ever since. Their first

World Series gold, in Perth in January, came just a few weeks after her wedding and she also made that leg's 'Dream Team'. She has scored 812 points in 213 World Series games and was a considerable loss after pulling a hamstring in March. She also works in business development with TritonLake.

**CLAIRE BOLES (2024)**

RESERVE

**Age:** 26 (28/05/1998)

**Position:** Forward

**Ireland debut:** 2017 (Clermont)

**Hometown:** Enniskillen, Co. Fermanagh

**Club:** Railway Union RFC



Claire was on the same Enniskillen and Ulster U18 team as future Ireland XV's teammate Kathryn Dane which won the U18 interprovincial title in 2016. She made her Sevens debut a year later and has played 31

times. She made her Six Nations debut in 2019 and has three XV's caps. Claire studied chemical engineering in UCD and has a twin, Katie, who also plays rugby.

**AMY LARN (2024)**

RESERVE

**Age:** 20 (14/07/2004)

**Position:** Back

**Ireland debut:** 2023 (Hamburg)

**Hometown:** Athy, Co. Kildare

**Club:** Athy RFC



Amy has captained the Kildare minors in Gaelic football and also played for the county seniors. She was one of the youngsters introduced for the European Sevens Championship Series last year, and made her

World Series debut in Singapore this May. She has just completed the first year of a BA at Maynooth University.

# SAILING

## ATHLETES (4):

Finn Lynch  
Eve McMahon  
Robert Dickson  
Sean Waddilove

---

## COMPETITION DATES:

July 28 - August 6

---

## VENUE:

Roucas-Blanc Marina, Marseilles

---



## ABOUT SAILING

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

In Olympic regattas boats are identified by national flags on their sails and crew names on their mainsail.

Some changes have been made in Olympic boat classes since Tokyo 2020. The sport's classic 'heavyweight' class (Finn) has gone. The two 470 classes have been merged into a mixed event and there are two high-speed newcomers: kiteboarding and also a new type of windsurfing board; iQFOiL.

For Paris 2024, there will be two mixed boats (470 and Nacra17) plus four boats for each gender, making 10 events in total:

- ILCA 7 and ILCA 6 (men and women's single dinghy respectively, previously called Laser and Laser Radial)
- 470 (mixed dingy)
- 49er and 49erFX (two-handed men's and women's skiffs respectively whose name comes from its hull length of 4.99m)
- Nacra 17 (mixed multihull)
- Men's and women's Kite
- iQFOiL (men's and women's windsurfing)

## VENUE

The venue for 2024 Olympic sailing is the Roucas-Blanc Marina in Marseilles; over 750km away from Paris.

## FORMAT

Olympic sailing is a 'fleet racing' format where one-design boats all race around the course (marked by buoys) together. Everyone contests the initial 'fleet' series, accumulating points in each race (one for the winner, two for second etc). The number of races in the opening series vary. In dinghies it is 10, in skiff and multi-hull it is 12.

Everyone then discards their worst (highest) score and the top ten boats (by lowest accumulated score) qualify for the Medal Race where points scored are doubled and added to the series result to decide final positions.

### IRISH OLYMPIC HISTORY

Ireland's first Olympic sailors were Alf Delaney/Hugh Allen (Swallow class) and Jimmy Mooney (Firefly) in London 1948 although competition actually took place at Torquay. The first medallists were first five-time Olympian David Wilkins from Malahide, and Howth's Jamie Wilkinson who won silver in the Flying Dutchman class in 1980 (in Tallin, 800 miles from Moscow). Cathy McAleavy and Aisling Byrne were Ireland's first female Olympic sailors, racing a 470 in Seoul 1988 in the first women's only Olympic class. In Rio 2016 Cathy's daughter Annalise Murphy won Olympic silver in the Laser Radial class. She was also fourth in London 2012 and a is three-time Olympian.



<b>July 28</b>	49er & 49erFX Races 1-3
<b>July 29</b>	49er & 49erFX Races 4-6
<b>July 30</b>	49er & 49erFX Races 7-9
<b>July 31</b>	49er & 49erFX Races 10-12
<b>August 1</b>	49er Medal Race + ILCA 7 and ILCA 6 Races 1-2
<b>August 2</b>	ILCA 7 and ILCA 6 Races 3-4
<b>August 3</b>	ILCA 7 and ILCA 6 Races 5-6
<b>August 4</b>	ILCA 7 and ILCA 6 Races 7-8
<b>August 5</b>	ILCA 7 and ILCA 6 Races 9-10
<b>August 6</b>	ILCA 7 and ILCA 6 Medal Races

## FINN LYNCH (2016, 2024)

**Age:** 28 (23/04/1996)

**Event:** ILCA 7 (Dinghy)

**Olympic Ranking:** 8

**Hometown:** Bennekerry, Co. Carlow

**Club:** National Yacht Club

**Coach:** Vasilij Zbogar



Born in Australia and living in Carlow since he was two, Finn started sailing on Blessington Lakes when he was eight. A silver medallist at World Youth Championships in 2012, he was World U19 champion in 2014, and has been training full-time since he completed his Leaving Cert. He was only 20 when he made his Olympic debut in Rio 2016 placing 32nd overall, but was deeply disappointed not to qualify for Tokyo 2020. He bounced back by winning World silver in Barcelona in 2021, also finishing ninth at Europeans in the same

year. In 2022 he was sixth at the Worlds and rose to number two in the world rankings. He secured the Irish berth for Paris 2024 at the combined Sailing World Championships at The Hague in August 2023. In January of this year he finished ninth at the Worlds in Australia; his third top 10 at that level in four years, and a month later took bronze at the Europeans. Finn was also sixth at the 2023 Paris test event, narrowly missing the podium in a very tight medal race.

## EVE MCMAHON (2024)

**Age:** 20 (25/02/2004)

**Event:** ILCA 6 (Dinghy)

**Olympic Ranking:** 18

**Hometown:** Howth, Co. Dublin

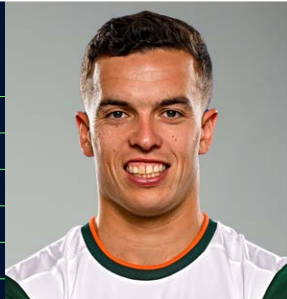
**Club:** Howth Yacht Club

**Coach:** Vasilij Zbogar



Eve is Ireland's youngest ever Olympic sailor after qualifying for Paris last January, with a race to spare, while competing in her first senior ILCA6 World Championships in Argentina, where she finished 20th overall. A training partner for Rio silver medallist Annalise Murphy when she was a teenager, Eve currently trains alongside the reigning Olympic champion Anne-Marie Rindom (Denmark). The Dubliner won a 'triple crown' of major youth titles (two Worlds and one European) in 2022 before she'd even sat her Leaving Cert. She combines full-time

study with sailing and completed second year exams (International Commerce) in UCD in May where she is an Ad Astra scholarship student. Eve won the World Under-21 title last October despite capsizing, and won it a second time in Portugal on July 8, retaining her title with five first places and a race to spare. Earlier this year she carried the Olympic flame for Ireland in the international torch relay when it landed in Marseille, from Athens. Eve is also an OFI Paris Scholarship recipient

**ROBERT DICKSON (2020, 2024)****Age:** 26 (06/03/1998)**Event:** 49er (helm)**Olympic Ranking:** 25**Hometown:** Sutton, Co. Dublin**Club:** Howth Yacht Club**Coach:** Matt McGovern**SEAN WADDILOVE (2020, 2024)****Age:** 27 (19/06/1997)**Event:** 49er (crew)**Olympic Ranking:** 25**Hometown:** Skerries, Co. Dublin**Club:** Skerries Sailing Club**Coach:** Matt McGovern

Robert first sailed for fun on Lough Ree before joining Sutton Dinghy Club and then moved to Howth Yacht Club, while Seán has always sailed with Skerries Sailing Club. They've crewed together since their early teens and spent their Transition Year in La Rochelle (France), going to school locally while training extensively in the 420 dinghy, before moving on to the Olympic class 49er, (skiff) often described as sailing's Formula One.

World U23 champions in 2018 and bronze medallists in 2019, they were extremely

young Olympic debutants in Tokyo 2020 when they finished winning their first and last races but ultimately getting two DQs over harness regulations. They were eighth at the subsequent 2021 Worlds and won the final Irish trial convincingly by finishing fifth at this year's Europeans in May. They were also thirteenth at the Olympic test event in Marseille a year ago. Seán has put his studies at TU Dublin on hold since Tokyo. Robert has almost completed a degree in sports science in Manchester through distance learning, with just a final year project to complete.

# SWIMMING

## ATHLETES (12):

Tom Fannon  
Danielle Hill  
Mona McSharry  
Ellen Walshe  
Daniel Wiffen  
Victoria Catterson

Grace Davidson  
Conor Ferguson  
Darragh Greene  
Max McCusker  
Erin Riordan  
Shane Ryan

---

## COMPETITION DATES:

July 27 - August 9

---

## VENUE:

La Défense Arena

---





## ABOUT SWIMMING

At the first four modern Olympics swimming took place in open water, including the River Seine in 1900. A 50metre pool was first used to host it 100 years ago.

Swimmers compete to achieve the fastest time over a designated distance and stroke (freestyle, backstroke, breaststroke or butterfly) plus a medley (all four strokes). The order of strokes in medley is butterfly, backstroke, breaststroke and freestyle. The only single stroke raced shorter than 100m or greater than 200m in the Olympics is freestyle.

Tokyo marked the addition of three new Olympic events - 800m freestyle (men), 1500m freestyle (women), and a mixed 4x100m medley relay.

The open water 10km event debuted in Beijing 2008 and, in Paris, will be raced in a unique point-to-point format in the Seine to commemorate the last time the river hosted Olympic swimming 124 years ago.

### Olympic events:

- Freestyle - 50m/100m/200m/400m/800m/1500m
- Backstroke - 100m/200m
- Breaststroke - 100m/200m
- Butterfly - 100m/200m
- Individual Medley - 200m/400m
- 4 x 100m Freestyle Relay
- 4 x 200m Freestyle Relay
- 4 x 100m Medley Relay
- 4 x 100m Mixed Medley Relay

## FORMAT

Heats, semi-finals and finals (top eight) based on times. Fastest 16 to semis, top eight to final and lanes are seeded on best times in the preceding round.

## VENUE

The venue for these Games is the La Défense Arena; home of rugby club Racing 92. It is being temporarily turned into an Olympic swimming venue with 15,000 seats.

## IRISH OLYMPIC HISTORY

Ireland's first Olympic competitors in a pool, in 1924, were in water-polo. Four years later two swimmers; William Broderick (400m freestyle), and teenager Marquerite Dockrell (100m freestyle) took part. A five-man team went to London in 1948 but was withdrawn due to political wrangling. Ireland had no Olympic swimmers for another 40 years until Donnacha O'Dea, Liam Ball, Anne O'Connor, and Vivienne Smith competed in Mexico 1968. Michelle Smith is Ireland's only swimming medallist to date, winning three golds (400m freestyle, 200m/400m IM), and bronze (200m butterfly), in Atlanta 1996. In Tokyo 2020 Mona McSharry became the only other Irish swimmer to make a final in modern history.



<b>July 27</b>	W100m Butterfly (heats/semis), M/W 4x100m Freestyle relay (h & final)
<b>July 28</b>	W100m Breaststroke (h/semis), W100m Butterfly (final)
<b>July 29</b>	W400m IM (h/final), W100m Backstroke (h/semis), M800m Freestyle (h), W100m Breaststroke (final)
<b>July 30</b>	W100m Backstroke (final), and M800m Freestyle (final)
<b>July 31</b>	W200m Breaststroke (h/semis)
<b>August 1</b>	M50m Freestyle (h/semis), W200m Breaststroke (final)
<b>August 2</b>	W200 IM (h/semis), 4x100m Mixed Medley relay (h), M50m Freestyle (final)
<b>August 3</b>	W50m Freestyle (h/semis), M1500m Freestyle (h), W200m IM (final), 4x100m Medley (h), 4x100m Mixed Medley relay (final)
<b>August 4</b>	W50m Freestyle (final), M1500m Freestyle & 4x100m Medley (finals)
<b>August 9</b>	M10km (Open Water)

## TOM FANNON (2024)

**Age:** 26 (20/05/1998)

**Event:** 50m Freestyle

**PB:** 21:94 (2024)

**Hometown:** Torquay, England/Galway

**Club:** Laser SC/National Centre Dublin

**Coach:** Steven Beckerleg



Tom is a former European junior champion and represented England at the 2018 Commonwealth Games before declaring for Ireland thanks to his Galway-born grandfather. He moved to Dublin to train with the National Centre team three years ago, and his 21:95 at the 2023 Irish Open smashed Barry Murphy's fourteen year old Irish senior 50m freestyle record (22:14)

making Tom the first Irish swimmer to break 22 seconds. He was a European semi-finalist last year and, at the Olympic trials in May, took another one hundredth off the Irish record (21:94; since bettered by Shane Ryan) to seal his Olympic debut and matched that time again at the Sette Colli International in June.

## DANIELLE HILL (2020, 2024)

**Age:** 24 (27/09/1999)

**Events:** 50m Freestyle, 100m Backstroke, 4x100m Freestyle Relay & 4x100m Medley Relay

**PBs:** 50m Freestyle 24.68 (2024), 100m Backstroke 59:11 (2024)

**Hometown:** Newtownabbey, Co. Antrim

**Club:** Larne SC

**Coach:** Peter Hill (no relation)



Ireland's fastest ever female swimmer was a Commonwealth Games finalist in 2018 despite dislocating her shoulder in training. This summer she became European champion at the non-Olympic distance of 50m backstroke - Ireland's first European long course title since Michelle Smith in 1997 - and she also won European silver in 100m backstroke. Danielle made her Olympic debut in Tokyo and was 25th in 100m

backstroke heats (1:00.86), and 33rd in 50m freestyle heats (25:70). She was the first Irish woman to break one minute, demolishing her own Irish senior record with 59:11 at the national Olympic trials in May, where her new Irish record of 24:68 in 50m freestyle also secured qualification for Paris. Danielle has completed a Sport and Exercise Science degree at Ulster University, and is training full-time and coaching at Larne SC.

## MONA MCSHARRY (2020, 2024)

**Age:** 23 (21/08/2000)

**Events:** 100m and 200m Breaststroke, and 4x100m Medley Relay

**PBs:** 100m 1:05.55 (2023), 200m 2:22.49 (2024)

**Hometown:** Grange, Co. Sligo

**Club:** Marlins SC/University of Tennessee

**Coach:** Matt Kredich



A product of Ballyshannon Marlins SC, Mona was World junior champion at 100m breaststroke and European junior champion at 50/100m breaststroke in 2017, and won a senior European short-course (SC) bronze (50m breaststroke) in 2019. In 2021 she won a World SC bronze and became only the second Irish woman to make an Olympic final in Tokyo, finishing eighth in 100m breaststroke (1:06.94), and 20th in 200m (2:25.08). After a difficult 2022 she bounced back in 2023, making three

finals at the World LC Championships in Japan and winning a golden hat-trick at the European U23s in Dublin. In 2024 she was fifth in 100m/200m breaststroke finals at World LC Championships in Doha, missing a 100m medal by just 0.5 of a second. In June she qualified for a second event in Paris by smashing her Irish 200m record by over two seconds with 2:22.49 at the Mel Zajac International in Vancouver. Mona qualified from the University of Tennessee in May with a degree in Kinesiology.

## ELLEN WALSH (2020, 2024)

**Age:** 22 (29/09/2001)

**Events:** 100m Butterfly, 200m IM, 400m IM, 4x100m Medley Relay

**PBs:** 100m fly 57:96 (2023), 200m IM 2:10.92 (2023), 400m IM 4:37.18 (2024)

**Hometown:** Templeogue, Co. Dublin

**Club:** Templeogue SC

**Coach:** Brian Sweeney



Ellen won a 100m butterfly silver at the 2015 European Youth Olympics, gold in 200m butterfly at the 2017 World School Games and then two golds and a silver at the European U23s. She was only 19 on her Olympic debut in Tokyo where she was 19th in the 200m Individual Medley heats (2:13.34), and 24th in the 100m butterfly heats (59:35). She added silver at World SC Championships (2021), and bronze at the

European SC in 2023; both in 400m IM. Ellen was the first Irish swimmer to qualify for Paris at the 2023 World LC Championships in Japan where her new Irish 200m IM record of 2:10.92 placed her ninth. She qualified for the 400m IM in Paris with an impressive 4:38.05 at the Irish trials in June and smashed that two weeks later with 4:37.18 in a stacked race at the Sette Colli International in Italy.

## DANIEL WIFFEN (2020, 2024)

**Age:** 23 (14/07/20018)

**Events:** 800m and 1500m Freestyle, and Open Water 10km

**PBs:** 800m 7:39.19 (European Rec, 2023), 1500m 14:34.07 (2024)

**Hometown:** Magheralin, Co. Armagh

**Club:** Larne SC

**Coach:** Andi Manley



Daniel and his twin brother Nathan started swimming locally with Lurgan SC before moving to Lisburn SW for age-group swimming, but it is since moving to Loughborough, where he studies IT and Business, that he has become a distance superstar. His first major medal was Commonwealth silver in 1500m freestyle in 2022, and a year later he was fourth in both the 800m and 1500m at World Championships, with a new European record in the 800m. In 2023 he won three gold medals at the European SC Championships

where his 7:20.46 smashed Grant Hackett's world record from 2008. In February 2024 he not only became the first Irish swimmer to medal at a World LC Championships but became a double world champion in 800m/1500m and his 13:34:07 was the fifth fastest in history. On his Olympic debut in Tokyo Daniel set new Irish records of 7:51.65 and 15:07.69 when placing 14th & 20th respectively. He has since torn up the Irish record-books and looks set to make more history in Paris as Ireland's first Olympian in the open water Marathon/10km event.

## VICTORIA CATTERSON (2024)

**Age:** 23 (25/03/2001)

**Events:** 4x100m Freestyle Relay, 4x100m Medley Relay (TBC)

**Hometown:** Belfast, Co. Antrim

**Club:** Ards SC/National Centre Dublin

**Coach:** Steve Beckerleg



The Irish 200m freestyle record holder was part of the women's 4x100m medley relay team whose national record of 4:01.25 at the 2023 World Championships in Japan ranked them 13th in the world, and earned Ireland's

first women's Olympic relay slot since 1972. After completing an accountancy course in 2023 she moved from Belfast to train full-time at the National Centre in Dublin.

## GRACE DAVISON (2024)

**Age:** 16 (26/08/2007)

**Event:** 4x100m Freestyle, 4x100m Medley Relay (TBC)

**Hometown:** Bangor, Co. Down

**Club:** Ards SC

**Coach:** Curtis Coulter



Grace has constantly lowered the Irish Junior 100m freestyle record in the past year and took it down to 55.44 at the Irish trials in May. She won 400m IM gold and 200m IM silver at the 2023 Commonwealth Youth

Games, and is the youngest member of the swimming team. Grace won a bronze medal for 100m freestyle at the European Juniors earlier this month, where her time of 55:11 put her second on the Irish all-time list.

## CONOR FERGUSON (2024)

**Age:** 24 (11/10/1999)

**Event:** 4x100m Medley Relay

**Hometown:** Belfast, Co. Antrim

**Club:** Larne SC/Loughborough University

**Coach:** Ian Hulme



Conor narrowly missed Olympic qualification in the 100m backstroke for Rio by just .05 of a second when he was only 16. He is a multiple medallist in 100m backstroke at junior level, including EYOF silver (2015), European Junior silver (2016), and World Junior silver (2017). He also took silver in

50m backstroke at the 2017 European Juniors. Based in Loughborough since late 2021, he broke the 54-second mark at this year's World Championships in February, and then lowered it to 53:87 at Olympics trials in May.

## DARRAGH GREENE (2020, 2024)

**Age:** 28 (20/10/1995)

**Event:** 4x100m Medley

**Hometown:** Newtownforbes, Co. Longford

**Club:** National Centre, Dublin

**Coach:** Steven Beckerleg



Darragh, who holds the Irish 50m/100m/200m breaststroke records, was seventh in the European LC 100m final this

summer, and tenth in the 200m. He made his Olympic debut in Tokyo, competing in the heats of the 100m and 200m breaststroke.

## MAX MCCUSKER (2024)

**Age:** 24 (11/09/1999)

**Event:** 4x100m Medley Relay

**Hometown:** Glastonbury, England/Monaghan

**Club:** Millfield School, England/Dolphin SC Cork

**Coach:** Ryan Livingston



Max equalled and then broke Shane Ryan's Irish 100m Butterfly record at World Championships in February, swimming 52:52 to earn a swim off for a semi-final spot.

He didn't win it but had the consolation of swimming a new Irish record 52:31. He smashed that with 51:90 at the Olympic trials in May to establish himself as Ireland's leading male butterfly swimmer.

## ERIN RIORDAN (2024)

**Age:** 24 (02/09/1999)

**Event:** 4x100m Freestyle Relay, 4x100m Medley Relay (TBC)

**Hometown:** Whitegate, Co. Clare

**Club:** National Centre, Dublin

**Coach:** Steven Beckerleg



Erin was part of the 4x100m freestyle relay team (with Davidson, Catterson and Maria Godden) who finished tenth at this year's

World Championships in Doha. She has a biomedical degree from UCD and a Masters in science from DCU.

## SHANE RYAN (2016, 2020, 2024)

**Age:** 30 (27/01/1994)

**Event:** 4x100m Medley Relay

**Hometown:** Philadelphia, USA /Portarlington, Co. Laois

**Club:** National Centre Dublin

**Coach:** Steven Beckerleg



Shane, whose father hails from Portarlington, is Ireland's first male three-time Olympic swimmer, starting with a semi-final appearance in 100m backstroke in Rio 2016. He has won four international medals in the non-Olympic 50m backstroke event; a World University Games champion in 2017, and a bronze medallist in both European

long and short course in 2018, and also in the 2019 European SC Championship. He is the Irish senior record holder in 50m/100m backstroke, and the 50m/100m freestyle, setting both of the latter this year, including the new 50m freestyle record of 21:82 which he set in the heats of the European Championships in June when finishing eighth.



**Key Patent**  
INNOVATIONS



Team Ireland

# Proud Partner to Team Ireland

Key Patent Innovations is proud to partner with Team Ireland as they smash preconceptions and compete on the global stage at this year's Olympic Games.

We wish all our athletes the very best of luck in Paris.



# TAEKWONDO

**ATHLETES (1):**

Jack Woolley

**COMPETITION DATES:**

August 7 - 10

**VENUE:**

Grand Palais





## ABOUT TAEKWONDO

Taekwondo is a Korean martial art in which you earn points by kicking or punching your opponent on the torso or head. Athletes wear sensors in their feet, on hands and body protectors which electronically register scores through the Protective Scoring System (PSS). Judges watch for infringements but can also add or deduct additional scores by deciding if spinning kicks are valid. These are especially common towards the end of bouts when fighters are attempting to clinch winning scores.

Each round is two minutes long with a one-minute break between. The score resets at the start of each round and, in Paris, the format will be best-of-three.

If a round ends in a tie, it is decided by a form of 'countback', starting with most points scored by spinning kicks. If that doesn't separate the athletes it goes to most points scored for higher-value techniques in the following order: head, trunk, punch and gam-jeom (penalty).

### IRISH OLYMPIC HISTORY

Taekwondo has only been a medal sport since Sydney 2000. Jack Woolley was Ireland's first Olympian in the sport in Tokyo 2020 when he narrowly lost out to Argentina's Lucas Gomez (22-19 on the old scoring system) in his opening match.



### SCORING

**One point** for a strike to the opponent's torso with the hand.

**Two points** for a kick to the torso and three points for a kick to the head.

**Four points** for any successful kick to the torso that includes a turn and **five** for any turning kick that strikes the head.

### PENALTIES

A penalty is known as a 'gam-jeom'. Whenever a gam-jeom is issued the opponent receives one point. If an athlete accumulates five gam-jeoms in a single round, their opponent is automatically given that round.

#### Gam-jeoms are issued for:

- Crossing the mat boundary line
- Falling down
- Avoiding or delaying the match
- Grabbing or pushing
- Intentionally attacking below the waist
- Attacking after a 'kal-yeo (break) is called
- Hitting the head with a hand
- Intentionally attacking with a knee
- Attacking a fallen opponent

### FORMAT

Four weight classes each for men (58kg/68kg/80kg/80+) and women (49kg/57kg/67kg/67+) with 16 athletes in each class. Competition is a knockout format to final (all on one day). Any athlete who loses to a finalist gets to compete in the repechage and two bronze medals are awarded.

### VENUE

The Olympic venue is the iconic Grand Palais in 8th arrondissement.



- August 7 Women's -49kg, **Men's -58kg**
- August 8 Women's -57kg, Men's -68kg
- August 9 Women's -67kg, Men's -80kg
- August 10 Women's +67kg, Men's +80kg

**JACK WOOLLEY (2020 & 2024)****Age:** 25 (23/09/1998)**World Ranking:** 5**Olympic Ranking:** 9**Hometown:** Jobstown, Co. Dublin**Club:** South Dublin Taekwondo Club**Coach:** Robert Taaffe

Jack was pipped, by just a point, in the final qualifier for the Rio Olympics when he was just 17 but made history in Tokyo 2020 as Ireland's first Olympian in Taekwondo. He finished 11th overall after narrowly losing out (22-19 on the old scoring system) to Argentina's Lucas Gomez in his first match.

In 2022 he won silver at the European Championships, was 5th at World Championships and 5th at the end of season Grand Prix final and he also won bronze at a premier level GP in Manchester.

In 2023 he won silver at the European Games, was ninth in the World Championships and fifth at the Grand Prix Final in Manchester.

With only the world's top five getting automatic qualification for Paris Jack was lying sixth in early 2024. He clinched his second Olympic slot by reaching the final of the European Qualifier in Bulgaria in March and victory in the President's Cup in Tallin in April earned his third highest ranking points (20) of this Olympic cycle.



# McKyr PROUD

PARTNERS OF  
TEAM IRELAND



**McKyr**

[WWW.MCKEEVERSPORTS.COM](http://WWW.MCKEEVERSPORTS.COM)



Team Ireland

Proud title sponsor



PARTNERS



SUPPLIERS



EXPERIENCE PARTNERS





**For all media queries contact:**

**Heather Boyle**, Press attaché  
heather@olympicsport.ie +353 87 337 1954

**Sinead Naughton**, media liaison (Ireland based)  
media@olympicsport.ie

**Kieran Jackson**, social media  
kieran@olympicsport.ie

Ryan Bailey, Team Ireland media team  
ryan.bailey@irfu.ie

**Cliona Foley**, Team Ireland media team  
clionaf@hotmail.com

**Trish Mayon**, Team Ireland media team  
trishmayon@swimireland.ie

**Rory Cassidy**, Team Ireland media team (athletics)  
rorycassidy@athleticsireland.ie

**Ian Gaughran**, Team Ireland media team (equestrian)  
igaughran@horsesportireland.ie

**Clara O'Brien**, Team Ireland media team (rowing)  
clara.obrien@rowingireland.ie

**Follow all the instant updates on Team Ireland social media:**



@teamireland



team\_ireland\_olympic



@teamirelandolympic