Paralympics IRELAND

Media GUIDE

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INTRO

NEASA RUSSELL
Chef de Mission

I am humbled to lead Team Ireland to the Tokyo 2020 Paralympic Games. Since I joined the team in April of this year the team have been collectively navigating unchartered waters towards Tokyo 2020. I have taken great heart and motivation from the determined and adaptable approach taken by the athletes, the sport and support leads and the wider High Performance system.

I'm very grateful to have been able to recently meet in person our 29 athletes that will be representing Ireland throughout the games. We are fortunate to be able to call on some of the most decorated athletes that have ever represented Ireland. Some of whom are returning for their second, third and even fourth Paralympics Games. There is also genuine excitement from those athletes who, like myself, will be making their Paralympic Games debut this Summer.

This is truly a high performing team. The people behind the team have worked hard over a long number of years to ensure that the athletes will be at the peak of their performance at the right time. Obviously, there has been uncertainty and disruption caused by the global pandemic. Throughout this challenging time, our Irish athletes have demonstrated how innovative and motivated they are in how they've gone about new ways of training and racing. Their coaches, team leaders, NGB's and teammates have demonstrated their skill and commitment through their creativity and dedication to finding a way. Their families and friends have provided an exceptional support network. I truly believe that we have a team capable of creating some truly historic moments and memories in Tokyo.

I recognise that I have been extremely fortunate to have had great support in my role thanks to my Deputy Chef de Mission, Ciaran Flynn, the Performance Director Dave Malone, Chief Executive Officer, Miriam Malone, the wonderful Paralympics Ireland staff and our Sport Science and Medicine practitioners. I would like to thank Paralympics Ireland president, Eimear Breathnach and the board of Paralympics Ireland for their support and their dedication to this group of athletes.

I must also thank our friends in the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media and the Department of Foreign Affairs for their advice, knowledge and guidance. Thanks also to Sport Ireland and the Sport Ireland Institute who have shared their own staff, facilities and expertise to us over the past number of years. This has absolutely enabled us to navigate the choppy waters of the global pandemic.

Our aim is to create a supportive performance environment at Tokyo 2020 for the athletes and the wider team. We know how fortunate we are to have this opportunity to be the best version of ourselves. Through their performances, I am confident that our athletes will inspire us and put proud smiles on the faces of us all..

MIRIAM MALONE
CEO

The Tokyo 2020 Paralympic Games have been delayed by one year but they will be all the more special for the extra wait. The world has endured a really tough time since the emergence of the COVID 19 virus in late 2019 but, I truly believe that the Paralympic Games can be a beacon of light in what has been a dark period.

Paralympics Ireland, like every sporting organisation, had made plans and preparations for Tokyo 2020 prior to the postponement of the Games. However, despite the huge changes in circumstances, we have shown resilience and adaptability to implement necessary changes in the face of unprecedented and unpredictable circumstances.

We have had some brilliant support from our friends and partners throughout the last few years. Sport Ireland have provided peace of mind to our athletes by guaranteeing their carding during the pandemic and providing access to training facilities and support services through the Sport Ireland Institute. The impact of this support cannot be underestimated, and it has been a huge part of the reason that our athletes are able to go and compete with the best in the world.

We have also been able to call on the support and friendship of our own partners who have been so forthcoming with their help throughout the last few years. We are fortunate to be able to call on partners like Allianz, Circle K, Citi, FloGas, The Vision Group and Toyota along with Aer Lingus, McInerney Saunders, Crowley Millar, Salesforce, Goosebump and Bearing Point. We have also received generous and vital products from Dunnes Stores, Elvery's and Hickey's Pharmacy.

The trials and obstacles that have made this such a difficult time for all of us will make our athletes all the more determined and resilient. It will be a huge source of pride to all of us when we see the Irish flag raised at the opening ceremony and I am confident that it will not be the only time that the tricolour will proudly be raised at Tokyo 2020.

I would like to wish our athletes, their coaches and support staff the very best of luck at the Games and I know that with our Chef De Mission, Neasa Russell, and the staff team that are working so diligently behind the scenes have ensured no stone will be left unturned in the pursuit of performance.

EIMEAR BREATHNACH
President

As the president of Paralympics Ireland it gives me great pleasure to introduce you to the Irish team that will be representing Team Ireland at the Paralympic Games.

We are so fortunate to have 29 athletes of such a high calibre that will compete on our behalf at the Paralympic Games in Tokyo 2020. This is a team that couples experience with youthful vigour, it is a great mix of veterans and athletes that will be making their debut. This is an interesting blend of athletes and of sports and I for one am really excited to see them in action.

Our team will represent nine sports with everything from Para-archery to Para-Shooting to all in between. The team will represent no fewer than 17 counties and numerous impairments, this is a truly representative team for our island.

Having competed at the Paralympic Games myself I understand the excitement that our athletes feel right now. There will be a combination of nerves and a great sense of anticipation of the opportunity to go out and compete. I know that the athletes will be fantastically supported by the staff that are working closely with them in Tokyo, I have no doubt that everything that the athletes need to compete to the best of their abilities will be available to them at this vital time.

These games will obviously be very unusual with largely empty stadia bearing witness to the performances of all athletes at the Games. Indeed, I will be one of the people that will be watching Team Ireland from home but it is important to know that all of us that will be in Ireland watching on the television will be right behind you and cheering you throughout every minute of your journey.

TOKYO 2020

Introduction

TOKYO has a special place in Paralympic history because it hosted the second ever Paralympic Games in 1964 and the first in Asia. That involved 375 athletes from 21 nations and all competed in wheelchairs because the Paralympic Games were not open to athletes of other disability classifications until 1976.

Powerlifting was introduced in 1964 as was wheelchair racing in the form of a 60m dash. Specialised sports wheelchairs did not yet exist until the 1980s so the athletes in 1964 raced in their everyday wheelchairs which weighed a minimum of 15 kilos, double the weight of today's aerodynamic equipment.

Tokyo now becomes the first city to host the Paralympic Games twice and many of the 21 venues are updated versions of those used in 1964. The stellar quality of action and ferocity of competition from August 24-September 5 will reflect how far para sport has evolved in the past 57 years. This Paralympic Games involves 4,400 athletes competing in 22 sports and 540 medal events and the huge variety of sports also shows how para athletes, coaching and technology have evolved. Canoeing and triathlon were new to the Paralympic programme in Rio 2016. This time around badminton and taekwondo are new inclusions and replace sailing and seven a-side football.

Teams will stay in the Paralympic Village, located between the Tokyo Bay and Heritage Zone, demonstrating that athletes are always the heart and focus of every Paralympic Games. The Japanese people donated used mobile phones and other electronics so that all medals could be made from recycled materials. Paralympic medals are always engraved in Braille and the 2020 ribbons also have corresponding silicone dots so the colour of each medal can be easily identified by touch.

Every athlete involved in Toykyo 2020 has had a harder and longer build-up than usual due to the global pandemic which will make every performance even more special. Safety concerns sadly mean their families and supporters cannot attend but a record number of broadcasters will be offering live coverage around the world - six more than Rio 2016 - so Tokyo 2020 is expected to exceed the cumulative TV audience of 4.1 billion who watched the 2016 Paralympic Games.

As always Ireland's team of 29 athletes (in nine sports) will be giving their everything in the hope of producing the greatest performance of their lives. This guide includes biographies of all, explanations of their event's format and their competition schedules.

Beir Bua Team Ireland!

#TheNextLevel

ARCHERY

Archery has a particularly vaunted Paralympic history. Originally developed as a means of rehabilitation and recreation it rapidly evolved into the international, competitive sport that now features in the Tokyo Paralympics.

Para-archery featured at the first Stoke Mandeville Games in 1948 (the predecessor to the modern Paralympic Games) and has been included on every Paralympic programme since 1960.

The object of the sport is simple: to shoot arrows as close to the centre of a target as possible. The outer ring on the target is worth one point and the value of the rings increase the closer they are to the centre worth 10 points. It is officially called 'the gold' but among archers is colloquially called the 'spider'.

The Tokyo 2020 Paralympic Archery competition will involve 140 athletes (80 men and 60 women) in individual men's and women's events *(W1, Compound – Open and Recurve - Open)* and mixed pairs events *(W1, Compound - Open, Recurve - Open)*.

Athletes compete with both recurve bows — distinctive as the limbs curve outwards at the top — and compound bows, which feature mechanical pulleys, telescopic sights and release aids to assist in accuracy. An archer using a recurve bow shoots at a target 122cm in diameter from 70m away. A compound archer shoots at a target 80cm in diameter, from 40m away.

In each event there is a ranking round where each archer shoots 72 arrows *(12 ends of six arrows each)* in four minutes to qualify for the knockout stages. Knockout format is - three arrows in each end *(for a top score of 30 points) and the athlete with the highest total score after five ends (for a top score of 150 points)* is the winner.

In the event of a tie a match goes to a sudden death-style shoot-out so medals can be decided by a single arrow. Tokyo's para-archery competition will take place in Yumenoshima Park.

Classification

Athletes at Tokyo 2020 will compete in two events: W1 and Open. W1: is for athletes with an impairment in all four limbs who use a wheelchair.

Open: combines W2 and ST (standing) classes, including athletes who have an impairment in the legs and use a wheelchair, or have a balance impairment and shoot standing or resting on a stool.

KERRIE LEONARD

Age: 30 *(DOB: 18/12/1990)*
Hometown: Culmullen, Co Meath
Coach: Jim Conroy
Classification: W2
Disability Group: Spinal Cord Injury
Event: Compound Women 'Open (W2)
Schedule: Ranking Round 27/08

Kerrie took up archery seriously after meeting her coach, two-time Olympic archer Jim Conroy who is also from Meath. She first competed for Ireland in 2012, took a break and returned to the sport in 2014 when her performance at the European Championships was so poor that she determined not to let it define her. A year later she was ninth in the World Championships and she won silver in the 2016 European Championships when she came very close to qualifying for the Rio Paralympics. With no European Championships possible this year it was amalgamated into the final Paralympic Qualifier in July where she finished fifth in the World Qualifier and sixth in the European qualifier, earning her a bipartite slot for Tokyo.

Kerrie has a degree in Equine Business from NUI Maynooth. In 2020 she took leave from her job with Facebook to train fulltime but the year delay meant she returned and combined fulltime work (online) with training this year.

Kerrie is a wheelchair user since being paralysed from the waist down after a fall from a tractor on the family farm in May 1997 when she was six. From March to October she trains outdoors at home on a tarmac driveway but she also has a simulator that she can use to train indoors.

She will not be intimidated by the scale of the Tokyo Paralympics because, in 2012, she got a job in the transport department of the London 2012 Olympics/ Paralympics and was based in the ExCel Arena where Katie Taylor won boxing gold.

Twitter: @KerLeonard
Instagram: ker_leonard

ATHLETICS

The track and field events at the Paralympic Games always attract the largest number of competitors. It was one of just eight sports at the first Paralympics in 1960 when there were just 25 medal events, but this year there will be 167 medal events in Tokyo: 93 for men, 73 for women and one mixed event.

The number of athletes competing in athletics is constantly increasing as the scale and standard of Para athletics grows, leading to rapid improvements in both the level of competition and records. In the 2016 Paralympics 70 new world records were set in track and field. Events all have female and male competitions except high jump - which is only a men's competition since 2000. The 4x100m relay is a mixed event.

Athletes' dedication and advances in technology have made once unimaginable feats become reality. Some athletes compete in wheelchairs, others with prostheses and some athletes with vision impairments compete with the guidance of a sighted companion.

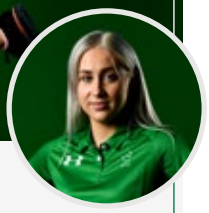
Athletes compete according to their functional classifications in each event and these events are continually being redefined to include as many athletes as possible.

In athletics' classification, the T before the class number refers to Track while the F before the class number refers to Field. Track events are: sprint *(100m, 200m, 400m)*, middle distance *(800m, 1500m)*, long distance *(5,000m)* and a mixed 4x100m relay.
Jumps: Long Jump and High Jump (men only).
Throws: Shot Put, Discus, Javelin and Club Throw
Road: Marathon

Classification

The classes in Para athletics are prefixed by T for track + jumping events, and F for field events, followed by two numbers. The first number reflects the type of the impairment and the second one indicates the extent of the impairment. The lower the second number, the more severe the impairment.

T/F11-13: vision impairment,
T/F20: intellectual impairment,
T/F30s: coordination impairment
In classes 31 to 34, athletes compete in a racing wheelchair or throwing frame. Classes 35 to 38 are for standing athletes,
T/F40-41: short stature,
T/F42-44: lower limb impairment competing without prosthesis,
T/F45-46 and T47: upper limb(s) impairment,
T/F51-54 and F55-57: impairments of limb deficiency, leg length difference, impaired muscle power or impaired range of movement. All 50s classes are for seated athletes,
T/F61-64: lower limb impairment competing with prosthesis or athletes with a leg length difference.



ORLA COMERFORD

Age: 23 *(DOB 14/09/1997)*
Hometown: Howth, Co Dublin
Coach: Brian Corcoran & Mick Hynes
Club: Raheny Shamrock AC
Classification: T13
Disability Group: Vision impaired
Event: T13 100m
PB: 12:55 (2016). **SB:** 12.65
Schedule: T13 100m Final 31.08

Orla started running with her club Raheny Shamrock when she was just six. She was just 18 when she made her Paralympics debut in Rio where she ran 12.81 seconds in her heat to qualify for the T13 100m final where she finished eighth.

In 2017 she was sixth in the final of the World Championships in London and, a year later won two bronze medals (100/200m) at the European Champions but her progress since has been seriously hampered by injury. Ankle (left) surgery in 2019 and related biomechanical problems meant she's had to totally overhaul her technique and had a lengthy rehab. She was resigned to targeting Paris in 2024 as her next major but qualified for Rio by running 12.65 seconds at the City of Lisburn meet in May, her first race in three years.

Orla has Stargardt's disease, a degenerative condition that affects her central vision. She is a student of fine art and media at the National College of Art & Design (NCAD) but, after surgery in 2019, deferred her final semester until after her second Paralympics.

Twitter: orla_comerford
Instagram: orla_comerford

MARY FITZGERALD

Age: 22 *(11/08/1999)*
Hometown: Callan, Co Kilkenny
Coach: John McCarthy
Club: Gowran AC
Classification: F40
Disability Group: short stature
Event: F40 shot put
PB: 8:12m
Schedule: F40 Shot Put Final 04.09

Mary first encountered throwing through an induction day with the Irish Wheelchair Association when she was 11 and immediately fell in love with it. She is a person of small stature and competed in the World Dwarf Games in Michigan in 2013. She was selected to join Paralympic Ireland's High Performance squad in 2019 and first represented them at a grand prix in Grossetto before competing in the 2019 World Championships in Dubai and since then has added on two metres to her personal best.

She comes into Tokyo in the best form of her life. She won bronze at the European Championships in Bydgoszcz (Poland) in June with a throw of 7.35. She went on to record throws of 7.44m and 7.85m this summer and, on August 8, at the Munster IWA Championships in Templemore (Co Tipperary) finally broke the world-class 8-metre barometer in her event. Her new PB of 8:12m puts her fourth in the world rankings.

Cork-based John McCarthy, who has also coached Niamh McCarthy, is her coach. After making her Paralympics debut Mary will start the final year of her Occupational Therapy studies in University College Cork where she receives a Quercus Scholarship for her academic/sport achievements.

Twitter: _MaryFitzG
Instagram: _maryfitzgerald_

JORDAN LEE

Age: 21 *(DOB 01/07/2000)*
Hometown: Killarney, Co Kerry
Coach: Tomas Griffin
Club: Killarney Valley AC
Classification: T47
Disability Group: Left arm Dysmelia (congenital amputee)
Event: T47 High Jump
PB: 1:95m. SB: 1:87m
Schedule: T47 High Jump Final 29.08

Jordan, who was born with a foreshortened left arm, was a sporting ground-breaker even before he turned to Para athletics because, in his teens, he was the first one-handed player to play basketball for Ireland.

A chance meeting with Jason Smyth at a disability conference persuaded him to try other sports at a Paralympic Ireland Expo. He started practising high jump at his local track where his coach Tomas Griffin, a former sprinter and long jumper, spotted him and offered to coach him. Jordan first competed in an Irish athletics' vest in 2017 after just four months of training for high jump and, within a year, he had won a bronze medal at the 2018 European Championships. He finished sixth at the 2019 Worlds Championship and fourth at this year's European Championships in Poland in June.

His personal best of 1:95m dates from the Irish National Championships (able-bodied) in 2019 and the European record in his event is 1:97m so he is not far off it.

He jumped his season best of 1:87m in the European final and that ranks him 11th in the world this year in his event. He is studying Health and Leisure in Adapted Physical Activity on a part-time basis at the Institute of Technology, Tralee to allow him concentrate on training and this is his first Paralympics.

Twitter: JordanpLee23
Instagram: Jordanplee23

NIAMH McCARTHY

Age: 27 *(DOB 04/01/1994)*
Hometown: Carrigaline, Co Cork
Coach: Alison O'Riordan
Club: Leevale AC
Classification: F41
Disability Group: short stature
Event: F41 Discus
PB: 32.67m. **SB:** 31.18m
Schedule: F41 Discus Final 01.09

Niamh was one of Ireland's sensational 'Rebel Treble' of medal-winning discus throwers from Cork in Rio 2016, winning F41 discus silver on her Paralympic debut with her penultimate throw of 26.67m.

That came less than three years after she was first identified through a Paralympics Ireland talent ID day but she had already demonstrated her talent by winning bronze at the 2015 World Championships.

She has since won four more major medals, including silver at the 2017 World Championships, gold at the 2018 European Championships (with a new European record of 31.76m) and bronze at the 2019 World Championships.

This year she retained her European title in Poland in June with a throw of 30.03m and her throw of 31.18m in Dublin in June puts her third in the world rankings. Alison O'Riordan, who is Paralympic Ireland's throws coach since late 2019, is now her technical coach and, as well as training at Leevale AC Niamh now has a throws circle in her local GAA club for training.

To facilitate her training Niamh works part-time for Dell in Cork. She is also an avid sky-diver.

Twitter: niamhmacdiscus
Instagram: niamhmacdiscus

MICHAEL McKILLOP

Age: 31 *(DOB 27/01/1990)*
Hometown: Cushendall, Co Antrim
Coach: Paddy McKillop
Club: LSt Malachy's AC
Classification: T37
Disability Group: Cerebral Palsy
Event: T37/38 1500m
PB: 3:51.74 (2013). **SB:** 4:06.33
Schedule: T37/38 1500m Heat 03.09,
T37/38 1500m Final 04.09

This is Michael's 16th season in the Irish vest and he has already won 12 medals at major championships. They include four Paralympic golds in his three Games to date; 800m in 2008, a 800m/1500m double in 2012 and 1500m gold in 2016 (in 4:12.11) when the 800m was removed from the programme.

The first medal of Michael's glittering career was 800m gold at the 2006 World Championships. He has since added five more world titles, including double golds in 2015 and 2017 and was a double European champion in 2014. But a groin injury that needed surgery in 2018 side-lined him for a full year. He returned in time for the 2019 World Championships where he where he narrowly missed out on the podium This year he has shown a return to top form, winning silver in the T38 1500m final at the European Championships where his time of 4:09.85 was also a T37 championship record. His season best time of 4:06.33, run in Belfast in May, has him ranked second in the world ahead of his fourth Paralympic Games.

Michael, who is coached by his school teacher dad Paddy, has also represented Ireland in the European Cross-Country Championships. He is an outspoken advocate for mental health issues after suffering from depression himself and seeking help before the Rio Paralympics. Michael and Kenya's Mary Nakhumicha Zakayo received the Whang Youn Dai Achievement Award – for best exemplifying the best spirit of the Games - at the closing ceremony of the 2012 Paralympics. He married Nicole Martin in November 2018.

Twitter: @TeamMcKillop
Instagram: teammckillop

PATRICK MONAHAN

Age: 35 *(DOB 14/01/1986)*
Hometown: Caragh, Co Kildare
Coach: Mark Rohan
Club: Le Cheile AC
Classification: T53
Disability Group: Spinal cord injury
Event: T53 marathon
PB: 1:22.23 *(2019)*
Schedule: T54 Marathon 05.09

A car accident in 2007 left Pat in the National Rehabilitation Hospital (NRH) for three months and a wheelchair user since but, since his first marathon, in Dublin, in 2013 which he completed in two hours and 38 minutes, he has become world-class.

He trains on the roads in his native Kildare but also in nearby Mondello Park, Ireland's premier car-racing track. In June 2019 Pat set a massive new PB by breaking one hour and 23 minutes in Duluth, Minnesota. It is a notoriously fast course but it knocked over six and a half minutes off his PB. That ranked him five minutes faster than anyone else in the world in the T53 class and also fourth fastest in the world in the less impaired T54 class that season.

Pat made his Paralympic debut in Rio in 2016 where he finished 16th and in Tokyo will once again be one of very few T53 athletes competing in the T54 'mixed' marathon, which takes place on the final day of competition.

Ireland's hand-cycling Paralympic champion Mark Rohan has coached him for the past year but getting races has proved very problematic due to COVID. His last marathon was in Dubai in January 2020 where he recorded a time of 1:34.55.

In the past year Pat has returned to college as a mature student and is studying Community and Youth Development at the Technical University of Blanchardstown.

Twitter: PaMonahan1986
Instagram: patrickmonahan86

JASON SMYTH

Age: 34 *(DOB 04/07/1987)*
Hometown: Eglington, Co Derry
Coach: Tom Reynolds and Stephen Maguire
Club: Derry Track Club
Classification: T13
Disability Group: Vision Impairment
Event: T13 100m
PB: 10:46 seconds *(Paralympic record, London 2012)*. **SB:** 10.63
Schedule: T13 100m Heat and Final 29.08

Jason is the fastest Paralympian of all-time and still holds the World and Paralympic records in T13 100m (10:46) and 200m (21.05), which he set at the London Paralympics in 2012. He won double T13 sprint gold on his Paralympic debut in Beijing 2008, retained them in London and in Rio, with the T13 200m removed from the programme, still dominated the 100m , leaving him chasing a sixth crown in Tokyo in his fourth Paralympic Games.

Jason competes in T13 because he has Stargardt's disease, which affects his central vision. His 10:22 time from 2011 also makes him the second fastest Irishman of all-time. That was just four hundredths of a second outside Olympic qualification, thwarting his ambition to compete in both the Olympics and Paralympics. In 2010 he was the first Para athlete to compete in the European (able-bodied) Championships where he narrowly missed making the final. On top of his five Paralympic titles Jason has also won eight World Championship golds, six European titles and a World Indoor 60m crown in 2006.

Since Rio 2016 he has won the European title in 2018 and the World title in 2019. He noticeably ran a season best of 10.63 at the Northern Ireland Championships, just 100th of a second slower than his fastest time in Rio 2016.

Since May 2016 Jason has been based back in Northern Ireland where he lives outside Belfast with his wife Elise and two daughters Evie (5) and Lottie (3).at the Technical University of Blanchardstown.

Twitter: smyth_jason

GRETA STREIMIKYTE

Age: 25 *(24/08/1995)*
Hometown: Bettystown, Co Dublin
Coach: Feidhlim Kelly
Club: Clonliffe Harriers
Classification: T13
Disability Group: Vision Impairment
Event: T13 1500m
PB: 4:29.33 (2021)
Schedule: T13 1500m Final 28.08

Tokyo will be Greta's second Paralympic Games. She made her international debut in 2015 and followed it quickly with a European bronze medal in 2016. She was fourth in the T13 1500m final on her Paralympic debut in Rio in what was then a personal best of 4:45.06.

Since then she has won gold at the 2018 and 2021 European Championships. She credits her PE teacher Sean Gallagher for encouraging her to start running and coach Enda Fitzpatrick for bringing her to international standard. Disappointed at only finishing fifth at the 2019 World Championships, she switched to train with the Dublin Track Club where she is coached by Feidhlim Kelly and trains with a group of current Olympians.

Greta's times have made a huge leap this season when she knocked a whopping nine seconds off her 2018 PB. She ran 4:32.15 in May, retained her European title in Poland in early June with a new T13 European record of 4:29.38 and went on to lower it further, to 4:29.33, at the AAI Games in the same month. That time ranks her number one in the world in her event.

She competes in T13 because she has retinopathy with only vision in her left eye. Her family moved from Lithuania to Swords (Co Dublin) when she was 15 and she is a triplet. She has a degree in International Relations from DCU where she also obtained a Masters in Business Management in 2019. She works, two days a-week, for AIB to facilitate her training. The opening ceremony of the 2020 Paralympics coincides with Greta's 26th birthday.

Twitter: streimitkyte
Instagram: streimikyte

CANOEING

Para-canoeing is a relatively new but fast-growing sport which was first introduced at the canoeing World Championships in Poland in 2010 and made its Paralympic debut in Rio 20216.

In competitive canoeing there are two types of boat – canoes and kayaks.

In canoeing (identified by the letter C for competition purposes) paddlers either kneel on the bottom of the boat or sit on a raised platform and the deck is usually open.

In kayaking (identified by the letter K) paddlers are always sitting. When para-canoeing made its Paralympic debut in 2016 the only events were 200m kayak races. Tokyo 2020 sees the introduction of a new class – Va'a – which is a kayak with an outrigger (float attached to the side), which is propelled with only a single paddle. There will be three new events in Tokyo - the men's and women's VL2 and the men's VL3.

All races will be held at the Sea Forest Waterway.

Classification

The higher the classification score, the greater the paddler's functionality.

KL1/VL1 is for athletes who propel with their arms only.
KL2/VL2 propel themselves with their arms and trunk.
KL3/VL3 have full function of their arms and trunk, and partial function in the legs.

PATRICK O'LEARY

Age: 48 *(DOB 17/10/1972)*
Hometown: Moycullen, Galway (born in Cork)
Coach: Neil Fleming
Classification: KL3/VL3
Disability Group: Left leg amputee
Event: KL3 200m, VL3 200m
Schedule: KL3 Heats 02.09, Semi Final 03.09, Final 04.09
VL3 Heats 02.09, Final 03.09

Pat made history in Rio 2016 as Ireland's first ever Paralympic paddler where he finished sixth in the KL3 final.

When a new VL3 event was introduced in 2018 he decided to continue his Paralympic career. He describes va'a canoeing as "a completely different skillset" because you only have one paddle but he has proven an exceptionally quick learner.

He reached the VL3 final at the 2019 World Championships and, in June 2021, became European VL3 champion in Poznan, Poland where he also made the KL3 final.

Pat first represented Ireland in canoe-polo and took up para-canoeing in April 2011, just five months after having his leg amputated for medical reasons. Coached by former Irish international Neil Fleming and a member of Galway Kayak Club he is a regular finalist at World and European level in both the KL and VL3 200. He has a doctorate in organic chemistry in which he lectures at NUI Galway. He is married to Jude and has two sons Sean and Joe.

Twitter: eentjebeen

CYCLING

Cycling for athletes with impairments originated in the early 1980s. Road competitions were introduced in the New York/ Stoke Mandeville 1984 Paralympic Games for competitors with cerebral palsy. Four years later, in Seoul, cyclists with other types of disabilities – amputees/les autres - were included, and visually impaired cyclists made their Paralympic debut at the 1992 Games in Barcelona. In addition to traditional bikes, para-cyclists can compete using tricycles, hand bikes or tandems.

Approximately 230 athletes will take part in Tokyo's para cycling events (150 men and 80 women). There will be 34 road competitions (20 for men, 13 for women and a mixed team relay) and 17 events on the track (nine men, seven women and 1 mixed 750m team sprint).

Ireland's cyclists will compete on the track and on the road and include cycling, hand-cycling and tandem competitors.
Track competitions take place in the Izu Velodrome (located about 61 miles from the Olympic Village) while the road venue in Oyama (51 miles from the Olympic village) is the Fuji International Speedway where the Road Race will also take in some nearby roads.

Classification

C= Cycling. **H**= Hand Cycling **B**=Tandem **T**= Tricycle

T 1-2: Denotes athletes who cannot ride a bicycle due to balance issues and compete on a tricycle. There are two categories (T1 and T2) depending on the level of disability.

C 1-5: Denotes athletes who are able to use a standard bicycle compete in the five sport classes C1-5, lower the number, greater the level of activity limitation. The sport class profiles include amputations, impaired muscle power, or range of movement, and impairments affecting coordination, such as ataxia and athetosis. Athletes can compete with prosthetic limbs.

B: Denotes athletes with a visual impairment, riding in a tandem pair. A sighted pilot steers the cycle from the front and the vision impaired rider (known as the stoker) competes at the rear with both contributing equally. A former pro cyclist cannot have competed in UCI tour event for 24 months in order to be a pilot.

H 1-4: Denotes athletes with impairments affecting either both legs or a combination of the upper and lower limbs (amputees, paraplegics, and tetraplegics). H1-4 athletes compete in a reclined position whereas H5 compete in a kneeling position.

Competitions

Track: Para track cycling is open to the cycling (C) and tandem (B) classes. Starting blocks are used for individual pursuit and the first rider of the team sprint. A 15-second countdown will commence when the riders are secured on their bikes and ready to start.

All athletes compete against the clock, from a standing start where held by a mechanical electronically timed starting gate. Some classes are 'combined' for certain races and, in combined classes, a factoring system is used to calculate & relate the times from different classes to each other to find the winner.

Time Trial: A sprint event. Riders compete against the clock to complete 500m (2 laps) or 1km (4 laps) in the fastest time. The competition is held over 500m for women and 1km (also known as 'Kilo' for men).

Individual Pursuit: An endurance event raced over 3km (12 laps) or 4km (16 laps). Riders start on the opposite sides of the track and attempt to catch up with their opponent or record a faster time.

In the qualification heats, every bike rides for a time which establishes the order for the next round. The top 4 go on to race for a medal (1 v 2, 3 v 4). In medal races they automatically win if they pass (catch) their opponent or record the fastest time. Riders can chose to continue even if a catch is made in order to set a personal best or record time.

Mixed Team Sprint (750m): Riders are awarded points depending on their classification. The combination of three riders can't exceed the maximum of 10 points.

Teams (of three, from different genders and classes) race against the clock initially, each rider leading for a lap before peeling off. The final rider for each team sprints for the finish to establish the team's time.

Teams ride alone to determine the four fastest teams to make the medal rounds. The two fastest teams race for the gold medal and the third and fourth-fastest teams race for bronze.

Road: Time Trial: Cyclists race individually against the clock and are sent off at 60-second intervals. Everyone will race over the same 8km course within Fuji Speedway Team but the distance raced varies according to their category.

Time Trial Men's distances: C1 (16km), C2-C3 (24km), C4-C5 (32km), B (32km), T1-T2 (16km), H1-H2 (16km) and H3-H5 (24km). Time Trial Women's distances:C1-3 (16km), C4-C5 (24km), B (32km), T1-T2 (16km), H1-H3 (16km) and H4-H5 (24km).

Road Races: All have mass starts, the first over the line wins and distances vary according to categories. The Road Race course is 13.2km per lap and it includes the Fuji Speedway and some nearby roads. The relay course is a 2.7km lap within the Speedway.

Road Race Men's distances: C1-C3 (79.2km), C4-C5 (92.4km), B (118.8km), T1-T2 (26.4km), H1-H2 (52.8km) and H3-H5 (79.2km) Road Race Women's distances: C1-C3 (39.6km), C4-C5 (79.2km), B (92.4km), T1-T2 (26.4km), H1-H4 (26.4km) and H5 (66km). Mixed Relay: H1-H5 (24.3km).

KATIE GEORGE DUNLEVY (STOKER)

Age: 39 *(DOB 26/11/1981)*
Hometown: Crawley, West Sussex
Coach: Neill Delahaye
Club: Donegal Bay Cycling Club
Classification: WB Tandem
Disability Group: Vision Impairment
Event: Track: Kilo and 3km Pursuit (track)
Road: Road Race & Time-Trial
Schedule: WB 1000m Time Trial 26.08
WB 3000m Individual Pursuit 28.08 / WB Time Trial 31.08 / WB Road Race 03.09

EVE McCRYSTAL (PILOT)

Age: 43 *(DOB 28/07/1978)*
Hometown: Dundalk, Co Louth
Coach: Neill Delahaye
Club: Bellurgan Wheelers

This tandem pairing and reigning Paralympic champions in the Time Trial are endurance athletes and Ireland's most successful para-cyclists ever. Since their debut in 2014 they have won nine medals at World Road Championships (5 gold, 4 silver), three more at World Track Championships (1 silver, 2 bronze in 3km) and two medals at the Rio Paralympics (gold in Time Trial, silver in the Road Race).

They won the 'double-double' road TT & RR at the World Road Championships in 2017 & 2018 and also won the TT in 2019 with Silver in the RR. They won double silver at this year's World Road Championships in Estoril (June 2021) and are also hoping to medal in the 3km TT on track in Tokyo

Katie-George, whose dad hails from Mountcharles, Co Donegal, is usually based in England but, due to lockdown, spent four and a half months of 2020 living with Eve's family in Dundalk and then moved in with her cousins in Phibsboro in April 2021 to facilitate their training. Eve, an ex-triathlete who is a regular winner of Irish elite titles as an individual cyclist, joined Katie-George in 2013 after a talent-ID trial. A garda based in Ardee, she took a leave of absence in 2018 to facilitate their training.

Twitter: KatieGDunlevy **Instagram:** katiegdunlevy
Twitter: evemccrystal **Instagram:** evemccrystal

RONAN GRIMES

Age: 32 *(DOB 24/12/1988)*
Hometown: Athenry, Co Galway
Coach: Neil Delahaye
Club: Orwell Wheelers
Classification: C4
Event: Track: Kilo & Individual Pursuit. **Road:** Road Race and Time-Trial
World Rankings: 5th track (2020)/8th road (2021)
Schedule: C4-5 1000m Time Trial 26.08
C5 4000m Individual Pursuit 27:08
C5 Time Trial 31.08
C4-5 Road Race 03.09

Ronan was born with a club left foot and initially took up cycling for transport during his student days. He joined Orwell Wheelers in 2014 but only discovered para-cycling in 2016 and made his Irish debut at the World Road Championships in South Africa in 2017. He has won a World Championship medal in each of the last three years. In 2019 he won world track silver in the Scratch (non-Paralympic event).

In 2020 he won bronze in the Individual Pursuit (track) and this year he won bronze in the Road Race at the World Road Race Championships in Portugal in June (despite crashing during it) and was also fourth in the Time Trial. He is an endurance rider and is targeting the Pursuit & TT in particular.

Ronan has a Masters in Pharmacy and a PhD in health services research. He is based in Dublin where he works for the Irish medicines regulatory board (HPRA). Testing the safety of COVID vaccines meant he was particularly busy in work from late 2020 onwards and, in late Spring 2021, he took a leave of absence to train fulltime.

Twitter: ronantg

MARTIN GORDON (STOKER)

Age: 36 *(DOB 18/03/1985)*
Hometown: Sligo Town, Co Sligo
Coach: Pete Mitchell
Club: Black Line (UK)
Classification: B3 Tandem
Disability Group: Club Foot
Event: Track: 1km Time Trial. **Road:** Time-Trial
World Ranking: 12th track (2020)
Schedule: B1000 Time Trial 29.08
B Time Trial 31.08

EAMONN BYRNE (PILOT)

Age: 37 *(DOB 13/03/1984)*
Hometown: Coolock, Co Dublin
Coach: Pete Mitchell
Club: Black Line

Martin played rugby and soccer in his youth before he suddenly lost his sight in 2002, caused by retina detachment related to a pre-existing condition. He initially cycled in endurance events but physiological tests indicated sprinting would suit him best. He and Eamonn became a tandem pair in the wake of the Rio Paralympics and first competed for Ireland in 2017. Their last competition was the 2020 World Track Championships where they were fifth in the Sprint race and 10th in the 1km Time Trial. With no World Championships in 2021 they secured their place in Tokyo by delivering strong performances during selection trials on an Irish team track camp in March 2021.

Martin lives in Stoneybatter with his partner Louise and daughter Nora (5) and is a barrister who works as in-house counsel for the Garda Siochana.

Eamonn took up rowing when he joined the Gardai and, in 2012, switched to cycling and won a national title in his first year. He has won several Irish Elite track titles in sprint disciplines but, since becoming Martin's pilot, has concentrated most of his energies on their partnership. He has taken leave from his job (a garda based in Malahide) this year to prepare for Tokyo. He shares a birthday with Martin's guide dog Juno.

Twitter: The Flash G **Instagram:** irish.sprint.tandem
Twitter: Eamonnbyrn **Instagram:** irish.sprint.tandem

GARY OREILLY

Age: 28 *(DOB 10/05/1993)*
Hometown: Portlaoise, Co Laois
Coach: Ralf Lindschulten
Club: Laois CC
Classification: H5 handcycling
Disability Group: Spinal cord injury
Event: **Road only:** Time-Trial and Road Race
World Ranking: 5th road (2021)
Schedule: H5 Time Trial 31.08
H5 Road Race 01.09

Gary broke his back in a work-place accident in 2014. Getting fit through cycling has helped him progress to using crutches now, only using wheelchair for longer distances and he has made remarkably quick progress in international handcycling. He had no interest in sport before his accident and initially took part in wheelchair basketball and rugby.

A chance meeting with Irish teammate Declan Slevin at a basketball game led him towards handcycling and he started competing in the National League in 2017. In his first World Road Championships in 2019 he finished sixth. This year he won bronze in the Time Trial at the World Road Championships (Portugal) in June where he was also fourth in the Road Race. He is a fulltime athlete.

Instagram: garyo93

RICHAEL TIMOTHY

Age: 26 *(DOB: 27/04/1995)*
Hometown: Ballymore, Co Roscommon
Coach: Neill Delahaye
Club: Castlerea CC
Classification: C3
Disability Group: Traumatic brain injury
Event: **Track:** 500m Time-Trial/3km Pursuit. **Road:** Road Race & Time-Trial
World Rankings: 4th track (2020) and 7th road (2021)
Schedule: C1-C3 Individual Pursuit 25.08
C1-C3 500m Time Trial 27.08
C1-C3 Time Trial 31.08
C1-C3 Road Race 03.09

Richael played schoolgirl soccer for Ireland (U15 and U17) alongside current Irish captain Katie McCabe) and gaelic for Roscommon until her football career was ended by an acquired brain injury. It was caused by treatment for a rare condition known as HHT (Hereditary Hemorrhagic Telangiectasia) which affects veins and arteries. It left her with just 30 per cent power in her left leg but she has made remarkably quick progress since taking up cycling.

She made her Irish debut in 2017 and won her first international medal at the Manchester Para-Cycling International in December 2019, winning silver in the Scratch race and knocking 17 seconds off her Pursuit PB. She won bronze at the 2020 World Track Championships in the non-Olympic Scratch event in 2020 and this year came fourth (Road Race) and fifth (Time Trial) at the World Road Championships in Estoril in early June.

Richael has a degree in sports science from Athlone IT. She worked with the Roscommon Sports Partnership and is doing a Masters in Performance Coaching with Setanta College but deferred her work and studies in April 2021 to concentrate on Paralympic preparation.

Twitter: richael_t
Instagram: RichaelT

EQUESTRIAN

Tokyo marks the 25th anniversary of equestrian sport's inclusion in the Paralympic Games. Dressage, often described as 'ballet on horseback' and performed completely on the 'flat' in a sand arena is the Paralympic's only equine discipline and men and women compete together.

Dressage showcases the prowess and elegance of both horse and rider and the unity between them in, initially, a series of compulsory movements.

Markers, in the form of a letter are placed at set locations around the arena. The test movements are defined by letter sequences, for example 'HEK medium walk' means starting at H, passing on to E and to K while the horse demonstrates medium walk pace. Para-dressage competition features three different competitions:
Individual Test – Individual medals are given in each grade.

Team Test: Riders compete in mixed grades and the team test is only open to teams of three.

Freestyle: A third competition which features the top eight finishers, per grade, of the Individual Test.

The Individual Test and Team Test require pairs to perform a set routine but the Freestyle is unique to each pair who perform their own choreography to their own choice of music.
Marks are translated into percentages so scores are given in % format.

Tokyo's para-dressage competition will feature 78 pairings and the equestrian venue is in Baji Koen in the city.

Some Para riders use 'compensatory aids' or assistive devices such as dressage crops, connected rein bars etc.. People with reduced leg strength might use one or two riding crops, while vision impaired riders can have 'callers', who call out letters to help them navigate the arena. Horses in grades I to III can be supported by another, known as 'the friendly horse', which walks them to the arena and stands outside it while they perform, in order to help the competing horse to stay relaxed.

Classification

In Para dressage, there are five sport classes (called Grades) for athletes with physical and visual impairments. Like classes in all sports, the lower the grade the more severe activity limitations. Grade I riders have severe impairments affecting all limbs and trunk. These athletes usually require the use of a wheelchair though may be able to walk with an unsteady gait. Grade V riders have a mild impairment of movement or muscle strength or a deficiency of one limb or mild deficiency of two limbs. Grade IV and V also includes riders with a visual impairment.

Para equestrian combines athletes with different types of physical impairments, so you might see two athletes with different profiles competing in the same Grade because the impact of each athlete's impairment on performance is similar.

The level of difficulty in tests is relative to their allocated grade.

Grade I: Riders perform their tests at walk pace, including large circles with no sharp turns.

Grade II: Riders can walk and trot, with trotting performed in straight lines

Grades III and above: Riders can walk, trot and canter (although Grade III can canter only in the freestyle).

Grade V: Riders perform complex movements and lateral work at all paces requiring accuracy and dexterity.

TAMSIN ADDISON

Age: 48 *(05/02/1973)*
Hometown: Radnage, Buckinghamshire
Coach: Joyce Fearn
Horse: Fahrenheit (10 year old Danish Warm Blood, bay gelding)
Classification: Grade V
Disability Group: Right arm impaired muscle power
Event: Individual Test & Team Test*. *(She will also compete in the Freestyle if she finishes in the top 8 in Individual Test)*
Schedule: Grade V Individual Test 26.08
Team Test 28.08
Grade V Individual Freestyle 30.08

Tamsin, who was born and based in England, became the first person in the world to regrow a bone in her upper arm (humerus) after being diagnosed with cancer when she was 21. A former event rider, she has competed for Ireland in para-dressage since 2014 and has had Fahrenheit since 2017.

They first gave notice of their potential by winning in Bishop Burton that year and since then are regular podium finishers on the international three star circuit. Most notable was winning the individual team title in Keysoe in 2019 where they also took silver in the individual. Tamsin was also ninth at the 2019 European Championships on another horse and is ranked in the world's top 15 in para-dressage.

She competes for Ireland thanks to her husband Micheál O'Donoghue from Dundalk. She met him while studying at Queens University in Belfast (where she obtained a PhD) and lived in Ireland for the best part of eight years. Addison runs a livery and equine rehab yard (Radnage House Stables) which is home to 28 horses, as well as her qualifications in sports psychology and marketing.in the Road Race. He is a fulltime athlete.

Twitter: tamsin_addison
Instagram: tamsinaddisonparadressage

ROSEMARY GAFFNEY

Age: 62
Hometown: Clonmel, Co Tipperary
Coach: Sue Smallman
Horse: Werona (12 year-old Dutch warmblood mare).
Classification: Grade IV
Disability Group: Lower limbs impaired muscle power
Event: Individual Test*. *(*She will also compete in the Freestyle if she finishes in the top 8 in Individual Test)*
Schedule: Grade IV Individual Test 26.08
Team Test 28.08
Grade IV Individual Freestyle 30.08

Rosemary is particularly delighted to make her Paralympic debut in Tokyo after being Ireland's 'reserve' for London 2012 and Rio 2016. She has ridden since she was five but two major accidents have twice threatened her riding career.

She has had Werona only three years but they immediately clicked, winning the individual, team and freestyle Grade IV in the Keysoe three star in 2019, scoring 74% in the latter in what was only their third major international together. They were also third in three star events in Hartpury and Waregem in 2019 before Covid disrupted international competition.

An accident while mounting her horse in 2007 shattered Rosemary's knee, tibia and fibula. It took her two years to return to competitive riding and she moved to compete in para-dressage. In 2014 she suffered an even worse fall, breaking 40 bones in her other leg that necessitated six operations in 10 days, yet she returned to compete, initially graded in Grade III. COVID restrictions gave her time to work on her partnership with Werona but it made her regular work, as the long-time Course Director of Kildalton Equine College in Kilkenny, harder because all her classes had to be taught online.

Instagram: rosemary.gaffney1

KATE KERR HORAN

Age: 28 *(DOB 10/11/1992)*
Hometown: Tinahely, Co Wicklow
Coach: Donie McNamara
Horse: Serafina T (10 year-old mare, dark brown)
Classification: Grade III
Disability Group: Impaired muscle power
Event: Individual Test & Team Test.* *(*She will also compete in the Freestyle if she makes the top 8 in the Individual Test)*
Schedule: Grade III Individual Test 27.08
Team Test 28.08
Grade III Individual Freestyle 30.08

This is Kate's first Paralympics and she has been partnering Serafina for three years. She has been on the Irish High Performance team since 2011, was ninth in the World Equestrian Games in 2014 and finished eighth at the European Championships in 2017. This partnership had a brilliant 2019, placing high in three star competitions in Doha, Waregem, Kronenberg and Hartpury before making the podium in Keysoe where they scored their PB of 71% in the Freestyle. Kate broke her wrist at the start of 2020 and then Covid intervened and limited their international competitions since. Even though she was in Wicklow and her coach was in Limerick they managed to work 'live' together through the use of technology.

When Kate was a toddler she was found unconscious in the family's fields, possibly kicked by a horse. Her parents were told she might not walk again and she spent a year in the National Rehabilitation Hospital (NRH). She needed a tracheostomy (pieces of her ribs were inserted into her vocal chords) to help her breath until she was 11 and is weaker on her left side.

Yet she recovered not only to ride but to compete in able-bodied and para-dressage. She has a degree in Equine Business from NUI Maynooth, is a qualified riding instructor and helps her mother Pam run their family business, the Broomfield Equestrian Centre.

MICHAEL MURPHY

Age: 24 *(DOB 22/04/1997)*
Hometown: St Barnet, Mill Hill, West London
Coach: Elder Klatzko
Horse: Clever Boy (14 year-old warm blood, black gelding)
Classification: Grade I
Disability Group: Peripheral neuropathy (impairment group: impaired muscle power).
Event: Test & Team Test.*
Schedule: Grade I Individual Test 27.08
Team Test 28.08
Grade I Individual Freestyle Test 30.08

Michael qualified for Tokyo on his previous horse (Skjoldsgaard Hipp-vo) with whom he was 12th at the 2019 European Championships. He says COVID restrictions actually helped him as it made him focus on getting and working with a Paralympic-quality horse. He first competed for Ireland in the Hartpury three star in 2018, a big moment as he was returning to the sport for the first time in three years, after struggling with motivation after the loss of his eldest brother James in a kayaking accident in New Zealand in 2015.

Michael has only partnered 'Clever Boy' (aka 'Charlie) in the past year but they've already excelled. They dominated their class, with a string of first places, at this year's Munich and Hartpury three star events and scored a PB of 82% in the Freestyle in Hartpury.

Michael is a permanent wheelchair user. He was born, in London, with a rare progressive disorder called Dejerine-Sottas (a peripheral neuropathy which lessens reflexes, sensation, muscle tone and motor control). He had a double spinal fusion when he was 14 and is a permanent wheelchair user. He graduated with a biology degree from the University of Warwick last year and works as an environmental advisor for a large construction company in London. His grandmother is from Belfast, his grandfather is from Cork and, in 2012, Michael was a torch bearer on one of the relay legs for the London Olympics

Instagram: michael_murphy_dressage

POWERLIFTING

Paralympic Powerlifting is the ultimate test of upper body strength in the form of a bench press. The sport made its Paralympic debut at Tokyo 1964 as weightlifting and was open only to men with spinal cord injuries.

From 1992 the Paralympic event changed from weightlifting to only powerlifting, which saw a quick increase in the number competing, from 25 countries in Barcelona to 58 at the Atlanta 1996 Games. Female competitors have been included since Sydney 2000.

Powerlifting is a 'judged' event. Athletes lie on their back on a bench between two racks which holds a weighted bar. The lifter (assisted or unassisted) must take the bar and hold it with locked arms until the chief referee commands 'start'. They must lower it to their chest, hold it motionless (called a pause) and then press it back evenly to locked out arms. They cannot return to bar to the rack until the referee says 'rack.'

The three judges will then indicate a successful or unsuccessful lift by illuminating white or red lights. Two white lights mean it is successful. Each athlete has three attempts to record their lift at each weight in three rounds and the one who lifts heaviest wins.

Each competition is a straight final but if there is more than eight in a competition it is run off in two flights (groups). Groups A and B are predetermined by athletes' world rankings. The B group will always lift first and the A group includes the highest ranked lifters.

At Tokyo 2020, men and women will each compete in 10 different classes:
Women: Under 41kg (-41kg), -45kg, -50kg, -55kg, -61kg, -67kg, -73kg, -79kg, -86kg, +86kg.
Men: Under 49kg (-49kg), -54kg, -59kg, -65kg, -72kg, -80kg, -88kg, -97kg, -107kg, +107kg.

Classification

In powerlifting, athletes are classified by bodyweight alone, which means athletes with different impairments compete for the same medals. Athletes are weighed two hours before their competition.

For athletes with lower limb amputation, a weight based on the degree of amputation is added to their actual physical weight to determine the class in which they compete. In the event of a tie, the athlete with the lower bodyweight wins.

BRITNEY ARENDSE

Age: 21 *(DOB: 17/12/1999)*
Hometown: Mullagh, Co Cavan
Coach: Roy Guerin
Classification:
Event: 73kg
Schedule: 73kg Para Powerlifting 29.08

Britney is one of Paralympic Ireland's youngest team members in Tokyo and also a very 'young' athlete within her sport. She got the qualification standard for Tokyo in two weights – 67kg and 73kg - and her Paralympic ranking is seventh at 73kg. In 2018, in only her second year lifting, she produced three lifetime bests at the Asia and Oceania Championships in Japan to set a new 73kg world junior record of 89 kilos, which won the bronze medal in the junior category and fourth overall.

She was later upgraded to senior bronze due to an opponent failing a drugs test, which added a senior medal on top of her two junior wins in continental championships that season, including the European junior title.

In 2019 she broke her world junior record with 100 kilos at the Hungarian World Cup securing senior bronze and junior gold and later increased it to 102 kilos in Kazakhstan. Lockdown proved difficult for Britney because of the lack of access to gyms but she was undeterred and set up a gym in the family's spare room.

Britney was five when her parents moved to Ireland from South Africa and only nine when she became paraplegic, due to a horrific car accident which left her in hospital and rehab for almost a full year. Her first wheelchair sport was basketball and it was at a basketball blitz that powerlifting was first suggested to her.

Twitter: britney.arendse
Twitter: BritneyArendse

SWIMMING

Swimming featured in the first Paralympic Games in Rome in 1960 and is its second largest event after athletics. There will be 146 events (76 male, 67 female, 3 mixed relay events) in the Tokyo Paralympics, featuring roughly 620 athletes.

Ireland has a long history of Paralympic swimming success, starting with Joan Horan's gold in 1960. Paralympic Ireland's High Performance Director David Malone, who competed in four Games, won gold in the S8 100m backstroke in Sydney 2000 and two silvers (1996 and 2004) and set a world record in 1998 that stood for 10 years. Ireland will be represented by five swimmers in Tokyo, including 2016 bronze medallist Ellen Keane.

Paralympic swimmers can start from the block (including sitting), from the water or with the help of an assistant, depending on their level of impairment. Swimming is the only Paralympic sport to prohibit prostheses during competition

Some visually impaired swimmers rely on the help of a tapper; an assistant who uses a pole fitted with a cushioned end to let them know when they are near the edges of the pool. Tappers are required for S11 classes and are optional for the S12 and S13. S11 swimmers must wear black goggles to prevent anyone gaining an advantage.

Classification

In para-swimming athletes with different impairments compete against each other. This is because classes are allocated based on the impact the impairment has on their swimming, not on the impairment itself.

Class prefixes indicate the stroke: "S" represents freestyle, backstroke and butterfly events, "SB" denotes breaststroke events and "SM" refers to medley, and a number.
Classes: - Classes 1-10 feature swimmers with physical impairments. The lower the number the greater the level of activity limitation.
- Classes 11-13 includes swimmers with vision impairment.
- Class 14 includes swimmers with an intellectual impairment.

PATRICK FLANNAGAN

Age: 23 *(DOB 26/11/1997)*
Hometown: Rosses Point, Co Sligo
Coach: David Malone
Classification: S6
Disability Group: Spina Bifida
Event: S6 100m Backstroke, S6 400m Freestyle
PBs: 400m Freestyle 5:33:48
100m Backstroke 1:25:47
Schedule: S6 400m Freestyle 02.09
S6 100m Backstroke 03.09

Patrick grew up in Longford Town (his family only moved to Sligo in 2016) where he developed with the local swimming club which has also produced Tokyo Olympian Darragh Green. While in college in Dublin he moved to train with the national elite squad in Abbottstown. He was pipped for a medal in the 400 IM at the World Para Swimming Allianz European Championships that were hosted in Dublin in 2018.

Patrick made the 400m freestyle final of the 2021 European Championships in Madeira (6th or was this a heat?) and was 11th overall in the 100m Backstroke.

Patrick qualified with a degree in economics and finance from UCD (where he received an Ad Astra scholarship) in June 2021.

Twitter: PatrickFlan
Instagram: _thewheeldeal

ELLEN KEANE

Age: 26 *(DOB 06/04/1995)*
Hometown: Clontarf, Dublin
Coach: David Malone
Classification: S8/SB9/SM9
Disability Group: left arm dysmelia (congenital amputee)
Events: SB8 100m Breaststroke, S9 100m Backstroke, SM9 200m Individual Medley (IM)
PB: 1:22.00, 1:15.44, 2:39.61 **SB:** 1:22:21, 1:15:90, 2:40.74
Schedule: 100m Breaststroke 26.08
SM9 200m Individual Medley 01.09

Ellen, a bronze medallist in Rio 2016, is competing in her fourth Paralympic Games in Tokyo. She is an all-rounder who competed in four events in 2016 but her best events are 100m Breaststroke and 200m Individual Medley (IM)/ Ellen was aged just 13 when she debuted at Beijing 2008 and finished sixth in the 100m Breaststroke final. In London 2021 she reached three finals and was fifth in the 100m Butterfly.

In Rio 2016 she won bronze in the SB8 100m Breaststroke and reached two other finals - S9 100m Butterfly and S9 100m Backstroke final – and recorded lifetime bests in both. In 2018, in her home town, Ellen became European champion at SB8 100m Breaststroke and also won bronze in the Individual Medley

Ellen has also won four bronze medals at World Championships - most recently at SB8 100m Breaststroke in 2019 (London) where she was also sixth in the SM9 200m IM final.

Since Rio 2016 Ellen has graduated from DIT with a degree in culinary entrepreneurship from DIT. She trains fulltime at the National Aquatic Centre (NAC) in Abbotstown.

Twitter: keane_ellen
Instagram: keane _ellen

ROISIN NI RIAIN

Age: 16 *(DOB 07/05/2005)*
Hometown: Drombanna, Co Limerick
Coach: John Szaranek
Classification: S13/SB13/SM13
Disability Group: vision impaired
Events: S13 100m Backstroke, S13 100m Butterfly, SB13 100m Breaststroke, S13 50m & 200m Freestyle, SM13 200m Individual Medley (IM)
PB: 50m Free 28.77, 100m Back 1:09.37, 100m Butterfly 1:11.25, 400m Free 4:43.88, 200m IM 2:33.82
Schedule: S13 100m Butterfly 25.08
S13 100m Backstroke 26.08
S13 400m Freestyle 27.08
S14 50m Freestyle 29.08
SB 13 100m Breaststroke 01.09

Roisin, from Limerick Swimming Club, is Paralympic Ireland's youngest athlete in the Tokyo Paralympics. She announced her arrival on the world stage with a string of impressive swims at the World Para Swimming Series in Lignano Sabbiadoro in Italy in late 2020.

She made her championship debut at the European Championships in Madeira in May 2021 where she won a bronze medal in the S13 backstroke in 1:09:37. She also made five other European finals and was fourth in 100m freestyle (1:02.72) and 100m breaststroke PB 1:22.37 where she was just narrowly beaten for a medal.

Other events were 6th in 50m free, 6th in 100m butterfly and 4th in the 400m freestyle final.

Roisin has just completed Transition Year in all-Irish secondary school Gaelcholaiste Luimnigh. She is the eldest in her family and has three younger sisters, including twins.

BARRY McCLEMENTS

Age: 19 *(DOB 06/12/2001)*
Hometown: Comber, Co Down
Coach: Davy Johnston
Club: Ards SC
Classification: S9/SM9
Disability Group: right leg amputee
Event: S9 100m Butterfly, S9 100m Backstroke, S9 400m Freestyle, SM9 200mIM/
PBS: 1:02.26, 1:07.41, 4:28.75, 2:27.18
SBS: 1:07.41, 1:02.26, 4:28.75, 2:27.18
Schedule: S9 400m Freestyle 25.08, S9 100m Backstroke 30.08, SM9 200m IM 01.09, S9 100m Fly 02.09

Barry trains with Ards SC in Bangor and made his debut for Team Ireland at the 2016 European Championships when he was just 14. He was also just two seconds off qualifying for the Rio Paralympics in the 400m freestyle. In 2018, aged 16, he made the S9 finals in 100m freestyle and backstroke at the Commonwealth Games. He also made two finals at the 2018 European Championships in Dublin, finishing fifth in 100m butterfly and 6th in 400m freestyle.

In the 2019 World Championships he narrowly missed making the 100m butterfly and 400m freestyle finals and butterfly is his preferred stroke.

Barry broke one minute for the first time for 100m freestyle (59.81) at the Irish Trials in April 2021

He has a diploma in Sports & Exercise Science from Bangor SERC and, after Tokyo, wants to train to become a swimming teacher.

Twitter: barry63527855
Instagram: barrymcc10

NICOLE TURNER

Age: 19 *(DOB 14/06/2002)*
Hometown: Portarlington, Co Laois
Coach: David Malone
Classification: S6/SB6/SM6
Disability Group: Hypocondroplasia
Event: S6 50m Butterfly, SB6 100m Breaststroke, SM6 200m Individual Medley (IM)
PBS: 36:75, 1:43.69, 3:09.34
SBS: 37:89, 1:45.44, 3:15.42
Schedule: 50m Freestyle 25.08
SB6 100m Breaststroke 28.08
S6 50m Fly 30.08

Nicole won a silver medal in the Youth category of the British Internationals on her senior international debut in 2015 and went on to reach six finals and swim PBs in each at that year's World Championships in Glasgow.

In 2016 she won three medals (two silver and one bronze) at the European Championships and, despite her youth (age 14), reached five finals at the Paralympics in Rio, where her best placing was fifth in the S6 50m butterfly.

In 2018 she won silver in 50m butterfly in the European Championships in Dublin. In 2019 she won bronze in 50m butterfly at the World Championships in London. In 2021 she won medals in all four of her events at the European Championships in Madeira; silver in 50m butterfly and 100m breaststroke and bronze in 50m freestyle and 200m IM individual medley.

Nicole started swimming with Portarlington Piranhas before moving to Laois Marlins in Portlaoise. She moved to train with Ireland's top swimmers at the National Aquatic Centre in Dublin in 2017. In 2019, after completing transition year, she deferred her secondary school studies to train fulltime for Tokyo. Nicole was the flagbearer for Team Ireland at the Rio Paralympics closing ceremony.

Instagram: nicky_18

SHOOTING

Shooting has been part of the Paralympic Games since Toronto 1976 and Kildare's Sean Baldwin was the first Irish para-shooter in London 2012.

In Tokyo it will feature 13 events - nine rifle and four pistol events. The new addition is mixed 50m rifle prone R9 whose competitors will include Ireland's Philip Eaglesham. Until now the only SH2 events were standing and prone 10m air rifle, in which he will also compete.

Shooting is divided into two major events: 0.177 air rifle and pistols from a distance of 10 metres and .22 calibre weapons from a distance of 50 metres. There is also a 25m pistol event.

All targets have 10 concentric rings with most points awarded for those closest to the centre circle but the size of targets varies according to events. In the 10m air rifle, the whole target is just 4.5cm in diameter and the central ring is just 0.5mm wide — the size of a full-stop on a printed page!

After London 2012 the qualification system in most rifle events changed with the exception of the three-postions event, changed to one decimel point as many competitiors were scoring the maximum 600. The top score for a shot now is 10.9.

In each event competitors have a specified number of shots at the target in a set time period - 40 shots in women's air pistol and rifle, 120 in men's three position and 60 in the remaining events. After the qualification round the eight top scoring athletes go through to a 20-shot final where all scores are reset to zero. After the first eight shots, and every two shots thereafter, the lowest placed shooter is eliminated until only two remain for the final two shots.

Classification

SH1 - covers all athletes who can support the weight of their firearm.
SH2 - shooters who are not able to support the weight of the firearm with their arms and therefore use a shooting stand for support. Shooters have an impairment in their arms, or a combination of arms, trunk and leg impairment.

PHILIP EAGLESHAM

Age: 39 *(26/10/1981)*
Hometown: Dungannon, Co Tyrone
Coach: Sean Baldwin
Classification: SH2
Disability Group: Impaired muscle power
Event: 10m Air Rifle Standing (R4), 10m Air Rifle prone (R5) and Mixed Rifle Prone (R9)
Schedule: SH2 R4 30.08
SH2 R5 01.09
SH2 R9 04.09

This is Philip's second Paralympics. He competed in the 10m Air Rifle prone and standing event in Rio 2016, an indoor event where he finished 30th.

Competition Format: In each event competitors have a specified number of shots at the target in a set time period - 60 shots in air pistol and both standing and prone rifle, and 120 in men's three position.

After the qualification round the eight top scoring athletes go through to a 24-shot final where all scores are reset to zero. After the first 10 shots, it moves to elimination rounds where, every two shots thereafter, the lowest place shooter is eliminated until only two remain for the final two shots.

Phil, originally from Dungannon and now living in Taunton, Somerset, is an retired Royal Marine who contracted chronic Q-fever (a severe debilitating disease) while on tour in Afghanistan in 2011. He got involved in shooting in 2015 through the 'Help For Heroes' organisation. Phil is an advocate for mental health and had a very successful campaign during the Rio Paralympics called 'Phil's Beard' which he used to start conversations about mental health struggles, encouraging others to feel comfortable about opening up.

He has spent the past few years designing a ground-breaking wheelchair called 'Victor' to increase accessibility for all wheelchair users. It has variable height and off-road functions, has attracted investment of £700,000 and is now at pre-production stage. He says: "We decided to design something that adapts to the world rather than waiting for the world to adapt to us." (www.victormobility.com).

TABLE TENNIS

Table tennis has been part of the Paralympic Games since Rome 1960 and brings together wicked spin and incredible reflexes with power and pace. It is one of the Paralympics' largest events, will feature 280 players (106 female, 174 male) in Tokyo and will take place in the Tokyo Metropolitan Gymnasium, a huge venue which has hosted everything from visiting NBA teams to wrestling and pop concerts.

The rules and dynamics of Paralympic table tennis are similar to those of the able-bodied game with the exception of the serve. Athletes are allowed to serve by using a single hand to lift and strike the ball. There is also a special serve rule for wheelchair users which stipulates that the ball must be directed to the table's end line because the receiver's movement is restricted. Matches consist of five sets of 11 points each and a two-point winning margin is required to win each set. The service changes every two points.

Competitions take the form of preliminary rounds followed by knockout stages.

Classification

Para table tennis includes players with a variety of physical impairments and intellectual impairment who compete in 11 standing or sitting classes.

Athletes are classified based on how much their impairment impacts their performance in the sport and their functional ability. Therefore, a sport class does not necessarily only comprise one impairment type but can include athletes with different impairments. For example, you will see players with paraplegia competing against players with a double leg amputation.

Classes 1-5: features wheelchair players. The lower the class reflects the greater level of impairment. Class 1 players have limited or no trunk control, and normally use the non-playing arm to assist with balance. They may use a strap to attach the blade to their hands as they do not have full muscle power to grip. A common disability in Class 1 is tetraplegia. Class 5 players have full trunk control, full muscle power in their arms, and a much wider reach on the table.

Classes 6-10: features ambulant players. The lower the class the greater the level of impairment. Players in Class 6 often need to use crutches to assist with balance. Class 10 players have the least degree of physical impairment.

Class 11: Athletes with an intellectual impairment.

COLIN JUDGE

Age: 26 *(DOB: 05/04/1995)*
Hometown: Blackrock, Co Dublin
Coach: Gavin Maguire
Classification: TT C3
Disability Group: Three limbs dysmelia (congenital amputation/impairment group: limb deficiency)
Event: TT C3 Singles Table Tennis
World Ranking: 19th
Schedule: C3 Men's Singles Qualifying 25.08 & 27.08
Quarter Final 27.08
Semi Final 28.08
Final 28.08

Colin, born with only one arm (left) came agonisingly close to qualifying for the 2016 Paralympics and was ranked fourth in the world in Class 2 in 2017. He won the Class 2 European title in 2017 but was reclassified to Class TT3 in May 2018 which significantly increased the numbers and standard of his competitors.

A recipient of an Ad Astra scholarship while he studied in UCD, he took a career break from his job as an actuary with KPMG in 2019 to train fulltime for Tokyo.

In 2020 he won double gold (singles and team) at the Polish Open and double bronze (singles and team) at the Spanish Open. He clinched his Paralympic debut by winning a bronze medal at the World Qualifying Tournament in Lasko (Slovenia) in June 2021. Eight-time Paralympian Michael Cunningham is among his training partners in Ireland and he trains in his alma mater St Michael's College and Blackrock College and competes for the UCD club.

To to get more wheelchair opponents Colin trains a lot abroad, regularly bases himself in Bratislava and competes, in able-bodied and wheelchair competitions, for German club TT Frickenhausen.

ATHLETE SOCIAL MEDIA CHANNELS

SWIMMING

Patrick Flanagan
_thewheeldeal
PatrickFlan

Nicole Turner
nicky_18

Barry McClements
barrymcc10
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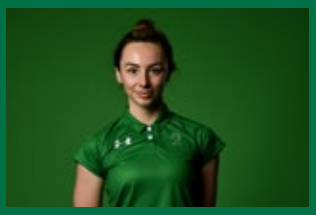

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ATHLETICS

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Kate Kerr Horan
X
X

SHOOTING

Philip Eaglesham

TABLE TENNIS

Colin Judge

colinjudge100

ColinJudge95

POWERLIFTING

Britney Ardense

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BritneyArendse

TOKYO 2020 PARALYMPIC GAMES

25 August - 5 September 2021

TEAM IRELAND SCHEDULE

WEEK 1 | DAY 1 | 25/08/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Swimming	Barry McClements	S9	400 Free	Heat	4:28.75		
		Swimming	Roisin Ni Riain	S13	100 Fly	Heat	1:11.25		
		Swimming	Nicole Turner	S6	50 Free	Heat	35.56		
		Table Tennis	Colin Judge	Class 3	Men's singles	Qualifying			
		Cycling	Richael Timothy	C3	C1-3 3000m Individual Pursuit	Qualifying	4.25.18		
		Cycling	Richael Timothy	C3	C1-3 3000m Individual Pursuit	Final	4.25.18		
		Swimming	Barry McClements	S9	400 Free	Final	4:28.75		
		Swimming	Roisin Ni Riain	S13	100 Fly	Final	1:11.25		
		Swimming	Nicole Turner	S6	50 Free	Final	35.56		

WEEK 1 | DAY 2 | 26/08/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Swimming	Roisin Ni Riain	S13	100 Backstroke	Heat	1:09.37		
		Swimming	Ellen Keane	SB8	100 Breaststroke	Heat	1:22.00		
		Equestrian	Rosemary Gaffney	Grade IV	Individual Test	Final			
		Equestrian	Tasmin Addison	Grade V	Individual Test	Final			
		Swimming	Roisin Ni Riain	S13	100 Backstroke	Final	1:09.37		
		Swimming	Ellen Keane	SB8	100 Breaststroke	Final	1:22.00		
		Cycling (Track)	Katie – George Dunlevy & Eve McCrystal	B3	B 1000m Time Trial	Final	1.10.248		
		Cycling (Track)	Ronan Grimes	C4	C4-5 1000m Time Trial	Final	1.09.438		

WEEK 1 DAY 3 27/08/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Table Tennis	Colin Judge	Class 3	Men's singles	Qualifying			
		Swimming	Roisin Ni Riain	S13	400 Free	Heat	4:43.88		
		Archery	Kerri Leonard	Open	Women's Individual Compound Open	Ranking round	664		
		Cycling (Track)	Richael Timothy	C3	C1-3 500m Time Trial	Final	43.34		
		Cycling (Track)	Ronan Grimes	C4	C5 4000m Individual Pursuit	Qualifying	4.43.806		
		Cycling (Track)	Ronan Grimes	C4	C4-5 4000m Individual Pursuit	Final	4.43.806		
		Table Tennis	Colin Judge	Class 3	Men's singles	Quarterfinal			
		Equestrian	Michael Murphy	Grade I	Individual Test	Final			
		Equestrian	Kate Kerr Horan	Grade III	Individual Test	Final			
		Swimming	Roisin Ni Riain	S13	400 Free	Final	4:43.88		

WEEK 1 DAY 4 28/08/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Table Tennis	Colin Judge	Class 3	Men's singles	Quarter / Semi-finals			
		Swimming	Nicole Turner	SB6	100 Breaststroke	Heat	1:42.45		
		Cycling (Track)	Katie – George Dunlevy & Eve McCrystal	B3	B 3000m Individual Pursuit	Qualifying	3.27.358		
		Cycling (Track)	Martin Gordon & Eamonn Byrne	B1	B 1000m Time Trial	Final	1.03.667		
		Equestrian	Team	Grade I-V	Team Test to Music	Qualifying			
		Cycling (Track)	Katie – George Dunlevy & Eve McCrystal	B3	B 3000m Individual Pursuit	Final	3.27.358		
		Swimming	Nicole Turner	SB6	100 Breaststroke	Final	1:42.45		
		Athletics	Greta Streimikyte	T13	1500m	Final	4.29		

WEEK 1 DAY 5 29/08/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Archery	Kerri Leonard	Open	Women's Individual Compound Open	1/16 Eliminations	660		
		Swimming	Roisin Ni Riain	S13	50 Free	Heat	28.77		
		Athletics	Jason Smyth	T13	100m	Heat			
		Powerlifting	Britney Arendse	73 Kg	73 Kg	Final			
		Equestrian	Team	Grade I-V	Team Test to Music	Final			
		Swimming	Roisin Ni Riain	S13	50 Free	Final	28.77		
		Athletics	Jason Smyth	T13	100m	Final	10.22		
		Athletics	Jordan Lee	T47	High Jump	Final	1.95		

WEEK 2 DAY 6 30/08/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Shooting	Phil Eaglesham	SH2	R4	Qualif / Finals			
		Archery	Kerri Leonard	Open	Women's Individual Compound Open	1/8 Eliminations	660		
		Swimming	Barry McClements	S9	100 Backstroke	Heat	1:07.07		
		Swimming	Nicole Turner	S6	50 Butterfly	Heat	36.42		
		Equestrian	Rosemary Gaffney	Grade IV	Individual Freestyle Test	Final			
		Equestrian	Tasmin Addison	Grade V	Individual Freestyle Test	Final			
		Equestrian	Kate Kerr Horan	Grade III	Individual Freestyle Test	Final			
		Equestrian	Michael Murphy	Grade I	Individual Freestyle Test	Final			
		Swimming	Barry McClements	S9	100 Backstroke	Final	1:07.07		
		Swimming	Nicole Turner	S6	50 Butterfly	Final	36.42		

WEEK 2 DAY 7 31/08/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Cycling (Road)	Richael Timothy	C3	C1-3 Time Trial	Final			
		Cycling (Road)	Gary O'Reilly	H5	H5 Time Trial	Final			
		Cycling (Road)							
		TBC	Martin Gordon & Eamonn Byrne	B1	B Time Trial	Final			
		Cycling (Road)	Ronan Grimes	C4	C4-5 Time Trial	Final			
		Cycling (Road)	Katie – George Dunlevy & Eve McCrystal	B3	B Time Trial	Final			
		Athletics	Orla Comerford	T13	100m	Final	12.55		

WEEK 2 DAY 8 01/09/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Swimming	Barry McClements	SM9	200 Medley	Heat	2:25.93		
		Swimming	Ellen Keane	SM9	200 Medley	Heat	2:39.36		
		Swimming	Roisin Ni Riain	SB13	100 Breaststroke	Heat			
		Cycling (Road)	Gary O'Reilly	H5	H5 Road race	Final			
		Shooting	Phil Eaglesham	SH2	R5	Qualif / Finals			
		Athletics	Niamh McCarthy	F41	Discus	Final	32.67		
		Swimming	Barry McClements	SM9	200 Medley	Final	2:25.93		
		Swimming	Ellen Keane	SM9	200 Medley	Final	2:39.36		
		Swimming	Roisin Ni Riain	SB13	100 Breaststroke	Final			

WEEK 2 | DAY 9 | 02/09/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Swimming	Patrick Flanagan	S6	400 Free	Heat	5:33.48		
		Swimming	Barry McClements	S9	100 Butterfly	Heat	1:02.00		
		Canoe	Pat O'Leary	KL3	Men's KL3	Heat	41.076		
		Canoe	Pat O'Leary	VL3	Men's VL3	Heat	49.06		
		Swimming	Barry McClements	S9	100 Butterfly	Final	1:02.00		

WEEK 2 | DAY 10 | 03/09/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Swimming	Patrick Flanagan	S6	100 Backstroke	Heat	1:25.47		
		Canoe	Pat O'Leary	KL3	Men's KL3	Semi-final	41.076		
		Cycling (Road)	Ronan Grimes	C4	C4-5 Road Race	Final			
		Cycling (Road)	Richael Timothy	C3	C1-3 Road Race	Final			
		Cycling (Road)	Katie – George Dunlevy & Eve McCrystal	B3	B Road Race	Final			
		Cycling (Road)	Martin Gordon & Eamonn Byrne	B1	B Road Race	Final			
		Canoe	Pat O'Leary	KL3	Men's KL3	Final	41.076		
		Athletics	Michael McKillop	T37	1500m T38	Heat	3.51		

WEEK 2 | DAY 11 | 04/09/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Canoe	Pat O'Leary	VL3	Men's VL3	Semi-final	50.308		
		Canoe	Pat O'Leary	VL3	Men's VL3	Final	50.308		
		Shooting	Phil Eaglesham	SH2	R9	Qualification / Finals			
		Athletics	Mary Fitzgerald	F40	Shot Put	Final	7.85		
		Athletics	Michael McKillop	T37	1500m T38	Final	3.51		

WEEK 2 | DAY 12 | 05/09/2021

Time (Japan)	Time (Ireland)	Sport	Athlete	Class	Event	Level	PB	Result	Rank
		Athletics	Patrick Monahan	T53	Marathon T54	Final	1.22		

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