

TEAM NORTHERN IRELAND HANDBOOK



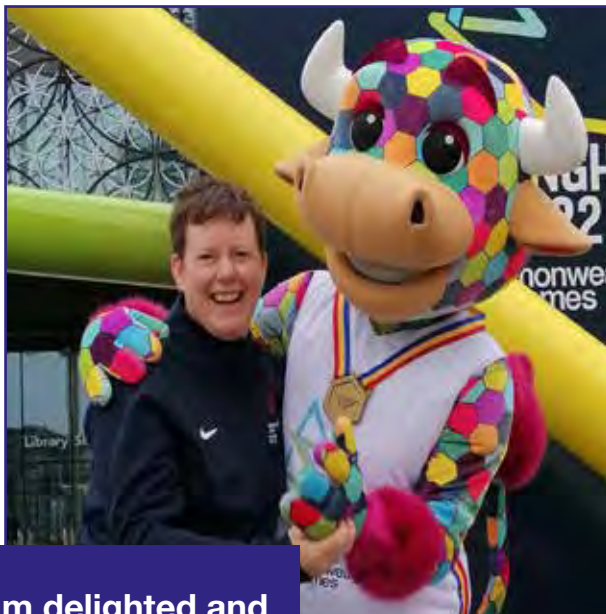
commonwealth
games
**NORTHERN
IRELAND**

CONTENTS

Introduction	02 - 09
Chef De Mission's Message	02
Chairman's Message	03
CGNI Council	04
Medal Records for Team NI	06
Victory Anthem	07
Queen's Baton Relay	08 - 11
Social Media	12
Message from Lady Mary Peters	13
CGNI Sports Teams	14 - 118
Aquatics	14
Athletics	26
Badminton	38
Boxing	42
Cycling	54
Gymnastics	62
Judo	68
Lawn Bowls	76
Netball	86
Table Tennis	98
Triathlon	104
Weight Lifting	110
Wheelchair Basketball	114
CGNI Support Staff	119



MESSAGE FROM THE CHEF DE MISSION



I am delighted and honoured to have been appointed as the first female Chef de Mission for Team NI.

I am delighted and deeply honoured to have been appointed by Commonwealth Games Northern Ireland to be the first female Chef de Mission for Team NI and to be leading our athletes and officials into the Birmingham 2022 Commonwealth Games.

For all involved, these will be a Games like no other. As a local Games we will be seeking to take full advantage of familiar conditions, top class facilities and a rousing home crowd. For the first time there will be more medal events for women than men and the Games schedule will include the biggest ever para sports programme. These demographics are reflected in our Team with women in the majority for the first time and over 10% of the team made up of para athletes. I hope this will prove inspiring

to those traditionally under represented in competitive sport and that the whole team will return performances, that not only raise the standard of sport in Northern Ireland, but also encourage those who aspire to follow in their footsteps.

I would like to take this opportunity to congratulate all the athletes and officials who have been selected as part of Team NI and to thank those that have helped make it possible for them. From our funding partners, sponsors and sports governing bodies to the family members, friends, coaches, officials and supporters along the way. You too have shaped this Team and can be duly proud of all that is achieved by it. I hope you get behind us in Birmingham and help make the 2022 Commonwealth Games the best ever for Team NI.

Thank you for your support.

Alison Moffitt-Robinson
Chef de Mission

MESSAGE FROM THE CHAIR

I congratulate every member of the Northern Ireland team selected or appointed to participate in the XXII Commonwealth Games in Birmingham.

I am pleased to announce that we appointed our first female Chef de Mission to lead the team, at the first Commonwealth Games where medals awarded to women competitors will exceed those awarded to men. Congratulations to Ms Alison Moffitt Robinson and the senior management team appointed. Combined, they can draw upon a wealth of experience and knowledge to provide leadership in the unique circumstances pertaining to these Games.

The effort put in by every competitor on the team, and the support provided to help them achieve performances at a very high standard is acknowledged.

I am relieved that the twenty second edition of the Games is on schedule to open at the end of July 2022. The interruptions of the past two years caused by Covid-19, to an already compressed



Friendships will be made through participation in Birmingham that will last a lifetime.

lead in time, was a shock for each Birmingham 2022 plan. This unprecedented challenge to the hosting organisation and our parent body, the Commonwealth Games Federation, demanded more than simply applying contingency arrangements from approved documentation. Radical changes had to be made and I applaud the response from the decision makers, to remain on schedule to deliver the competition this year. I am proud to say that many Northern Ireland companies, contracted to construct competition and

Games Family facilities in Birmingham, succeeded, to overcome the impact of essential restricted working practice and supply, caused by the pandemic.

This multi-sport Games held in arenas with spectators present to encourage and energise high level competition, will make up for the solitary training competitors have endured.

Friendships will be made through participation in Birmingham that will last a lifetime.

Enjoy the XXII "Friendly" Games.

NORTHERN IRELAND COMMONWEALTH GAMES COUNCIL

Commonwealth Games Northern Ireland is the lead body for Commonwealth Sport in Northern Ireland. The council is representative of those sports recognised by the Commonwealth Games Federation. We currently have 20 affiliated sports. A primary task of CGNI is to present a team at both the Commonwealth Games and Youth Games.

THE RED HAND



Emma McCay



The Red Hand is a symbol used in heraldry to denote the ancient province of Ulster in the north of Ireland. It is said to have originated in pagan times, many hundreds of years ago.

According to mythology, the kingdom of Ulster had at one time no rightful heir. Because of this it was agreed that a boat race should take place and that "whosoever's hand

is the first to touch the shore, so shall he be made the king".

One potential king so loved the land and its people that, upon seeing that he was losing the race, he cut off his hand and threw it to the shore—thus winning the kingship. The hand is red to represent the blood that was lost.

Over the following centuries, numerous prominent indigenous clans laid claim

to the Red Hand symbol and it is incorporated within the banners and crests of many families. Four of the six counties of Northern Ireland also proudly carry the Red Hand on their crests. It continues to be used by many of our sporting organisations, trade unions and social groups from across all sections of the community in Northern Ireland.

Based upon its mythical origins, the Red Hand represents a love of the land and a desire to succeed. Something that our modern athletes can relate to!

The Red Hand used in the current version of our logo was designed, as part of a corporate rebrand, by Ulster University's Emma McCay while on an internship with Commonwealth Games NI.

BOARD OF DIRECTORS



Robert McVeigh - Chair

The effort put in by every competitor on the team, and the support provided to help them achieve performances at a very high standard is acknowledged.

Robert McVeigh, CGCNI Chair



Amanda McMaster
Treasurer



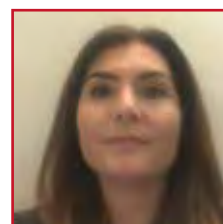
John Allen
Secretary



Alan Strong



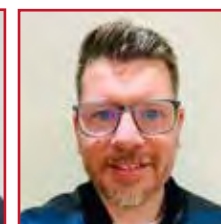
Anthony Mitchell



Clare McAuley



Ken Nixon



Stephen Cuddy



Lisa Bradley

MEDAL HISTORY. FROM 1930 TO 2022

1930 British Empire Games	1	1	0	2
1934 British Empire Games	2	1	0	3
1938 British Empire Games	0	0	0	0
1954 British Empire & Commonwealth Games	1	1	2	3
1958 British Empire & Commonwealth Games	3	1	1	5
1962 British Empire & Commonwealth Games	1	0	0	1
1966 British Empire & Commonwealth Games	3	3	1	7
1970 British Commonwealth Games	5	1	3	9
1974 British Commonwealth Games	2	1	3	6
1978 Commonwealth Games	2	1	2	5
1982 Commonwealth Games	3	3	0	6
1986 Commonwealth Games	9	4	2	15
1990 Commonwealth Games	5	3	1	9
1994 Commonwealth Games	3	2	5	10
1998 Commonwealth Games	1	1	2	4
2002 Commonwealth Games	1	2	2	5
2006 Commonwealth Games	0	2	0	2
2010 Commonwealth Games	4	3	3	10
2014 Commonwealth Games	7	3	2	12
2018 Commonwealth Games	1	7	4	12
Total	30	40	55	125

VICTORY ANTHEM. The Londonderry Air (Danny Boy)

Oh, Danny boy, the pipes, the pipes are calling
From glen to glen, and down the mountain side.
The summer's gone, and all the roses falling,
It's you, it's you must go and I must bide.

But come ye back when summer's in the meadow,
Or when the valley's hushed and white with snow,
Then I'll be here in sunshine or in shadow,
Oh, Danny boy, oh Danny boy, I love you so!

But when ye come, and all the flowers are dying,
If I am dead, as dead I well may be,
You'll come and find the place where I am lying,
And kneel and say an Ave there for me.

And I shall hear, though soft you tread above me,
And all my grave will warmer, sweeter be,
For you will bend and tell me that you love me
And I shall sleep in peace until you come to me!

The Flag

The flag is used by the Northern Ireland Team at the Commonwealth Games



QUEEN'S BATON RELAY

The Commonwealth Games' Queen's Baton arrived in Northern Ireland on the 24th of June, where it travelled around Northern Ireland celebrating local people and their communities.

All photos were taken by local photographer Charles McQuillan.



QUEEN'S BATON RELAY

There were 20 stops on the Queen's Baton Relay tour, each stop provided an opportunity for community and outreach as well as support for local staff.

All photos were taken by local photographer Charles McQuillan.



SOCIAL MEDIA FOR TEAM NI

Follow TeamNI on social media via Facebook, Twitter, and Instagram before, during and after the Commonwealth Games for all the exclusive content. See things behind the scenes with athlete interviews, training, competitions, and activity inside the Athlete Village!



/ GoTeamNI

With the help of our voluntary media team, we have been able to create great content on each of the sports when their athletes have been announced. This has led to great exposure and support for the team. Thanks to our dedicated media team that has helped us give TeamNI the exposure they deserve. They are;

- Niamh Mac Manus
- Emma Leibe
- Conor Hamilton
- Conor Quayle
- Ciaran Donaghy
- Richard Smyth

Remember to support Team NI with the #GoTeamNI!



MESSAGE FROM LADY MARY PETERS

Huge congratulations on being part of our team. You've worked incredibly hard, shown great determination and are now part of our wonderful Commonwealth Games family. Your own friends, family, college or work colleagues must be so proud.

I've a fondness for Birmingham as it's where I took part in my first major tournament - the British Championships in 1956. That led to my first Commonwealth Games in 1958 and it's been a privilege to have competed in or been a team supporter in every Games

since, bar one. I'm certainly looking forward to following and supporting each and every one of you at this year's Games.

Throw yourself into the sporting heart of the Games, soak up the atmosphere, learn from your rivals and support teammates through thick and thin.

In my last competitive Games at Christchurch in 1974, I persuaded a Canadian discus thrower to carry me on his shoulders during the Closing Ceremony so that our team flag would be quite literally head

and shoulders above all the other teams. Years later we bumped into each other and had a great laugh looking back chatting about him carrying me right around the stadium in New Zealand.

You too will meet fantastic people and create amazing memories to last a lifetime. Work hard, stay close to each other and be focussed on what you need to achieve.

But above all make sure you enjoy this one-of-a-kind experience.



TEAM NI AQUATICS TEAM

50m free
 100m free
 200m free
 400 free
 1500 free
 4x100 free
 50 breast
 50 back
 100 back
 50 butterfly
 100 butterfly
 200IM
 S10 100 butterfly
 S9 100 Back
 S8 100 back
 S14 200 free



Northern Ireland's Swimming, Para Swimming & Diving Teams

Venue: Sandwell Aquatics Centre (SAC)

Schedules:

Swimming & Para Swimming: 29th July – 3rd August

Diving: 4th and 8th August

Athletes: 11

Support Staff: 6

Events Entered: 16

Our Commonwealth's finest swimmers are set to showcase their dynamic strength, speed, and technique as they make a splash at Birmingham 2022. Swimming and Para Swimming sees events comprising of four swimming styles – freestyle, breaststroke, butterfly, and backstroke, together with medley events which include all four strokes. The distance ranging from 50m to 1500m, with a variety of events that will showcase the talent, skills, and strengths of every athlete in the pool, each trying to claim a place on the podium.

Diving at Birmingham 2022 promises the spectacle of individual and synchronised divers maintaining immaculate form as they somersault towards the water. From the 1m springboard to the imposing 10m platform, divers from across the Commonwealth will demonstrate control, poise, flexibility, and precision. The events involved will be the 1m and 3m springboard events, together with the 10m platform event with its spectacular twists, turns and somersaults.



TANYA WATSON



EVENT

- Diving: 10m Platform

AGE

- 20

PLACE OF BIRTH

- Southampton

CLUB

- Bangor Swimming Club
Southampton Diving Academy

COACH

- Damian Ball
Lindsey Fraser

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- David Boudia and Steele Johnson – their faith in Jesus and the way it impacts their sport and life, and their work ethic and the way they overcame obstacles and set-backs in their diving careers.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite dive to compete is a back 2.5 somersaults with 1.5 twists.

GRACE DAVISON



EVENT

- W50m Backstroke • W 50m Butterfly
• W 50m Freestyle • W 200m Freestyle
• W 200m Individual Medley
• W 4 x 100m Freestyle Relay

AGE

- 14

PLACE OF BIRTH

- Bangor

CLUB

- Ards Swimming Club

COACH

- Curtis Coulter

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- There are lots of great female role models in swimming, both in Ireland and Internationally, but I would say Katinka Hosszu. She is a multiple Olympic and World Champion who swims similar events to me.

KAITLYN MCCAWE



EVENT

- W 50m Butterfly • W 100m Butterfly
• W 100m Freestyle
• W 4 x 100m Freestyle Relay

AGE

- 25

PLACE OF BIRTH

- Sydney

CLUB

- Larne Swimming Club

COACH

- Peter Hill

WHEN DID YOU START YOUR SPORT AND WHY?

- I had a 6-year break from competitive swimming. I have been back racing for the last two seasons.

DANIEL WIFFEN



EVENT

- M 400m Freestyle • M 1500m Freestyle

AGE

- 20

PLACE OF BIRTH

- Leeds

CLUB

- Larne Swimming Club
Loughborough Swimming

COACH

- Peter Hill
Andi Manley

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite Drill/Skill is Head-Up free-style with Finger Trail. To do this you have to swim with your head out the water while swimming and every stroke you take your fingers must skim along the water.



DANIELLE HILL



EVENT

- W 50m Backstroke • W 50m Butterfly
- W 50m Freestyle • W 100m Backstroke
- W 100m Freestyle
- W 4 x 100m Freestyle Relay

AGE

- 20

PLACE OF BIRTH

- Belfast

CLUB

- Larne Swimming Club

COACH

- Peter Hill

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Within Irish Swimming Melanie Nocher & Aisling Cooney were always my role models growing up.

MOLLIE MCALORUM



EVENT

- W 50m Backstroke • W 50m Freestyle
- W 400m Freestyle • W 200m Individual Medley • W 4 x 100m Freestyle Relay

AGE

- 17

PLACE OF BIRTH

- Dundonald

CLUB

- Leander - National Centre Ulster

COACH

- Kevin Anderson

WHEN DID YOU START YOUR SPORT AND WHY?

- I started swimming when I was 12 weeks old attending water baby classes and began lessons when I was 3.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to Danielle Hill. Our older sisters swam together, she always took time to speak to the younger ones and has always acted as a good role model for me to look up to and I am now excited to be going to my first Commonwealth Games as her teammate.

JACK MCMILLAN



EVENT

- M 100m Freestyle • M 200m Freestyle
- M 200m Individual Medley

AGE

- 22

PLACE OF BIRTH

- Belfast

CLUB

- Bangor Swimming Club

COACH

- David Johnston

WHEN DID YOU START YOUR SPORT AND WHY?

- I started swimming when I was 4 years old, I then started to swim and compete for a local swim club at the age of 8. I made my first international competition at the age of 15.

VICTORIA CATTERSON



EVENT

- W 100m Freestyle • W 200m Freestyle
- W 4 x 100m Freestyle Relay

AGE

- 21

PLACE OF BIRTH

- Belfast

CLUB

- National Centre Ulster

COACH

- David Johnston

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to several older female role models. The Campbell sisters and Emma McKeon who are swimming their bests at around 30 years old are incredibly inspiring. Also, the likes of Ariane Titmus who is amazing now in their early twenties and continue to improve.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite stroke in swimming is free-style. I can barely swim anything else so you'll rarely see me race any other stroke.



BARRY MCCLEMENTS



EVENT

- M 100m Butterfly S10
- M 100m Backstroke S9

AGE

- 20

PLACE OF BIRTH

- Dundonald

CLUB

- Ards Swimming Club

COACH

- David Johnston

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I don't really have an inspirational figure in my sport. My motivation is to better myself and my times.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite strokes are butterfly and backcrawl. Both are also my main events 100m fly and 100m backcrawl. I will be doing these at the commonwealth games also.

BETHANY FIRTH



EVENT

- W 200m Freestyle S14
- W 200m Freestyle

AGE

- 26

PLACE OF BIRTH

- Downpatrick

CLUB

- Ards Swimming Club

COACH

- Nelson Lindsay

WHEN DID YOU START YOUR SPORT AND WHY?

- I couldn't swim until just before my 13th Birthday. I was scared of water. I'm not now. Learnt all the strokes once I was 13.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to my coach Nelson Lindsay.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite skill is the start, the dive entry.

SÍOMHA NIC BRÁDAIGH



EVENT

- S8 100m Backstroke

AGE

- 16

PLACE OF BIRTH

- Downpatrick

CLUB

- Lisburn Swimming Club

COACH

- David Stronge

WHEN DID YOU START YOUR SPORT AND WHY?

- I've always loved the water from an early age. I began lessons in 2012 when I was six and I started competitive swimming when I was eleven. With Covid lockdowns I've been training now for a total of four years.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite stroke is the backstroke. I use a few pieces of equipment to help me train for backstroke but the pullbuoy is the one I use most.

ANDREW REID



ROLE

- Sports Performance Lead

- Andrew is employed by Swim Ireland as the National Performance Pathway Manager and has been involved as lead coach for both the Youth and Senior Games since 2014. For the 2022 Games he will take on the role of Performance Lead supporting both the athletes and the coaching team to deliver their best performances in Birmingham. Andrew has travelled extensively as an international athlete and coach representing Team NI himself at the 1998 Games.



KEVIN ANDERSON



ROLE

- Head Coach

• Kevin has come to Northern Ireland from Canada where he has coached within the National Team program. He will be the Head Coach for Swimming and holds a High-Performance Coaching Diploma from the Canadian Sport Institute-Calgary. His athletes have broken both Junior and Senior National Records in Canada, have earned gold medals at World Cups, been finalists at World University Games, and have gone on to become NCAA Champions and Olympians. Kevin is looking forward to helping Northern Ireland to a successful Games!

DAMIAN BALL



ROLE

- Diving Coach

• Damian is the National Head Coach (Diving) for Swim Ireland's Junior and Senior National Teams. He has 16 years of International Coaching experience within the British and Irish systems, including coaching at the 2016 and 2020 Olympic Games. This will be Damian's first taste of coaching at a Commonwealth Games and Northern Ireland's first ever diving representation at a Commonwealth Games.

RYAN KEATING



ROLE

- S&C Coach

• Ryan is a full-time strength and conditioning coach with the Sport NI Sports Institute working across several Commonwealth Sports. Alongside Swimming, he supports Judo, Lawn Bowls and 3X3 Wheelchair Basketball. This will be Ryan's first CWG and he is excited and grateful to be involved. Back home, Ryan has a awesome wife Rachel and 3-year-old Gregory who will be following closely for any glimpse of Daddy!

NELSON LINDSAY



ROLE

- Assistant Coach

• Nelson is the assistant coach to the swimming team. He is looking forward to his 4th Commonwealth Games and experiencing again that very special atmosphere.



LINDA STOOPS



**I couldn't swim until
just before my 13th
Birthday. I was scared
of water. I'm not now!**

Bethany Firth, Team NI Aquatics

ROLE

- Chaperone

• Linda works for Swim Ulster as an Administrator and Gala Organiser. Her role for Birmingham 2022 is as Chaperone to the younger members of the Aquatics Team. Linda has experience in this role as she carried it out at Commonwealth Youth Games in Bahamas in 2017.

Belfast

**Good
Luck!**

Belfast City Council
wishes all the athletes
taking part in this year's
Commonwealth Games
the best of luck.



**Belfast
City Council**

www.belfastcity.gov.uk/getinspired



TEAM NI ATHLETICS

T38 100m
100m Hurdles
200m
1500m
5000m
10,000m
3000m Steeplechase
Marathon
T53/54 Marathon
High Jump
Polevault
Javelin
Heptathlon

Northern Ireland's Athletics and Para Athletics Team

Venue: Alexander Stadium

Schedule: Marathon 30th July

All other events 2nd - 7th August

Athletes: 13

Support Staff: 4

Events Entered: 13

With all events taking place in the Stadium, the Marathon competition will be held on Saturday 30 July 2022 and will start at Smithfield and finish in Victoria Square. There are 59 medal events including a fully integrated Para Sport programme. Athletics will showcase feats of superhuman speed, strength, endurance, and agility at Birmingham 2022, with a variety of events on track and field. With events ranging from ten seconds to two days in duration, there will be no shortage of memorable moments.



There are so many fantastic athletes who I look up to and who inspire me. When I think of the women who laid the path for us female athletes today, such as Maeve Kyle and Mary Peters. Who are legends of my sport, but also trail blazers.

Ciara Mageen, Team NI Athletics



MARK MILLAR



EVENT

- M Marathon T53/54

AGE

- 41

PLACE OF BIRTH

- Lisburn

CLUB

- Torque Racing Club

COACH

- Heather Ardis

WHEN DID YOU START YOUR SPORT AND WHY?

- Following a cycling accident in 2018, which left me paralysed from the waist down. I was keen to make a return to sporting life. After many months of rehab I took up para-triathlon and para-athletics in 2019, after representing Ireland 8 times in world triathlon I competed in my first elite wheelchair marathon in London 2021 and followed that with a 5th place finish in the Paris marathon in 2022.
- In July I will be competing in my first commonwealth games in the wheelchair marathon.

CIARA MAGEEAN



EVENT

- 1500M

AGE

- 30

WHEN DID YOU START YOUR SPORT AND WHY?

- I grew up playing camogie for Portaferry and just generally being very active. I ran a few races in primary school at St Marys Portaferry but it wasn't until I went to Assumption Grammar in Ballynahinch that I started running seriously. My teacher Mrs McCambridge asked if I wanted to race cross country, as it turned out I was alright at it, then I had the opportunity to race on the track, and it all spiraled from there.

STEPHEN SCULLION



EVENT

- Marathon

AGE

- 33

PLACE OF BIRTH

- Belfast

COACH

- Rob Denmead

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I've always admired all athletes, and anybody who is willing against all odds to commit themselves deeply to sport.

HANNAH IRWIN



EVENT

- 5,000M • 10,000M

AGE

- 23

PLACE OF BIRTH

- Tunbridge Wells

CLUB

- Cambridge & Coleridge

COACH

- James Thie

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I like to look up to athletes who are still active in the sport, as it is nice to watch them in action and get inspired. I look up to Eilish McColgan and Jess Judd as their determination to succeed in the sport never wavers. I love seeing them succeed as I know they have also had some very difficult times. They both show that you should never give up as you don't know what you might achieve.



KATHERINE O'CONNOR



EVENT

- Heptathlon
- Javelin

AGE

- 21

PLACE OF BIRTH

- Newry

COACH

- Michael O'Connor

WHEN DID YOU START YOUR SPORT AND WHY?

- I started athletics when I was about 7 or 8. I was doing the long jump, 800m and ball throw which progressed over the years to javelin followed by the remaining 4 events in heptathlon.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite event in heptathlon has to be the javelin. It's an event I've been doing since I was young and i'm still learning/trying to master it.

KEVIN SEAWARD



EVENT

- Marathon

AGE

- 39

PLACE OF BIRTH

- Downpatrick

CLUB

- St Malachy's Athletics Club

COACH

- Andy Hobdell

WHEN DID YOU START YOUR SPORT AND WHY?

- I started athletics in school where there was a rich tradition of extra curricular sport and brilliant teachers who committed time to running clubs. I wasn't particularly great at athletics but with lots of encouragement from the teachers, I began to improve.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- I guess pacing is a skill. There's something really special about getting the pace right, finishing strong or running a negative split. If you can master this in the marathon the rest is easy!

LEON REID



EVENT

- 200M

AGE

- 27

PLACE OF BIRTH

- Bath

CLUB

- Birchfield Harriers

COACH

- James Hillier

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Anyone doing consistently well, in sport it's so hard to stay consistently on top of your game so anyone doing well and giving off positive energy is someone I look up to.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Coming off the Bend with a nice tail whip feels like you're getting a NITRO Boost.

MEGAN MARRS



EVENT

- 100M Hurdles

AGE

- 24

PLACE OF BIRTH

- Belfast

CLUB

- Windsor/City of Lisburn

COACH

- Alex Nwenwu

WHEN DID YOU START YOUR SPORT AND WHY?

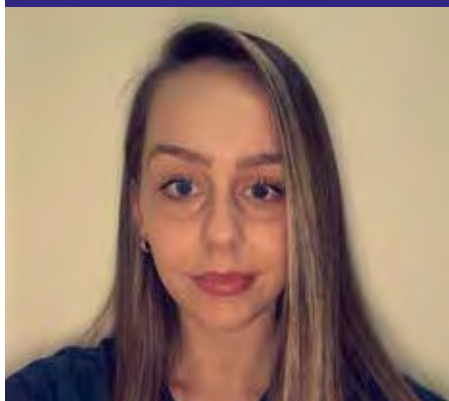
- I started off as a high jumper when i was 13, then transitioned to the sprints and hurdles.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- My two main idols in the sport are Mary Peters and Sally Pearson. Growing up in Belfast it's pretty impossible not to admire Mary and her achievements and I've always been in awe of Sally Pearson not only for the hurdling ability but also for the fact she is so competitive over the flat 100m as well.



SOMMER LECKY



EVENT

- High Jump

AGE

- 21

PLACE OF BIRTH

- Enniskillen

CLUB

- Finn Valley Athletics Club

COACH

- Niall Wilkinson

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- There are a lot of people I look up to in my sport, but the three I take most inspiration from are Gianmarco Tamberi, Nicola McDermott & Emily Borthwick.

ANNA MCCAULEY



EVENT

- Heptathlon

AGE

- 21

PLACE OF BIRTH

- Belfast

CLUB

- City of Lisburn & City of Sheffield

COACH

- John Lane

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I have always looked up to Jessica Ennis for all she has achieved and also because of her small stature in comparison to the rest of Heptathletes.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite event in heptathlon would have to be high jump, I love the thrill of clearing a new personal best, while pole vault would be my favourite to watch at competitions.

EILISH FLANAGAN



EVENT

- Steeplechase

AGE

- 25

PLACE OF BIRTH

- Philadelphia

CLUB

- Finn Valley

COACH

- Damon Martin

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to most professional athletes, teammates and coaches. A significant role model to me within my sport would be Sonia O'Sullivan.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- I enjoy the tactical racing skills involved in running.

ROISIN FLANAGAN



EVENT

- 5000M

AGE

- 25

PLACE OF BIRTH

- Philadelphia

CLUB

- Finn Valley

COACH

- Damon Martin

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I would say that I look up to my fellow competitors in my sport, those who display a level of positivity, confidence and inspiration in both their success and failures, on and off the track.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Mental toughness, I believe the mental aspects of the sport have elevated my running to new heights. The psychological skill set allows me to work sustainably and keep pushing, thriving, and excelling toward my long-term goals despite setbacks.



ELLIE MCCARTNEY



EVENT

- Pole Vault

AGE

- 22

PLACE OF BIRTH

- Antrim

CLUB

- City of Lisburn Athletics Club

COACH

- Kate Rooney

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Liz Parnov is an Australian pole vaulter who I admire and look up to, she's achieved so much after many setbacks. Holly Bradshaw is another whose determination and commitment is unmatched.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- The best part in pole vault is the feeling you get when clearing the bar!

EVE WALSH-DANN



EVENT

- T38 100M

AGE

- 20

PLACE OF BIRTH

- Norwich

CLUB

- North Down AC

COACH

- Roger Sexton

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- There are two athletes I look up to, Lady Mary Peters who has given great support on my athletic journey and Michael McKillop one of Ireland's greatest Paralympians who has the same disabilities as myself.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- The best part of my sprint is my start, working with my coaches we've made great improvements which helps me to relax during the rest of my run.

PAUL POLLOCK



EVENT

- Marathon

AGE

- 35

PLACE OF BIRTH

- Belfast

CLUB

- Annadale Striders

COACH

- Andy Hobdell

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I have huge respect for Eliud Kipchoge. Not only because of the times that he has run throughout his career but also his consistency in his marathon performances and humble, professional attitude. He really has set the benchmark for every other marathon runner.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Nothing comes close to the feeling you get towards the end of a marathon race. The body and mind are both hurting beyond what you think possible and yet you continue to push forward, in pursuit of the relief that the finish line brings.

TOM REYNOLDS



ROLE

- Sports Performance Lead

- Tom is the Performance Lead at Athletics NI where he has worked since 2014. Birmingham will be Tom's fourth games having competed in the Decathlon in Delhi 2010, been a personal coach in Glasgow 2014 and a team coach in Gold Coast 2018. Tom was also team coach for GB & NI at four European Team Combined Events Championships between 2014 and 2019.



LAURA KERR



ROLE

- Coach

• As the Talent Lead at Athletics NI, Laura has oversight of the talent pathway focussing primarily on development of Athletes aged 15-21. She led the Athletics Team to the 2017 Commonwealth Youth Games in Bahamas, with 2 Gold medals. As a team coach Laura worked alongside Jackie Newton and Tom Reynolds at the 2018 Games on the Gold Coast. This year she also takes on the role of Great Britain Team Leader for the European U18 Championships in Israel. Laura was a javelin thrower competing as a junior for GB & NI before retiring aged 24.

AMY FOSTER



ROLE

- Coach

• Former international athlete having represented Northern Ireland at 3 Commonwealth Games in Delhi, Glasgow and Gold Coast. After retiring from Athletics in 2019 I transitioned from athlete to coach and now work for Athletics NI in the Talent Pathway. At the Birmingham Games I will be a Team Coach for Athletics.

JACKIE NEWTON



ROLE

- Coach

• Jackie was the Director of Coaching and Athlete Development at Athletics Northern Ireland from 2017 – 2021 before moving to Head of Coaching Development for British Athletics. During that time, she led the athletics team at Gold Coast 2018 and am delighted to be back working with Team NI for Birmingham 2022. Additional experience includes the management of athletics and orienteering teams at major championships since 2008. Jackie is a Level 3 Athletics Coach in endurance and, as an athlete competed internationally for GB&NI in the marathon and half marathon.

Athletics teaches you resilience and dedication. I feel proud to say that I will give everything I can to my sport on the days I feel great but also on the days I feel terrible, that is a very valuable skill in my eyes.

Hannah Irwin, *Team NI Athletics*





TEAM NI BADMINTON

F Singles



Northern Ireland's Badminton Team

Venue: National Exhibition Centre (NEC) - Hall 5

Schedule: 29th July -8th August

Athletes: 1

Support Staff: 1

Events Entered: 1

Combining fast thinking, nimble manoeuvring, and precision power, it's little wonder that Badminton is considered one of the fastest and most exciting sports at Birmingham 2022. Known as the fastest competitive racket sport in the world, Badminton is played using a unique piece of equipment called a shuttlecock (or shuttle) – a rounded cork attached to an aerodynamic cone traditionally made of goose feathers.

The objective is for opponents to hit the shuttle between each other over a net. If the shuttle hits the ground, the opponent wins the point.

The winner of the game is the first player or pair to reach 21 points, unless the score reaches 20-20. In this instance, at 20 all, the side which gains a 2 point lead first, wins that game. At 29-all, the first player or pair to reach 30 wins the game. A match is the best of 3 games.



Lisburn & Castlereagh City Council wishes every success to all our local team members!



Leisure & Community Wellbeing

www.lisburncastlereagh.gov.uk

#GoTeamNI

LCCC
Lisburn &
Castlereagh
City Council



RACHAEL DARRAGH



EVENT

- Singles

AGE

- 24

PLACE OF BIRTH

- Letterkenny

CLUB

- Raphoe Badminton Club

COACH

- Dan Magee

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I'm lucky to have had alot of guidance from my aunt Chloe Magee who is a triple Olympian and triple European medalist.

ANDREW STEWART



ROLE

- Sports Performance Lead

- Andrew Stewart is the Business Development officer for Ulster Badminton and consultant for GB Badminton. Andrew was the coach for the 2018 Games in Gold Coast and has 15 years Coaching at International level. Formally the Talent ID Officer for Ulster Badminton, Andrew has won the SNI Talent coach of the Year and the UK coaching Talent Development Coach of the year.

BADMINTON BADMINTON BADMINTON BADMINTON



TEAM NI BOXING

F 48kg
 F 50kg
 F 57kg
 F 60kg
 F 70kg
 M 51kg
 M 54kg
 M 57kg
 M 63.5kg
 M 67kg
 M 71kg
 M 75kg
 M 92kg+

Northern Ireland's Boxing Team

Venue: National Exhibition Centre (NEC) – Hall 4

Schedule: 29th July - 7th August

Athletes: 13

Support Staff: 7

Events Entered: 13

At the Birmingham 2022 Commonwealth Games you'll see men and women step inside the ring to compete across a range of different weight divisions.

As the intense three-minute rounds play out, you'll experience explosive combinations, rapid footwork, and dogged determination. Mental and physical strength is put to the ultimate test as challengers go toe-to-toe in a battle of skill, speed, and stamina.

I would more look up to local people in my sport who took the time to help me when I was young. They were the ones that had most influence on me.

Damian Sullivan, Team NI Boxing



NICOLE CLYDE



EVENT

- 48kg

AGE

- 20

PLACE OF BIRTH

- Antrim

CLUB

- Antrim Boxing Club

COACH

- Eamon Gillen

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Obviously for every young girl boxing their role models are Katie Taylor and Kelly Harrington, but along with them I look up to Tyson Fury who proves that anything is possible no matter what you're going through.

CARLY MCNAUL



EVENT

- 50kg

AGE

- 32

PLACE OF BIRTH

- Belfast

CLUB

- Ormeau Road

COACH

- Charlie Toland

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to my teammate Kelly Harrington who is a great friend, an inspiration and a role model.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- I am most comfortable when I'm moving forward.

MICHAELA WALSH



EVENT

- 57kg

AGE

- 28

PLACE OF BIRTH

- Belfast

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to my brother Aidan a lot, to see the qualities he has as an athlete, he is someone I inspire to be like and to learn from.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite skill is movement along with counter attack, I love to make someone miss and make them pay.

AMY BROADHURST



EVENT

- 60kg

AGE

- 25

PLACE OF BIRTH

- Dundalk

CLUB

- St Bronagh's Boxing Club

COACH

- Gavin Dougan

WHEN DID YOU START YOUR SPORT?

- I started boxing when I was 6 years old. My dad and my brothers were the reason for me getting involved.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to Katie Taylor and Canelo Alvarez. Katie has been an idol to me the whole way through my career. Canelo is somebody I love watching and I try to incorporate some of the things he does into my boxing.



EIREANN NUGENT



EVENT

- 70kg

AGE

- 30

PLACE OF BIRTH

- Belfast

CLUB

- Immaculata

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- My granda he is my coach he got me into boxing when I was 13 and I've always looked up to him. Katie Taylor is a role model for all women in the sport and seeing all the athletes that I once trained with on the High performance excel in the sport and go on to be successful such as Kelly, Micheala and Carly going on to be selected for the CWG, World Championships and the Olympic Games was a real wake up call to where I could have went to if I too had stayed at the sport. Kelly Herrington winning gold at the Olympics give me that fire to get back doing what I love and reminded me that you're never too old to set goals and chase your dreams.

CLEPSON DE SANTOS



EVENT

- 51kg

AGE

- 19

PLACE OF BIRTH

- Craigavon

CLUB

- Holy Trinity Boxing Club Belfast

COACH

- Michael Hawkins

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- People I look up to in my sport would be others in my team and Muhammad Ali.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite move/skill in boxing would be defensive move and counter.

DYLAN EAGLESON



EVENT

- 54kg

AGE

- 19

PLACE OF BIRTH

- Dundonald

CLUB

- St Paul's

COACH

- Ralph McKay

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to the likes of Michael Conlan, Paddy Barnes and Brendan Irvine.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite shot is probably a check hook.

JUDE GALLAGHER



EVENT

- 57kg

AGE

- 21

PLACE OF BIRTH

- Derry

CLUB

- Two Castles Amateur Boxing Club

COACH

- John Gallagher

WHEN DID YOU START YOUR SPORT?

- I started the sport when I was 8 years old when I followed my older brother into the Bishop Kelly boxing gym.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to Tyson Fury within boxing.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite skill in boxing is the side step or maybe a check hook.



JOHN PAUL HALE



EVENT

- 63.5kg

AGE

- 21

PLACE OF BIRTH

- Belfast

CLUB

- Star Amateur Boxing Club

COACH

- Liam Corr

WHEN DID YOU START YOUR SPORT AND WHY?

- I started when I was 8 my dad brought me to the Star ABC because I stopped playing football.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to my dad, my coaches and the boxers who have done amazing in the Olympic and Commonwealth Games.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite punch is definitely the over hand right and a body shot to the liver.

EUGENE MCKEEVER



EVENT

- 67kg

AGE

- 24

PLACE OF BIRTH

- Newry

CLUB

- St Malachys Camlogh

COACH

- Thomas Shields

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- In the sport I look up to many people in different ways, Ali for his character in & out of the ring. Floyd Mayweather for being a defensive master and winning at all costs. Mike Tyson for his aggressive mindset and style, I look up to many they all have something as a boxer you can learn from.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite skill or move is a well timed counter punch, standing close enough that they think they can hit you and when they try making them narrowly miss and make them pay for it.

AIDAN WALSH



EVENT

- 71kg

AGE

- 25

PLACE OF BIRTH

- Belfast

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to my sister Michaela, since I first started I always wanted to achieve what she had achieved and she helped me all the way.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite skill is moving in the ring. I enjoy the fight from start to finish.

JAKE TUCKER



EVENT

- 75kg

AGE

- 20

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Micheal Conlan.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Counter punching.



DAMIAN SULLIVAN



EVENT

- 92kg+

AGE

- 29

PLACE OF BIRTH

- Belfast

CLUB

- Emerald Amateur Boxing Club

COACH

- John Paul Deleany

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Favourite thing to do is punch people in the face.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I would more look up to local people in my sport who took time to help me when I was younger in the sport boxers like Conal Carmichael and Cahill McMonagil were very influential on me growing up.

LIAM CORR



ROLE

- Athlete Support

• Liam is currently the Belfast Boxing Development Officer for the Belfast Boxing Strategy. He is a coach in the Star Boxing Club Belfast who currently have boxer John Paul Hale on the team. Liam was involved in the last Commonwealth Games camp for the Gold Coast helping prepare the team before they left and have been involved in many camps and tournaments as part of the Ulster High Performance Boxing team. He is currently IBA (international boxing association) 1 Star coach and fully look forward to helping the team succeed in Birmingham.

DAMIAN MARTIN



ROLE

- Medical Support

• Damian is a Senior Sports Physiology Consultant at the Irish Institute of Sport. He will be providing support to the Boxers during the games in Birmingham. Working alongside the medical team in 2018 (Gold Coast) and 2017 (Bahamas), he developed the travel and environmental strategies for all sports.

JP DELANEY



ROLE

- Coach

• JP Delaney is a Boxing Coach for Emerald ABC Belfast and is an assistant coach for the NI Commonwealth boxing team, helping with the preparation for boxers for the games bringing over 20 years of boxing experience, coaching for the last 6 years. This year he has been an Irish National pool coach and attended the European U22 championships as a coach. Before coaching JP was the Irish Elite Champion in 2015.



RORY MCSHANE



ROLE

- Coach

• Rory has been involved in the sport of boxing for over 30 years. He boxed for many years as an amateur and currently is the head coach at Letterkenny boxing club. He has trained many Ulster/ Irish champions from schoolboy to Elite level. Rory has been involved with the Ulster High Performance coaching team since 2017. He says it is a privilege to be selected and involved with a strong team NI boxing squad competing in Birmingham 22.

DAMIAN KENNEDY



ROLE

- Head Coach

• Damian is the Head Coach of Boxing; he will be responsible to prepare the team and have them physically and mentally ready for the Journey ahead. We will leave no stone unturned making sure that they are in the best possible shape heading to Birmingham. Damian has been involved in the Commonwealth Games since 2011 in the Isle of Man where he was a Coach. This will be Damian's first Commonwealth Games.

JOHN CONLAN



ROLE

- Sports Performance Lead

• John has experience in the Olympics, Europeans, Commonwealth Games and many Multinational Tournaments coaching. John's role has developed from Head Coach to Sports Performance Lead, which he now is looking to developing the next generation of coaches.

LAURA OSTLER



ROLE

- Performance Analyst

• Laura has worked at the Sport Northern Ireland Sports Institute since 2009, initially on placement, refining her applied practice, and as a full-time member of staff since 2011. She is responsible for planning and delivering analysis support in training and competition environments to predominantly Olympic, Paralympic and Commonwealth Games coaches and athletes. This will be Laura's second Commonwealth Games. Laura will draw upon her experience of service provision, as well as experiences from multi-sport Games to plan and deliver performance analysis support at the 2022 Birmingham Commonwealth Games.



- Points
- Mountain Bike
- Road Race
- Scratch
- Time Trial



The sleek, polished walls of the velodrome allow powerful track cyclists and para-cyclists to reach eye-watering speeds in this energetic display of timing, precision and highly refined technique.



CHRIS MCGLINCHY



EVENT

- Mountain Bike
- Road Race

AGE

- 28

PLACE OF BIRTH

- Belfast

CLUB

- Team Spectra Wiggle Racing P/B Vitus

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Nino Schurter has to be up there, it's incredible to see him come back year after year and continue to be at the top of the sport after all he has achieved!

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- As I used to race downhill mountain biking, my strong point is descending. I love technical trails and sections with jumps / drops.

JOANNA PATTERSON



EVENT

- Time Trial

AGE

- 33

PLACE OF BIRTH

- Frimley

COACH

- John Dargie

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Nicola Spirig (triathlon) is someone who really influenced me at the start when I got a bike and watched her at the 2018 European championships dominate the race due to a really strong bike leg of the triathlon. I was then lucky enough to help pace her bike leg at Sub8 in June which emphasized my admiration for her. I also look up to Marlen Reusser who qualified as a Doctor before becoming a pro cyclist.

DARREN RAFFERTY



EVENT

- Time Trial
- Road Race

AGE

- 19

PLACE OF BIRTH

- Craigavon

CLUB

- Hagens Berman Axeon

COACH

- Stephen Gallagher

WHEN DID YOU START YOUR SPORT AND WHY?

- Aged 9.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Mathieu Van Der Poel.

MATTHEW TEGGART



EVENT

- Road Race • Time Trial

AGE

- 25

PLACE OF BIRTH

- Craigavon

CLUB

- Banbridge Cycling Club

WHEN DID YOU START YOUR SPORT AND WHY?

- I started cycling competitively at 17yrs old. Before that I tried my hand at almost every sport.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Wout Van Aert - His versatility is incredible.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Short explosive efforts. Im very 'punchy' and so like 'punchy' type efforts. Im what we would call a 'Puncheur' in cycling.



LYDIA BOYLAN



EVENT

- Points
- Scratch
- Road Race

AGE

- 34

COACH

- James Spragg

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Not sure I really look up to anyone...I just try to work hard and do my best. And enjoy seeing the progress and improvements I can make.

CAMERON ORR



EVENT

- Mountain Bike
- Road Race

AGE

- 23

PLACE OF BIRTH

- Derby

COACH

- Simon Watts

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Fellow riders who I've grown up aspiring, training and racing against like Evie Richards, Annie Last and Tom Pidcock.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- A rutted sequence of burms.

ALICE SHARPE



EVENT

- Points
- Scratch
- Road Race

AGE

- 28

PLACE OF BIRTH

- Germany

CLUB

- Belgian UCI Conti Team

COACH

- Tommy Evans

WHEN DID YOU START YOUR SPORT AND WHY?

- I started cycling aged 21, I was previously a triathlete but made the switch to cycling in 2016/17.

JB MURPHY



EVENT

- Points
- Scratch
- Road Race

AGE

- 22

PLACE OF BIRTH

- Dublin

CLUB

- Evo Pro Racing

COACH

- Marc Potts

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to Morgan Fox.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Handling in a Madison race.



GARY MCKEEGAN



ROLE

- Sports Performance Lead

• This will be Gary's 3rd senior Games as coaching staff, starting in Glasgow 2014, Gold coast 2018 with the youth games in the Bahamas in 2017. Alongside working as a performance coach, Gary is a lecturer in sport at Northern Regional College. His Goal is to enable the TeamNI to perform at their best at the Games by blending learning from academia with previous experiences, implementing innovative technical and tactic strategies with a sound knowledge of the team members' characters.

ANTHONY MITCHELL



ROLE

- Assistant Performance Lead

• Anthony will be spending time across the two main venues, London & Birmingham. He will be looking after athletes from both genders competing across Track, Mountain Bike, Time Trial, and Road Cycling. He has previously attended two Games in a similar role: The Youth Commonwealth Games in the Isle of Man in 2011 and Gold Coast 2018. Anthony is looking forward to Birmingham 2022 which promises to be a different experience to his previous editions.

**NI Sports Forum and The
Female Sports Forum wish the
best of luck to all Team NI
athletes, coaches and support
personnel heading to
Birmingham.**

**We look forward to following
your progress and celebrating
all successes!**





TEAM NI GYMNASTICS

M Floor Exercise
M Pommel Horse
M Vault
M Rings
M Parallel Bars
M Horizontal Bar

Northern Ireland's Gymnastics & Artistic Gymnastics Team

Venue: Arena Birmingham

Schedules:

Artistic Gymnastics 29th July - 2nd August

Gymnastics 29th July - 2nd August

Athletes: 3

Support Staff: 2

Events Entered: 6

Artistic Gymnastics is a sport that really takes your breath away. Seeing athletes leaping, twirling, and flying across a range of iconic apparatus, earning points from a panel of judges and amazement from spectators.

The Pommel Horse is one of the male only categories where gymnasts compete in technically demanding routines that can include turns, handstands and other balanced positions, all interspersed with the whirling of straightened legs and pointed feet in a circular motion, all the while maintaining good form and balance.

Both men and women compete in the Vault, an exciting event which requires them to build up speed in a sprint before propelling themselves from a springboard, vaulting over a platform hands-first, completing mind-boggling flips and twists, and finally landing in a stable and upright position.



EAMON MONTGOMERY



EVENT

- M Floor Exercise • M Pommel Horse
- M Vault • M Parallel Bars
- M Rings • M Horizontal Bar

AGE

- 20

PLACE OF BIRTH

- Belfast

CLUB

- Salto Gymnastics Club

COACH

- Conor McGovern

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- The main person I look up to in my sport would be Kohei Uchimura.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite skill is Ri Se Jong on the Floor exercise.

EWAN MCATEER



EVENT

- M Floor Exercise • M Pommel Horse
- M Vault • M Parallel Bars
- M Rings • M Horizontal Bar

AGE

- 22

PLACE OF BIRTH

- Lisburn

CLUB

- Salto Gymnastics Club

COACH

- Conor McGovern

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Yang Hak-Seon, 2012 Olympic vault champion and in my opinion the greatest vaulter ever.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- A Kasamatsu double. It involves a cart-wheel entry onto the vault into a straight somersault with 3 twists and is the vault I intend to compete with at the games.

RHYS MCCLENAGHAN



EVENT

- M Floor Exercise • M Pommel Horse
- M Vault • M Parallel Bars
- M Rings • M Horizontal Bar

AGE

- 22

PLACE OF BIRTH

- Dundonald

COACH

- Luke Carson

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to Japanese gymnast Kohei Uchimura.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- The wendeswings on the Pommel Horse.

LUKE CARSON



ROLE

- Sports Performance Lead

• Ireland's Head National Coach is a two times Commonwealth Games competitor himself and has coached Rhys McClenaghan towards historic titles at Commonwealth and European level a World Championships bronze medal and the Tokyo Olympic Games final. Throughout his coaching career Luke has also developed numerous medallists at national level. Luke has keen interest in fitness, learning and the psychology of success.



CONOR MCGOVERN



ROLE

- Coach
- Conor's role at the Commonwealth Games will be as a coach, to the gymnastics team. As is every coach's role his job will be to ensure that the boys perform to the best of their ability, to help take care of them physically, mentally, and socially. To ensure that they are given scores that are fair and to appeal any scores that are not. Conor's experience includes coaching current world cup medallists, Northern European Champion, multiple Irish Champions, British Champions. He has coaching for 10 years this will be his first Commonwealth Games experience with hopefully more to come.



Armagh City
Banbridge
& Craigavon
Borough Council

The Lord Mayor, Aldermen and Councillors of Armagh City, Banbridge and Craigavon Borough Council send best wishes to all athletes taking part with

TEAM NI AT BIRMINGHAM 2022

We are very proud of all athletes representing our Borough

W 52kg
W 70kg
W 78kg+
M 66kg
M 73kg
M 81kg



Venue: Coventry Arena
Schedule: 1st - 3rd August
Athletes: 7
Support Staff: 3
Events Entered: 6

Balance, mental focus, and tactics meet technique, agility and leverage in this frenetic display of explosive throws.

The objective – to take your opponent down using control, not brute force. With its origins in Japan, the literal translation of the word ‘Judo’ is ‘gentle way’. While this is reflected by its status as a combat sport that prohibits punching, kicking, or striking the opponent, don’t be fooled into thinking there’s a shortage of high-octane action.

There are two ways of scoring in Judo – an ‘Ippon’ (one full point), which automatically ends the bout, and a ‘waza-ari’, which is a half point, two of which would win the match.

My favourite techniques in judo are definitely foot sweeps. They are all about timing and speed, and are lovely if they come off.

Joshua Green, Team NI Judo



A portrait of a young man with short brown hair, smiling slightly. He is wearing a dark blue polo shirt with white piping on the sleeves. The shirt features a white Nike swoosh on the left chest and a red logo on the right chest that consists of a stylized 'H' with the text 'LAMBETH COLLEGE games' and 'LONDON' below it. The background is a plain, light-colored wall.

- My favourite techniques in judo are definitely foot sweeps. They are all about timing and speed, and are lovely if they come off.

- My favourite throw is Uchi Mata.

- Morote Seoi Nagi / Ippon Seoi Nagi.

A portrait of a middle-aged man with a shaved head and a serious expression. He is wearing a dark blue polo shirt. On the left chest is a white Nike swoosh logo. On the right chest is a red logo consisting of a stylized hand with fingers spread, with the text "COMMONWEALTH" in white below it. The background is a light-colored, textured wall.

- Ciaran is the Head Coach and Team Lead for Judo in Team NI. Ciaran has experience in these roles as he was at the 2014 Commonwealth Games, as well as the 2012 and 2020 Olympic Games.



CHLOE COWAN VICKERS



ROLE

- Coach

• Chloe is a Commonwealth Tournament Champion, as well as a Multiple European medallist and Olympian. Her role in the Birmingham 2022 Commonwealth Games is to coach and support the athletes.

PAUL GREEN



ROLE

- Coach

• Paul Green competed in 2002 Commonwealth Games for Northern Ireland at under 90kg. His role in the Birmingham 2022 Commonwealth Games is to coach and support the athletes.



**Have a friendly
and
successful
games from all
at the
Mary Peters
Trust!**



TEAM NI LAWN BOWLS

M Singles
W Singles
M Pairs
W Pairs
M Triples
W Triples
M Fours
W Fours



Northern Ireland's Lawn Bowls & Para Lawn Bowls Teams

Venue: Victoria Park

Schedule: 29th July - 6th August

Athletes: 10

Support Staff: 3

Events Entered: 8

The Commonwealth Games is viewed by many as one of the most prestigious events in Lawn Bowls, so all eyes will be on the competition when it gets rolling at Birmingham 2022.

Matches are played on a Lawn Bowls Green within a 'rink' area – there are usually six rinks per green. The match begins with a coin toss, giving one competitor the option to roll a small ball called the 'jack' at least 23 metres down the green. Competitors take it in turns to roll their bowls, aiming to ensure they are closer to the jack than any of those of their opponent. Points are awarded for each bowl that is closest to the jack.

One thing is for certain – Lawn Bowls is unpredictable from the first minute till the last!



ADAM MCKEOWN



EVENT

- Triples
- Fours

AGE

- 22

PLACE OF BIRTH

- Belfast

CLUB

- Old Bleach Bowling Club

COACH

- Neil Booth

WHEN DID YOU START YOUR SPORT AND WHY?

- I started playing bowls when I was 5 initially in the short mat format usually in church halls such as Greencastle Methodist. I then joined Mossley B.C and began playing outdoor bowls at the age of 11.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Having played every position and format its difficult to pick but I would probably say managing My singles game, although many would argue my 'positive' draw shot (chop) is effective.

ASHLEIGH RAINEY



EVENT

- Triples
- Fours

AGE

- 37

PLACE OF BIRTH

- Antrim

CLUB

- Ewarts Bowling Club

COACH

- Neil Booth

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Mandy Cunningham. Mandy has always been an inspiration and a great support to me. After Mandy won a bronze medal at the 2014 games she brought it to the club and it encouraged me to work hard to achieve my goal of competing in the Commonwealth Games.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Yard on shot.

CHLOE WILSON



EVENT

- Triples
- Fours

AGE

- 19

PLACE OF BIRTH

- Craigavon

CLUB

- Portadown Ladies Bowling Club

COACH

- Neil Booth

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- The person I look up to is Martin McHugh, this is because he has represented our country at the highest level for a number of years and is still playing at the top of his game. He is also a very encouraging individual.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- The shot that I favour is the drawing shot.

COURTNEY MENEELY



EVENT

- Triples
- Fours

AGE

- 28

PLACE OF BIRTH

- Antrim

CLUB

- Ewarts Bowling Club

COACH

- Neil Booth

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to my teammates, they inspire me and their dedication to our sport is so admirable. They motivate me to put in the work and stay committed.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- I would say my favourite skill in bowls is the draw as it has to be so precise and is a skill that all players have to master.



GARY KELLY



EVENT

- Triples
- Singles

AGE

- 32

PLACE OF BIRTH

- Ballymoney

CLUB

- Warilla Bowls and Recreation Club

COACH

- Neil Booth

WHEN DID YOU START YOUR SPORT AND WHY?

- I started playing the sport of bowls, at the age of twelve.

IAN MCCLURE



EVENT

- Triples
- Fours

AGE

- 49

PLACE OF BIRTH

- Coleraine

CLUB

- Portrush Bowling Club

COACH

- Neil Booth

WHEN DID YOU START YOUR SPORT AND WHY?

- I started bowling in 1988, age 14

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Irish bowls icons Sammy Allen and Jim Baker are the ones I would have looked up to

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite skill as a skip is chalking my team mates bowls....it means things are going well for us lol.

MARTIN MCHUGH



EVENT

- Pairs
- Fours

AGE

- 49

PLACE OF BIRTH

- Larne

CLUB

- Old Bleach Bowling Club

COACH

- Neil Booth

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to my father, he got me started into bowls in 1987.

MEGAN DEVLIN



EVENT

- Pairs
- Fours

AGE

- 28

PLACE OF BIRTH

- Ballymena

CLUB

- Ballymena Bowling Club

COACH

- Neil Booth

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- My dad (Graham Wilson) won a world title in shortmat back in 2002, he has always been someone in my life who I look up to. I would love to win as high a title as he has someday.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- I love leading. Having the bare jack and being able to just nail it, gives you such a great feeling, knowing you have given your team the best start in an end.



SAM BARKLEY



EVENT

- Pairs
- Fours

AGE

- 22

PLACE OF BIRTH

- Antrim

CLUB

- Old Bleach Bowling Club

COACH

- Neil Booth

WHEN DID YOU START YOUR SPORT AND WHY?

- I begin playing bowls at the age of 7 at my local club called Old Bleach Bowling Club, in Randalstown.

SHAUNA O'NEILL



EVENT

- Pairs
- Singles

AGE

- 21

PLACE OF BIRTH

- Limavady

CLUB

- Limavady Bowls Club

COACH

- Neil Booth

WHEN DID YOU START YOUR SPORT AND WHY?

- I didn't start lawn bowls until i was 15 years old.

NEIL BOOTH



ROLE

- Sports Performance Lead

- Neil has the overall responsibility for both the Men's and Ladies Squads. This will be Neil's 7th Commonwealth Games (five as a player and two as a HP Coach). His first was in Kuala Lumpur in 1998 when he won a gold medal in the Men's Fours. In previous games he has also won 1 Silver and 2 Bronze Medals.

BARBARA CAMERON



ROLE

- Manager & Head Coach, Ladies Bowls

- Barbara is also the Manager for the Irish Ladies International Team. Barbara is a qualified IBA Coach. She has represented Northern Ireland at 5 Commonwealth Games, winning a Bronze medal in Glasgow 2014. In addition, Barbarais also a former Northern Ireland Ladies International Footballer.



TOMMY SMITH



ROLE

- Coach
- Tommy is one of the coaches for the lawn bowls team. This is Tommy's second Commonwealth Games in this role. Tommy is also the current Irish Men's Bowls Assistant Team Manager.

I look up to my teammates, they inspire me and their dedication to our sport is so admirable. They motivate me to put in the work and stay committed.

Courtney McNeely Team NI Lawn Bowls

GOOD LUCK TO ALL OUR LOCAL ATHLETES



Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council



TEAM NI NETBALL

W Team

Northern Ireland's Netball Team

Venue: National Exhibition Centre (NEC)

Schedule: 29th July - 7th August

Athletes: 12

Support Staff: 5

Events Entered: 1

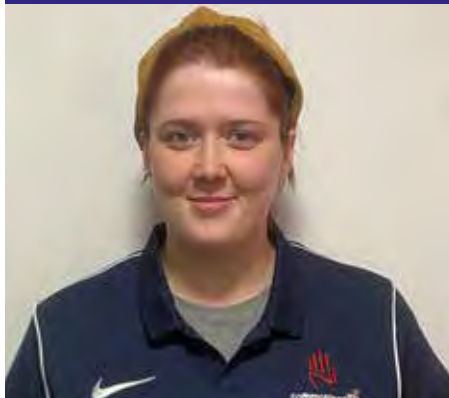
Netball is a fast-paced, athletic and team-driven sport. It is a sport that enjoys record-breaking participation, viewing and attendance figures year on year in the UK, and is set to be one of the most popular and highly anticipated events at Birmingham 2022.

Netball is a seven-a-side sport, with teamwork being fundamental to success. When a player is in possession of the ball at any point in the game, they are unable to move, meaning a squad needs to work as one synchronised unit to score. A player must pass or shoot the ball within just three seconds of receiving it, so speed, agility and sharp focus are key.

Anticipation is already high ahead of an exciting tournament at Birmingham 2022 for the world's best netball teams to fight for gold under one roof.



JENNA BOWMAN



EVENT

- Netball Team

AGE

- 28

PLACE OF BIRTH

- Magherafelt

CLUB

- Larkfield

COACH

- Denise Prue

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Our captain, Caroline O'Hanlon has always stood out. She's such a role model in netball and an advocate for women who play dual sport (whilst also balancing work life). She always has a positive attitude and keeps fighting even when the other team has the lead.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- With being a shooter it's all about getting close to the post to take the pressure off getting your shot up. I like a reverse roll to the post, it looks good and it feels so good when it works against the defender.

CIARA CROSBIE



EVENT

- Netball Team

AGE

- 24

PLACE OF BIRTH

- Belfast

CLUB

- Ulster University Tigers

COACH

- Patrick O'Neill

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- A lay- up shot or off the post.

EMMA MAGEE



EVENT

- Netball Team

CLUB

- Belfast Westside Netball Club
- Surrey Storm Super League Club

COACH

- Andrea Magee
- Mikki Austin

WHEN DID YOU START YOUR SPORT AND WHY?

- I've been around netball for a long time, starting when I was 8 yrs old at my Mum's club, training alongside my 2 sisters.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I always looked up to my mum in sport.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite skill is the 'no look pass' particularly when it is successful!

GEORGIE MCGRATH



EVENT

- Netball Team

AGE

- 20

PLACE OF BIRTH

- Belfast

CLUB

- Queen's Basketball Club

COACH

- Kathy McGrath

WHEN DID YOU START YOUR SPORT AND WHY?

- I started playing netball when I was about 10 years old in My primary school.



CAROLINE O'HANLON



EVENT

- Netball Team

AGE

- 37

PLACE OF BIRTH

- Newry

CLUB

- Manchester Thunder
Larkfield Netball Club

COACH

- Karen Greig
Denise Prue

MICHELLE DRAYNE



EVENT

- Netball Team

AGE

- 33

PLACE OF BIRTH

- Lisburn

CLUB

- NI Team

COACH

- Elaine Rice

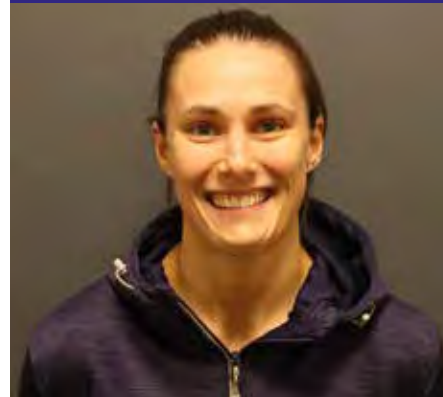
WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Jade Clarke for her longevity in the sport.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Long pass into the shooters.

NIAMH COOPER



EVENT

- Netball Team

AGE

- 29

PLACE OF BIRTH

- Belfast

CLUB

- Surrey Storm Superleague

COACH

- Mikki Austin

WHEN DID YOU START YOUR SPORT AND WHY?

- I started playing netball in school in first year.

FRANCES KEENAN



EVENT

- Netball Team

AGE

- 22

PLACE OF BIRTH

- Newry

CLUB

- Team NI

COACH

- Elaine Rice

IS THIS YOUR FIRST GAMES?

- Yes, this is my first games and first bigger competition as part of the senior squad, so I am really excited to be part of the squad and get the opportunity to play against the other teams around the world. Extremely grateful for the opportunity to represent Netball NI and participate in a competition like the Commonwealth Games. Having the games close to home is really exciting too so can't wait to get started!



FIONNUALA TONER



EVENT

- Netball Team

AGE

- 30

PLACE OF BIRTH

- Lisburn

CLUB

- Belfast Ladies Netball Club

COACH

- Elaine Rice

IS THIS YOUR FIRST GAMES?

- This time i will be competing at my third games - its always special to first qualify as a team and then get selected for the team. With so many players being at their first games this summer, it will definitely build the excitement within the group.

MICHELLE MAGEE



EVENT

- Netball Team

AGE

- 22

PLACE OF BIRTH

- Belfast

CLUB

- Westside Netball Club

COACH

- Andre Magee

WHEN DID YOU START YOUR SPORT AND WHY?

- Primary school

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Caroline O'Hanlon

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Shooting

OLIVIA MCDONALD



EVENT

- Netball Team

AGE

- 26

PLACE OF BIRTH

- Belfast

CLUB

- Belfast Ladies Netball Club

COACH

- Clar-Rois McGuinness

WHEN DID YOU START YOUR SPORT AND WHY?

- I started netball in primary school – actually in Centre as I was one of the smallest back then! But my interest really began when my older sister Laura took me along with her to Belfast Ladies Netball club where I got to watch the seniors train. I was swiftly moved out of centre into the circle (as I grew) and my netball journey really started.

MARIA MCCANN



EVENT

- Netball Team

AGE

- 20

PLACE OF BIRTH

- Belfast

CLUB

- Belfast Ladies Netball Club

COACH

- Deborah Blakely

IS THIS YOUR FIRST GAMES?

- Yes, I'm excited to be able to say that this is my first Commonwealth games. I got my first cap for NI in October, playing in Gibraltar and I've had such an amazing experience the last year and a half training and playing with the team. I can't wait for the games this summer.



LAURA LOVETT



ROLE

- Netball Coordinator
- This will be Laura's first Commonwealth Games. She has managed and travelled with numerous squads from U19, U21 and Senior previously and brings a wealth of organisational experience to the squad.

ELAINE RICE



ROLE

- Sports Performance Lead and Head Coach
- Birmingham 2022 will be Elaine's second games as head coach, a role she has held for nine years. Elaine played for Northern Ireland at two World Cups and qualified as a coach for two World Cups. Elaine is a lecturer at St Marys College Belfast, as well as a coach and she plays for Crumlin Netball Club.

MIKE BENTLEY



ROLE

- Strength and Conditioning Coach
- Mike Bentley is the Strength & Conditioning coach for Netball Northern Ireland. This will be Mike's first Commonwealth Games. He has many years of experience working with youth and senior athletes across a wide range of sports. Mike has been working with the netballers for the last 3 years to ensure they are in peak physical condition for competition. He is looking forward to watching them and all the athletes perform and playing my part in the wider team at Team NI.

CLARE WINNING



ROLE

- Assistant Coach
- Clare is a former player who competed in two World Cup competitions and attended the most recent World Cup in Liverpool as assistant coach. She has a wealth of coaching experience and has coached at all age group levels. As head coach of the u21 squad, they achieved silver medal at netball Europe which was held in Isle of Man in November 2021.



MARK MCAREAVEY



ROLE

- Performance Analyst
- Mark is a Performance Analyst who will be supporting Netball in Birmingham. This is Mark's second Commonwealth Games, having previously supported Netball and Swimming at the 2018 Commonwealth Games in Gold Coast, Australia. Mark has worked as performance analyst with Netball Northern Ireland international representative squads since 2014 and has also a range of experience across multiple sports.

The Commonwealths are always so special. First the excitement of getting the team qualified and then to get selected for the team that will actually travel. Such an honour!

Fionnuala Toner Team NI Netball

sport
Northern Ireland

**Activate
Your
Crowd!**

**Get up to £5,000
in matched funding
from Sport NI**

Start your campaign

Visit: www.sportni.net

Crowdfunder

THE NATIONAL LOTTERY

TEAM NI TABLE TENNIS

M singles
M doubles
M team
Mixed doubles
W singles



Northern Ireland's Table Tennis & Para Table Tennis Teams

Venue: National Exhibition Centre (NEC) - Hall 3

Schedule: 29th July - 8th August

Athletes: 5

Support Staff: 1

Events Entered: 5

A game of fast thinking and high intensity, you're certain to be on the edge of your seat when the Table Tennis gets underway at Birmingham 2022.

The rules of Table Tennis are simple: Hit the ball over the net and onto the table. If your opponent doesn't return it straight back, you get the point!

The winner of the match is the first to 11 points – however, there must be at least a two-point margin of victory. Therefore, if the match is tied at 10-10, play will continue until a player takes a two-point lead.

It's an exciting, fast-paced sport, with relentless rallies certain to keep crowds entertained.



JAMES SKELTON



EVENT

- M Doubles • M Team

AGE

- 18

PLACE OF BIRTH

- England

CLUB

- Ormeau Table Tennis Club

WHEN DID YOU START YOUR SPORT AND WHY?

- I started playing Table Tennis at 8 years old at the Valley Leisure Centre in Newton-abbey, my biggest aim has always been to play in the Commonwealth Games and I'm excited to play my first Games this year.

OWEN CATHCART



EVENT

- M Singles • M Doubles • M Team
- Mixed Doubles

AGE

- 20

PLACE OF BIRTH

- Belfast

CLUB

- Falkenberg ERG

PREVIOUS GAMES ATTENDED

- This will be my second Commonwealth Games I also competed in Gold Coast 2018.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Ma Long.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My strength is my forehand and my service.

PAUL MCCREERY



EVENT

- M Singles • M Doubles • M Team

AGE

- 30

PLACE OF BIRTH

- Belfast

CLUB

- Ormeau Table Tennis Club

WHEN DID YOU START YOUR SPORT AND WHY?

- Aged 8 at primary school.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Forehand from the backhand side of the table.

SOPHIE EARLEY



EVENT

- W Singles • Mixed Doubles

AGE

- 16

PLACE OF BIRTH

- Belfast

CLUB

- Ormeau Table Tennis Club

COACH

- Gervis and Keith Knox

I WHEN DID YOU START YOUR SPORT AND WHY?

- I started playing table tennis when I was 6 years old. I wanted to play as soon as I saw my two brothers playing in their school. I guess anything that they did I wanted to do to!

PREVIOUS GAMES ATTENDED

- No this will be my first time competing at the Commonwealth Games, so I don't really know what to expect. I've only heard really good things about the event from other athletes so it should be a fantastic event and I'm really looking forward to see what it's like.



ZAK WILSON



EVENT

- M Singles • M Doubles • M Team

AGE

- 23

PLACE OF BIRTH

- Belfast

CLUB

- Ormeau Table Tennis Club

COACH

- Gervis and Keith Knox

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Timo Boll and Jun Mizutani.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Forehand topspin.

JING YI GAO



ROLE

- Sports Performance Lead

• Jing Yi was a full-time professional player and a coach and has been involved in coaching for 30 years. She has been to two Commonwealth Games previously – Manchester 2002 as a player and Melbourne 2006 as a coach. After 10 years of owning her own business, as a High-Performance coach, Jing Yi then returned to Ulster Branch last July in a voluntary capacity to support the NI Table Tennis squad, looking after all matters in relation to team qualification and preparation for CG2022.



Good luck to our local
#TeamNI athletes and officials
at the Birmingham 2022
Commonwealth Games from
Mid Ulster District Council.



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



TEAM NI TRIATHLON

W Para Triathlon Visually Impaired
M Para Triathlon Visually Impaired
M Triathlon



Northern Ireland's Triathlon & Para Triathlon Team

Venue: Sutton Park

Schedule: 29th July - 31st July

Athletes: 7

Support Staff: 1

Events Entered: 3

Triathlon requires its competitors to become masters of three very different endurance disciplines, making it one of the most physically demanding events in world sport.

The race begins with an open water swim and transitions into a cycle ride, before finishing with a lung busting run to the end. The first across the finish line wins.

Gold Coast 2018's triathlon was contested at the 'sprint distance' of a 750m swim, 20km cycle and 5km run. This fast and frenetic version of the event will be retained at Birmingham 2022, ensuring maximum excitement for spectators.

There are five medal events in the Birmingham 2022 Triathlon competition; Individual Women, Individual Men, Para Individual Women, Para Individual Men and a 'Mixed Team Relay' event. The Mixed Team Relay comprises teams of two men and two women. Starting with a man, they then alternate, with each athlete completing a 300 metre swim, 5km cycle and 2km run before tagging their teammate in a relay format.



OLIVER GUNNING



EVENT

- M Para Triathlon VI

AGE

- 17

PLACE OF BIRTH

- Antrim

COACH

- Éamonn Tilley

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- Dave Ellis is a true inspiration. He is currently world number 1 in my VI category, a complete legend, 22 wins from 31 races!

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Easy answer – the bike – the fastest element!

ATHLETE'S GUIDE: KYLE DUNCAN



EVENT

- M Para Triathlon VI - Guide

AGE

- 33

PLACE OF BIRTH

- Lisburn

HOW DID YOU GET INTO BEING A PARA TRIATHLON GUIDE?

- I began competing competitively in Triathlon during 2019. I come from a swimming and football background, swimming for Lisburn Swimming Club from a young age. Having not encountered Triathlon until my late 20's, I thought it was time for a new challenge! I feel extremely privileged to have the opportunity to guide Oliver Gunning at the Commonwealth Games. It's a once in a life time opportunity and whilst our combined goal is to win the Para Triathlon, we fully intend to soak up the atmosphere and experience too.

CHLOE MACCOMBE



EVENT

- W Para Triathlon VI

AGE

- 27

PLACE OF BIRTH

- Londonderry

COACH

- Natasha Kelly

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I look up to Susanna Rodriguez and Alison Peasgood in the womens visually impaired paratriathlon, but also Flora Duffy and the Brownlee brothers because my twin competes in paratriathlon as well!

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite part is the run!

ATHLETE'S GUIDE: CATHERINE SANDS



EVENT

- W Para Triathlon VI - Guide

AGE

- 30

PLACE OF BIRTH

- Belfast

HOW DID YOU GET INTO BEING A PARA TRIATHLON GUIDE?

- I did my first triathlon in 2015, in my home town, Rostrevor. And then I started working with Chloe MacCombe in 2020 for para-triathlon events. It is an amazing opportunity to be a guide for Chloe at the Commonwealth Games, we are really looking forward to the whole experience. My favorite discipline is the cycling, I enjoy the speed produced by two sets of legs on the bike!



JUDITH MACCOMBE



EVENT

- W Para Triathlon VI

AGE

- 27

PLACE OF BIRTH

- Londonderry

COACH

- Peter Hill

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- In my sport I look up to Susana Rodriguez and Alison Peasgood. They're both strong VI athletes so their times are the ones I drive to beat - and really lovely to chat to. Also the Brownlee brothers - but hopefully the MacCombe twins will be the next big duo in triathlon!

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite part of triathlon is the run! Saving the best til last.

ATHLETE'S GUIDE: ANNE PAUL



EVENT

- W Para Triathlon VI - Guide

AGE

- 60

PLACE OF BIRTH

- Magharafelt

CLUB

- Triangle Triathlon Club

HOW DID YOU GET INTO BEING A PARA TRIATHLON GUIDE?

This will be my 4th games as I competed the first time triathlon was included and then on 2 further occasions as triathlon team manager. It is very exciting to be a guide for Judith and a fantastic way for me to put something back into the sport and use my experience to help others.

JAMES EDGAR



EVENT

- M Triathlon

AGE

- 23

PLACE OF BIRTH

- Belfast

CLUB

- Lisburn Triathlon Club

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- There's no one in particular that I look up to, I just look towards competing with the best in the world.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Running is my favourite part of a triathlon as I've competed internationally in cross country and on the track

MICHAEL BLACK



ROLE

- Sports Performance Lead

• Michael Black has been involved in coaching for over 20 years, mainly endurance type sports specialising in running and cycling. Since 1997 Michael has been educating himself in all aspects of Sports Coaching and performance gaining a first class honours degree in Sports Coaching from UUU Belfast and currently studying a Professional Doctorate in Elite Performance in DCU. From 2005 until 2008 Michael worked for Pace Sports Management based in London, the worlds leading sports management and coaching agency. Michael's coaching philosophy is based on understanding what the athlete needs, using the latest coaching models and empowering the athlete to know what works best for them. Coaching is an art, built on trust between the athlete and coach.





TEAM NI WEIGHT LIFTING

W 64kg

W 59kg



Northern Ireland's Weight Lifting Team

Venue: National Exhibition Centre (NEC) - Hall 1

Schedule: 30th July - 3rd August

Athletes: 2

Support Staff: 1

Events Entered: 2

Tension builds as athletes work their way through increasingly insurmountable weights in this display of super-human strength.

The Commonwealth's strongest men and women will gather in Birmingham, with competitors segmented into bodyweight categories. Each athlete will perform three lifts in each of the two classic weightlifting disciplines – The snatch (a one-move lift with a wide grip), and the clean and jerk (a close-gripped, two-part lift). At the end of the competition, each athlete's heaviest lift in each of the disciplines is combined, and the competitor with the highest aggregate (total) weight secures Gold.



HANNAH CRYMBLE



EVENT

- W 59kg

AGE

- 27

PLACE OF BIRTH

- Magherafelt

CLUB

- Asylum

COACH

- Neil Dougan

WHEN DID YOU START YOUR SPORT AND WHY?

- I started weightlifting in the summer of 2018, competing in my first local competition December 2018.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- My favourite movement definitely has to be the snatch even though it doesn't like me some days. It's definitely my favourite lift to perform.

CAROLINE DOYLE



EVENT

- W 64kg

AGE

- 30

PLACE OF BIRTH

- Ballymena

CLUB

- Three White Lights

COACH

- Timothy Graham

WHEN DID YOU START YOUR SPORT AND WHY?

- I learnt weightlifting whilst competing in CrossFit and moved to competitive weightlifting in 2019.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I love to see the continued success of Emma Wray, who ranked 4th at the last Commonwealth Games and has since become one of the top female athletes in the world within CrossFit.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- I think it would have to be the snatch as this is the movement that still challenges me in both training and on the platform.

TIMOTHY GRAHAM



ROLE

- Sports Performance Lead

- Birmingham 2022 will be Timmy's second time leading a team of weightlifters to the Commonwealth Games. In 2018, Timmy helped bring five athletes from Northern Ireland to Australia Gold Coast to compete against the finest lifters in the Commonwealth Games. All produced solid performances, with most achieving lifetime bests and one achieving top 4 finish. This year, with qualification for the games requiring the ability to finish top 8, two strong contenders have qualified: Hannah Crymble (59kg BW class) and Caroline Doyle (64kg BW class). Timmy is hopeful for not only personal bests for both girls to be achieved on the platform but also attaining top 8 finish.

I really enjoy watching females in the sport progress and come through to international level. And I love it when local athletes move up the ranks, notably Fraer Morrow!

Caroline Doyle, Team NI Weight Lifting





TEAM NI WHEELCHAIR BASKETBALL

M 3X3 Team

Northern Ireland's Wheelchair Basketball Team

Venue: Smithfield

Schedule: 29th July - 2nd August

Athletes: 4

Support Staff: 1

Events Entered: 1

This is sport of skill and physicality where teams block, steal and rebound their way to ultimate victory.

Making its debut appearance in the Commonwealth Games, this fast-paced 3x3 format is guaranteed to wow the crowds at the Smithfield venue, showcasing the newest discipline of the historic para sport of Wheelchair Basketball.



I love to defend, its such a demanding reactive challenge to try to lock down a dangerous offensive team.

*Matthew Rollston,
Team NI Wheelchair Basketball*



NATHAN MCCABE



EVENT

- M Team 3X3

AGE

- 18

PLACE OF BIRTH

- Belfast

CLUB

- NI Men

COACH

- Phil Robinson

WHEN DID YOU START YOUR SPORT AND WHY?

- I started wheelchair basketball when I was 7 years old in 2010, I played for Knight Wheelchair basketball club and I still play for them today.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- James McSorley and Matt Rolston both these guys are amazing players and fantastic role models for our sport.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Fade Away.

MATTHEW ROLLSTON



EVENT

- M Team 3X3

AGE

- 42

PLACE OF BIRTH

- Craigavon

CLUB

- Knights WBC

COACH

- Phil Robinson

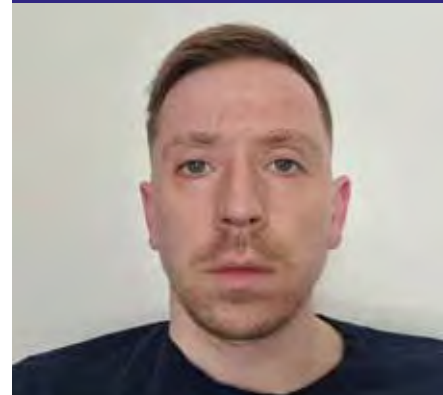
WHEN DID YOU START YOUR SPORT AND WHY?

- When i was 11, my club had just been set up the year before. It was incredible fun, I quickly got hooked! I am so thankful those early players had the vision and drive to make the first wheelchair basketball team in NI a reality!

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- I am as equally rewarded with an eye of the needle pass as I am with a nice shot that drops. And I love to defend, its such a demanding reactive challenge to try to lock down a dangerous offensive team.

JAMES MACSORLEY



EVENT

- M Team 3X3

AGE

- 27

PLACE OF BIRTH

- Belfast

CLUB

- Bidaideak Bilbao bsr

COACH

- Adrian Yanez

WHEN DID YOU START YOUR SPORT AND WHY?

- I started playing wheelchair basketball in 2001 with the Knights Wheelchair Basketball Club, when I was 6 years old.

WHO DO YOU LOOK UP TO IN YOUR SPORT?

- I am very fortunate to have many role models within wheelchair basketball, especially locally within NI, but two people I've always looked up to are Paul McKillop and Jason Kennedy, who I have been coached by and played alongside in the beginning of my career, and I owe them both a lot for showing me where wheelchair basketball could take me.

CONN NAGEL



EVENT

- M Team 3X3

AGE

- 21

PLACE OF BIRTH

- Craigavon

CLUB

- Sheffield Steelers Wheelchair Basketball Club

COACH

- Kev Hayes

WHEN DID YOU START YOUR SPORT AND WHY?

- Aged 6 at an appointment at the Hospital, I saw a leaflet about the Knights WBC with all of the training details on it. So the week after I went to my first training session. I've been playing wheelchair basketball ever since.

WHAT IS YOUR FAVOURITE SKILL/MOVE IN YOUR SPORT?

- Definitely the behind the back pass. I rarely use it but I managed to get one in at the qualifiers for the Commonwealth Games.



PHIL ROBINSON



ROLE

- Sports Performance Lead

• Phil has nine years' experience as a wheelchair basketball talent pathways/ performance officer as part of the Disability Sport NI performance team. Throughout the years he has taken on many roles from talent development to elite programme design, support, and facilitation. Phil was also the Team Manager for GB U23's Men 2016-2018. Phil is privileged to work with this great team, and is very excited and grateful to be a part of a group that gets to be part of this historic event.

CGC NI Support Staff



ELLA DAVIS



ROLE

- Games Support Officer

• Ella joined CGNI as a full-time employee in 2021 in an operations capacity. Her role involves supporting all Games time preparation, operations, and logistics. Previously, Ella had completed the Commonwealth Games Federation eqUIP internship in 2020-2021 alongside completing her MSc Sports Management at Ulster University.

SASCHA REA



ROLE

- Games Support Intern

• Sascha joined CGNI in August 2021 as a full-time intern, as a part of the Commonwealth Games Federation eqUIP internship. This is alongside her international Travel and Tourism degree at Ulster University. Whilst completing the eqUIP internship she has been involved in all thing's operations and logistics. This is Sascha's first Games.

DR STEPHEN MARTIN



ROLE

- General Team Manager - Sport

• Stephen is an Olympic Gold and Bronze medallist with Team GB Hockey. He has been Chef de Mission and Deputy Chef de Mission with Team GB and Team Ireland. Stephen led on performance planning with athletes, performance directors, coaches, and scientific and medical support teams in preparation for the 2000 Sydney, 2002 Salt Lake City, 2004 Athens, 2008 Beijing, 2010 Vancouver, 2012 London, 2014 Sochi, 2016 Rio, 2018 PyeongChang Olympic Games. Stephen now runs his own Leadership and Management Consultancy business alongside working with Northern Trust Social Health Care Trust in a Performance Improvement Management role.

CONAL HEATLEY



ROLE

- General Team Manager - Operations

• This will be Conal's fourth senior Games, having also been part of the management group at three Youth Games. Conal is a full-time employee at CGNI. His Games time role covers everything logistical with an emphasis on ensuring that athletes, coaches and support staff are in the right place at the right time and that have what they need, when they need it. Working in the background with the wider management group, Conal's role is ultimately to remove as much stress from the athletes so they can concentrate on delivering their best possible performances. A former long distance triathlete, he will hopefully have enough energy to get through the Games!

ALISON MOFFITT-ROBINSON



ROLE

- Chef de Mission

• A former International athlete, Alison has nearly 30 years' experience in Sports Development and is currently working for Ulster University. She has been part of the HQ staff for Team NI since 1998 comprising six Commonwealth Games and three Commonwealth Youth Games. Having been General Team Manager in Delhi, Glasgow and the Gold Coast, the Birmingham Games will be Alison's first as Chef de Mission.

WENDY HENDERSON



ROLE

- Anti-Doping Support

• Wendy is the Anti-Doping Consultant at SportNI and through the Pure Winner programme, manages all the Clean Sport education for TeamNI. Wendy is a National Trainer and Doping Control Officer for UK Anti-Doping and Sport Ireland and worked for WADA Outreach at Commonwealth Games Delhi 2010, Glasgow 2014 and at London Olympics 2012. She provided TeamNI with Anti-Doping support at Gold Coast 2018 and this will be her second Commonwealth Games in this HQ role.

DES JENNINGS



ROLE

- Welfare Officer

• Des is the Head of Performance Skills at the Sports Institute where he has provided psychological and lifestyle support to athletes preparing for Olympics, Paralympics and Commonwealth Games since 2005. This will be Des 4th Commonwealth Games working in this role with Team NI.

CIARAN DONAGHY



ROLE

- Communications Lead

• Ciaran has been a freelance sports journalist for 24 years covering all major sports specialising in rugby reporting and writing features on all aspects of the game from British Lions, internationals, English Premiership, Pro14, club and schools rugby. He has also reported on football, GAA, boxing, darts, horse racing, cricket, athletics, hockey, ice hockey and Paralympic sport. Ciaran has also helped sporting organisations and clubs on a media consultancy basis to promote the sport and athletes.

DR OWEN RAINEY



ROLE

- Chief Medical Officer

• GP with specialist interests in Sports Medicine, Medical Planning and Pre-Hospital Emergency Care. Completed multiple overseas sports tours and experienced in medical care provision in austere environments worldwide. Chief Medical Officer for the Commonwealth Games 2018 in Australia and Birmingham will be second games in the same role. Owen's multi-sport involvement includes Rugby Union (URC and ERC Match Day Dr), Horse racing, amateur boxing, and football.

KERRY KIRK



ROLE

- Lead Physiotherapist

• Kerry finds herself fortunate to have worked as a physio in high performance sport for over 25 years. She has been based at the Sport NI Sports Institute since 2015 where she has been Head of Physiotherapy and Sports Medicine services since 2017 and work, in a clinical capacity, primarily with Judo and Athletics. Prior to that Kerry was based at the majority of time in Scotland, working in organisations such as the SRU and SIS, which included lead roles with Rugby 7s, Golf and Squash.

LORCAN MAGEE



ROLE

- Physiotherapist

• Lorcan works at The Sports Institute of Northern Ireland working across multi-sports. As part of this role is the Lead Physiotherapist for Irish Boxing. Prior to working in SINI Lorcan has worked across a number of high profile organisations which include Irish Rugby, The Birmingham Royal Ballet and Aston Villa FC. Lorcan has extensive experience at providing physiotherapy provision at major games (Olympics, World University Championships, World University Games) for both Great Britain and Ireland.

PETER SCULLION



ROLE

- Physiotherapist

• Peter is currently senior physiotherapist with Ulster Rugby and has been working there for the past four seasons. He graduated with a master's degree in sports physiotherapy in 2014. Previously Peter has worked with Scotland rugby across a variety of teams and have covered international events such as the Rugby Junior World Cup 2017 and the European Athletics Championship 2018. Peter was physio for the Commonwealth Games in 2018 on the Gold Coast with Team NI and he is looking forward to the experience this time around in Birmingham.

MARTIN DUNLOP



ROLE

- Physiotherapist

• Martin Dunlop currently works as an Advanced Practice Physiotherapist within the NHS and with Ulster Rugby. Having previously worked with elite track and field athletes within Athletics Ireland and the Lee Valley High Performance Centre. Martin also works privately with high performance swimming, cycling and triathlon and has a Masters in Sport and Exercise Medicine.

MARTIN CLENAGHAN



ROLE

- Physiotherapist

• Martin is a specialist sports physio based in Belfast. He has 20 years' experience working in elite level GAA and within a multisport environment through his time with the Sports Institute of Northern Ireland. Over the past 6 years he has held the position of lead physio with Netball Northern Ireland, attending major games at European, World Cup and Commonwealth games level. This is Martin's second commonwealth games, having been a member of TeamNI for the successful Gold Coast games in 2018.

RONAN MCLOUGHLIN



ROLE

- Physiotherapist

• Ronan is an experienced multisport physiotherapist, working as an Affiliate Sports physiotherapist at the Sports Institute of NI since 2017. The main body of his experience is within Athletics and Swimming, working with athletes towards Olympic and Paralympic competition. Ronan has additional experience within international football, working with underage teams in UEFA competitions across Europe. This is supplemented with a private clinic role in Belfast.

SINEAD CHAMBERS



ROLE

- Physiotherapist

• Sinead currently is a Physiotherapist with the English Institute of Sport with extensive experience in both Olympic & Paralympic Sport. She is currently Head of Performance Support and physio lead with GB Para-Badminton and has recently supported Great Britain at Tokyo 2020 Paralympics. Sinead has competed as an athlete in three Commonwealth Games for Northern Ireland in Badminton, with her last games being Gold Coast 2018. She is looking forward to joining Team NI medical team in Birmingham 2022.

JASON PATTON



ROLE

- Physiotherapist

• Having completed degrees in both Physiotherapy and Sport and Exercise Science. Jason is a Physiotherapist with a specialist interest in sports and exercise medicine. His focus is on transferring Clinical Physiotherapy Practice to High Performance. He has vast experience in delivering best practice sports physiotherapy services, in partnership with medicine and science teams across various sports. These include international hockey, international gymnastics, and professional rugby union. Jason has also worked as a musculoskeletal physiotherapist in private practice for over 10 years.

DR ALAN RANKIN



ROLE

- Doctor

• Dr Alan Rankin is a Sports Physician for Team NI at Birmingham 2022. He is a Consultant in Sport & Exercise Medicine based at the Sport Northern Ireland Sports Institute. Having previously worked in the Sport Ireland Institute and as High Performance Medical Officer for Athletics Ireland, he has a keen interest in the optimisation of athlete health and prevention of illness and injury. Although he has no previous experience at the Commonwealth Games, he has worked in a variety of sports including rugby union, ice hockey and professional boxing alongside various Olympic sports.





#GoTeamNI