

Trinity Olympians

Darren Barber



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Trinity Sport

Sport: Rowing
Olympics: 1992, Barcelona (Gold)
1996, Atlanta

Trinity College Dublin:
Medicine

Darren Barber is an Olympic Gold Medalist, competing for his home country of Canada in Barcelona 1992 and Atlanta 1996.

Barber won his first major international medal in rowing, in the coxless fours event at the 1986 Junior World Championships, finishing third and bringing home a Bronze medal. After a tenth-place finish in the coxed fours at the 1989 Senior World Championships, he began competing in the eights. He saw great success in this event, winning two silver medals at the 1990 and 1991 World Championships.

At the 1992 Games, Barber's crew won the gold medal by 0.14 seconds. This finish was the closest rowing final in Olympic history. His crew just missed the podium in Atlanta 1996, finishing in fourth place overall.

Barber came to Trinity to complete a medical degree. He rowed with the Dublin University Boat Club during his time at Trinity College.

Upon retirement Barber worked as a Physician and coached at Trent University in Ontario, Canada. He was inducted into the Canadian Rowing Hall of Fame in 2017.

He is the grandson of Olympian and Canadian Ice Hockey legend, Syl Apps.

Trinity Olympians

Mark Lyttle



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Trinity Sport

Sport: Sailing
Olympics: 1996, Atlanta

Trinity College Dublin:
BA (1985) – Experimental Physics

Mark Lyttle sailed for the National Yacht Club and during his time at Trinity, he captained the College to titles at Intervarsity level in 1983 and 1985.

He won Gold in each of the Provincial Laser Championships – Connacht (1984 & 1994), Leinster (1986, 1993 and 1994), Munster (1982) and Ulster (1985) – and he was National Laser Champion on 5 occasions from 1984 to 1994. He was a three-time winner of the Irish Helmsmans' Championship at the Champion of Champions Regatta in Enterprise (1986), 470 (1987) and GP14 (1991) boats.

Lyttle represented Ireland at the European Laser Championships on 5 occasions between 1984 and 1996. At the International Yacht Racing Union (now International Sailing Federation) World Team Championships held at West Kirby, Merseyside, in GRP Firefly Two-Man Dinghies, he was a Silver medallist.

He took part in 5 World Laser Championships between 1983 and 1996. In 1984 at the World J24 Dinghy Championships, Lyttle was best placed of the Irish entries and he also competed at the World 470 Dinghy Championships in Germany in 1987.

Lyttle gained selection for Ireland in the Laser Class at the Olympic Games in Atlanta in 1996. From a fleet of 56 boats, he finished in 11th place overall, joining an illustrious group of Trinity yachtsmen to have won an Olympic regatta race (Race 3).

Trinity Olympians

Sam Lynch



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Trinity Sport

Sport: Rowing
Olympics: 1996, Atlanta
2004, Athens

Trinity College Dublin:
Medicine (2009)

Sam Lynch is a two-time Olympic Rower and Trinity Alum from Limerick. He was a member of St. Micheals Rowing Club and studied Medicine while at Trinity College.

Lynch was 21 years old at his first Olympic appearance. He represented Ireland alongside Neville Maxwell, Tony O'Connor, and Derek Holland in 1996 Atlanta Olympics. His team finished fourth overall in the Lightweight Coxless Fours event.

Lynch had continued success on the international stage following the '96 Olympics, medaling in four consecutive World Championships from 2000 to 2003. He won back-to-back Gold medals in Lucerne 2001 and Seville 2002.

He returned to the Olympics in Athens 2004. This time competing in the Lightweight Double Sculls and finishing 10th overall. Lynch continued to train following the 2004 games but was forced to retire in 2006 due to a long-term injury.

Sam Lynch is a doctor and father of three alongside his wife and fellow Olympian and Trinity Alum, Sinead Jennings.

Trinity Olympians

Garrett Connolly | Marshall King
Daniel O'Grady



*Garret Connolly, Daniel O'Grady and Marshall King in action at the 1996 Olympics



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Trinity Sport

Sport: Sailing

Olympics: 1996, Atlanta

Trinity College Dublin:

Garrett Connolly: BA (1980) – Natural Sciences (Geology)

Marshall King: Sch (1985) – Engineering; BA, BAI (1988)

Daniel O'Grady: BA (1990) – Economic & Social Studies

Garrett Connolly, Marshall King and Daniel O'Grady competed in the Soling Class – Three Person Keelboat. Their Olympic campaign started in earnest in 1993 at the Spa Olympic Regatta, Medemblik, The Netherlands, at the first of a series of qualification races for the 1996 Games. They reached the semi-finals in the match-raced knock out – the first time an Irish yacht had made it that far in a Soling competition.

In total, they competed in 11 International Regattas between 1993 and 1996. Notable results include a 2nd place finish in the Olympic Classes Regatta, Florida, USA in 1994; 8th overall in the match racing finals at the Spa Olympic Regatta in 1995 and achieved 'A' card standard for Olympic Nomination Performance Standard. At the European Qualification Regatta, San Remo, Liguria, Italy in 1996, they qualified for Atlanta with two races left to sail. This crew also competed at the World Soling Championships in 1995 (Canada) in which they placed mid-field in a fleet of 58 boats.

At the Centennial Olympic Games in 1996, they finished 16th overall from a fleet of 22 boats, with a best finish of 3rd in Race 1 of 10 races.

Trinity Olympians

Gearóid Towey



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Trinity Sport

Sport: Rowing
Olympics: 2000, Sydney
2004, Athens | 2008, Beijing

Trinity College Dublin:
BA (2007) - Geography

Gearóid Towey was a member of the Fermoy Rowing Club. His international career began with selection for Ireland to the World Junior Championships in 1994 (Germany) in the Junior Men Double Sculls and in 1995 (Poland) as a single sculler.

He competed in 9 Senior World Championships between 1995 and 2006. At the 1999 Championships in Canada, he won Bronze as part of the Lightweight Men Quadruple Sculls and won Gold at the 2002 Championships in Switzerland with Tony O'Connor in the Lightweight Men Coxless Pair. Two more podium positions were to follow in 2003 (Italy) and 2006 (England) when he was part of the Lightweight Double Sculls and Lightweight Men Coxless Fours, respectively, both of whom achieved Bronze medal honours.

Gearóid has travelled the globe to compete at World Cup Regattas between 1998 and 2008, accumulating 5 Gold, 2 Silver and 3 Bronze medals during this time.

He was selected for his first Olympic Games to represent Ireland in 2000 as part of the Men's Lightweight Coxless Fours that finished in 11th place overall. In 2004, he rowed with Sam Lynch in the Men's Lightweight Double Sculls, and achieved a final placing of 10th. As a triple Olympian in Beijing in 2008, he was selected for the Lightweight Men Coxless Fours crew which placed 10th overall.

Trinity Olympians

Colin Lowth



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Trinity Sport

Sport: Swimming

Olympics: 2000, Sydney

Trinity College Dublin:
BA (2000)

Economic & Social Studies

Colin was a member of the Cormorant Swimming Club in Drogheda and won numerous titles at National level. In 1994, he won the Boys 200m Freestyle, Junior 200m Butterfly, Boys 4 x 100m Medley Relay and was awarded the Outstanding Competitor of the National Championships. In the same year, Colin was the Silver Medallist in the Senior 200m Butterfly and clocked a National Junior Record (2:05:94). He competed at the European Junior Championships in Pardulice, Czech Republic in 1994 and reached the final of the 400m Freestyle and was 6th in the 200m Butterfly. He further reduced the Irish Junior Record for 200m Butterfly to 2:04.01.

At Senior National level, Colin won numerous titles from 1995 to 2000. He won the 200m Butterfly in 1995, 1998 and 2000 and was National Champion in the 400m Freestyle in 1996 and 1998. He was awarded the Outstanding Competitor of the National Championships in 1998. Colin represented Ireland at 3 European Championships (Spain 1997, Turkey 1999 and Finland 2000) and set an Irish Long-Course Record in the 200m Butterfly in 1997 (2:03:96), broke it in 1999 (2:03:06), and further reduced it the same year (2:01.96). He competed at the European Short Course Championships in 1996 (Germany) and 1998 (Sheffield) and at the World Championships in Australia in 1998.

Colin was selected for Ireland to compete at the 2000 Olympic Games in Sydney in the 200m Butterfly.

Trinity Olympians

Fraser Brown



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Trinity Sport

Sport: Sailing
Olympics: 2004, Athens

Trinity College Dublin:
MBA (2000)

Fraser Brown was a member of the Portaferry Sailing Club, Co. Down. His primary degree was from the University of Newcastle-Upon-Tyne in Naval Architecture. He competed in many regattas internationally and along with his partner, Tom Fitzpatrick, won Gold at the Kieler Woche Pre-Olympic 49er Regatta, Kiel, Germany in 2002 in the 53-boat fleet. Brown and Fitzpatrick became the first Irish sailors to win a 49er Grade 1 regatta, jumping from 24th to 17th in the ISAF rankings.

Fraser Brown competed in 4 World 49er Championships – 1999 (Australia), 2002 (Hawaii), 2003 (Spain) and 2004 (Athens).

The 49er class was introduced into Olympic Regatta in 2000. Brown and Fitzpatrick were the first Irish sailors to qualify for 49er class in the Olympic Games in 2004. From June 2000–August 2004 they fundraised €500,000 in sponsorship to finance their participation at the Games. They were ranked 12th in the World before the Games by ISAF and finished in 16th place overall in a fleet of 19 boats in Athens, with scoring of 14 of 16 races. Their best placings were 2nd in Race 8, 4th in Race 4, 5th in Race 6 and 7th in Race 14.

Trinity Olympians

James Lindsay-Fynn



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Trinity Sport

Sport: Rowing
Olympics: 2008, Beijing

Trinity College Dublin:
BA (1999) – Physics

James Lindsay-Fynn was Captain of Dublin University Boat Club in 1998–99 and won 4 Gannon Cups against UCD during his Trinity rowing career. He subsequently rowed for the London Rowing Club.

In 1991 he was selected for Great Britain to compete in the Coxed Pairs at the Junior World Championships in Spain, finishing 7th. Lindsay-Fynn was selected to compete in the Irish Lightweight Men Quadruple Sculls at the World Championships in Canada in 1999, where the crew claimed the Bronze medal. At World Cup Regatta level between 2005 and 2008, he won 1 Gold, 2 Silver and 2 Bronze medals with Great Britain, predominantly in the Lightweight Men Coxless Fours, which is regarded by many as the most competitive International rowing event.

At the 2007 World Championships in Germany, Lindsay-Fynn was in the Great Britain Lightweight Men Coxless Fours boat that won Gold.

This victory provided a natural base upon which to build for the Olympic Games in Beijing in 2008. The same crew finished in 5th place in the Lightweight Men Coxless Fours final.

Trinity Olympians

Philip Lawton



Trinity College Dublin
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Trinity Sport

Sport: Sailing
Olympics: 2008, Beijing

Trinity College Dublin:
PhD (2010) - Geography

Philip Lawton was educated at Blackrock College and studied initially at University College Dublin where he won the Intervarsity Sailing Championships in 2002. This was actually the 2001 event, cancelled initially because of the Foot & Mouth Disease outbreak.

Lawton achieved many honours at National level and in 2004, sailing with Neil Spain, he won the Fireball Munster Championships. In 2009 with Francis Rowan, he won Bronze at the Fireball Irish Championships.

He represented Ireland at three ISAF World Championships in 2001 (Laser 2), 2007 (470) and 2008 (470). In the latter two Championships, he sailed with Gerald Owens where they achieved a 40th placing (from 101 boats) at the 2007 event in Portugal and a 23rd placing (95 boats) at the 2008 competition in Australia.

Lawton and Owens teamed up in 2006 and they achieved Olympic qualification for the 2008 Games in Beijing in the 470 Two-Person Dinghy class. They secured a final placing of 16th overall. He and Owens became the first Irish yachtsmen to win two races (Races 2 & 5) in the same Olympic Regatta.