

Trinity Olympians

Sinéad Jennings



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



Trinity Sport

Sport: Rowing
Olympics: 2016, Rio

Trinity College Dublin:
Medicine (2009)

Sinéad Jennings is an Olympic Rower from Donegal. In 2001 Jennings won Gold at the World Rowing Championships in Lucerne, Switzerland. She medaled at several World Championships including a third-place finish in Zagreb 2000 and second place in Linz 2008.

Jennings graduated from Trinity in 2009 with a degree in Medicine. She continued to train as a full-time Athlete during this time, appearing in several international competitions and World Championships.

Jennings began cycling professionally from 2008 – 2011, putting her rowing career on hold. She returned to rowing in 2013 after just missing out on qualifying for the 2012 London Olympics in cycling.

Jennings qualified for the 2016 Rio Olympics alongside rowing partner Claire Lambe. They competed in the Women's lightweight Double Sculls, making the finals and finishing 10th overall.

The duo made history, becoming the first Irish crew to qualify for an Olympic final in Women's rowing.

While at Trinity Jennings met her husband and fellow Olympic Rower, Sam Lynch. She is a doctor, specializing in GP, and a mother of three.

Trinity Paralympians

Paul Keogan



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



Trinity Sport

Sport: Track and Field
Paralympics: 2016, Rio

Trinity College Dublin:
BSc Pharmacy (2014)

Paul Keogan is an Irish Paralympic athlete and Trinity Alumni.

Paul was late to the sport of Athletics, growing up playing Gaelic Football and soccer for his local club. It wasn't until experiencing a life changing injury that Keogan would start running competitively.

Keogan suffered from a brain haemorrhage after taking a hit to the head during a Gaelic match. In an operation following the injury, Keogan had a stroke and woke up completely paralysed on his left side. Three months later, in a remarkable recovery, Keogan was walking without a crutch.

Upon graduating from Trinity College in 2014, Keogan decided he would train for the upcoming Paralympics. By 2015 he held the national record in his category for the 100m and 200m sprint, as well as dominating the track in the 400m.

Keogan's achievements, only two years since stepping onto the track, qualified him for the 2016 Rio Paralympic in the 400m race.

Trinity Paralympians

Ailbhe Kelly



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



Trinity Sport

Sport: Swimming
Paralympics: 2016, Rio

Trinity College Dublin:
BA European Studies (2021)

Ailbhe Kelly is a Paralympic swimmer from Dublin. She received her Bachelor's degree in European Studies from Trinity College.

She was ranked top 10 in the world in the 200-metre freestyle and the 200-metre backstroke. She was also recognised in the 100 and 400-metre freestyle as well as the 100-metre backstroke.

Ailbhe competed in two Para World Swimming Championships, two Para European Championships and the 2016 Paralympic Games in Rio representing Ireland.

At only 15, Kelly made her international debut at the 2014 Euros in Eindhoven, the Netherlands. One year later, she competed in her first World Championships in Glasgow, Scotland, and in 2016 made her Paralympic Games debut in Rio.

Ailbhe announced her retirement from competitive swimming at 20 years old after the 2019 World Para-Swimming Championships in London.

Trinity Olympians

Mark Kenneally



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



Trinity Sport

Sport: Athletics
Olympics: 2012, London

Trinity College Dublin:
BSc - Physiotherapy (2006)

Mark Kenneally was born in Celbridge, Co.Kildare and was educated at the Salesian Secondary School. He graduated in Physiotherapy from Trinity in 2006. He was the recipient of a Trinity Sports Scholarship and was a double Irish Universities Cross Country Champion in 2003 and 2004.

Mark was National Inter-Clubs Cross-Country Champion in 2010 and National 10,000m Track Champion and 5000m Silver medallist in 2011. He represented Ireland in the IAAF World Cross-Country Championships in 2002 at Dublin, 2003 at Bruxelles, 2005 at St Etienne, and 2009 at Amman. In December 2009 at the European Cross-Country Championships at Santry, Dublin, Mark finished in 8th place. In 2010 he was Athletics Ireland Cross-Country/Road Athlete of the Year. He also completed for Ireland at the European Cup in 2006 and 2007. At the 21st European Athletics Championships at Helsinki in July 2012, he placed 15th in the 10,000m.

In 2011 Mark set PBs in road races at 15km(43.35), 10 miles(48.15) and 20km (59.38). He bettered the "A" qualifying marathon standard for the London 2012 Olympic Games at Amsterdam in October 2011 with a time of 2:13:55. He represented Trinity College as a torch bearer in the Olympic Torch Relay in Dublin on 6th June 2012. Mark competed in the 2012 Summer Olympics Marathon event, placing 57th in a time of 2:21:13.

Currently, Mark is serving as the Performance Endurance Lead for Athletics Ireland.

Trinity Olympians

Scott Flanigan



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



Trinity Sport

Sport: Sailing
Olympics: 2012, London

Trinity College Dublin:
Earth Science(2017)

Scott Flanigan qualified for the 2012 Summer Olympics as a Trinity student at the age of 19. Scott placed 23rd during the 2012 games in the Two Person Dinghy Sailing 470 event. He and his teammate Ger Owens accomplished this feat without full time coaching, relying instead on more methodical, meaningful training sessions and strategies.

Interestingly, Ger was actually Scott's coach for several years prior to the duo's performance at the 2012 Olympics, and Scott had watched Ger compete in the 2008 Olympics when he was just fifteen. Scott's Olympic performance featured a strong close, as the duo earned a fifth place finish in the tenth and final race of the competition.

Trinity Olympians

Natalya Coyle



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



Trinity Sport

Sport: Pentathlon
Olympics: 2012, London
2016, Rio | 2020, Tokyo

Trinity College Dublin:
Senior Freshman BESS(2021)

Before becoming an Olympian, Natalya was an accomplished Tetrathlon Champion in 2009 and 2010 and had been awarded three Sports Scholarships by Trinity. In 2011 she won National Senior Epee titles, as well as the West of Ireland Epee Championship in 2010. She was chosen to represent Trinity College as a torch bearer in the historic Olympic Torch Relay in Dublin on 6th June 2012.

Modern Pentathlon involves fencing, swimming, equestrian show-jumping, and a combined biathlon of pistol shooting and cross-country running. Natalya's campaign to compete at the London Olympic Games started in 2010 with the Union International de Pentathlon Moderne (UIPM) Senior World Cup series in Mexico, Great Britain and Germany. That year she also completed in the Senior European Championships and in the UIPM World Junior Championships.

In 2011, Natalya again completed in the UIPM World Cup series in the USA, Italy, Hungary and finished 20th in the World Cup Final in London. She placed 30th in the Senior European Championships at Medway, Great Britain. At the European Junior Championships at Drzonkow, Poland, Natalya placed 5th in the team relay and 15th individual.

In 2012, Natalya became the first Irish woman to qualify for the Olympics in the Modern Pentathlon event. Natalya competed in the 2012 Summer Olympics Modern Pentathlon, and while holding the world ranking of 28, placed in 9th. Natalya would return to compete in the 2016 and 2020 Olympics as well, placing 6th and 24th respectively.