2023 Yoplait LGFA HEC Championships



O'Connor Cup, Giles Cup, Lynch Cup, Moynihan Cup, Donaghy Cup, Lagan Cup & HEC Cup

March 8th, 10th & 11th, 2023

Hosted by ATU Sport



Oliscoll Teicneoleíochta en Atlantaigh

Atlantic Technological University





yoplait







ATU Sport

This year there will be nine games live-streamed from the Yoplait HEC Championships hosted by ATU Sport.

The teams contesting the HEC, Lagan and Donaghy cups on Wednesday 8th, will be marking International Women's Day and opening the week of live streaming.

Friday the 10th, we will see both Semi-finals of the O'Connor available to view, and the day will be rounded off with the Moynihan Cup.

Saturday 11th throws in with the Lynch Cup followed by The Giles Cup, and all of the above games can be viewed on the LGFA's Facebook Page: <u>http://bit.ly/20vUJ2D</u> and on the LGFA's Official YouTube channel: <u>https://bit.ly/2Wg57AJ</u>.

While the weeks festival of football will be rounded off with the O'Connor Cup which TG4 will be broadcasting on their Spoirt TG4 Youtube channel <u>https://bit.ly/2TdzcS4</u> on Saturday 11th March.

This year's event also has the unique element of being played in the incredible Air Dome. Connacht GAA's facilities have always been excellent but this addition has pushed things to another level.

The fact that the Finals will be played in what is the largest sports air drome in the world is incredible, but no more than is deserved – the standard of football that has been on display over the last number of years has been of the very highest calibre and it is right and fitting that they take place on a stage to match.



Yoplait LGFA HEC

Championships







Wednesday 8th March, 2023

Connacht GAA Centre of Excellence **Yoplait HEC Cup Final - 13:00** DCUDÉ7 v UU4 Referee: Katie Kilbane Venue: CoE Dome Connacht GAA Centre of Excellence **Yoplait Lagan Cup Final - 15:00** UG3 v DCUDÉ6 Referee: Finbarr Corcoran Venue: CoE Dome Connacht GAA Centre of Excellence

Yoplait Donaghy Cup Final - 17:00 UL4 v TUS Midwest Referee: Shane Curley Venue: CoE Dome

	Friday 10th March, 2023	
Connacht GAA Centre of Excellence	Connacht GAA Centre of Excellence	Connacht GAA Centre of Excellence
Yoplait Lynch Cup Semi Final 1 - 12:30	Yoplait Lynch Cup Semi Final 2 - 13:00	Yoplait Giles Cup Semi Final 1 - 12:30
DCUDÉ3 v ATU Donegal	UCC2 v MTU Cork	MU v MTU Kerry
Referee: Ger Canny	Referee: Gus Chapman	Referee: Mel Kenny
Venue: Pitch 2	Venue: Pitch 4	Venue: Pitch 1
Connacht GAA Centre of Excellence	Connacht GAA Centre of Excellence	Connacht GAA Centre of Excellence
Yoplait Giles Cup Semi Final 2 - 13:00	Yoplait O'Connor Cup Semi Final 1 - 12:30	Yoplait O'Connor Cup Semi Final 2 - 15:30
DCUDÉ2 v UU	UL v QUB	DCUDÉ v TUD
Referee: Aaron Clogher	Referee: Jonathan Murphy	Referee: Shane Curley
Venue: Pitch 3	Venue: CoE Dome	Venue: CoE Dome
	Connacht GAA Centre of Excellence Yoplait Moynihan Cup Final - 17:30 ATU Sligo v DKIT Referee: Justin Murphy Venue: CoE Dome	

Saturday 11th March, 2023

Connacht GAA Centre of Excellence

Yoplait Lynch Cup Final - 12:00

Referee: Shane Curley Venue: CoE Dome Connacht GAA Centre of Excellence Yoplait Giles Cup Final - 14:00

> Referee: Jonathan Murphy Venue: CoE Dome

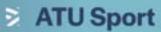
Connacht GAA Centre of Excellence

Yoplait O'Connor Cup Final - 16:15

Referee: Gus Chapman Venue: CoE Dome









Yoplait LGFA HEC Championships 2023 ATU President Address





ATU Sport



On behalf of everyone in Atlantic Technological University, I would like to welcome you to the 2023 Higher Education Colleges third level championships at this spectacular indoor venue in Mayo.

In our inaugural year as one of Ireland's newest universities we are proud to support Ladies Gaelic Football and welcome the championship to the west of Ireland. This is an opportunity for us to show our support and commitment to sport at ATU and especially to women in sport. It is a fitting tribute to mark our first finals on International Women's Day and we hope the growth in popularity of Ladies Gaelic Football continues to inspire!

The Yoplait O'Connor Cup is the Ladies Gaelic Football Association's Higher Education Colleges flagship competition and we are proud to support these games.

Over the past few weeks approximately 64 teams were involved in the seven Yoplait HEC Championships. 32 colleges are represented, with approximately 2,200 players taking part.

We are honoured to welcome the best collegiate footballers from across the country to compete in this prestigious sporting event, here at the Connacht Centre of Excellence.

We wish all the participating teams the best of luck and we hope that everyone enjoys the great competition and camaraderie over the next couple of days!

May The Best Team Win!! Dr Orla Flynn ATU President













Is onóir mhór dom é fáilte a chur romhaibh chuig Ionad Barr Feabhais CLG Chonnacht do céimeanna deiridhde Chraobhchomórtais HEC Yoplait na mBan 2023. Beidh seacht choirn bronnta againn faoi an am a bheidh deireadh leis an imirt Dé Satharn, 11ú Márta.

I am delighted and honoured to welcome you to the Connacht GAA Centre of Excellence for the concluding stages of the 2023 Yoplait Ladies HEC Championships, with seven pieces of silverware to be handed out by the time play concludes on Saturday March 11.

These are days to cherish and will be remembered for many years to come by players, mentors, officials and spectators alike. This will be the 34th running of the annual Ladies HEC Finals and we were delighted to mark the return of our Finals in 2022, following a two-year absence due to the Covid-19 pandemic. Dublin City University played host to our 2022 Finals and it was a festival of football that saw our Yoplait Ladies HEC, Lagan, Donaghy, Moynihan, Lynch, Giles and O'Connor Cup champions crowned.

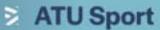
The coming days will see those seven pieces of coveted silverware handed out again. ATU Sport, are hosts for the concluding stages of the 2023 competitions, which will be played out against the spectacular backdrop of the Connacht GAA Centre of Excellence and its magnificent Air Dome. Many thanks to Nigel Jennings and his team at ATU Sport for their selfless work behind the scenes to ensure that everything is in order for the fixtures that lie in store. The facilities afforded to the players are of the very highest standard and our third-level stars are ready to put on a show. It's estimated by Ladies HEC that approximately 64 teams have been involved in the seven Yoplait Ladies HEC Championships, with 32 colleges represented and over 2,000 players taking part. The popularity of these competitions is growing on an annual basis, which naturally lends itself to significant administration. Great credit is due in this regard to the tireless work of Ladies HEC secretary, DJ Collins, who's also heavily involved in a coaching capacity with Yoplait O'Connor Cup holders, University of Limerick. The hard-working Ladies HEC committee is headed up by chairperson Daniel Caldwell, vice-chairperson Áine McParland, Pro Marissa Kennedy, Registrar Christine Nolan, Treasurer Jerome Casey and Colm Canning, Cultural, Equality and Diversity Officer, playing key roles.

I would also like to thank our All-Ireland inter-county championship sponsors TG4, who will provide live coverage of Saturday's Yoplait O'Connor Cup Final on the Spórt TG4 YouTube page. The other six Finals will also be live-streamed, which affords fans and followers of third-level football the opportunity to watch 14 teams competing for the seven trophies, while both O'Connor Cup semi-finals will also be live-streamed. I wish to pay a special tribute to the players and mentors from all of the competing teams in the Yoplait HEC Championships, and not just those who have been fortunate enough to make it through to the latter stages. Teams across the seven competitions have been very well prepared and we will see many of them again in the weeks and months ahead as they proudly wear their club and county colours.

Yoplait LGFA HEC Championships

2023











ATU Sport

Before the 2023 Yoplait Ladies HEC Championships commenced, we were delighted to confirm that Yoplait Ireland were extending their partnership with the LGFA, as 'Official Yogurt" of the LGFA. Yoplait Ireland renewed their sponsorship of our HEC third-level Championships and I wish to thank them for their continued faith and investment in Ladies Gaelic Football. They have been wonderful and proactive partners to date, and we have immensely enjoyed working alongside them. Best wishes to Yoplait Ireland MD Andrew Burke, Brand Manager Deirdre Lowry and the entire team. Yoplait Ireland representatives will also join us over the next few days to celebrate the very best of third-level Ladies Gaelic Football.

To all of the supporters from the competing colleges who are making the trip to the West of Ireland for the semi-finals and finals, we afford you a warm welcome. Our third-level competitions have provided some wonderful football and entertainment over the years, and I expect the forthcoming semi-finals and finals to be no different!

Bain taitneamh as na gcluichí. Mícheál Naughton President, LGFA

Yoplait LGFA HEC

Championships

2023



PFIL na mBAI



Yoplait LGFA HEC Championships 2023 LGFA HEC Chairperson's Address







On behalf of the HEC I am delighted to welcome you to the Connacht Centre of Excellence for the Yoplait HEC Championships 2023.

The championships in 2023 will be hosted by ATU Sport with the HEC, Lagan and Donaghy Cups down for decision on Wednesday the 8th March (International Women's Day). The Moynihan Cup final will be played on Friday the 10th March and the remaining finals (Lynch, Giles and O'Connor Cups) will be contested on Saturday 11th March. In addition, the semifinals of the Lynch, Giles and O'Connor Cups will be played on Friday, so the finals week promises some great encounters.

On behalf of the HEC committee, I want to thank Nigel Jennings and the ATU Sport team for all the work that has taken place behind the scenes to make this year's championships happen. Thanks to our hosts all of our finals will take place in the Connacht GAA Air Dome. This provides players from across the island with the opportunity to experience one of the most unique venues in Gaelic games. Thanks again to ATU for making this happen.

In January I was delighted to be in Croke Park for the announcement that Yoplait have agreed to continue as sponsor of the HEC. Their support allows us to continue to raise the profile of our sport in colleges across the island. We continue to be the largest female participation sport in universities in Ireland (with over 2200 registered players) and this year we have our largest number of teams (62) competing across seven championships. The sponsorship by Yoplait plays a key role in this growth and development and again will allow us to live stream the O'Connor Cup semi-finals and six finals – Thank you.

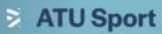
Running our games requires a dedicated team who give of their time to ensure the continued success of our leagues and championships. I want to thank all members of the HEC committee for their tireless work throughout the year. As always, I am amazed at DJs ability to co-ordinate so many games across the island – thanks seems such a small way to acknowledge the phenomenal amount of work you do. This year with the introduction of Forieann the role of registrar presented many new challenges, Christine's clam and measured approach to those challenges was outstanding – thank you.

Finally, to the players, coaches and backroom teams thank you for your commitment and support. I look forward to seeing you in Bekan.

Let the games begin!!! Daniel Caldwell HEC Chairperson













ATU Sport



Once again, we would like to extend our best wishes and good luck to all of the players participating in the 2023 Yoplait Ladies HEC Championships. We would also like to especially thank the Ladies Gaelic Football Association for extending their warm welcome to us, in this, our second year as main Sponsors of the Yoplait Ladies HEC Championships and Official Yogurt of the LGFA.

Over the past two years, we have been massively impressed by the commitment of the players, many of whom we have met, for their dedication to their sport and their teams both on and off the pitch.

We are in awe of how these players manage to effortlessly combine heavy schedules for college, training & matches whilst always bringing their best game to the pitch, never complaining or losing sight of the goal to win.

We believe that these qualities are the hallmarks of success, regardless of the score. We know that their ambitions will take them as far as they wish to go in every aspect of their lives – careers, clubs, communities and beyond.

At Yoplait we are convinced that success is achievable when we believe in and also give the very best of ourselves. The Ladies Gaelic Football Association HEC is the very embodiment of this belief and we are proud to be associated with the great work taking place in every college around the country in preparation for each game that ebbs ever closer to the Yoplait Ladies HEC O'Connor Cup finals weekend.

In our now 50th year, we can say with some authority that generations of Irish families have 'grown up' enjoying Yoplait on a daily basis and we remain a reliable & tasty source of protein in lunch boxes and sports bags all over the country. We look forward to celebrating another 50 years of being Ireland's most enduring and innovative yogurts for every generation.

All that remains for us to say is best of luck to all of the Players, their Colleges, Families, Communities and thanks once again to the Ladies Gaelic Football Association.

Deirdre Lowry Brand Manager, Yoplait Ireland











I attended GMIT Castlebar for 4 years studying General Nursing. During my four years there I joined the Ladies Gaelic Football team from which I have great memories, enjoyment was at the centre of the GMIT Castlebar culture. The joy of winning a game meant so much to the team, and the college.

Unlike when I was involved with county teams, there was less pressure and the freedom to try out new skills and tricks was exciting. I was privileged to have crossed paths with Damien Gavin, (our coach at time), the amount of knowledge and insight that he passed on to me was invaluable.

My main memories from college football were of having the craic and lots of fun. When we trained, we trained hard, and party time was party time- hangover mornings were rough!

Having been involved in GAA for many years now it's clear that you are never involved for financial gain, but GMIT Castlebar always ensured you were never out of pocket. I commuted to and from college so if I was on placement or happened to have a day off and had to travel up especially for training or matches, they always ensured you were looked after. A big shout out to Nigel Jennings - he was a gem for ensuring this.

I would like to wish my old college GMIT Castlebar, who are now of course ATU Mayo, and everyone in ATU Sport well as they host this great celebration of Ladies Gaelic football. To all the teams and players participating -the very best of luck, I hope ye have a brilliant weekend, go and create memories! It is not always about what you win - creating friends, enjoyment and making memories that last a lifetime are at the heart of college football.

Best wishes Tracey Leonard Galway Ladies Senior Footballer



2023









The HEC Cup was presented by the Ladies HEC and contested for the first-time last year and is the seventh tier Championship. It was won by GMIT Mayo for the First time in 2022 (now ATU Mayo campus).

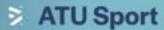
YEAR	WINNER		RUNNER-UP	
2022	GMIT Mayo	1-09	Ulster University	0-10





2023







Yoplait LGFA HEC Championships 2023 Team Photo DCUDÉ7 & UU4







2023 Yoplait Champ



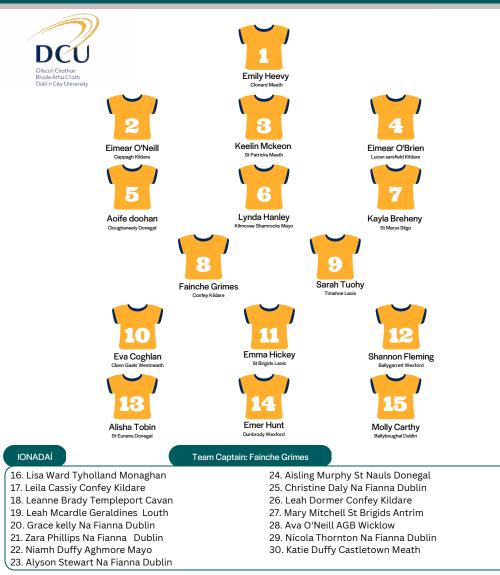




Yoplait LGFA HEC Championships 2023 DCUDÉ7 - HEC Cup Team Line Out







Management Team:

Manager: Sean Jones | Coach: Ronan Grimes | Selector: Shane O'Donnell & Conor Corbett GAA Development Officer: Paul O'Brien, Dave Sweeney, Louise Byrne Sponsor: Ballymore

2023





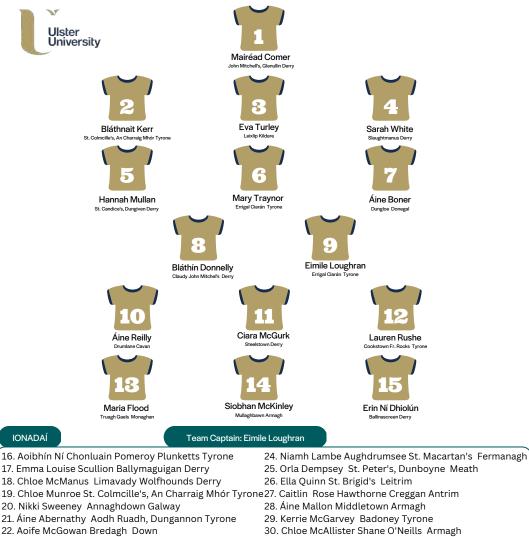
Yc U

Yoplait LGFA HEC Championships 2023 UU4 - HEC Cup Team Line Out





ATU Sport



- 23. Emer Keaney Enniskillen Gaels
- Management Team:

Manager: Brian O'Donnell | Physiotherapist: Connor Brennan GAA Development Officer: Paul Doherty | Sponsor: Randox



CONNACHT LGFA

GOOD LUCK TO ALL TEAMS & OUR CONNACHT PLAYERS IN THE HEC CHAMPIONSHIPS 2023











ATU Sport

The Lagan Cup is named after Joe Lagan who was the eighth President of Ulster LGFA. St. Patrick's College Thurles (now known as Mary Immaculate College, Thurles) and I.T. Blanchardstown (now TU Dublin - Blanchardstown Campus) have both won the competition twice. In total, nine different colleges have claimed the title, with TUS Midwest claiming their first ever success last year.

YEAR	WINNER		RUNNER-UP	
2010	GMIT Castlebar	3-21	Carlow I.E.	0-04
2011	Coláiste Mhuire Marino		St. Patrick's College, Carlow	
2012	I.T. Blanchardstown		G.M.I.T. Castlebar	
2013	Mater Dei		Limerick I.T.	
2014	St. Patrick's College, Thurles		Limerick I.T.	
2015	I.T. Blanchardstown		I.T. Tallaght	
2016	St. Patrick's College, Thurles	4-20	Ulster University Magee	2-03
2017	GMIT Galway	5-12	Ulster University Coleraine	0-03
2018	Ulster University Coleraine	1-13	Athlone I.T. (2)	0-07
2019	Ulster University Magee	4-09	DCU Dóchas Éireann (6)	0-07
2022	TUS Midwest	3-12	TU Dublin	2-09



PEIL na mBAN

Yoplait LGFA HEC Championships

2023



Yoplait LGFA HEC Championships 2023 Team Photo UG3 & DCUDÉ6













Yoplait LGFA HEC Championships 2023 UG3 - Lagan Cup Team Line Out







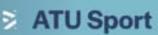
IONADAÍ	Tear	n Captain: Cathy Hogan	
16.		24.	
17. Rachel R	oache Shamrock Gaels Waterford	25.	
18. Ava McF	adden Castlerea St Kevins Roscon	nmon 26.	
19. Lauryn V	Valsh The Neale Mayo	27.	
20. Amy O S	hea Sliabh Na mBan Tipperary	28.	
21. Niamh O	Sullivan Kilworth Cork	29.	
22.		30.	
23.			

Management Team:

Manager: Kevin Glynn | Coach: Matthew Bennett | Selector: Eamonn Flynn GAA Development Officer: Michael O Connor | Sponsor: University of Galway Sport









Yoplait LGFA HEC Championships 2023 DCUDÉ6 - Lagan Cup Team Line Out







Team Captain: Katie Carragher

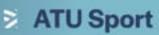
- 16.
- 17. Laura Kellet Beann Eadair Dublin
- 18. Edel Hayes Rosscarbery Cork
- 19. Megan Moynagh Drumgoon Cavan
- 20. Caoimhe Galvin Clann na nGael Roscommon
- 21. Aoife Kilcommins Caherlistrane Galway
- 22. Chloe Smith Rhode Offalv
- 23. Orla O'Sullivan Currow GAA Kerry

- 24. Grace McColgan Naomh Padraig Muff Donegal
- 25. Liadh McGrath Cill Chomáin (Kilcommon GAA) Mayo
- 26. Eimear Carroll Na Fianna Dublin
- 27. Grainne Gordon Loughmacrory Tyrone
- 28. Amy McGinley CLG Chill Chartha Donegal
- 29. Anna Wogan Seneschalstown Meath
- 30. Emma Tinney Gleann tSúilí (Glenswilly) Donegal

Management Team:

Manager: Jonah Dunne and Matthew McNally | Physiotherapist: Roisin Ennis & Moassb Shaar GAA Development Officer: Louise Byrne | Sponsor: Ballymore







ATU Sports Scholarships

The ATU Sports Scholarship programme provides supports to talented student athletes to recognise their need to balance their sporting and academic commitments.

Through both financial and non-financial benefits, the ATU Sports Scholarship programme aims to reward students for their dedication and skill and provide them further opportunity to develop as students and sportspeople.

Find out more: www.atu.ie/sports-scholarships



Ollscoll Teicneolaíochta an Atlantaigh

Atlantic Technological University









The Donaghy Cup was first presented in 2003 and is the third longest running of the Championships, with Dublin Institute of Technology the first winners in 2003. The Cup is named after Patricia Donaghy who was involved in education in Inchicore College in Dublin; was a Treasurer of the Ladies HEC; and was also the first editor of Peil Magazine in 1999, which had its nucleus in the Higher Education section of the LGFA.14 different colleges have won this title, with four winning it twice - DIT, RCSI, Marino Institute of Education and St. Pat's College Drumcondra. DCU Dochás Éireann are the current champions.

YEAR	WINNER		RUNNER-UP	
2003	Dublin Institute of Technology		GMIT Castlebar	
2004	Limerick Institute of Technology	3-11	GMIT Castlebar	2-04
2005	N.U.I. Galway (3)	3.08	U.C.C. (2)	1-06
2006	GMIT Castlebar	4-04	Cavan College	1-08
2007	UU Jordanstown (2)	3-09	Dublin Institute of Tech.	3-08
2008	Dublin Institute of Technology	2-11	Limerick I.T.	2-04
2009	Queens University Belfast (2)	3-07	Royal College of Surgeons	1-11
2010	University of Limerick (3)	3-15	Mary Immaculate College 2	1-05
2011	Royal College of Surgeons	1-11	N.U.I. Galway (3)	1-08
2012	Marino Institute of Education	0-17	I.T. Sligo (2)	1-07
2013	St Pat's College Drumcondra (2)	2-12	I.T. Sligo (2)	3-06
2014	University of Ulster Coleraine	0-13	I.T. Sligo (2)	1-08

2023









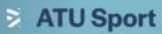


YEAR	WINNER		RUNNER-UP	
2015	St Pat's College Drumcondra (2)	5-10	Liverpool Hope University	0-01
2016	Letterkenny Institute of Tech.	4-15	I.T. Blanchardstown	3-15
2017	Marino Institute of Education	3-11	Royal College of Surgeons	1-10
2018	Royal College of Surgeons	4-08	DCU Dóchas Éireann (6)	1-08
2019	GMIT	6-15	Marino Institute of Ed.	1-13
2022	DCU Dóchas Éireann	2-11	Marino Institute of Education	1-11



2023





















Yoplait LGFA HEC Championships 2023 UL - Donaghy Cup Team Line Out







- 21. Abi Keenan Roche Emmets Louth
- 22. Aoibhe Gavson Mollov Galtee Rovers Tipperary
- 23. Ava Cronin Kilcullen Kildare

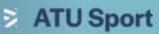
- 28. Aideen Heffernan Salthill Galway
- 29. Thea Coleman Mitchelstown LGFA Cork
- 30. Saibh Byron The Neale Mavo

Management Team:

Manager: Caera Grady | Coach: Rachel Fox & Aine Brady Physiotherapist: Angela Hogan | GAA Development Officer: Jason Coffey Sponsor: Castletroy Park Hotel

2023







Yoplait LGFA HEC Championships 2023 TUS Midwest - Donaghy Cup Team Line Out





Sport	Ciara Butler Castegregory Kery	
2	3	4
Maeve Stankard Crusheen Clare	Kelli McGrath Listowel Emmets Kerry	Lianne Daly Davitts Mayo
5	6	7
Mary Kate Clancy Corneragh Rangers Waterford	Aisling Morrissey	Rachel Moran
	Tara Dunne Noral	n O'Dwyer n Geels Clare
Niamh Miley St. Laurende's Kidare	Chice Towey St. Joseph's Doorn Barefield Clare	
Ella Whelan Mongea Limerick	Sally King Burren Gaels Clare	Acife Corbett Mongene Limerick
IONADAÍ	Team Captain: Aisling Morrissey	insinger circular
16. 17. Joanne Foley Adare Limerick 18. Shannen O'Donovan Banner Ladies 19. Chelsea Ezeike King Newport Tippe 20. Dora Wynne Morgan MKL Gaels Ke	24. Katie Arthu 25. Lauren Me 26. Tory Byrne erary 27. Sorcha O'M rry 28.	ur Newmarket-on-Fergus Clare yenberg Dromcollogher Broadford Lime 9 Portlaoise Laois Mahony Kiladangan Tipperary

- 21. Chloe Fitzgibbon Feohanagh Castlemahon Limerick
- 22. Katie Lillis Cooraclare Clare
- 23. Michelle Eustace Ballon Carlow

- nerick
- 29.
- 30.
- Management Team:

Manager: Liam O'Connell | Coach: Gráinne McKenna | Logistics: Muireann Daffy & Tierna Hegarty Physiotherapist: Emma Horan | GAA Development Officer: Marc Ó Dómhnaill Sponsor: Central Sports, Kilrush

```
2023
```





The future is here

With over 600 CAO programmes, find your course at ATU!



Oliscoil Teicneolaíochta an Atlantaigh

Atlantic Technological University



Check out the ATU CAO Hub to explore your CAO options, find out about programmes, campuses, Open Days and more.

www.atu.ie/cao





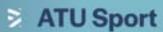
The Moynihan Cup was first presented in 2016 and is named after Con Moynihan who has served a number of roles in the LGFA including as National Development Officer; Connacht President, and assisting the Ladies HEC. There have been five different winners so far with MTU Cork Campus the current title holders. Garda College, UCD (3), St. Mary's Belfast and Dundalk IT have tasted success previously. Cork I.T. and UCD 3 booked their place in the 2020 final, which was cancelled due to the pandemic. The competition didn't take place in 2021.

YEAR	WINNER		RUNNER-UP	
2016	Garda College	2-14	University College Dublin (3)	1-06
2017	University College Dublin (3)	1-09	I.T. Blanchardstown	0-11
2018	St Mary's Uni. College Belfast	1-16	I.T. Tralee	0-05
2019	Dundalk Institute of Technology	2-11	Letterkenny I.T.	1-13
2022	MTU Cork	3-10	Letterkenny IT	2-11



2023







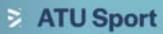
Yoplait LGFA HEC Championships 2023 Team Photo ATU Sligo & DKIT









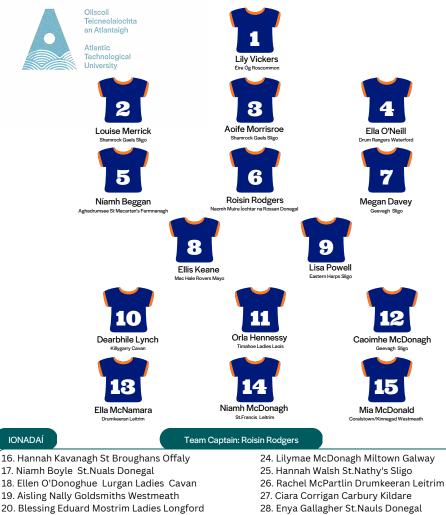




Yoplait LGFA HEC Championships 2023 ATU Sligo - Moynihan Cup Team Line Out







- 21. Ciara McDonagh CT Gaels Sligo
- 22. Lauren Fitzgerld Eoghan Rua Sligo
- 23. Laura Conway Eoghan Rua Sligo

- 29. Erin Doherty St.Nauls Donegal
- 30. Shauna Gilsenan Killygarry Cavan

Management Team:

Manager: Gavin Cawley | Coach: Michaela Gaffney | Selector: Aaron Hoey & Elaine Ní Niaidh Physiotherapist: Paul Connolly | GAA Development Officer: Michael Harte Sponsor: ATU Sport Sligo

Additional Panel Players:

Elaine Ní Niaidh | Sinead McBride | Niamh Brown | Anna McCardle



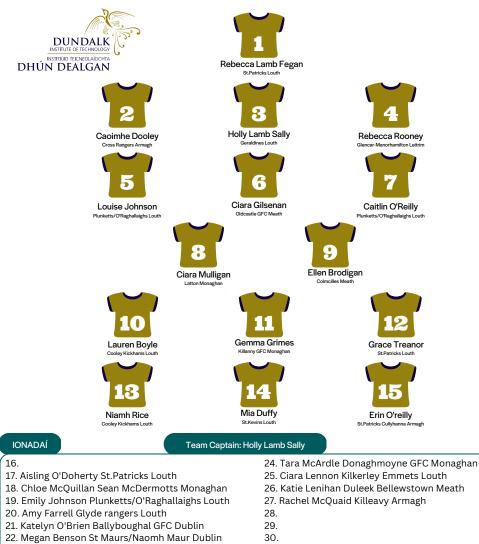


Yopla DKIT

Yoplait LGFA HEC Championships 2023 DKIT - Moynihan Cup Team Line Out







23. Rachel O'Connor Leonard Glen Emmets Louth

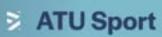
Management Team:

Manager: Karl O'Connor | Coach: Jack Mac Namee

Selector: Dalton Mac Namee & Bronagh McGrane | GAA Development Officer: Aoife Gregory

2023







Ollscoil Teicneolaíochta an Atlantaigh

Atlantic Technological University

ATU Online, Flexible and Professional Development

Applications are now open for Online, Flexible & Professional Development Courses at ATU.

Choose from over 300 courses across a variety of faculties from Level 6 Higher Certificate right up to Level 9 Masters.

Our courses will give you the flexibility to invest in yourself and your career while also balancing life commitments, such as family, work, or caring responsibilities.

Find out more: www.atu.ie/online-flexibleprofessional-development







ATU Sport

The Lynch Cup is the second longest running of the Championships and it was won by Mary Immaculate College in its first year. The Cup is named after former Mary Immaculate College lecturer Noreen Lynch (RIP) who was central to the promotion of Gaelic Games in the teacher training college for many years. The competition began in 1996, with a big spread of winners over the years. Mary Immaculate College and DCU both have won the title on three occasions. UCC and Trinity College Dublin have claimed it twice. The current title holders are T.U.S. Midlands, who under their previous name of Athlone I.T. were winners in 2012. Similarly, 2019 champions TU Dublin, were successful under their previous name of Dublin Institute of Technology back in 1998.

YEAR	WINNER		RUNNER-UP	
1996	Mary Immaculate College		Dundalk R.T.C.	
1997	Sligo Regional Technical College		University College Galway	
1998	Dublin Institute of Technology		N.U.I. Maynooth	
1999	Garda College	4-04	Cork I.T.	1-12
2000	University College Cork		N.U.I. Maynooth	
2001	N.U.I. Maynooth		I.T. Carlow	
2002	Mary Immaculate College		St. Mary's Strawberry Hill	
2003	University College Dublin (2)		Trinity College Dublin	
2004	Dublin City University	1-05	Athlone I.T.	0-07
2005	Trinity College Dublin	3-10	St. Mary's Strawberry Hill	0-12
2006	Dublin City University		Liverpool Hope University	



2023









YEAR	WINNER		RUNNER-UP	
2007	Dundalk Institute of Technology	1-12	Liverpool Hope University	2-05
2008	University College Cork	4-16	Liverpool Hope University	1-02
2009	St. Mary's Uni. College Belfast	4-13	D.I.T.	2-07
2010	Mary Immaculate College	4-08	Dublin City University (2)	0-04
2011	Institute of Technology Carlow	2-11	Dublin City University (2)	1-03
2012	Athlone Institute of Technology	1-11	Trinity College Dublin	1-10
2013	Trinity College Dublin		D.I.T.	
2014	St. Pat's College, Drumcondra	2-12	Cork I.T.	1-14
2015	Dublin City University (2)	2-13	Athlone I.T.	1-10
2016	University of Limerick (2)	3-10	D.I.T.	1-07
2017	Waterford I.T.	1-16	D.I.T.	2-09
2018	Ulster University Jordanstown	4-20	I.T. Sligo	0-03
2019	Technological University Dublin	3-16	Garda College	3-08
2022	TUS Midlands		St Mary's Belfast	











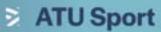










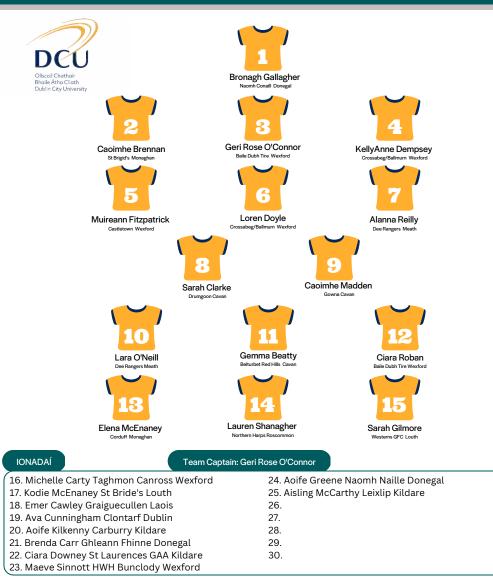




Yoplait LGFA HEC Championships 2023 DCUDÉ 3 - Lynch Cup Team Line Out





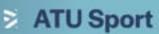


Management Team:

Manager: Joey Gillespie | Coach: Fiachra Coyle | Selector: Mairtin Mannion Selector: Aidan Breathnach | Selector: Ronan Heffernan Physiotherapist : Bernard Boyle, Caoimhe Blake, Hannah Mealiff Sponsor: Ballymore

2023







Yoplait LGFA HEC Championships 2023 ATU Donegal - Lynch Cup Team Line Out





Ollscoil Teicneolaíochta an Atlantaigh Atlantic Technological University	Bridin McGuire Adth Rua Donegal	4	
Sophia McFeely St Eunans Donegal	Maire Kelly Faithleachs Roscommon	Lauren Martin Glenfin Donegal	
5	Karen Mc Loughlin	7	
Danielle McGinly Glenfin Donegal	Dromard Longford	Aibhe McDaid Termon Donegal	
	ICGravey Donegel	Ciara O Donnell St Eurars Donegal	
Eamier Tranyor Doragtmone Monaghan	Julie Treaty Downings Donegal	Lauren Mc Bride	
Caoimhe Connor Drumcliff Ross Sligo	Eamer Friel Gweedore Donegal	Ainmee McIntyre Corrifeen Cavan	
IONADAÍ	eam Captain: Julie Treaty		
 16. Mary Harkin St Manchans Offaly 17. Cody Walsh Convoy Donegal 18. Cathrine Campbell St Nauls Donegal 19. Sasha Lavin Westren Geals Roscommon 20. Kaitlyn Mc Breaty Killybegs Donegal 21. Victoria Gallgher Fanad Donegal 22. Clare Dothery St Eunans Donegal 23. 	24. 25. 26. 27. 28. 29. 30.		

Management Team: Manager: Barney Curran | Selector: Nadine Friel, Sylvester McGuire, Tori O Connor Sponsor: FinTrU

2

















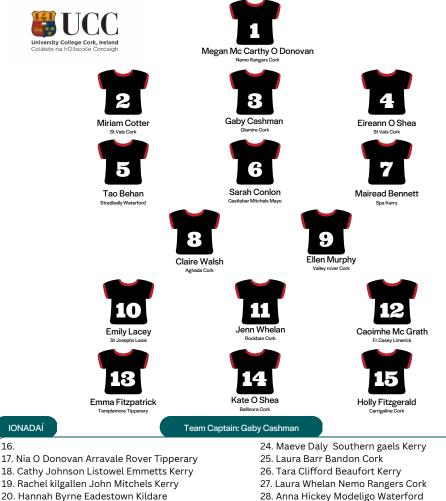




Yoplait LGFA HEC Championships 2023 UCC2 - Lynch Cup Team Line Out







- 21. Shauna Maher Brian Borus Tipperary
- 22. Aisling McAllen Glamire Cork
- 23. Sarah O'Connor Bandon Cork

- 29. Emma Murphy Carrigaline Cork
- 30. Rebacca Sheehan Eire og Cork

Management Team:

Manager: Joe Carroll | Coach: Tom Scally | Selector: Billy Twomey, Ann Walsh and Sean Leisk GAA Development Officer: John Grainger | Sponsor: Bank of Ireland

Additional Panel Players:

31. Niamh Power 32. Aisling Reynolds 33. Cliodhna McCarthy 34. Anna O'Regan 35. Lily Byrne 36. Eabha Walsh

2023

16.



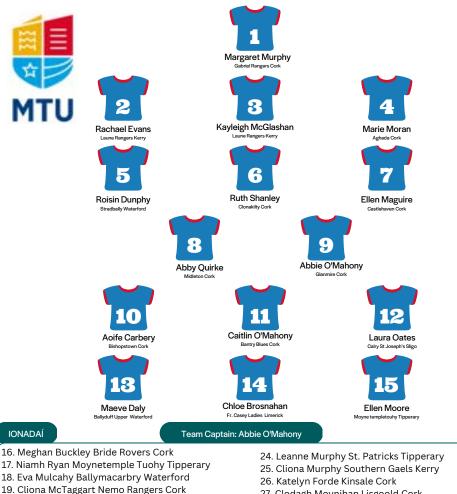




Yoplait LGFA HEC Championships 2023 MTU Cork - Lynch Cup Team Line Out







- 19. Cliona McTaggart Nemo Rangers Cork 20. Dearbhla Begley Roche Emmets GFC Louth
- 21. Eimear Boland St Patrick's Tipperary
- 22. Emer McCarthy O Donovan Rossa Cork
- 23. Kate O'Sullivan Rosscarberry Cork

- 27. Clodagh Moynihan Lisgoold Cork
- 28. Katelyn French Rosscarbery Cork

ATU Sport

- 29. Amy Doyle St Coleman's Cork
- 30. Denise Collins Midleton Cork

Management Team:

Manager: Christine Nolan | Selector: Irene Hogan, Sandra Conroy, Martin Enright, Norma Buckley Physiotherapist: Janice Depuy | GAA Development Officer: Kevin O'Callaghan | Sponsor: Vmware

Additional Panel Players:

Ellen Coffey 32. Katie Butler
 Kate Brady 34. Ava Looney

2023







Seven different colleges have won the Giles Cup, which is named after Geraldine Giles, who was LGFA President from 2003 to 2009; and was first played for in 2010. 2022 Giles Cup Champions Mary Immaculate College, Limerick lead the Roll of Honour with three titles. Two sides have won it twice. NUI Maynooth (now known as Maynooth University) were the first winners of the competition and also successful in 2013; while Waterford I.T. (now SETU Waterford) were victorious in 2011 and 2018. Others to taste success were Trinity College Dublin (2015); St Pat's College, Drumcondra (2016); DCU's second team (2017) and Ulster University Jordanstown (2019).

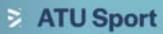
YEAR	WINNER		RUNNER-UP	
2010	N.U.I. Maynooth	4-08	Waterford I.T.	1-06
2011	Waterford Institute of Technology	1-08	I.T. Tralee	1-06
2012	Mary Immaculate College Limerick	3-11	N.U.I. Maynooth	2-13 AET
2013	N.U.I. Maynooth	1-13	I.T. Carlow	2-04
2014	Mary Immaculate College	2-16	N.U.I. Maynooth	2-12
2015	Trinity College Dublin	1-16	Athlone Institute of Tech.	1-09
2016	St Pat's College, Drumcondra	0-12	Mary Immaculate College	1-08
2017	Dublin City University 2	3-11	Athlone Institute of Tech.	0-14
2018	Waterford Institute of Technology	4-16	Dublin City University 2	0-08
2019	Ulster University Jordanstown	2-17	Waterford Institute of Tech	1-09
2022	Mary Immaculate College	3-08	TU Dublin	1-09



Yoplait LGFA HEC Championships

<u>2023</u>







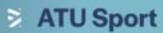






2023 🔛

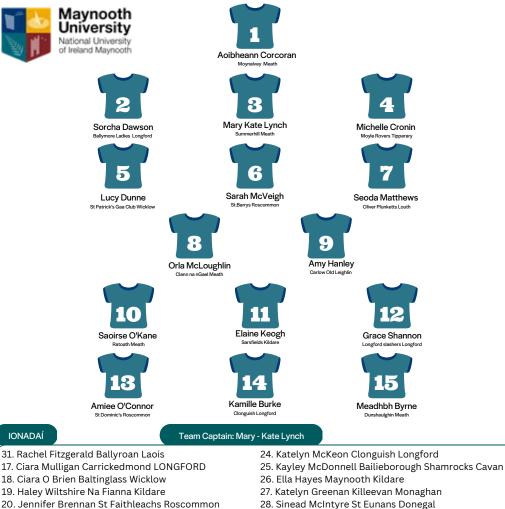




Yoplait LGFA HEC Championships 2023 MU - Giles Cup Team Line Out







- 21. Jennifer Murphy Timahoe Laois
- 22. Lauren Guilfoyle The downs Westmeath

Yoplait LGFA HEC

Championships

2023

23. Holly Tyrell Rathcoffey Kildare

- 29. Aoife Gallagher St.Brigids Laois
- 30. Heather Bennett Timahoe ladies Laois

ATU Sport

Management Team:

Manager: Gerry Smith | Coach: Louise Keane | Selector: Noel McGrath Physiotherapist: Cathal Brady & Davy McEntee | GAA Development Officer: Mick Gillick Sponsor: Brady's Maynooth Bar, Lounge & Bistro

Additional Panel Plavers:

Kirsten Massey | Rebecca O Connor

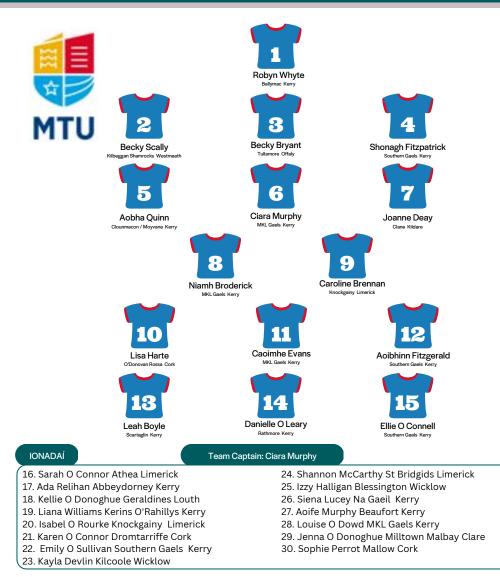
PEIL na mBAN







ATU Sport



Management Team:

Manager: Alan O'Neill | Coach: Katie Sugrue Physiotherapist: Katie Condon | GAA Development Officer: Mike Quirke

023 🖁

















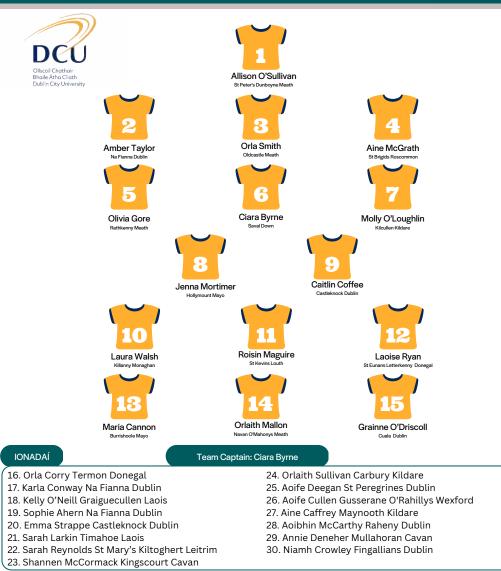


Yoplait LGFA HEC Championships 2023 DCUDÉ2 - Giles Cup Team Line Out





ATU Sport



Management Team:

Manager: David Ryan | Coach: Declan O'Reilly | Selector: Emer Ní Eafa GAA Development Officer: Paul O'Brien, Dave Sweeney, Louise Byrne Sponsor: Ballymore

Additional Panel Players:

31. Lauren McGuire

PEIL na mBAN

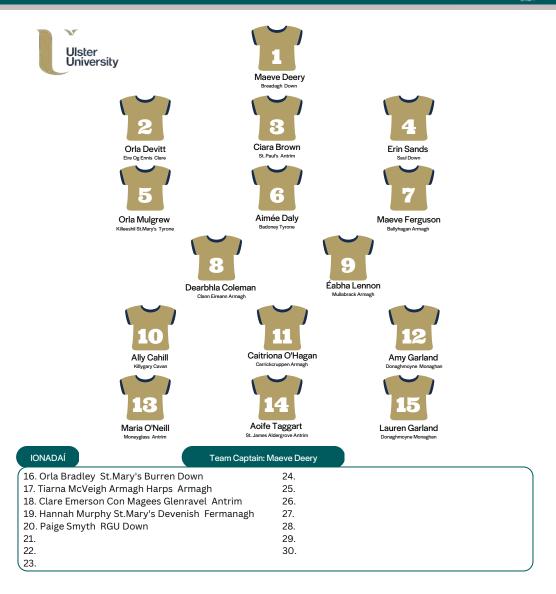
Yoplait LGFA HEC

Championships

Yoplait LGFA HEC Championships 2023 UU - Giles Cup Team Line Out







Management Team:

Manager: Sean O'Kane | Coach: Tommy Coleman | GAA Development Officer: Paul Rouse Sponsor: Randox

2023







Oliscoil Teicneolaíochta an Atlantaigh

Atlantic Technological University



Choose from Sport programmes at undergraduate & postgraduate level across ATU's campuses. Study Sport at ATU

Undergraduate, full time:

- Applied Sport with Business
- Sport & Exercise with Performance and Well-being
- Sport & Exercise with Physical Education
- Sports & Exercise Science
- Sport with Business.
- Sports Coaching
- Sports Studies

Postgraduate:

- Applied Sport and Exercise Nutrition
- Professional Skills for High-Performance Sport
- Sport and Clinical Biomechanics
- Sport Performance Innovation
- Sports and Exercise Nutrition
- Sports Performance Practice

ATU also has a range of part-time and online Sport programmes.

Find out more: www.atu.ie









The O'Connor Cup has been played for since 1987 and is named after Michael O'Connor. The top-tier Championship has had 11 different winners, with UL leading the charge with 12 titles, having won their first title in 1993. Mary Immaculate College were the first winners, with UCC, Waterford RTC and Thomond College also successful pre a UL five-in-a-row from 1993. It wasn't until 2000 that a college from outside of Munster took the top prize, with IT Sligo victorious. UCD registered a three-in-a-row from 2001-2003 and won five titles in six years, with UL also taking honours during that spell. UUJ claimed their first (and only title to date) in 2008, while DCU's first success came the following year to kick-start a three-in-a-row. UCC added their third title after a long wait in 2012 (previous winners in 1988 and 1990) Queens University Belfast claimed their only title to date in 2013, while UL have won five of the seven Championships played for since, with UCD (2016) and DCU (2018) the other winners. The 2020 weekend wasn't run because of the pandemic and there was no Championship weekend either in 2021.

YEAR	WINNER		RUNNER-UP	
1987	Mary Immaculate College		University College Cork	
1988	University College Cork		Mary Immaculate College	
1989	Waterford R.T.C.		Mary Immaculate College	
1990	University College Cork		Mary Immaculate College	
1991	Thomond College	Mary Immaculate College		
1992	Mary Immaculate College		Thomond College	
1993	University of Limerick		Mary Immaculate College	
1994	University of Limerick		Waterford R.T.C.	
1995	University of Limerick		Garda College	
1996	University of Limerick	1-13	U.U.J	2-03
1997	University of Limerick		Garda College	
1998	Institute of Technology, Tralee		I.T. Sligo	
1999	Institute of Technology, Tralee	0-17	University College Dublin	2-08
2000	Institute of Technology, Sligo	2-09	Waterford I.T.	2-04
2001	University College Dublin	2-08	Institute of Tech. Tralee	0-05









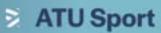




YEAR	WINNER		RUNNER-UP	
2002	University College Dublin	1-12	University of Limerick	1-07
2003	University College Dublin		U.U.J	
2004	University of Limerick	4-09	NUI Maynooth	2-08
2005	University College Dublin	1-11	NUI Galway	0-09
2006	University College Dublin		I.T. Sligo	
2007	University of Limerick	2-16	U.U.J	1-03
2008	U.U.J	0-14	I.T. Sligo	1-03
2009	Dublin City University	2-11	University of Limerick	1-13
2010	Dublin City University	2-12	U.U.J	0-12
2011	Dublin City University	3-08	U.U.J	1-11
2012	University College Cork	2-14	U.U.J	1-13
2013	Queens University Belfast	4-10	Dublin City University	1-09
2014	University of Limerick	3-07	Queens University Belfast	1-09
2015	University of Limerick	3-16	Dublin City University	0-09
2016	University College Dublin	1-07	University of Limerick	0-09
2017	University of Limerick	2-05	University College Cork	0-08
2018	Dublin City University	2-12	University of Limerick	0-17
2019	University of Limerick	2-16	University College Dublin	1-10
2022	University of Limerick	0-12	University College Cork	1-09

2023

















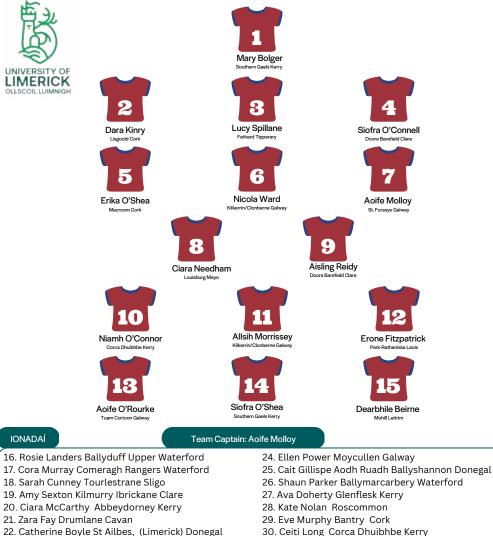




Yoplait LGFA HEC Championships 2023 UL - O'Connor Cup Team Line Out







23. Aoife Hurley Bride Rovers Cork

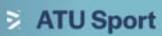
- 30. Ceiti Long Corca Dhuibhbe Kerry

Management Team:

Manager: DJ Collins & Niall O'Meara | Coach: Niall O'Meara & David Lernihan Selector: Donnach Daly, Jack Hickey, Fiadhna Tangney, Noel Regan, Caera Grady Physiotherapist: Angela Hogan | GAA Development Officer: Jason Coffey Sponsor: Castletroy Park Hotel

2023







Yoplait LGFA HEC Championships 2023 QUB - O'Connor Cup Team Line Out





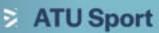
QUEEN'S UNIVERSITY BELFAST		antenaria	Wiggen McShane Arrage Harps Arrage Wiggen Duffy Bradegh Down	
	The second secon	Megan McCann Clane Eireann Armagh Cigne Eireann Armagh Cigne Eireann Armagh Cigne Eireann Armagh Cigne Eireann Armagh	Dearbhaile Gallagher Trilick Tyrone Titlick Tyrone Diamh Reel Siverbridge Armagh	
IONADAÍ	Теа	am Captain: Grace Ferguson		
16. Ellie Conway Ma 17. Katie Murphy Tri 18. Maura Kirk Gleni 19. Brid McNally Err 20. Cait Towe Clann 21. Ciara Clarke Kno 22. Katie Byrne Agh 23. Blaithain Bogue	llick Tyrone nelly Tyrone nyvale Monaghan Eireann Armagh ckninny Fermanagh ayaran Tyrone	25. Maeve M	itzpatrick Burren Down ulholland Con Magees Antrim ugherty Bryansford Down	

Management Team:

Manager: Mark Doran | Coach: Sean Flemming Selector: Eva Hicks | Physiotherapist: Michael Robinson | GAA Development Officer: Gavan Duffy Sponsor: EJC











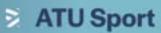










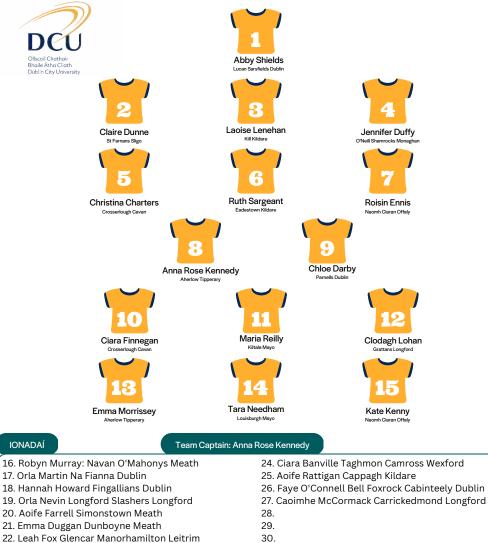




Yoplait LGFA HEC Championships 2023 DCUDÉ - O'Connor Cup Team Line Out







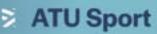
23. Jade Lyons Shamrock Gaels Sligo

Management Team:

Manager: Peter Clarke | Coach: Stephen Duff | Selector: Colm Canning Selector: Aine McParland | Selector: Pat Ring | ATT: Kira Bryan GAA Development Officer: Paul O'Brien, Dave Sweeney, Louise Byrne Sponsor: Ballymore

2023





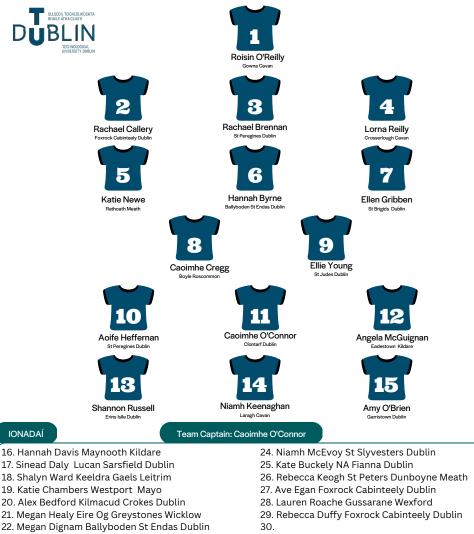


Yoplait LGFA HEC Championships 2023 TUD - O'Connor Cup Team Line Out





ATU Sport



23. Ciara Price Sarsfields Kildare

Yoplait LGFA HEC

Championships

Management Team:

Manager: Billy Quane | Coach: Diane O'Hora & Stephen Kennedy | Selector: Willie O'Connor, Damien Glynn, Mick O'Mahony, Graham Wilson | FLO: Lauren Quane & Sophie O'Mahony | Physiotherapist: Sarah Goodwin GAA Development Officer: Laurence O'Brien | Sponsor: Cry

Additional Panel Players:

Niamh Heffernan & Sadie Codd

PEIL na mBAN



Ollscoil Teicneolaíochta an Atlantaigh

Atlantic Technological University



- 8 Campuses
- 600 Programmes
- ⇒8 Research Centres
- +4,977 Graduates Annually
- → 23,958 Total Students
- → 2,253 Total Staff

- ATU Donegal Letterkenny
- 2 ATU Donegal Kilybegs
- ATU Sligo St Angela's*
- 4 ATU Sligo
- S ATU Mayo
- 6 ATU Connemara
- 7 ATU Mountbellew
- ATU Galway City
- * Subject to formal incorporation of St. Angela's College into Atlantic Technological University.



Official Yogurt of the LGFA & proud sponsors of the HEC