

# 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



Ollscoil  
Teicneolaíochta  
an Atlantaigh

Atlantic  
Technological  
University





This year there will be nine games live-streamed from the Yoplaith 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: <http://bit.ly/2OvUJ2D> and on the LGFA's Official YouTube channel: <https://bit.ly/2Wg57AJ>.

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





# Yoplaith LGFA HEC Championships 2023

## Schedule and Fixture List



### Wednesday 8th March, 2023

Connacht GAA Centre of Excellence

#### Yoplaith HEC Cup Final - 13:00

DCUDÉ7 v UU4

Referee: Katie Kilbane

Venue: CoE Dome

Connacht GAA Centre of Excellence

#### Yoplaith Lagan Cup Final - 15:00

UG3 v DCUDÉ6

Referee: Finbarr Corcoran

Venue: CoE Dome

Connacht GAA Centre of Excellence

#### Yoplaith Donaghy Cup Final - 17:00

UL4 v TUS Midwest

Referee: Shane Curley

Venue: CoE Dome

### Friday 10th March, 2023

Connacht GAA Centre of Excellence

#### Yoplaith Lynch Cup Semi Final 1 - 12:30

DCUDÉ3 v ATU Donegal

Referee: Ger Canny

Venue: Pitch 2

Connacht GAA Centre of Excellence

#### Yoplaith Lynch Cup Semi Final 2 - 13:00

UCC2 v MTU Cork

Referee: Gus Chapman

Venue: Pitch 4

Connacht GAA Centre of Excellence

#### Yoplaith Giles Cup Semi Final 1 - 12:30

MU v MTU Kerry

Referee: Mel Kenny

Venue: Pitch 1

Connacht GAA Centre of Excellence

#### Yoplaith Giles Cup Semi Final 2 - 13:00

DCUDÉ2 v UU

Referee: Aaron Clogher

Venue: Pitch 3

Connacht GAA Centre of Excellence

#### Yoplaith O'Connor Cup Semi Final 1 - 12:30

UL v QUB

Referee: Jonathan Murphy

Venue: CoE Dome

Connacht GAA Centre of Excellence

#### Yoplaith O'Connor Cup Semi Final 2 - 15:30

DCUDÉ v TUD

Referee: Shane Curley

Venue: CoE Dome

Connacht GAA Centre of Excellence

#### Yoplaith Moynihan Cup Final - 17:30

ATU Sligo v DKIT

Referee: Justin Murphy

Venue: CoE Dome

### Saturday 11th March, 2023

Connacht GAA Centre of Excellence

#### Yoplaith Lynch Cup Final - 12:00

Referee: Shane Curley

Venue: CoE Dome

Connacht GAA Centre of Excellence

#### Yoplaith Giles Cup Final - 14:00

Referee: Jonathan Murphy

Venue: CoE Dome

Connacht GAA Centre of Excellence

#### Yoplaith O'Connor Cup Final - 16:15

Referee: Gus Chapman

Venue: CoE Dome



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 Yoplaith 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 Yoplaith 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 Yoplaith 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 Yoplaith 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 Yoplaith 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 Yoplaith 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 Yoplaith 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.





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





On behalf of the HEC I am delighted to welcome you to the Connacht Centre of Excellence for the Yoplaith 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 semi-finals 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 Yoplaith 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 Yoplaith 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 calm 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 Began.

Let the games begin!!!  
Daniel Caldwell  
HEC Chairperson





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





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 GMT Mayo for the First time in 2022 (now ATU Mayo campus).

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







# Yoplaith LGFA HEC Championships 2023 DCUDÉ7 - HEC Cup Team Line Out



**Emily Heeey**

Clonard Meath



**Eimear O'Neill**

Cappagh Kildare



**Keelin Mckeen**

St Patricks Meath



**Eimear O'Brien**

Lucan sarsfield Kildare



**Aoife doohan**

Cloughaneely Donegal



**Lynda Hanley**

Kilmoeve Shamrocks Mayo



**Kayla Breheny**

St Marys Sligo



**Fainche Grimes**

Confey Kildare



**Sarah Tuohy**

Timahoe Laois



**Eva Coghlan**

Clann Gaels Westmeath



**Emma Hickey**

St Brigids Laois



**Shannon Fleming**

Ballygarrett Wexford



**Alisha Tobin**

St Eunans Donegal



**Emer Hunt**

Dunbrody Wexford



**Molly Carthy**

Ballyboughal Dublin

IONADAÍ

Team Captain: Fainche Grimes

16. Lisa Ward Tyholland Monaghan  
17. Leila Cassiy Confey Kildare  
18. Leanne Brady Templeport Cavan  
19. Leah Mcardle Geraldines Louth  
20. Grace kelly Na Fianna Dublin  
21. Zara Phillips Na Fianna Dublin  
22. Niamh Duffy Aghmore Mayo  
23. Alyson Stewart Na Fianna Dublin

24. Aisling Murphy St Nauls Donegal  
25. Christine Daly Na Fianna Dublin  
26. Leah Dormer Confey Kildare  
27. Mary Mitchell St Brigids Antrim  
28. Ava O'Neill AGB Wicklow  
29. Nicola Thornton Na Fianna Dublin  
30. Katie Duffy Castletown Meath

## 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



# Yoplait LGFA HEC Championships 2023

## UU4 - HEC Cup Team Line Out



**Mairéad Comer**  
John Mitchell's, Glenullin Derry



**Bláthnait Kerr**  
St. Colmcille's, An Charraig Mhór Tyrone



**Eva Turley**  
Leixlip Kildare



**Sarah White**  
Slaughtmanus Derry



**Hannah Mullan**  
St. Candice's, Dungiven Derry



**Mary Traynor**  
Errigal Glarán Tyrone



**Áine Boner**  
Dungloe Donegal



**Bláthín Donnelly**  
Claudy John Mitchell's Derry



**Eimile Loughran**  
Errigal Glarán Tyrone



**Áine Reilly**  
Dumlane Cavan



**Ciara McGurk**  
Steelstown Derry



**Lauren Rushe**  
Cookstown Fr. Rocks Tyrone



**Maria Flood**  
Truagh Gaels Monaghan



**Siobhan McKinley**  
Mullaghbawn Armagh



**Erin Ní Dhiolún**  
Ballinascreen Derry

IONADAÍ

Team Captain: Eimile Loughran

16. Aoibhín Ní Chonluain Pomeroy Plunketts Tyrone
17. Emma Louise Scullion Ballymagaigan Derry
18. Chloe McManus Limavady Wolfhounds Derry
19. Chloe Munroe St. Colmcille's, An Charraig Mhór Tyrone
20. Nikki Sweeney Annaghdown Galway
21. Áine Abernathy Aodh Ruadh, Dungannon Tyrone
22. Aoife McGowan Bredagh Down
23. Emer Keaney Enniskillen Gaels
24. Niamh Lambe Augh drumsee St. Macartan's Fermanagh
25. Orla Dempsey St. Peter's, Dunboyne Meath
26. Ella Quinn St. Brigid's Leitrim
27. Caitlin Rose Hawthorne Creggan Antrim
28. Áine Mallon Middletown Armagh
29. Kerrie McGarvey Badoney Tyrone
30. Chloe McAllister Shane O'Neills Armagh

### 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





# Yoplaith LGFA HEC Championships 2023

## Lagan Cup Roll of Honour



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





# Yoplaith LGFA HEC Championships 2023

## Team Photo UG3 & DCUDÉ6





# Yoplait LGFA HEC Championships 2023

## UG3 - Lagan Cup Team Line Out



OLLSCOIL NA  
GAILLIMHE  
UNIVERSITY  
OF GALWAY



Eva Lankford  
Kilavullen Cork



Amy Dunleavy  
Swinford Killasnoe Mayo



Saoirse Gallagher  
St Brigids Mayo



Ellen Donoghue  
Ballyroan Laois



Daina Towey  
Moy Davitts Mayo



Cathy Hogan  
Moyné Templecough Tipperary



Caoimhe Cassidy  
St Manchans Ladies Offaly



Meabh Walsh  
Oughterard Galway



Katie Bell  
St Pats Donabate Dublin



Emily O Connor  
Corofin Galway



Sarah Duffy  
St Marys Oranmore Galway



Aisling McCormack  
Millford Donegal



Amy Fowley  
Dromahair Leitrim



Bronagh McDonnell  
St Farnans Sligo



Orla Murphy  
Enniskillen Gaels Fermanagh

IONADAÍ

Team Captain: Cathy Hogan

- 16.
17. Rachel Roache Shamrock Gaels Waterford
18. Ava McFadden Castlerea St Kevins Roscommon
19. Lauryn Walsh The Neale Mayo
20. Amy O Shea Sliabh Na mBan Tipperary
21. Niamh O Sullivan Kilworth Cork
- 22.
- 23.

- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.

### 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



**Michaela Harte**  
Ballinamore Sean O'Heslins Leitrim



**Katie Carragher**  
Donaghmore/Ashbourne Meath



**Anna Lyons**  
Aghamore Mayo



**Cliona Deveney**  
Cally/St. Joseph's Sligo



**Julia Dempsey**  
Clonard Volunteers Wexford



**Hannah McHugh**  
Corofin Galway



**Ellie Barron**  
Naomh Mhuire Convooy Donegal



**Annalise Crean**  
Davidstown Courtmacuddy Wexford



**Laura Cuskelly**  
Naomh Molaise Offaly



**Caitlin Wilcox**  
Carrick Ladies Monaghan



**Catherine Ahearne**  
Drumgoon Cavan



**Aoibhín McGoldrick**  
Ballinamore Sean O'Heslins Leitrim



**Emily Byrne**  
Na Fianna Dublin



**Grace Flanagan**  
Boyle Roscommon



**Eve Hession**  
Clonard Volunteers Wexford

## IONADAÍ

## 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 Offaly
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](http://www.atu.ie/sports-scholarships)



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**ATU Sport**



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



# Yoplaith LGFA HEC Championships 2023

## Donaghy Cup Roll of Honour



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









# Yoplaith LGFA HEC Championships 2023

## UL - Donaghy Cup Team Line Out



UNIVERSITY OF  
LIMERICK  
OLLSCOIL LUIMNIGH



**Riona Coyne**  
Gráinne Mhaols Galway



**Ava Collins**  
Moylee Rovers Tipperary



**Ilena Davoren**  
Moyculin Galway



**Oria Connolly**  
Oran Roscommon



**Zoe Katus**  
Tinahely Wicklow



**Chloe Fitzpatrick**  
Austin Stacks Kerry



**Megan Pattinson**  
Castlebar Mitchels Mayo



**Ciara Carr**  
St. Claran's LGFA Roscommon



**Sarah Willis**  
Ballyboughal GFC Dublin



**Laura Scanlon**  
Claregalway Galway



**Shannon McGuinness**  
St Barry's Roscommon



**Clodagh O'Brien**  
Fermoy Cork



**Kaioni Tuipolotu**  
Kilgarry Cavan



**Ella Lawless**  
An Tochar Wicklow



**Aine Shaughnessy**  
Kilkerrin-Clonberne Galway

IONADAÍ

Team Captain: Ciara Carr & Sarah Willis

16. Jodie O'Shea Inbhear Scéine Gaels Kerry
17. Shauna Cunningham Tyrrellspass Westmeath
18. Saoirse Kelly Wesport Mayo
19. Amanda O'Sullivan Fermoy Cork
20. Sinead O'Boyle Castlebar Mitchels Mayo
21. Abi Keenan Roche Emmets Louth
22. Aoibhe Gayson Molloy Galtee Rovers Tipperary
23. Ava Cronin Kilcullen Kildare

24. Niamh McGinley St Lomans Westmeath
25. Una O'Brien Carrigtwohill Cork
26. Maria Reehil Killoe ladies Longford
27. Kate Delayney Templemore Tipperary
28. Aideen Heffernan Salthill Galway
29. Thea Coleman Mitchelstown LGFA Cork
30. Saibh Byron The Neale Mayo

### Management Team:

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





TUS  
Sport



Ciara Butler  
Castlegregory Kerry



Maeve Stankard  
Crusheen Clare



Kelli McGrath  
Listowel Emmets Kerry



Lianne Daly  
Davitts Mayo



Mary Kate Clancy  
Comeragh Rangers Waterford



Aisling Morrissey  
Cooraclare Clare



Rachel Moran  
Summerhill Meath



Tara Dunne  
Edenderry Offaly



Norah O'Dwyer  
Burren Gaels Clare



Niamh Miley  
St. Laurence's Kildare



Chloe Towey  
St. Joseph's Doora Barefield Clare



Iris Kennelly  
Old Mill Limerick



Ella Whelan  
Monagea Limerick



Sally King  
Burren Gaels Clare



Aoife Corbett  
Monagea Limerick

IONADAÍ

Team Captain: Aisling Morrissey

- |   |   |
|---|---|
| 16.   | 24. Katie Arthur Newmarket-on-Fergus Clare            |
| 17. Joanne Foley Adare Limerick                     | 25. Lauren Meyenberg Dromcollogher Broadford Limerick |
| 18. Shannen O'Donovan Banner Ladies Clare           | 26. Tory Byrne Portlaoise Laois                       |
| 19. Chelsea Ezeike King Newport Tipperary           | 27. Sorchá O'Mahony Kiladangan Tipperary              |
| 20. Dora Wynne Morgan MKL Gaels Kerry               | 28.   |
| 21. Chloe Fitzgibbon Feohanagh Castlemahon Limerick | 29.   |
| 22. Katie Lillis Cooraclare Clare                   | 30.   |
| 23. Michelle Eustace Ballon Carlow                  |   |

**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

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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





Yoplaith LGFA HEC Championships 2023  
Team Photo ATU Sligo & DKIT



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2023

Yoplaith LGFA HEC  
Championships

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



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Lily Vickers  
Éire Óg Roscommon



Louise Merrick  
Shamrock Gaels Sligo



Aoife Morrisroe  
Shamrock Gaels Sligo



Ella O'Neill  
Drum Rangers Waterford



Niamh Beggan  
Aghadrumssee St Macartan's Fermanagh



Roisin Rodgers  
Naomh Muire Iochtar na Rossan Donegal



Megan Davey  
Geelvagh Sligo



Ellis Keane  
Mac Hale Rovers Mayo



Lisa Powell  
Eastern Harps Sligo



Dearbhle Lynch  
Killygarry Cavan



Orla Hennessy  
Timahoe Ladies Laois



Caoimhe McDonagh  
Geelvagh Sligo



Ella McNamara  
Drumkeeran Leitrim



Niamh McDonagh  
St Francis Leitrim



Mia McDonald  
Coralstown/Kinnegad Westmeath

## IONADAÍ

Team Captain: Roisin Rodgers

16. Hannah Kavanagh St Broughans Offaly
17. Niamh Boyle St.Nauls Donegal
18. Ellen O'Donoghue Lurgan Ladies Cavan
19. Aisling Nally Goldsmiths Westmeath
20. Blessing Eduard Mostrim Ladies Longford
21. Ciara McDonagh CT Gaels Sligo
22. Lauren Fitzgerald Eoghan Rua Sligo
23. Laura Conway Eoghan Rua Sligo

24. Lilymae McDonagh Miltown Galway
25. Hannah Walsh St.Nathy's Sligo
26. Rachel McPartlin Drumkeeran Leitrim
27. Ciara Corrigan Carbury Kildare
28. Enya Gallagher St.Nauls Donegal
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





# Yoplaith LGFA HEC Championships 2023

## DKIT - Moyrihan Cup Team Line Out



**Rebecca Lamb Fegan**  
St.Patricks Louth



**Caoimhe Dooley**  
Cross Rangers Armagh



**Holly Lamb Sally**  
Geraldines Louth



**Rebecca Rooney**  
Glencar-Manorhamilton Leitrim



**Louise Johnson**  
Plunketts/O'Raghallaighs Louth



**Ciara Gilsenan**  
Oldcastle GFC Meath



**Caitlin O'Reilly**  
Plunketts/O'Raghallaighs Louth



**Ciara Mulligan**  
Lattin Monaghan



**Ellen Brodigan**  
Colmcilles Meath



**Lauren Boyle**  
Cooley Kickhams Louth



**Gemma Grimes**  
Killanny GFC Monaghan



**Grace Treanor**  
St.Patricks Louth



**Niamh Rice**  
Cooley Kickhams Louth



**Mia Duffy**  
St.Kevins Louth



**Erin O'Reilly**  
St.Patricks Cullyhanna Armagh

IONADAÍ

Team Captain: Holly Lamb Sally

- 16.
17. Aisling O'Doherty St.Patricks Louth
18. Chloe McQuillan Sean McDermotts Monaghan
19. Emily Johnson Plunketts/O'Raghallaighs Louth
20. Amy Farrell Glyde rangers Louth
21. Katelyn O'Brien Ballyboughal GFC Dublin
22. Megan Benson St Maurs/Naomh Maur Dublin
23. Rachel O'Connor Leonard Glen Emmets Louth

24. Tara McArdle Donaghmoyne GFC Monaghan
25. Ciara Lennon Kilerley Emmets Louth
26. Katie Lenihan Duleek Bellewstown Meath
27. Rachel McQuaid Killeavy Armagh
- 28.
- 29.
- 30.

### Management Team:

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

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



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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	





# Yoplaith LGFA HEC Championships 2023

## Lynch Cup Roll of Honour



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	









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



**Caoimhe Brennan**  
St Brigid's Monaghan



**Muireann Fitzpatrick**  
Castletown Wexford



**Sarah Clarke**  
Drumgoon Cavan



**Lara O'Neill**  
Dee Rangers Meath



**Elena McEnaney**  
Corduff Monaghan



**Bronagh Gallagher**  
Naomh Conaill Donegal



**Geri Rose O'Connor**  
Baile Dubh Tire Wexford



**Loren Doyle**  
Crossabeg/Ballmurn Wexford



**Caoimhe Madden**  
Gowna Cavan



**Gemma Beatty**  
Belturbet Red Hills Cavan



**Lauren Shanagher**  
Northern Harps Roscommon



**KellyAnne Dempsey**  
Crossabeg/Ballmurn Wexford



**Alanna Reilly**  
Dee Rangers Meath



**Ciara Roban**  
Baile Dubh Tire Wexford



**Sarah Gilmore**  
Westerns GFC Louth

## IONADAÍ

Team Captain: Geri Rose O'Connor

16. Michelle Carty Taghmon Canross Wexford
17. Kodie McEnaney St Bride's Louth
18. Emer Cawley Graiguecullen Laois
19. Ava Cunningham Clontarf Dublin
20. Aoife Kilkenny Carburry Kildare
21. Brenda Carr Ghleann Fhinne Donegal
22. Ciara Downey St Laurences GAA Kildare
23. Maeve Sinnott HWH Bunclody Wexford

24. Aoife Greene Naomh Naille Donegal
25. Aisling McCarthy Leixlip Kildare
- 26.
- 27.
- 28.
- 29.
- 30.

## 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



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



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**Bridin McGuire**  
Aodh Rua Donegal



**Maire Kelly**  
Faithleachs Roscommon



**Lauren Martin**  
Glenfin Donegal



**Sophia McFeely**  
St Eunan's Donegal



**Danielle McGinly**  
Glenfin Donegal



**Karen Mc Loughlin**  
Dromard Longford



**Aibhe McDaid**  
Termon Donegal



**Ciara McGravey**  
Termon Donegal



**Ciara O'Donnell**  
St Eunan's Donegal



**Eamier Tranyor**  
Donaghmore Monaghan



**Julie Treaty**  
Downings Donegal



**Lauren Mc Bride**  
Downings Donegal



**Caoimhe Connor**  
Drumcliff Ross Sligo



**Eamer Friel**  
Gweedore Donegal



**Aimnee McIntyre**  
Comleann Cavan

## IONADAÍ

Team Captain: Julie Treaty

- |   |     |
|---|-----|
| 16. Mary Harkin St Manchans Offaly      | 24. |
| 17. Cody Walsh Convoy Donegal           | 25. |
| 18. Cathrine Campbell St Nauls Donegal  | 26. |
| 19. Sasha Lavin Westren Geals Roscommon | 27. |
| 20. Kaitlyn Mc Breaty Killybegs Donegal | 28. |
| 21. Victoria Gallagher Fanad Donegal    | 29. |
| 22. Clare Dothery St Eunan's Donegal    | 30. |
| 23.                                     |     |

## Management Team:

**Manager:** Barney Curran | **Selector:** Nadine Friel, Sylvester McGuire, Tori O'Connor

**Sponsor:** FinTrU





# Yoplaith LGFA HEC Championships 2023 UCC2 - Lynch Cup Team Line Out



Megan Mc Carthy O Donovan

Nemo Rangers Cork



Miriam Cotter

St Vals Cork



Gaby Cashman

Glamire Cork



Eireann O Shea

St Vals Cork



Tao Behan

Stradbally Waterford



Sarah Conlon

Castlebar Mitchels Mayo



Mairead Bennett

Spa Kerry



Claire Walsh

Aghada Cork



Ellen Murphy

Valley rover Cork



Emily Lacey

St Josephs Laois



Jenn Whelan

Rockban Cork



Caoimhe Mc Grath

Ff. Casey Limerick



Emma Fitzpatrick

Templemore Tipperary



Kate O Shea

Ballinora Cork



Holly Fitzgerald

Carrigaline Cork

IONADAÍ

Team Captain: Gaby Cashman

- 16.
17. Nia O Donovan Arravale Rover Tipperary
18. Cathy Johnson Listowel Emmetts Kerry
19. Rachel kilgallen John Mitchels Kerry
20. Hannah Byrne Eadestown Kildare
21. Shauna Maher Brian Borus Tipperary
22. Aisling McAllen Glamire Cork
23. Sarah O'Connor Bandon Cork

24. Maeve Daly Southern gael's Kerry
25. Laura Barr Bandon Cork
26. Tara Clifford Beaufort Kerry
27. Laura Whelan Nemo Rangers Cork
28. Anna Hickey Modeligo Waterford
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. Clíodhna McCarthy
34. Anna O'Regan
35. Lily Byrne
36. Eabha Walsh



Margaret Murphy  
Gabriel Rangers Cork



Rachael Evans  
Laune Rangers Kerry



Kayleigh McGlashan  
Laune Rangers Kerry



Marie Moran  
Aghada Cork



Roisin Dunphy  
Stradbally Waterford



Ruth Shanley  
Clonakilty Cork



Ellen Maguire  
Castlehaven Cork



Abby Quirke  
Midleton Cork



Abbie O'Mahony  
Glanmire Cork



Aoife Carbery  
Bishopstown Cork



Caitlin O'Mahony  
Bantry Blues Cork



Laura Oates  
Cahly St Joseph's Sligo



Maeve Daly  
Ballyduff Upper Waterford



Chloe Brosnahan  
Fr. Casey Ladies Limerick



Ellen Moore  
Moynemattoughy Tipperary

IONADAÍ

Team Captain: Abbie O'Mahony

16. Meghan Buckley Bride Rovers Cork
17. Niamh Ryan Moynetemple Tuohy Tipperary
18. Eva Mulcahy Ballymacarbry Waterford
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

24. Leanne Murphy St. Patricks Tipperary
25. Cliona Murphy Southern Gaels Kerry
26. Katelyn Forde Kinsale Cork
27. Clodagh Moynihan Lisgoold Cork
28. Katelyn French Rosscarberry Cork
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 Deputy | **GAA Development Officer:** Kevin O'Callaghan | **Sponsor:** Vmware

#### Additional Panel Players:

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





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 2023  
Team Photo MU & MTU Kerry





# Yoplait LGFA HEC Championships 2023

## MU - Giles Cup Team Line Out



**Maynooth University**  
National University  
of Ireland Maynooth



**Aoibheann Corcoran**  
Moynalvey Meath



**Sorcha Dawson**  
Ballymore Ladies Longford



**Mary Kate Lynch**  
Summerhill Meath



**Michelle Cronin**  
Moyle Rovers Tipperary



**Lucy Dunne**  
St Patrick's Gaa Club Wicklow



**Sarah McVeigh**  
St.Barrys Roscommon



**Seoda Matthews**  
Oliver Plunketts Louth



**Orla McLoughlin**  
Clann na nGael Meath



**Amy Hanley**  
Carlow Old Leighlin



**Saoirse O'Kane**  
Ratoath Meath



**Elaine Keogh**  
Sarsfields Kildare



**Grace Shannon**  
Longford slashers Longford



**Amiee O'Connor**  
St Dominic's Roscommon



**Kamille Burke**  
Clonguish Longford



**Meadhbh Byrne**  
Dunshaughlin Meath

IONADAÍ

Team Captain: Mary - Kate Lynch

31. Rachel Fitzgerald Ballyroan Laois  
17. Ciara Mulligan Carrickedmond LONGFORD  
18. Ciara O'Brien Baltinglass Wicklow  
19. Haley Wiltshire Na Fianna Kildare  
20. Jennifer Brennan St Faithleachs Roscommon  
21. Jennifer Murphy Timahoe Laois  
22. Lauren Guilfoyle The downs Westmeath  
23. Holly Tyrell Rathcoffey Kildare

24. Katelyn McKeon Clonguish Longford  
25. Kayley McDonnell Bailieborough Shamrocks Cavan  
26. Ella Hayes Maynooth Kildare  
27. Katelyn Greenan Killeevan Monaghan  
28. Sinead McIntyre St Eunans Donegal  
29. Aoife Gallagher St. Brigids Laois  
30. Heather Bennett Timahoe ladies Laois

### 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 Players:

Kirsten Massey | Rebecca O'Connor



**Becky Scally**  
Kilbeggan Shamrocks Westmeath



**Aobha Quinn**  
Clounmacon / Moyvane Kerry



**Niamh Broderick**  
MKL Gaels Kerry



**Lisa Harte**  
O'Donovan Rossa Cork



**Leah Boyle**  
Scartaglin Kerry



**Robyn Whyte**  
Ballymac Kerry



**Becky Bryant**  
Tullamore Offaly



**Ciara Murphy**  
MKL Gaels Kerry



**Caoimhe Evans**  
MKL Gaels Kerry



**Danielle O Leary**  
Rathmore Kerry



**Caroline Brennan**  
Knockganny Limerick



**Shonagh Fitzpatrick**  
Southern Gaels Kerry



**Joanne Deay**  
Clane Kildare



**Aoibhinn Fitzgerald**  
Southern Gaels Kerry



**Ellie O Connell**  
Southern Gaels Kerry

IONADAÍ

Team Captain: Ciara Murphy

16. Sarah O Connor Athea Limerick
17. Ada Relihan Abbeydorney Kerry
18. Kellie O Donoghue Geraldines Louth
19. Liana Williams Kerins O'Rahillys Kerry
20. Isabel O Rourke Knockganny Limerick
21. Karen O Connor Dromtarriffe Cork
22. Emily O Sullivan Southern Gaels Kerry
23. Kayla Devlin Kilcoole Wicklow

24. Shannon McCarthy St Bridgids Limerick
25. Izzy Halligan Blessington Wicklow
26. Siena Lucey Na Gaeil Kerry
27. Aoife Murphy Beaufort Kerry
28. Louise O Dowd MKL Gaels Kerry
29. Jenna O Donoghue Milltown Malbay Clare
30. Sophie Perrot Mallow Cork

**Management Team:**

**Manager:** Alan O'Neill | **Coach:** Katie Sugrue

**Physiotherapist:** Katie Condon | **GAA Development Officer:** Mike Quirke







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



**Allison O'Sullivan**  
St Peter's Dunboyne Meath



**Amber Taylor**  
Na Fianna Dublin



**Orla Smith**  
Oldcastle Meath



**Aine McGrath**  
St Brigid's Roscommon



**Olivia Gore**  
Rathkenny Meath



**Ciara Byrne**  
Saval Down



**Molly O'Loughlin**  
Kilcullen Kildare



**Jenna Mortimer**  
Hollymount Mayo



**Caitlin Coffee**  
Castleknock Dublin



**Laura Walsh**  
Kilbenny Monaghan



**Roisin Maguire**  
St Kevins Louth



**Laoise Ryan**  
St Eunan's Letterkenny Donegal



**Maria Cannon**  
Burrishoole Mayo



**Orlaith Mallon**  
Navan O'Mahony's Meath



**Grainne O'Driscoll**  
Cuala Dublin

## IONADAÍ

Team Captain: Ciara Byrne

16. Orla Corry Termon Donegal
17. Karla Conway Na Fianna Dublin
18. Kelly O'Neill Graiguecullen Laois
19. Sophie Ahern Na Fianna Dublin
20. Emma Strappe Castleknock Dublin
21. Sarah Larkin Timahoe Laois
22. Sarah Reynolds St Mary's Kiltoghert Leitrim
23. Shannen McCormack Kingscourt Cavan

24. Orlaith Sullivan Carbury Kildare
25. Aoife Deegan St Peregrines Dublin
26. Aoife Cullen Gusserane O'Rahillys Wexford
27. Aine Caffrey Maynooth Kildare
28. Aoibhin McCarthy Raheny Dublin
29. Annie Deneher Mullahoran Cavan
30. Niamh Crowley Fingallians Dublin

## 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



# Yoplait LGFA HEC Championships 2023

## UU - Giles Cup Team Line Out



**Maeve Deery**

Breadagh Down



**Orla Devitt**

Eire Og Ennis Clare



**Ciara Brown**

St. Paul's Antrim



**Erin Sands**

Saul Down



**Orla Mulgrew**

Killeeshill St.Mary's Tyrone



**Aimée Daly**

Badoney Tyrone



**Maeve Ferguson**

Ballyhagan Armagh



**Dearbhla Coleman**

Clann Eireann Armagh



**Éabha Lennon**

Mullebrack Armagh



**Ally Cahill**

Killybegs Cavan



**Caitriona O'Hagan**

Carrickcruppen Armagh



**Amy Garland**

Donaghmoyne Monaghan



**Maria O'Neill**

Moneyglass Antrim



**Aoife Taggart**

St. James Aldergrove Antrim



**Lauren Garland**

Donaghmoyne Monaghan

IONADAÍ

Team Captain: Maeve Deery

- |  |     |
|--|-----|
| 16. Orla Bradley St.Mary's Burren Down         | 24. |
| 17. Tiarna McVeigh Armagh Harps Armagh         | 25. |
| 18. Clare Emerson Con Magees Glenravel Antrim  | 26. |
| 19. Hannah Murphy St.Mary's Devenish Fermanagh | 27. |
| 20. Paige Smyth RGU Down                       | 28. |
| 21.  | 29. |
| 22.  | 30. |
| 23.  |     |

### Management Team:

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

**Sponsor:** Randox



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- Sports & Exercise Science
- Sport with Business
- Sports Coaching
- Sports Studies

## **Postgraduate:**

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- Professional Skills for High-Performance Sport
- Sport and Clinical Biomechanics
- Sport Performance Innovation
- Sports and Exercise Nutrition
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ATU also has a range of part-time  
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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





Yoplaith LGFA HEC Championships 2023  
Team Photo UL & QUB



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2023

Yoplaith LGFA HEC  
Championships

LGFA  
PEIL na mBAN



ATU Sport



# Yoplait LGFA HEC Championships 2023

## UL - O'Connor Cup Team Line Out



UNIVERSITY OF  
LIMERICK  
OLLSCOIL LUIMNIGH



**Dara Kinry**  
Lisgoold Cork



**Erika O'Shea**  
Macroom Cork



**Ciara Needham**  
Louisburg Mayo



**Niamh O'Connor**  
Corca Dhuibhbe Kerry



**Aoife O'Rourke**  
Tuam Cortoon Galway



**Mary Bolger**  
Southern Gaels Kerry



**Lucy Spillane**  
Fethard Tipperary



**Nicola Ward**  
Kilkerin/Clonberne Galway



**Aisling Reidy**  
Doora Barefield Clare



**Allsih Morrissey**  
Kilkerin/Clonberne Galway



**Siofra O'Shea**  
Southern Gaels Kerry



**Siofra O'Connell**  
Doora Barefield Clare



**Aoife Molloy**  
St. Fursey's Galway



**Erone Fitzpatrick**  
Park-Rathensiska Laois



**Dearbhile Beirne**  
Mohill Leitrim

### IONADAÍ

### Team Captain: Aoife Molloy

16. Rosie Landers Ballyduff Upper Waterford
17. Cora Murray Comeragh Rangers Waterford
18. Sarah Cunney Tourlestrane Sligo
19. Amy Sexton Kilmurry Ibrickane Clare
20. Ciara McCarthy Abbeydorney Kerry
21. Zara Fay Drumlane Cavan
22. Catherine Boyle St Ailbes, (Limerick) Donegal
23. Aoife Hurley Bride Rovers Cork

24. Ellen Power Moycullen Galway
25. Cait Gillispe Aodh Ruadh Ballyshannon Donegal
26. Shaun Parker Ballymarcarbery Waterford
27. Ava Doherty Glenflesk Kerry
28. Kate Nolan Roscommon
29. Eve Murphy Bantry Cork
30. Ceiti Long Corca Dhuibhbe Kerry

### Management Team:

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



# Yoplaith LGFA HEC Championships 2023

## QUB - O'Connor Cup Team Line Out



**QUEEN'S  
UNIVERSITY  
BELFAST**



**Niamh Scullion**  
Rostrevor Down



**Ciara Garvey**  
Carrickcruppen Armagh



**Ana Mulholland**  
Glenavy Antrim



**Emily Druise**  
Armagh Harps Armagh



**Lucy McAlary**  
May Tyrone



**Brianna Mathers**  
Shane O'Neills Armagh



**Mia Doherty**  
Leixlip Kildare



**Grace Ferguson**  
Ballyhegan Armagh



**Megan McCann**  
Clann Eireann Armagh



**Susanne White**  
Bredagh Donegal



**Cadhla Bogue**  
Tempo Fermanagh



**Megan McShane**  
Armagh Harps Armagh



**Orla Duffy**  
Bredagh Down



**Dearbhaile Gallagher**  
Trillick Tyrone



**Niamh Reel**  
Silverbridge Armagh

IONADAÍ

Team Captain: Grace Ferguson

16. Ellie Conway Magherafelt Derry
17. Katie Murphy Trillick Tyrone
18. Maura Kirk Glennelly Tyrone
19. Brid McNally Emyvale Monaghan
20. Cait Towe Clann Eireann Armagh
21. Ciara Clarke Knockninny Fermanagh
22. Katie Byrne Aghayaran Tyrone
23. Blathain Bogue Tempo Fermanagh

24. Eimear Fitzpatrick Burren Down
25. Maeve Mulholland Con Magees Antrim
26. Sarah Dougherty Bryansford Down
- 27.
- 28.
- 29.
- 30.

### Management Team:

**Manager:** Mark Doran | **Coach:** Sean Flemming

**Selector:** Eva Hicks | **Physiotherapist:** Michael Robinson | **GAA Development Officer:** Gavan Duffy

**Sponsor:** EJC





Claire Dunne  
St Farnans Sligo



Christina Charters  
Crosserlough Cavan



Anna Rose Kennedy  
Aherlow Tipperary



Ciara Finnegan  
Crosserlough Cavan



Emma Morrissey  
Aherlow Tipperary



Abby Shields  
Lucan Sarsfields Dublin



Laoise Lenehan  
Kill Kildare



Ruth Sargeant  
Eadestown Kildare



Chloe Darby  
Parnells Dublin



Maria Reilly  
Kiltale Mayo



Tara Needham  
Louisburgh Mayo



Jennifer Duffy  
O'Neill Shamrocks Monaghan



Roisin Ennis  
Naomh Ciaran Offaly



Clodagh Lohan  
Grattans Longford



Kate Kenny  
Naomh Ciaran Offaly

#### IONADAÍ

Team Captain: Anna Rose Kennedy

16. Robyn Murray: Navan O'Mahonys Meath
17. Orla Martin Na Fianna Dublin
18. Hannah Howard Fingallians Dublin
19. Orla Nevin Longford Slashers Longford
20. Aoife Farrell Simonstown Meath
21. Emma Duggan Dunboyne Meath
22. Leah Fox Glencar Manorhamilton Leitrim
23. Jade Lyons Shamrock Gaels Sligo

24. Ciara Banville Taghmon Camross Wexford
25. Aoife Rattigan Cappagh Kildare
26. Faye O'Connell Bell Foxrock Cabinteely Dublin
27. Caoimhe McCormack Carrickedmond Longford
- 28.
- 29.
- 30.

#### 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





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



**Roisin O'Reilly**  
Gowna Cavan



**Rachael Callery**  
Foxrock Cabinteely Dublin



**Rachael Brennan**  
St Peregrines Dublin



**Lorna Reilly**  
Crosserlough Cavan



**Katie Newe**  
Rathoath Meath



**Hannah Byrne**  
Ballyboden St Endas Dublin



**Ellen Gribben**  
St Brigids Dublin



**Caoimhe Cregg**  
Boyle Roscommon



**Ellie Young**  
St Judes Dublin



**Aoife Heffernan**  
St Peregrines Dublin



**Caoimhe O'Connor**  
Clontarf Dublin



**Angela McGuignan**  
Eadestown Kildare



**Shannon Russell**  
Erins Isle Dublin



**Niamh Keenaghan**  
Laragh Cavan



**Amy O'Brien**  
Garristown Dublin

IONADAÍ

Team Captain: Caoimhe O'Connor

16. Hannah Davis Maynooth Kildare
17. Sinead Daly Lucan Sarsfield Dublin
18. Shalyn Ward Keeldra Gaels Leirim
19. Katie Chambers Westport Mayo
20. Alex Bedford Kilmacud Crokes Dublin
21. Megan Healy Eire Og Greystones Wicklow
22. Megan Dignam Ballyboden St Endas Dublin
23. Ciara Price Sarsfields Kildare

24. Niamh McEvoy St Sylvesters Dublin
25. Kate Buckely NA Fianna Dublin
26. Rebecca Keogh St Peters Dunboyne Meath
27. Ave Egan Foxrock Cabinteely Dublin
28. Lauren Roache Gussarane Wexford
29. Rebecca Duffy Foxrock Cabinteely Dublin
- 30.

## 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



Ollscoil  
Teicneolaíochta  
an Atlantaigh

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Technological  
University

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**2** ATU Donegal Killybegs

**3** ATU Sligo St Angela's\*

**4** ATU Sligo

**5** ATU Mayo

**6** ATU Connemara

**7** ATU Mountbellow

**8** ATU Galway City

\* Subject to formal incorporation  
of St. Angela's College into  
Atlantic Technological University.





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