



Name:

Caitlin Keogh.

How and when did you get involved in the sport?

My coach Joan told my mum to bring me after doing water safety weeks with her when I was 8.

What is your favorite event?

100m carry and 100m tow.

Why do you love the sport?

I love being out in the water and I've made some amazing friends through it.

What are you most excited for in Australia?

Competing for Ireland against amazing athletes, and watching Katie's line throw.

What's your favourite training food?

Bananas and chocolate chip flapjacks

What's your favourite and least favorite part of training?

My favourite is when my friends push me and always help me improve and my least favourite is waking up early.

What's your favourite beach in Ireland?

Brittas Bay