



Name:

Jamie Flynn

How and when did you get involved in the sport?

I got involved by my friends in the swim club when I was nine.

What is your favorite event?

Obstacles relay, surf race and beach sprints.

Why do you love the sport?

The variety of events and how there's a pool and beach competition.

What are you most excited for in Australia?

Sight-seeing and competing in Australia.

What's your favourite training food?

Any food that's in the kitchen.

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

Having sore muscles after and during training and my best part must be the food after training.

What's your favourite beach in Ireland?

Derrynane beach Kerry.