

## **That winning feeling with Sinead Kernan, 2013 QUB O'Connor Cup winning captain Club/County: Clann Eireann, Armagh.**

### **Are you still involved in Ladies' Gaelic Football as a player/coach?**

I now coach Armagh Minor girls and Crossmaglen Rangers U8 girls.

### **What did you study at Queen's?**

I studied Midwifery at undergrad followed by Advanced Professional Practice in Maternal and Child Health (MSc). I'm currently in the final stages of a PhD at the University.

### **What are your memories of your time at Queen's?**

Work hard, play hard would sum the whole thing up.

### **What did it mean to captain a winning O'Connor Cup squad?**

It was a privilege, of course, and something I proudly reflect on now, but we had 5/6 girls within the team at that time who were leading the way, driving our standards forward which was brilliant.

### **What are your memories of the tournament?**

We very much entered the tournament weekend under the radar, with all focus on the 'favourites' DCU and UL. There was no pressure placed upon us, and we were delighted to be there. That said, we were a close-knit group, we knew our strengths and we worked extremely hard for each other so with those attributes we were always in with a chance. We got a last gasp goal in the semi-final to take us through - that bit of luck that you need in tournaments... and the rest is history!

### **Have you noticed an uplift in support for women's GAA teams since your time at Queen's?**

Definitely. The support continues to grow on an annual basis, particularly in my home county of Armagh where the recent successes of our senior ladies continue to inspire the next generation to want to take up the sport.

### **Do you find any of your skills on the pitch have proven beneficial in your chosen career?**

Yes definitely, in career and even just in life. Not shying away from a challenge, to be driven to reach your full potential and to be resilient enough to overcome potential setbacks.

### **What does it mean to you to have Queen's host the O'Connor Cup?**

It's brilliant to be able to showcase the University, the facilities and the wider Belfast area. Wonderful also for local supporters of Ladies' Football who may not be able to travel for tournament weekends to have access to the games.

### **Any advice for competitors at this weekend's O'Connor Cup?**

Anything is possible during tournament weekend, believe in yourselves, play to the final whistle (as we did in our semi-final!) and enjoy.

