



Thomas Barr

Athletics- 400m Hurdles



Quick facts

Hometown: Dunmore East, Waterford

Favourite food: Steak and chips

Favourite movie: Anchorman

Favourite music: Funky dance music

Childhood heros: My parents

Favourite athlete: Kelly McGrory

Most rewarding moment in sport:

Overcoming a career challenging injury in the year of the Rio 2016 Olympics, to finish 4th in those games

Talents other than sport: I am quite mechanically minded and enjoy working with my hands so will happily throw myself into any kind of DIY project

Thomas Barr was born in Waterford in 1992. He was always a lover of the outdoors and tried most sports throughout his youth. He started athletics at the age of 8, and stuck with it as he made great friends in his club, Ferrybank AC. While he had a little success as a juvenile athlete, it was not until Thomas joined the training group in UL with coaches Hayley and Drew Harrison, that he really started to excel and move up the ranks in the 400m hurdles. Now retired, but throughout his career he broke numerous Irish records and represented Ireland across the world, having fun in the process!



Highlights

Personal Best: 47.97 Irish Record

2018 European Athletics Championships:
3rd Place

2016 Rio Olympics, 4th Place

2024 European Athletics Championships,
Mixed 4x400m Relay Champions

Links



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