



Tiarnán O'Donnell

Paralympic Rower



Quick facts

Hometown: Limerick, Ireland

Favourite food: Pasta Carbonara

Favourite movie: Monsters Inc

Favourite music: 2000s Throwbacks

Childhood heros: Paul O'Connell

Favourite athlete: Jason Smyth

Most rewarding moment in sport:

Winning a world Silver medal in my first major international regatta.

Talents other than sport: I make amazing homemade spring rolls, I can play the guitar very poorly.

Tiarnan O'Donnell was born in Limerick in 1998. He's one of 4 brothers. Hess and his twin are the youngest in the family. Tiarnán was a keen hurler until the age of 5 when he was diagnosed with a tumour in his right leg. Due to his illness he had to find a new sporting venture. When he was 14 he found wheelchair basketball! He played basketball for 9 years with Ireland winning lots of medals and awards along the way! In 2022, he changed sport to rowing in the hopes of qualifying for the Paris 2024 games. Two years after starting he had the honour of representing Ireland on the biggest stage... The Paralympic Games! Since then hes had lots of success on the international stage!

Highlights

Personal Best: 7:06 (Irish Indoor Record)

2024 World Cup II Silver Medal

2024 World Cup III Silver Medal

2024 Paralympic Games 8th Place

2025 World Cup I Gold Medalist

2025 World Cup III Bronze Medalist

Links

<https://www.rte.ie/sport/team-ireland-paralympics/2024/0808/1464094-tiarnan-odonnell/>

 @tiarnan_98

