



THE 42

# SHE CAN!

The COLOURING BOOK for  
TOMORROW'S IRISH SPORTS STARS

ILLUSTRATED BY

CHRIS JUDGE

KATIE

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TOMORROW'S IRISH SPORTS STARS

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**CHRIS JUDGE**

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# HELLO!

In Ireland, we're blessed to have so many female athletes who have reached the very highest levels in sport.

On national and international stages, the women who feature in this book have all collected bundles of medals, trophies and belts while proudly representing clubs, counties, their country and - most importantly - family and friends.

Something they all have in common is a desire to inspire the next generation of Irish sports stars - and that means you!

Each and every one of these women was once a small child with a big dream, which soon became a reality thanks to lots and lots of hard work.

Some day, they'll score their last goal, run their last race or throw their last punch. When that day comes, they want to pass the baton on to you.

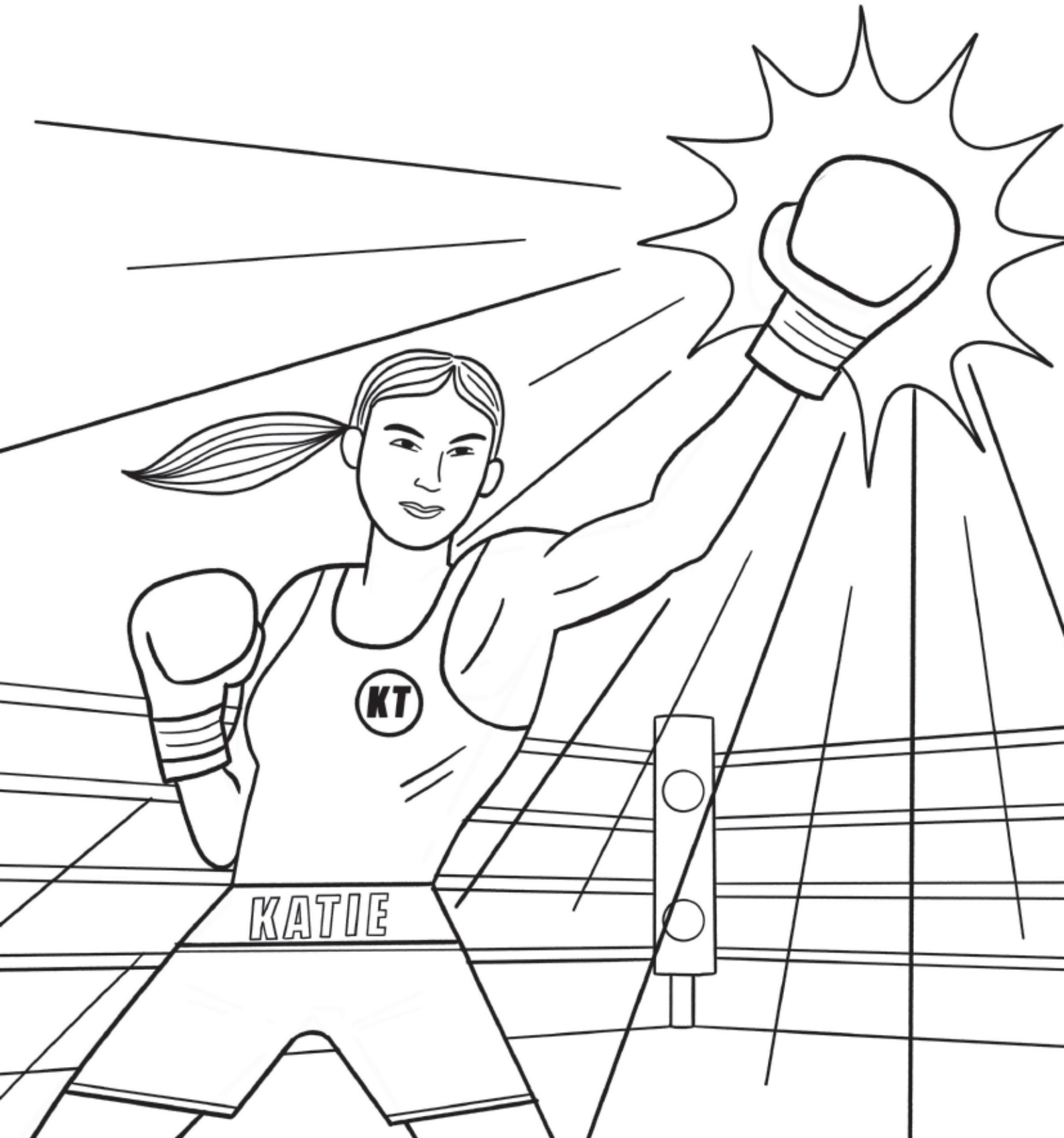
Whether your goal is to become a world champion, or simply to stay fit and healthy while having fun with your friends, the women on these pages want you to know that anything is possible when you set your mind to it.

Bring them to life with your crayons, markers or pencils - we think you'll be needing plenty of green! - and when you've reached the end, there's a special page which will allow you to take your place among some of Ireland's finest sportspeople.

If you'd like, you can tear out the pages and hang them on your bedroom wall. The images of these heroes can serve as a daily reminder for you to keep chasing your dreams. If she can, so can you!

*Paul Dollery*  
*The42*

# KATIE TAYLOR





**Katie is one of the best professional boxers in the world, and the undisputed lightweight champion.**

**She comes from Bray in County Wicklow.**

**Katie won a gold medal at the 2012 London Olympics and played football for Ireland too.**

**KATIE TAYLOR**

*1. What's your favourite colour?*

**Gold, because it reminds me of my gold medal I won in the Olympic Games.**

*2. What do you like daydreaming about?*

**Winning more belts, making history in my sport and going down as the best female boxer of all time!**

*3. What makes you feel brave?*

**Being brave involves having courage, and pursuing my goals and dreams takes a lot of courage.**

*4. If you could only eat one food for an entire year, what would you choose?*

**Chocolate since it's my favourite food, but I need to eat healthy every day to be the best.**

*5. If you were invisible for a day, where would you go and what would you do?*

**I think I'd play some pranks on my friends.**

*6. What's something you're looking forward to?*

**Going home and spending time with my family and friends, especially my granny.**

*7. Who is your sporting hero?*

**Sonia O'Sullivan and Roy Keane - two Irish athletes who never settled for second best.**

*8. If you were an animal, what would you be?*

**A lion! They are so powerful and majestic, and I love how they protect their pride.**

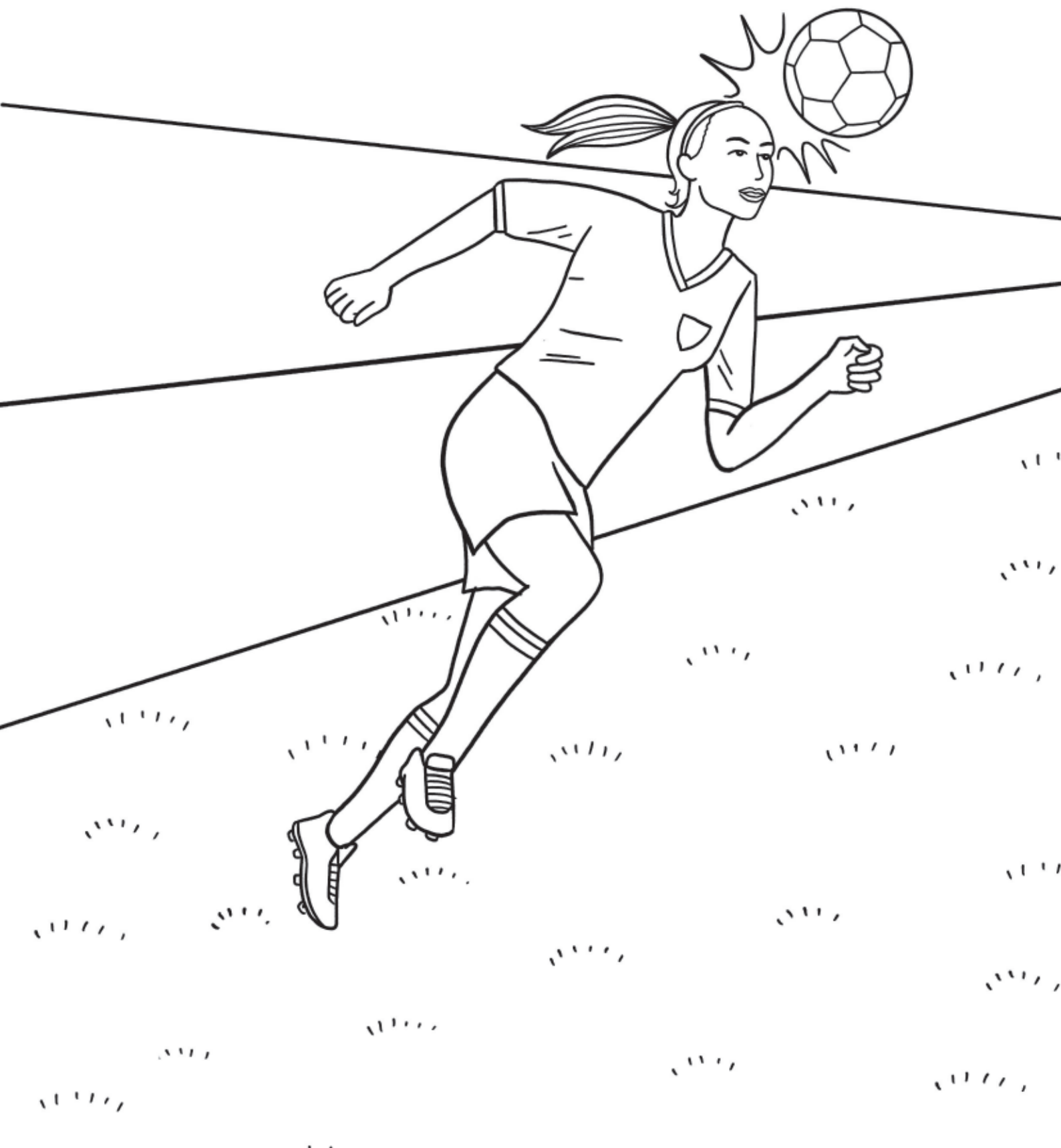
*9. What's your favourite game to play?*

**I love playing X Factor with my nieces and nephews. I never win!**

*10. What's your favourite song to dance to?*

**I don't have a favourite song to dance to (I'm a terrible dancer!), but I recently went to a Pink concert and it was a lot of fun.**

# LOUISE QUINN





**Louise is from Wicklow and she plays football as a central defender for Ireland and her club Arsenal.**

**LOUISE QUINN**

1. *What's your favourite colour?*

**Green.**

2. *What do you like daydreaming about?*

**Winning games, slide tackling and food!**

3. *What makes you feel brave?*

**When my friends and family give me confidence.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Yoghurt with fruit and peanut butter!**

5. *If you were invisible for a day, where would you go and what would you do?*

**I would go to the Cadbury's chocolate factory and eat all the chocolate!**

6. *What's something you're looking forward to?*

**When I am away from home I always look forward to seeing my friends and family.**

7. *Who is your sporting hero?*

**Sonia O'Sullivan.**

8. *If you were an animal, what would you be?*

**I would be a giraffe because I'm so tall.**

9. *What's your favourite game to play?*

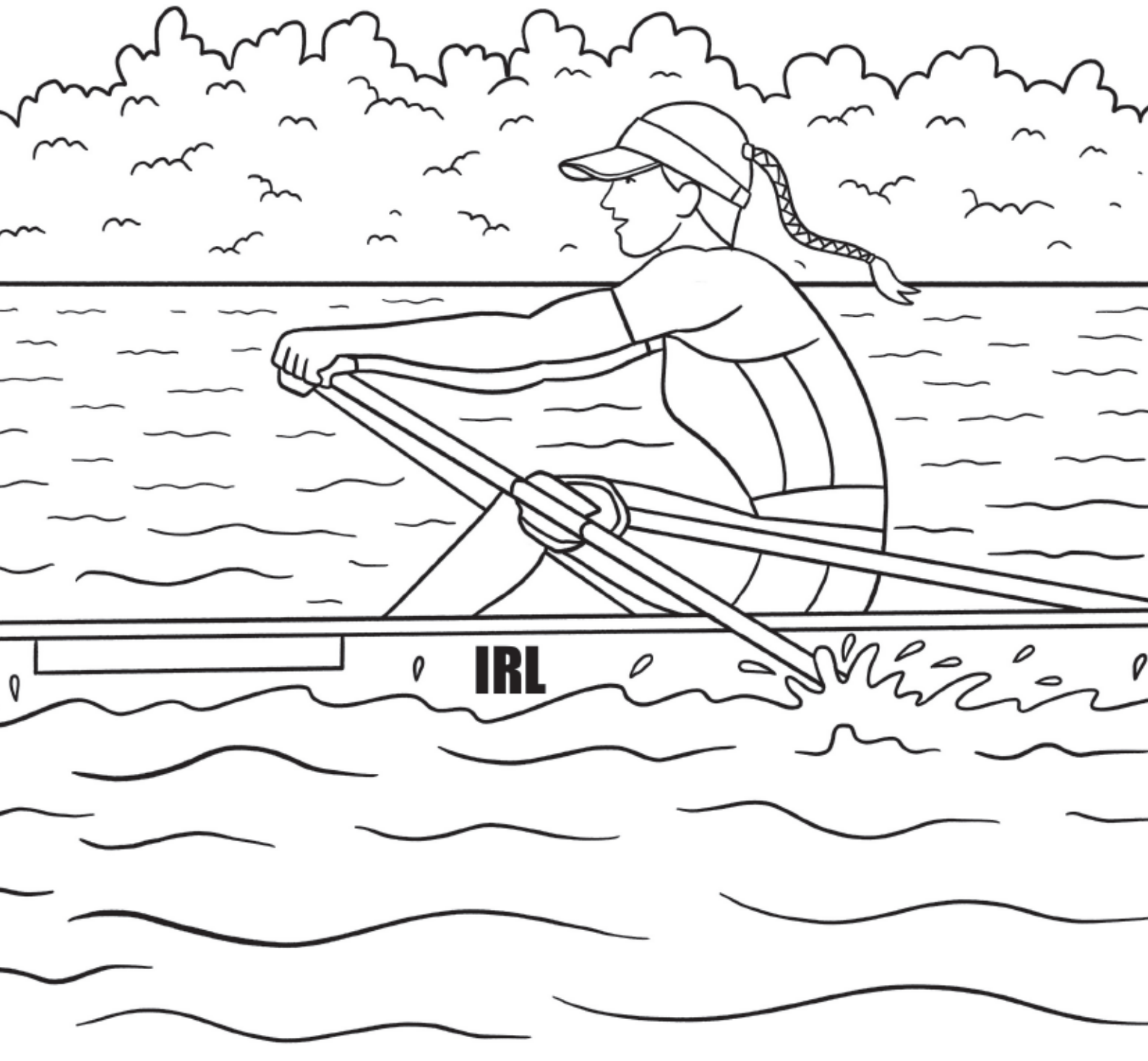
**Football all the time!**

10. *What's your favourite song to dance to?*

**U Can't Touch This - MC Hammer.**



# SANITA PUSPURE





**Sanita, a rower who is originally from Latvia, has represented Ireland at two Olympic Games.**

**She is the reigning world and European champion in her event, single sculls, and lives in Cork with her family.**

**SANITA PUSPURE**

1. *What's your favourite colour?*

**Pink, baby blue and green.**

2. *What do you like daydreaming about?*

**Sometimes I'll be dreaming about an Olympic medal, sometimes about a delicious piece of cake.**

3. *What makes you feel brave?*

**Having Weetabix for my breakfast makes me brave! And also knowing it's ok to fail as long as you try your best.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Burgers!**

5. *If you were invisible for a day, where would you go and what would you do?*

**I'd go into schools to see how my kids are behaving :)**

6. *What's something you're looking forward to?*

**I'm looking forward to lots and lots of training so I can be very fast during the summer.**

7. *Who is your sporting hero?*

**I think Katie Taylor is pretty amazing and Sonia O'Sullivan is a legend.**

8. *If you were an animal, what would you be?*

**Probably a dog, everybody loves dogs. Maybe even a guide dog, so I can help somebody.**

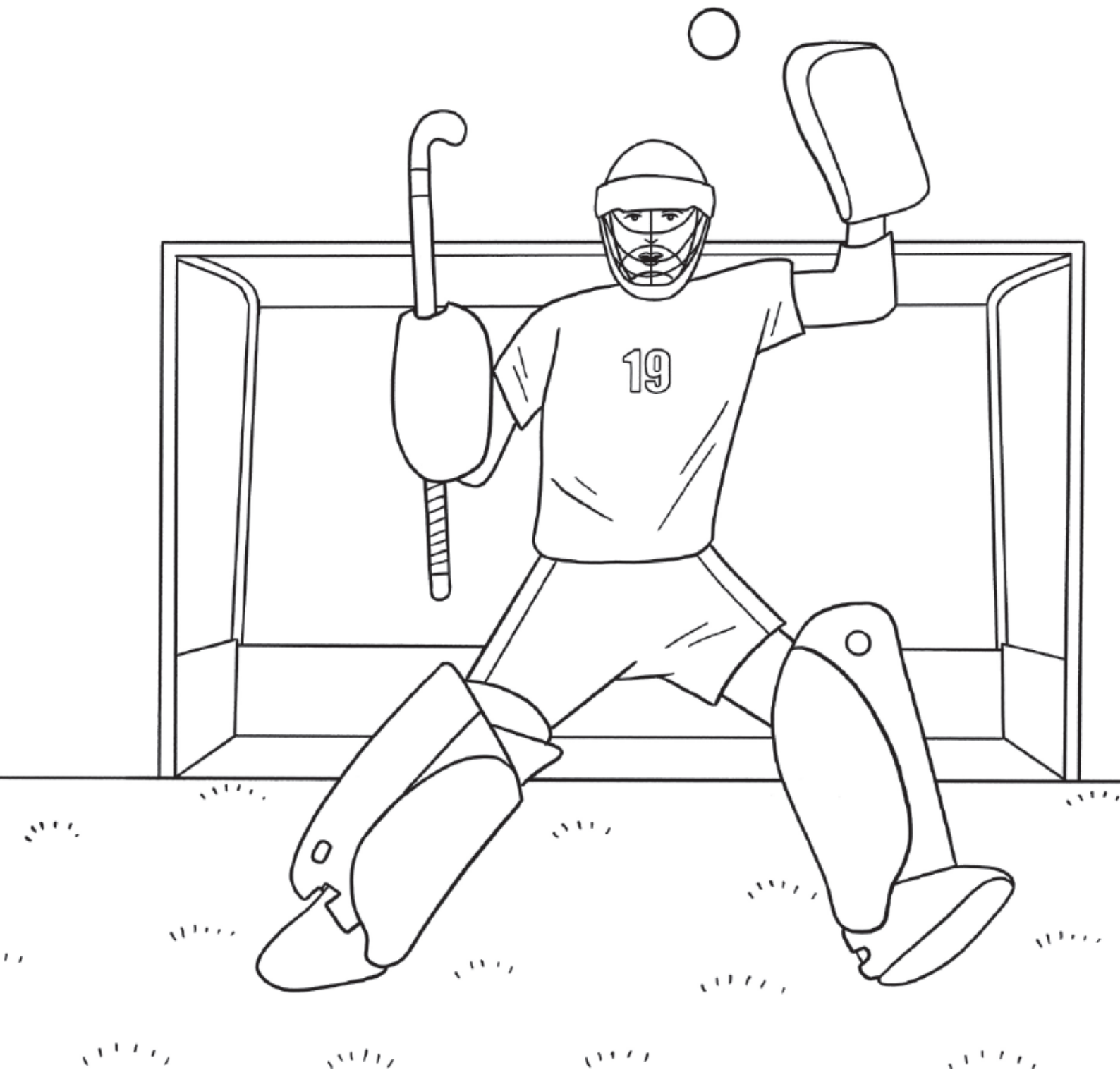
9. *What's your favourite game to play?*

**Hide and seek.**

10. *What's your favourite song to dance to?*

**Any song with a good beat would do if in the right company!**

AYEISHA  
McFERRAN





**Ayeisha is the goalkeeper for the Irish hockey team, so she wears lots of pads to help her to stop the ball.**

**Ireland finished second at the Hockey World Cup in London in 2018, and Ayeisha won the award for being the Goalkeeper of the Tournament.**

**AYEISHA MCFERRAN**

*1. What's your favourite colour?*

**Hard to pick one. Right now, dusty pink with grey.**

*2. What do you like daydreaming about?*

**Different types of food to eat or cook. Or dogs!**

*3. What makes you feel brave?*

**Knowing I have the support of my family and friends when needed.**

*4. If you could only eat one food for an entire year, what would you choose?*

**Sushi.**

*5. If you were invisible for a day, where would you go and what would you do?*

**Go to Los Angeles, find Ellen DeGeneres and do pranks like she does on her show.**

*6. What's something you're looking forward to?*

**The Olympic qualifiers against Canada.**

*7. Who is your sporting hero?*

**Billie Jean King.**

*8. If you were an animal, what would you be?*

**A koala - sleep for the majority of the day and look cute but fiery on the inside!**

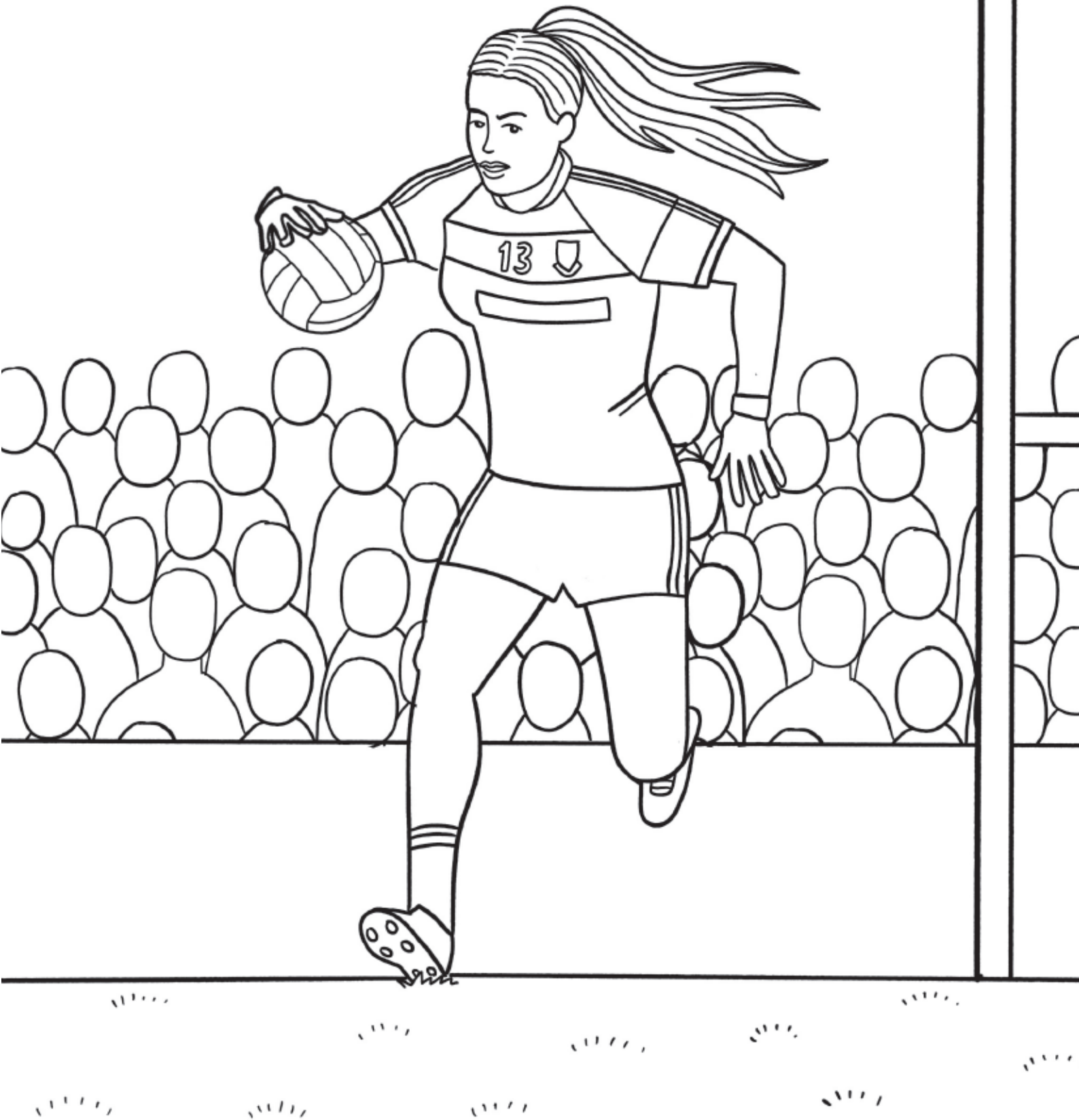
*9. What's your favourite game to play?*

**Monopoly.**

*10. What's your favourite song to dance to?*

**Energy - BURNS, A\$AP Rocky & Sabrina Claudio.**

# SARAH ROWE





**Sarah plays lots of different sports!**

**She plays Gaelic football for her county, Mayo, and she also plays Australian Rules football (which is like a mix of rugby and Gaelic football) for a team called Collingwood, which is in Melbourne in Australia.**

**She is also a very good football player and used to play for Ireland.**

**SARAH ROWE**

1. *What's your favourite colour?*

**Turquoise.**

2. *What do you like daydreaming about?*

**What I want my future to look like and about goals I've set.**

3. *What makes you feel brave?*

**Being around people who are positive and believe in me.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Oats, because you can eat them so many different ways.**

5. *If you were invisible for a day, where would you go and what would you do?*

**I would follow my friends around and freak them out by playing pranks on them.**

6. *What's something you're looking forward to?*

**The simple things for me - my breakfast and coffee every morning.**

7. *Who is your sporting hero?*

**The Tullow Tank (Sean O'Brien).**

8. *If you were an animal, what would you be?*

**A bird, you can see everything above the ground.**

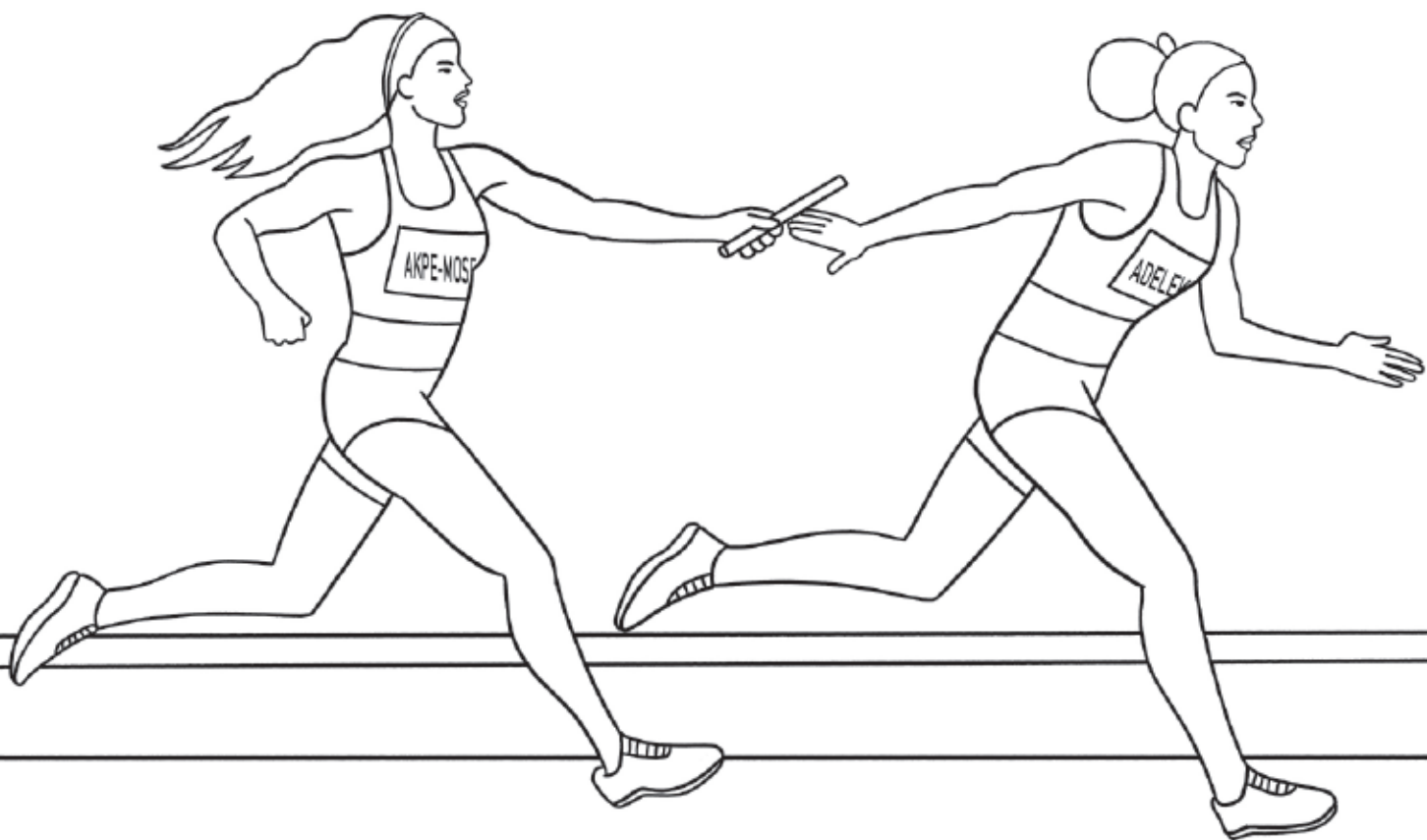
9. *What's your favourite game to play?*

**GAA.**

10. *What's your favourite song to dance to?*

**Dreams - Gabrielle.**

GINA  
AKPE-MOSES  
RHASIDAT  
ADELEKE





**Gina is one of Ireland's fastest sprinters. She became junior European champion in the 100m race in 2017.**

**Gina was born in Nigeria and grew up in Dundalk, County Louth.**

**Rhasidat is very fast, even though she's still a teenager!**

**She comes from Tallaght in Dublin and has won loads of medals already for Ireland.**

**Rhasidat is also really good at basketball.**

**GINA AKPE-MOSES – RHASIDAT ADELEKE**

1. *What's your favourite colour?*

**Gina: Yellow. Rhasidat: Purple.**

2. *What do you like daydreaming about?*

**Gina: Food.**

**Rhasidat: My future, and how successful and happy and inspirational I want to be.**

3. *What makes you feel brave?*

**Gina: Praying to God makes me feel brave.**

**Rhasidat: Being able to use my voice to speak up for what I believe in.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Gina: Chicken fajitas. Rhasidat: Rice!**

5. *If you were invisible for a day, where would you go and what would you do?*

**Gina: I would go around pulling pranks on people.**

**Rhasidat: I'd play pranks on my friends and family.**

6. *What's something you're looking forward to?*

**Gina: Finishing university.**

**Rhasidat: Improving myself as an athlete but also as a whole.**

7. *Who is your sporting hero?*

**Gina: Usain Bolt.**

**Rhasidat: Shauna Miller-Uibo.**

8. *If you were an animal, what would you be?*

**Gina: A cheetah.**

**Rhasidat: A cheetah. They're fast and slick and I love the pattern on their skin.**

9. *What's your favourite game to play?*

**Gina: Connect Four. Rhasidat: Charades.**

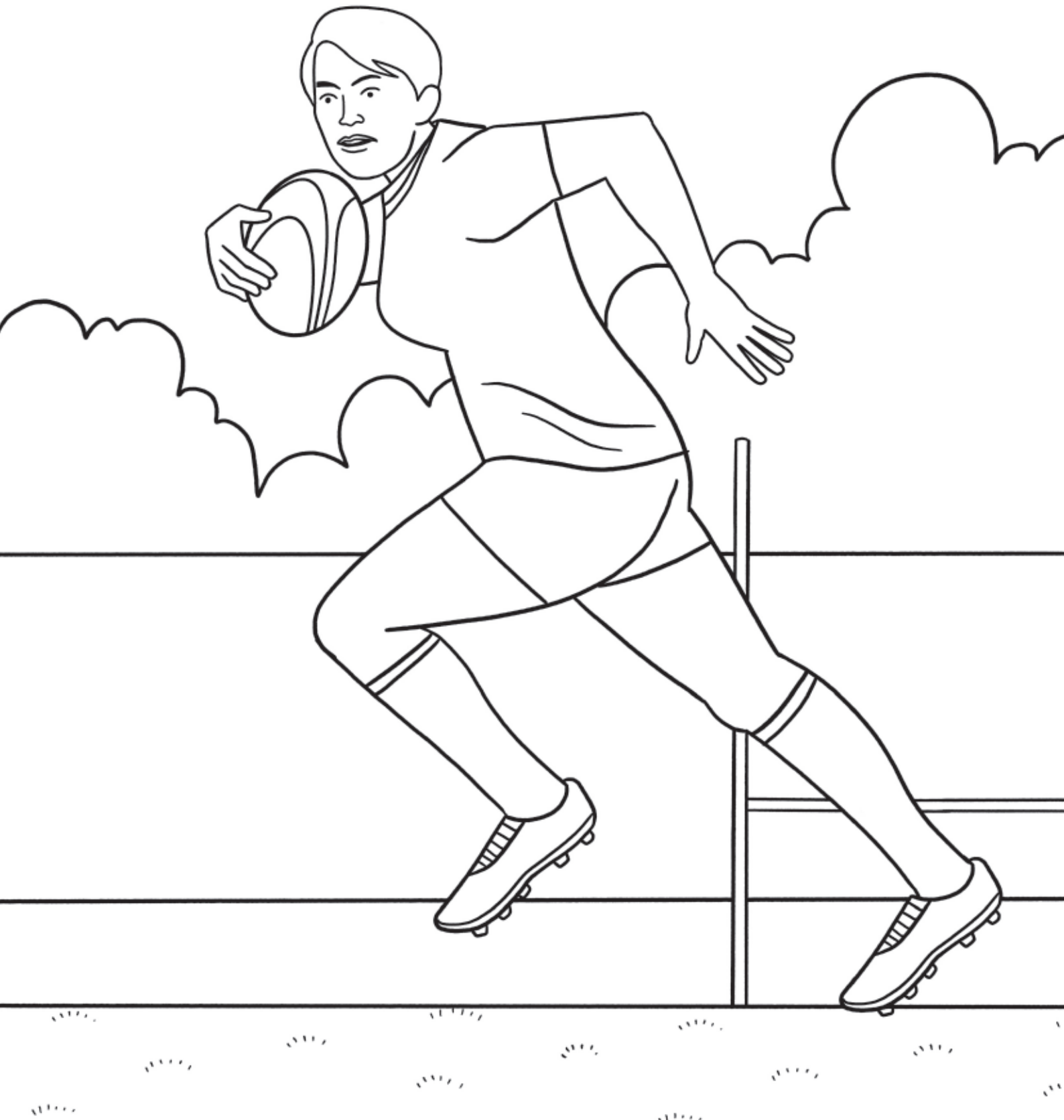
10. *What's your favourite song to dance to?*

**Gina: So Fine - Crayon.**

**Rhasidat: I Like It - Cardi B.**



# CIARA GRIFFIN





**Ciara is the captain of the Irish rugby team, and she also plays for Munster and her club UL Bohemian.**

**When she's not playing rugby, she teaches in primary school and also helps her dad with the cows on the farm.**

**CIARA GRIFFIN**

1. *What's your favourite colour?*

**Red.**

2. *What do you like daydreaming about?*

**Farming and different projects you'd do on the farm if you won the Lotto.**

3. *What makes you feel brave?*

**Knowing that I've done everything I could to be prepared for what's in front of me. No shortcuts.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Turkey.**

5. *If you were invisible for a day, where would you go and what would you do?*

**I would go to the Massey Ferguson factory and see how the different tractors were made and put together.**

6. *What's something you're looking forward to?*

**Getting married to Damien next summer.**

7. *Who is your sporting hero?*

**Serena Williams because she knows that hard work and commitment pays off.**

8. *If you were an animal, what would you be?*

**An Aberdeen Angus cow - I love cows!**

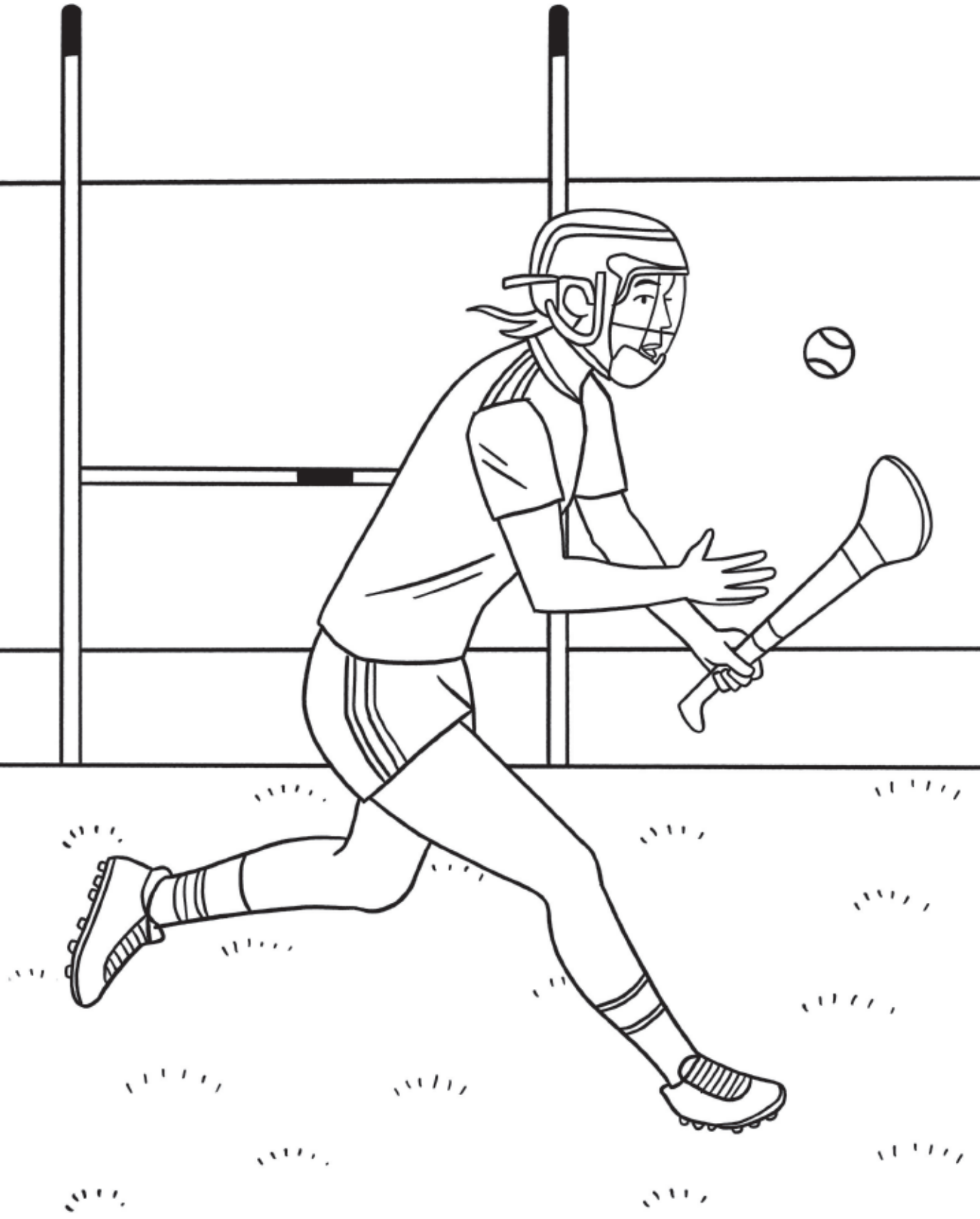
9. *What's your favourite game to play?*

**Rugby, obviously! Other than that, I love a good game of soccer.**

10. *What's your favourite song to dance to?*

**Shake It Off - Taylor Swift.**

# NIAMH KILKENNY





**Niamh is a brilliant camogie player.**

**She has won two All-Ireland championships with Galway, her county, and she was the Player of the Match when they beat Kilkenny in the 2019 final in Croke Park.**

**NIAMH KILKENNY**

1. *What's your favourite colour?*

**Purple.**

2. *What do you like daydreaming about?*

**Winning the Lotto and going on loads of holidays.**

3. *What makes you feel brave?*

**Standing up for something I believe in.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Chocolate.**

5. *If you were invisible for a day, where would you go and what would you do?*

**Playing pranks on my mother by moving objects around.**

6. *What's something you're looking forward to?*

**Christmas with family and friends.**

7. *Who is your sporting hero?*

**Katie Taylor.**

8. *If you were an animal, what would you be?*

**A cat.**

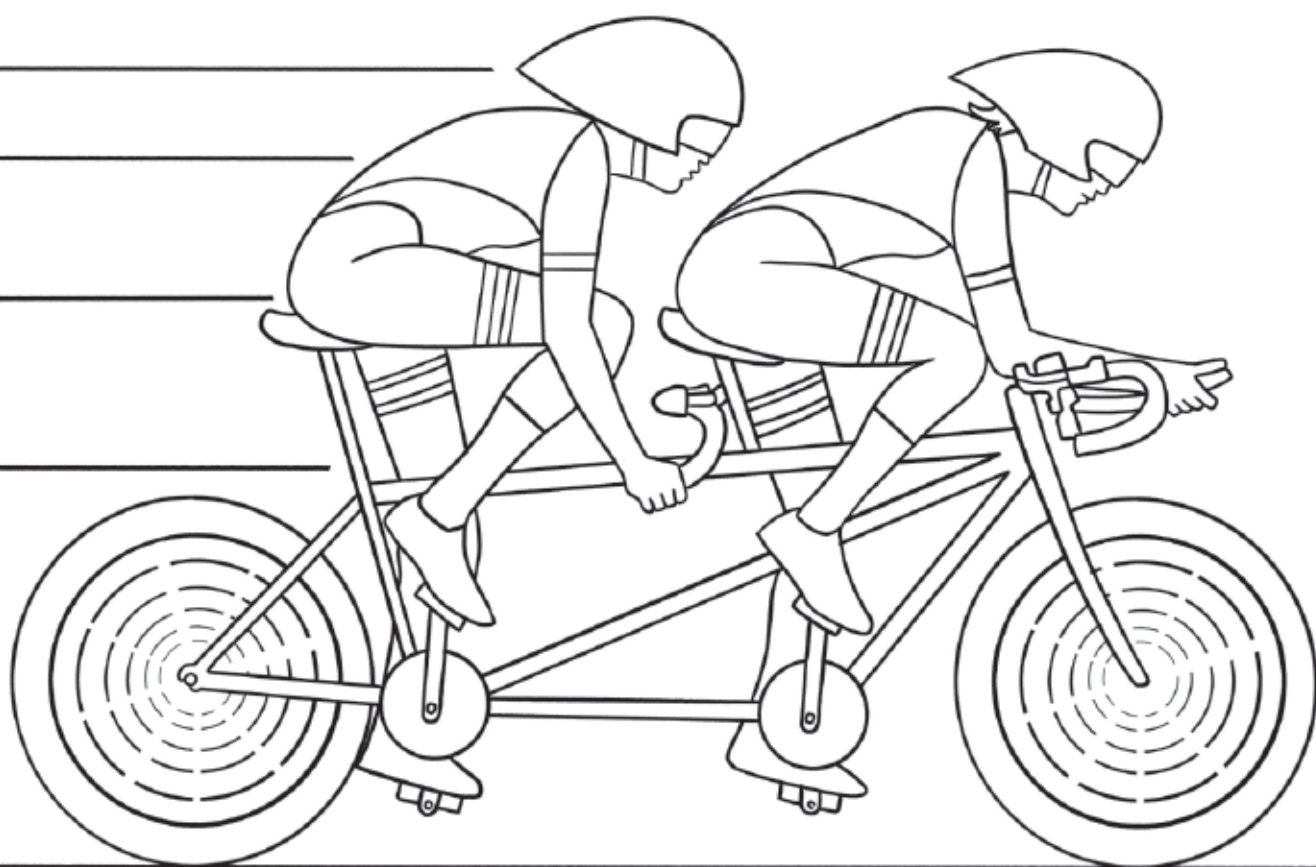
9. *What's your favourite game to play?*

**Stop The Bus with my nieces and nephews,**

10. *What's your favourite song to dance to?*

**Dance Monkey - Tones And I.**

KATIE-GEORGE  
DUNLEVY  
EVE  
McCRYSTAL





**Katie-George and Eve cycle together as a team. Katie-George can't see very well, so they use a special bike which they both cycle at the same time.**

**They won a gold and a silver medal at the 2016 Paralympics, and were world champions in 2017, 2018 and 2019.**

**KATIE-GEORGE DUNLEVY AND EVE MCCRYSTAL**

1. *What's your favourite colour?*

**Katie-George: Blue. Eve: Black**

2. *What do you like daydreaming about?*

**Katie-George & Eve: Winning a gold medal in Tokyo.**

3. *What makes you feel brave?*

**Katie-George: Being prepared.  
Eve: My family.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Katie-George & Eve: Porridge.**

5. *If you were invisible for a day, where would you go and what would you do?*

**Katie-George: Pretend I'm a pop star and be on stage with Little Mix.**

**Eve: Follow the sportswomen I admire and live a day in their shoes.**

6. *What's something you're looking forward to?*

**Katie-George & Eve: Tokyo 2020.**

7. *Who is your sporting hero?*

**Katie-George: Katie Taylor.**

**Eve: Kristina Vogel and Annemiek van Vleuten, but growing up my sporting hero was always my brother - he is amazing.**

8. *If you were an animal, what would you be?*

**Katie-George: Sea Otter. Eve: A robin.**

9. *What's your favourite game to play?*

**Katie-George: Just Dance.**

**Eve: Any game that involves movement.**

10. *What's your favourite song to dance to?*

**Katie-George: Wake Me Up Before You Go-Go - Wham. Eve: I Want You Back - The Jackson 5.**

# LEONA MAGUIRE





**LEONA MAGUIRE**

**Leona and her twin sister Lisa are from Cavan, and they are both golfers.**

**Leona is such a good golfer that she won a scholarship to go to university in America, and next year she will play as a professional on the LPGA Tour.**

1. *What's your favourite colour?*

**Blue.**

2. *What do you like daydreaming about?*

**Food.**

3. *What makes you feel brave?*

**Having my friends and family always support me. It makes me feel I can do anything.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Ice cream.**

5. *If you were invisible for a day, where would you go and what would you do?*

**Mess with my sister Lisa all day, playing pranks on our friends.**

6. *What's something you're looking forward to?*

**Being home for Christmas.**

7. *Who is your sporting hero?*

**Katie Taylor.**

8. *If you were an animal, what would you be?*

**Eagle.**

9. *What's your favourite game to play?*

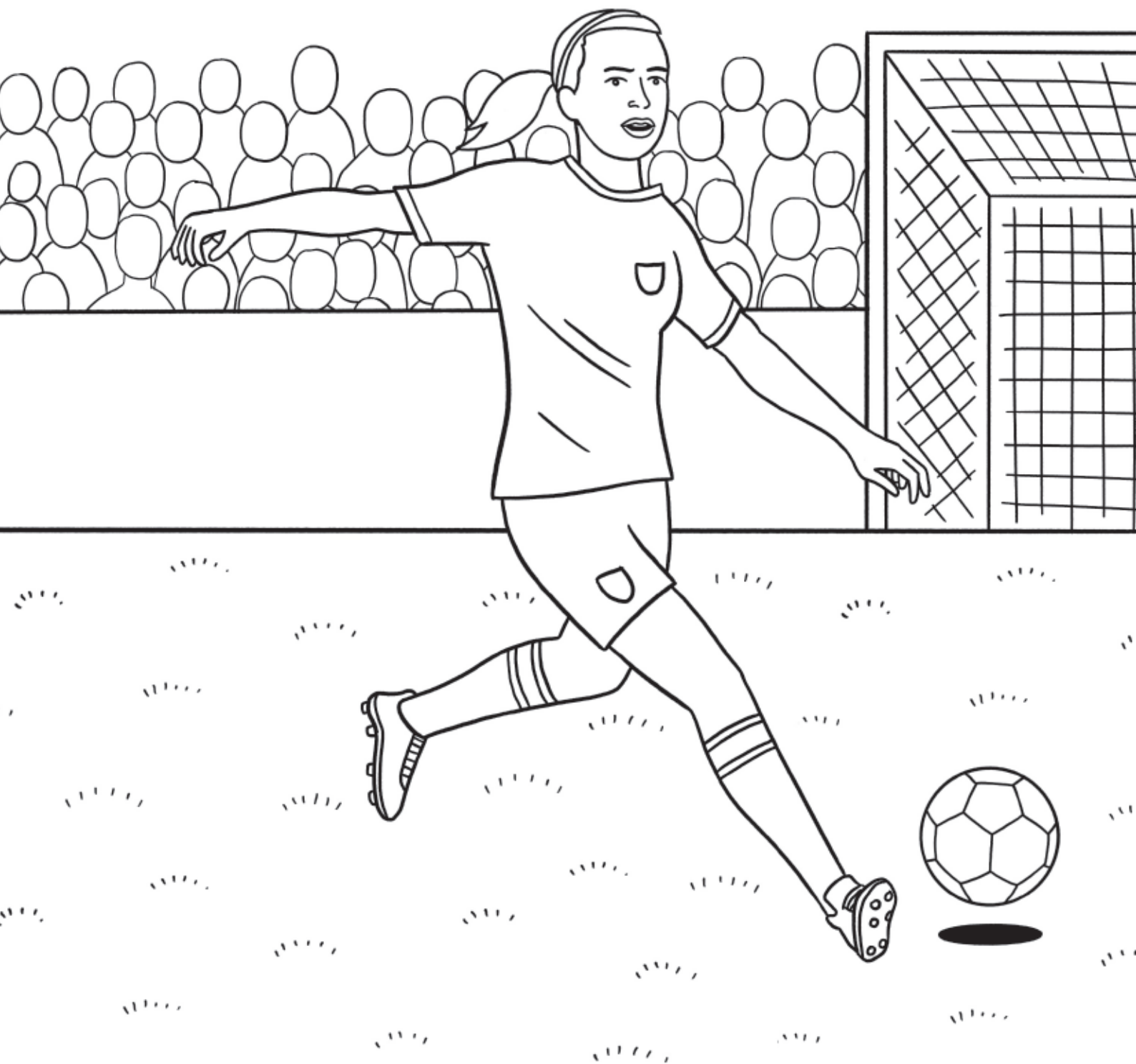
**Anything outside - I love to be outdoors!**

10. *What's your favourite song to dance to?*

**I love all types of music!**



# KATIE McCABE





**Katie is a talented footballer with Women's Super League champions Arsenal, and she's also the Ireland captain.**

**KATIE MCCABE**

1. *What's your favourite colour?*

**Orange.**

2. *What do you like daydreaming about?*

**Lots of things like food and scoring goals.**

3. *What makes you feel brave?*

**Going out to play a match with my team-mates beside me.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Chocolate.**

5. *If you were invisible for a day, where would you go and what would you do?*

**I would go to a really sunny country and relax and enjoy the sunshine!**

6. *What's something you're looking forward to?*

**Training and football matches and holidays.**

7. *Who is your sporting hero?*

**Damien Duff.**

8. *If you were an animal, what would you be?*

**A lion.**

9. *What's your favourite game to play?*

**Tip the Can, or I like playing card games.**

10. *What's your favourite song to dance to?*

**The Logical Song - Scooter.**

# NICOLE OWENS





**Nicole is a star forward with the Dublin ladies football team that has won three All-Ireland titles in a row.**

**NICOLE OWENS**

1. *What's your favourite colour?*

**Blue because I love the sea and water.**

2. *What do you like daydreaming about?*

**Playing football and being in bed.**

3. *What makes you feel brave?*

**When I know I've put in the work and I can face whatever adversity may come my way.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Crackers with cheese (it counts as one food!). There's so many possible options.**

5. *If you were invisible for a day, where would you go and what would you do?*

**I'd just wander around Dublin and go places I'm usually not allowed in to!**

6. *What's something you're looking forward to?*

**Being able to play football again after hurting my knee.**

7. *Who is your sporting hero?*

**Sonia O'Sullivan - I grew up watching her run in the Olympics with the whole country screaming for her.**

8. *If you were an animal, what would you be?*

**A koala, because I love cuddles.**

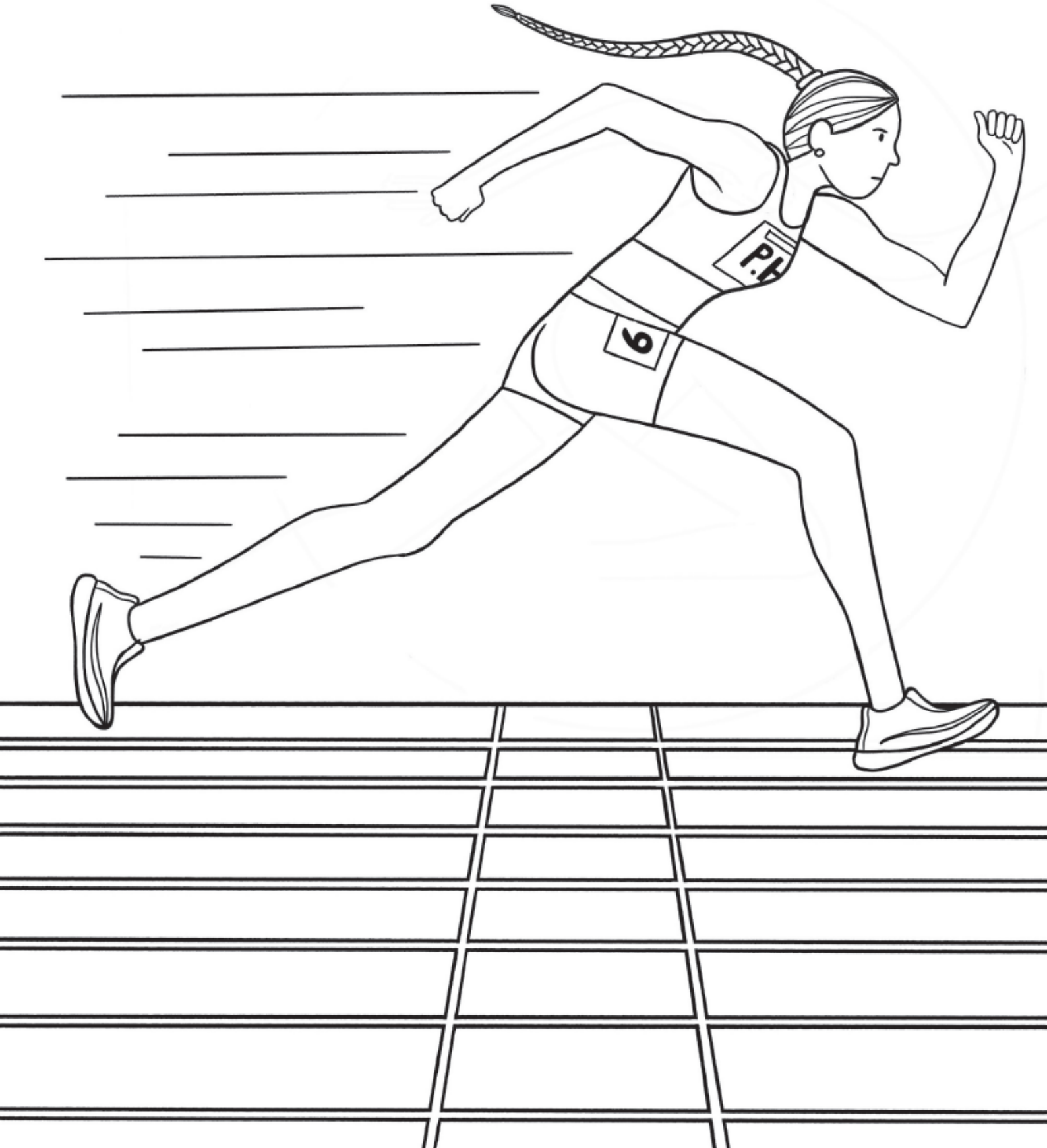
9. *What's your favourite game to play?*

**"Snooze" with my alarm in the morning.**

10. *What's your favourite song to dance to?*

**True Faith - New Order.**

# PHIL HEALY





**Phil is from Cork, and she is the fastest woman in Ireland.**

**In 2018, she ran 100 metres in 11.28 seconds, which is Ireland's national record.**

**Her big sister Joan is also a sprinter.**

**PHIL HEALY**

*1. What's your favourite colour?*

**Pink. What girl doesn't love pink?**

*2. What do you like daydreaming about?*

**Training, sitting on a beach on an island, or planning the day ahead.**

*3. What makes you feel brave?*

**Getting out of my comfort zone and doing something that will be a challenge.**

*4. If you could only eat one food for an entire year, what would you choose?*

**Pizza.**

*5. If you were invisible for a day, where would you go and what would you do?*

**Go to a very important meeting in the White House and listen in. Or fly around the bank. Or see what it's like to be a part of the Kardashian family.**

*6. What's something you're looking forward to?*

**I love having a break, but I am looking forward to getting back into hard training again and competing.**

*7. Who is your sporting hero?*

**Ciara Mageean - what a strong, powerful, hard-working and bubbly athlete, and she wears that Irish vest with pride.**

*8. If you were an animal, what would you be?*

**A koala. I tend to sleep a lot.**

*9. What's your favourite game to play?*

**Spoons, the card game! I can get very competitive.**

*10. What's your favourite song to dance to?*

**When You're Looking Like That - Westlife (with my friends).**

# ANNALISE MURPHY





**Annalise is from Dublin and races sailing boats.**

**She was very sad to just miss out on a medal at the 2012 Olympics but then did amazingly well to take silver for Ireland four years later in Rio.**

**She was part of a team that sailed around the world in 2018 and is aiming to be at the Olympics in 2020.**

**ANNALISE MURPHY**

1. *What's your favourite colour?*

**Pink.**

2. *What do you like daydreaming about?*

**Winning races!**

3. *What makes you feel brave?*

**I try to challenge myself to do scary things that I might not like to do.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Bananas or almonds.**

5. *If you were invisible for a day, where would you go and what would you do?*

**Go on a safari and walk around with lions, giraffes and zebras.**

6. *What's something you're looking forward to?*

**Christmas and the Olympics.**

7. *Who is your sporting hero?*

**Ben Ainslie.**

8. *If you were an animal, what would you be?*

**A dog (a labrador).**

9. *What's your favourite game to play?*

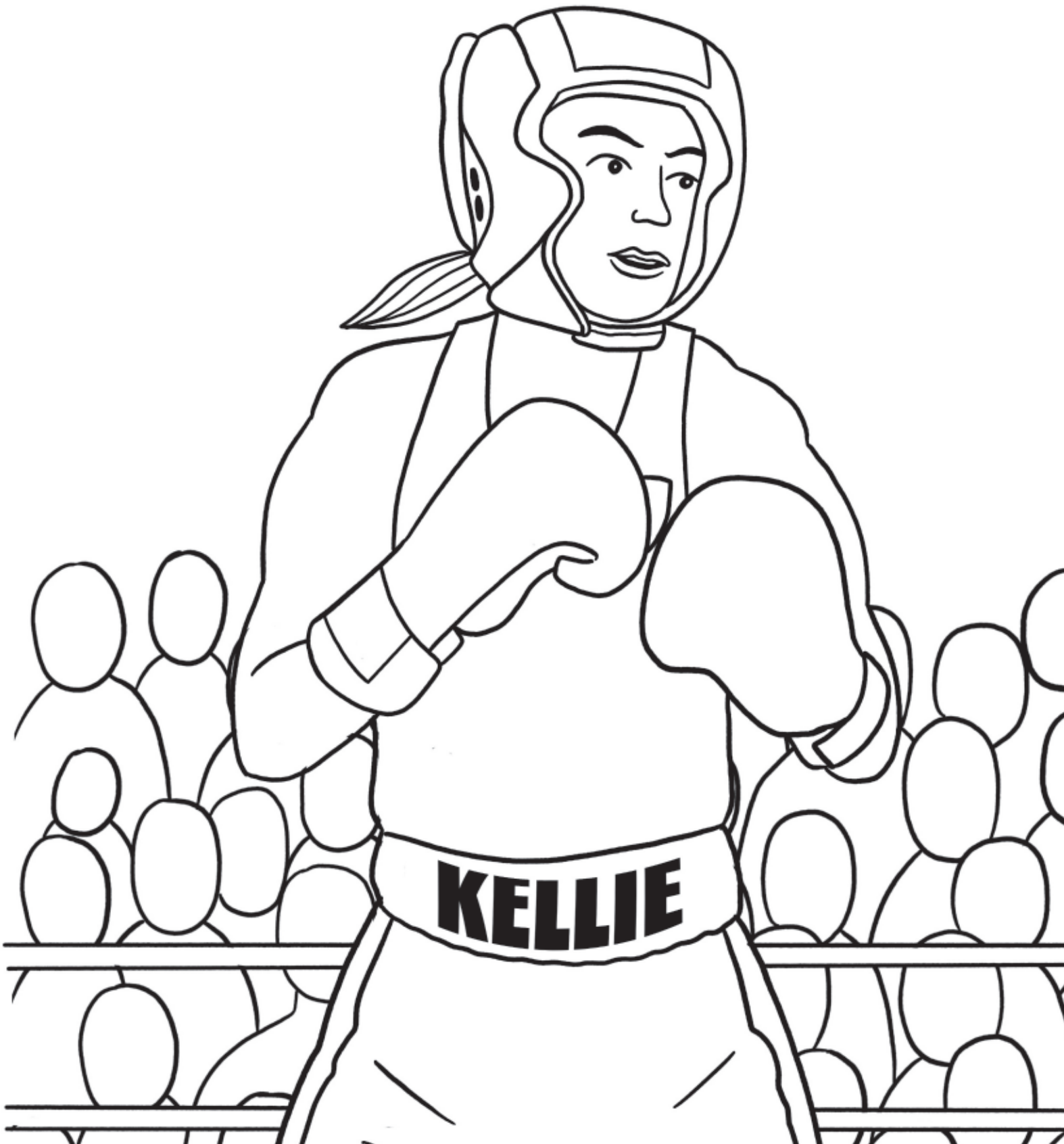
**Scrabble.**

10. *What's your favourite song to dance to?*

**Animal - Le Boom.**



# KELLIE HARRINGTON





**Kellie is a world champion amateur boxer from Dublin.**

**She works in a hospital when she isn't training to get to the 2020 Olympics.**

**KELLIE HARRINGTON**

1. *What's your favourite colour?*

**Red.**

2. *What do you like daydreaming about?*

**Loads of nice foods that I am going to eat and new places to try food when I'm finished with a fight or a tournament. That keeps me happy :)**

3. *What makes you feel brave?*

**When I know I have done all the work I need before stepping into the ring. I know only brave people will chase their dreams because people who are not brave give up — they are afraid of failure.**

4. *If you could only eat one food for an entire year, what would you choose?*

**I love pasta and mince :) It's my favourite.**

5. *If you were invisible for a day, where would you go and what would you do?*

**I'd like to see what my dogs get up to when I am not at home so I'd stay at home and watch them.**

6. *What's something you're looking forward to?*

**The Olympic qualifiers next year. It's a massive task which I will need to be brave for.**

7. *Who is your sporting hero?*

**Michael Conlan.**

8. *If you were an animal, what would you be?*

**A lion, to be able to roar and act like I am king of the jungle.**

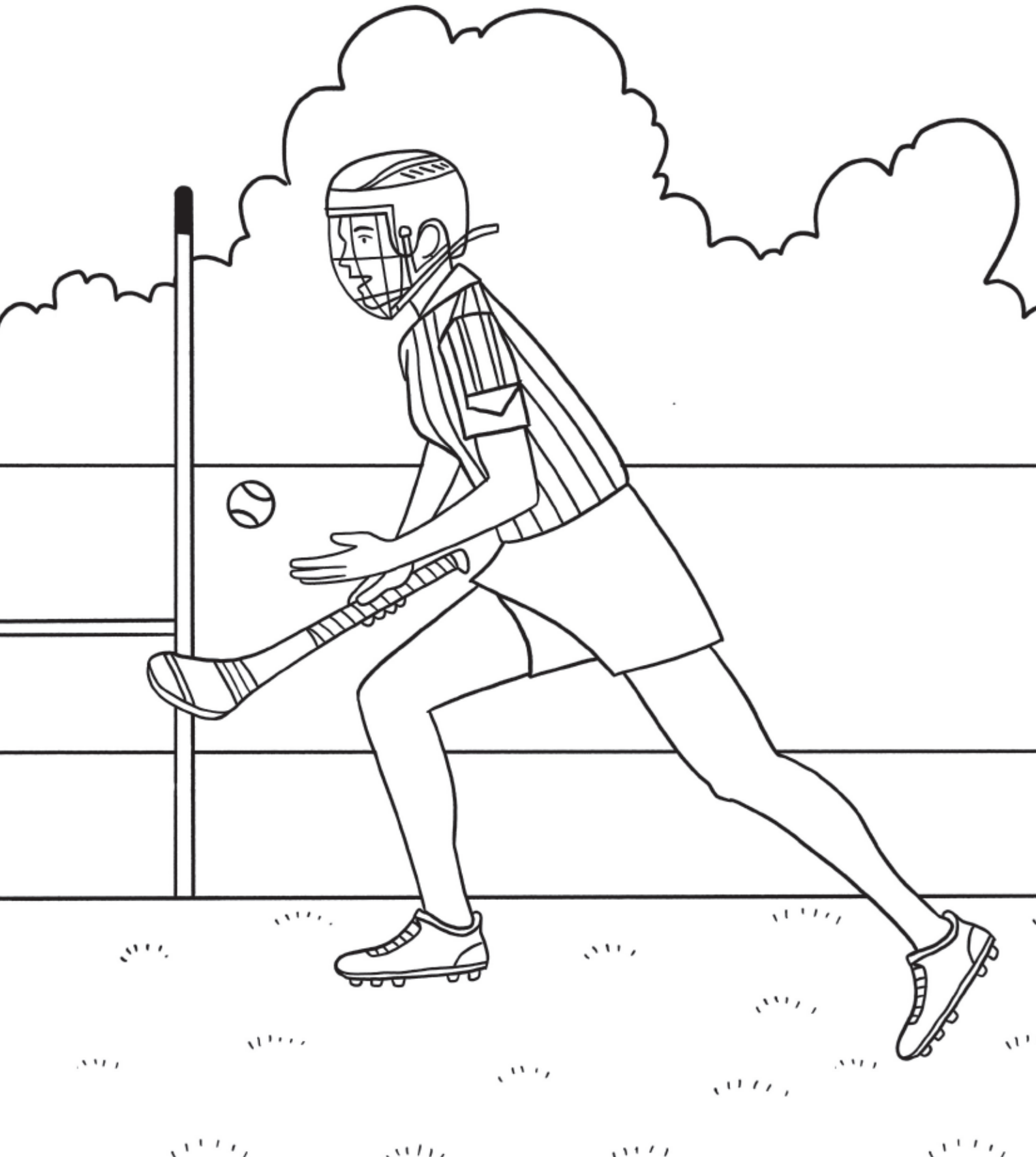
9. *What's your favourite game to play?*

**I like playing Freeze.**

10. *What's your favourite song to dance to?*

**Dancing is something that makes me very, very happy so I love dancing to every song :)**

# ANNE DALTON





**Anne plays camogie for her county, Kilkenny.**

**She's won an All-Ireland title and six All-Star awards while playing with the Cats.**

**ANNE DALTON**

1. *What's your favourite colour?*

**Blue.**

2. *What do you like daydreaming about?*

**Playing matches and scoring goals.**

3. *What makes you feel brave?*

**My friends and family.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Crispy rashers.**

5. *If you were invisible for a day, where would you go and what would you do?*

**I would sneak into a Barcelona training session so I could kick the ball back to Messi!**

6. *What's something you're looking forward to?*

**My sister's wedding next November!**

7. *Who is your sporting hero?*

**Lionel Messi.**

8. *If you were an animal, what would you be?*

**An eagle because I would love to be able to fly!**

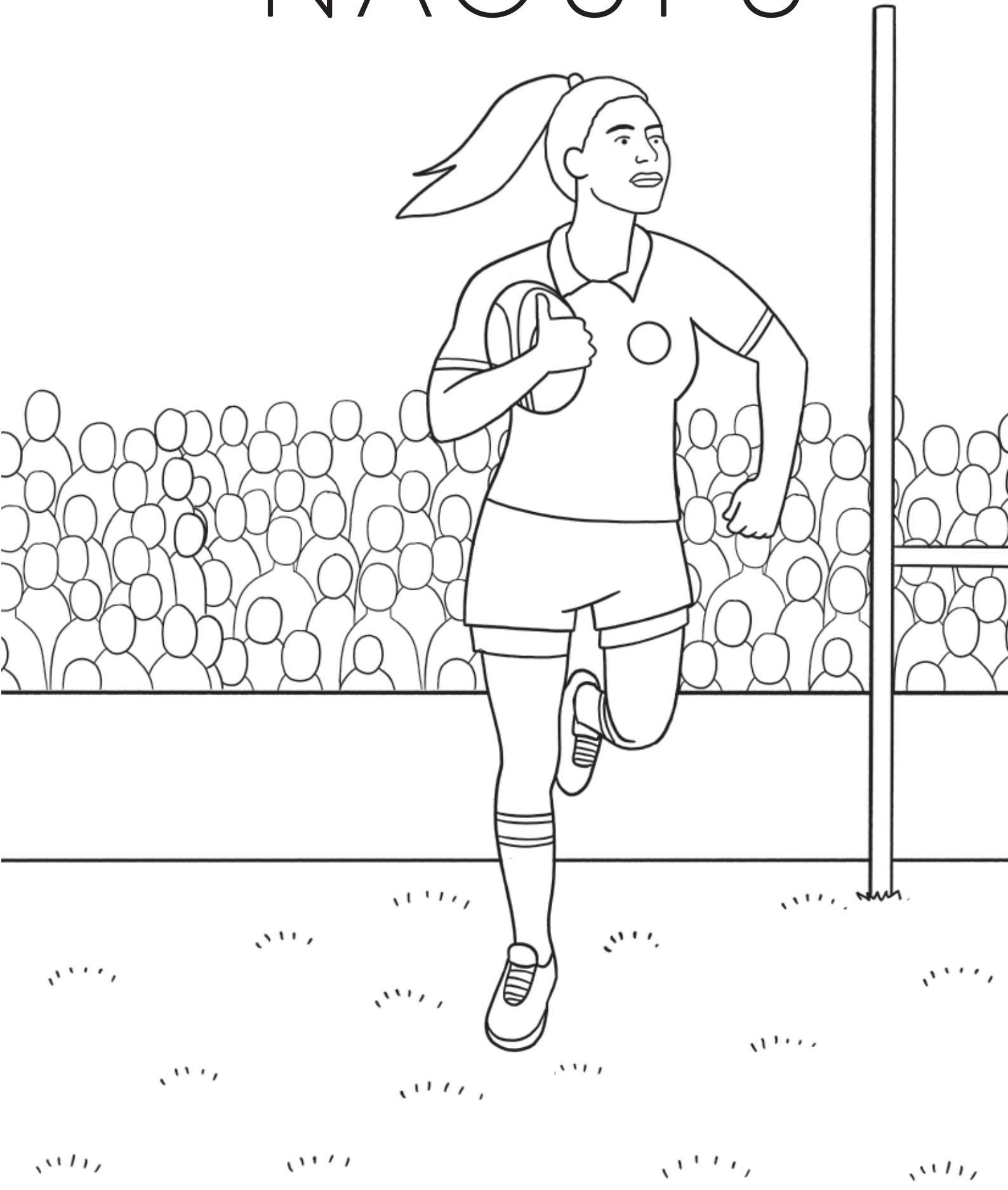
9. *What's your favourite game to play?*

**Tip the Can.**

10. *What's your favourite song to dance to?*

**Dancing In The Dark - Bruce Springsteen.**

# SENE NAOUPU





**Sene grew up far away in New Zealand but moved to Galway in 2009 and now is a brilliant rugby player for Ireland and Leinster.**

**SENE NAOPU**

1. *What's your favourite colour?*

**Blue.**

2. *What do you like daydreaming about?*

**Playing sport.**

3. *What makes you feel brave?*

**Believing I can do anything I put my mind to.**

4. *If you could only eat one food for an entire year, what would you choose?*

**My mum's chicken and mushroom casserole.**

5. *If you were invisible for a day, where would you go and what would you do?*

**I would fly home for a surprise visit to see my mum and the family. I would eat mum's chicken and mushroom casserole.**

6. *What's something you're looking forward to?*

**Spending time with my family and friends at Christmas.**

7. *Who is your sporting hero?*

**Katie Taylor.**

8. *If you were an animal, what would you be?*

**A bird.**

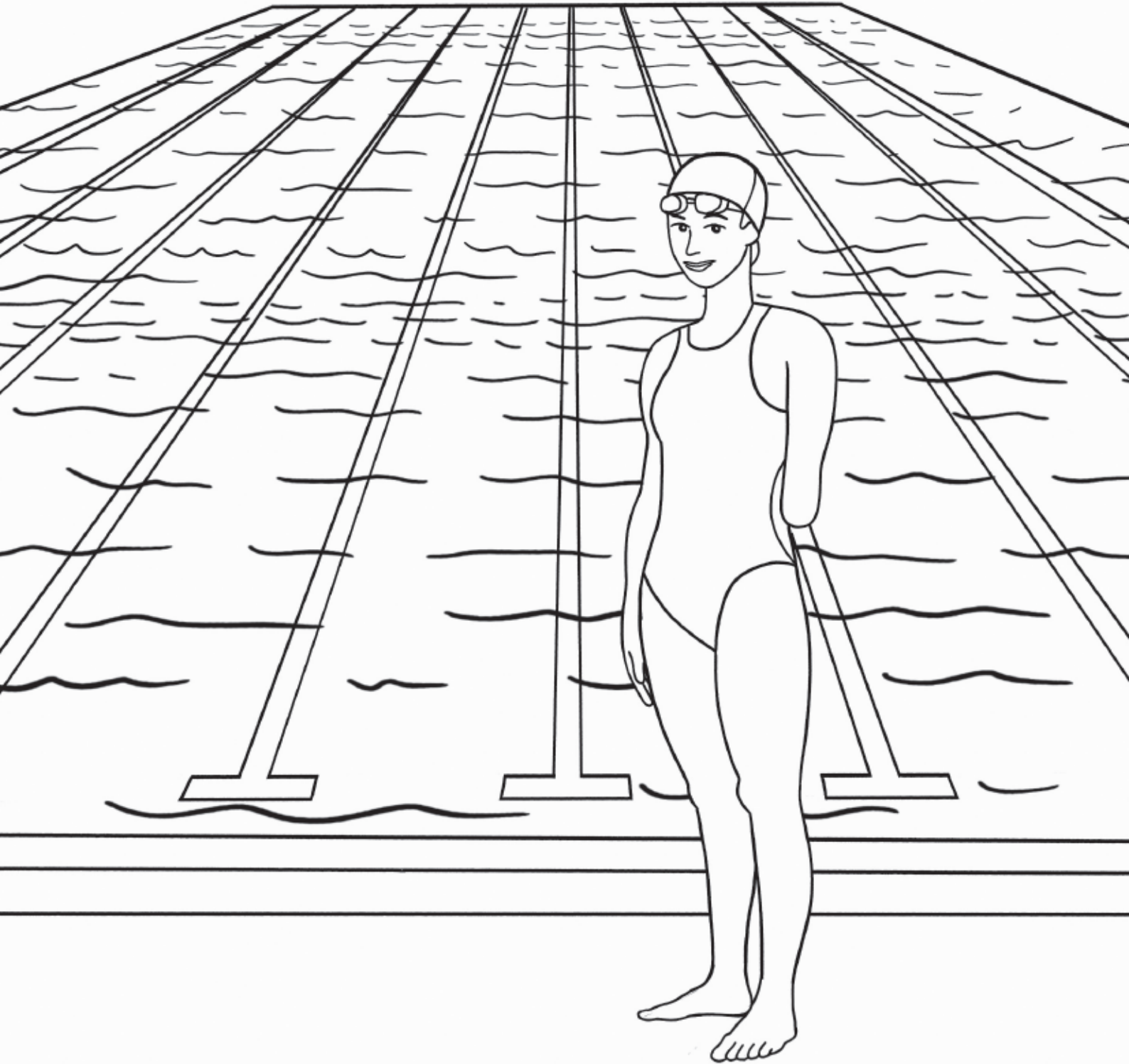
9. *What's your favourite game to play?*

**Rugby.**

10. *What's your favourite song to dance to?*

**Girls Just Want To Have Fun - Cyndi Lauper.**

# ELLEN KEANE





**Ellen is a swimmer from Dublin. She was born with an underdeveloped left arm she calls her 'lucky fin'.**

**She's won bronze medals at the world championships and also bronze at the Paralympic Games in the 100m breaststroke.**

**She won a gold medal at the European championships in Dublin in 2018.**

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1. *What's your favourite colour?*

**Pink.**

2. *What do you like daydreaming about?*

**The ocean and travel.**

3. *What makes you feel brave?*

**Putting myself first and doing what's best for me.**

4. *If you could only eat one food for an entire year, what would you choose?*

**Cheese.**

5. *If you were invisible for a day, where would you go and what would you do?*

**Explore Tayto Park after closing time.**

6. *What's something you're looking forward to?*

**Competing at the Tokyo 2020 Paralympic Games.**

7. *Who is your sporting hero?*

**My coach Dave Malone.**

8. *If you were an animal, what would you be?*

**An otter. They're so fluffy and cuddly looking. They love snoozing and floating up and down the water.**

9. *What's your favourite game to play?*

**Candy Crush.**

10. *What's your favourite song to dance to?*

**I Wanna Dance With Somebody - Whitney Houston.**



NATALYA  
COYLE





**Natayla's sport is called modern pentathlon. It is made up of five different events - fencing, swimming, showjumping, shooting and running - so she has to be good at lots of different things.**

**Tokyo 2020 will be Natalya's third time representing Ireland at the Olympics.**

**NATALYA COYLE**

*1. What's your favourite colour?*

**Green. There's nothing better than shamrock green!**

*2. What do you like daydreaming about?*

**I like to dream of medals I can win in front of my family and friends.**

*3. What makes you feel brave?*

**Knowing that my family and friends will always be there even if a competition doesn't go right. I have nothing to lose because I will always have them.**

*4. If you could only eat one food for an entire year, what would you choose?*

**I love pasta! But maybe potatoes because you can make chips and mash out of them, yum!**

*5. If you were invisible for a day, where would you go and what would you do?*

**I would look and see what my dog does when I'm gone.**

*6. What's something you're looking forward to?*

**I can't wait to compete at the Olympics next year.**

*7. Who is your sporting hero?*

**There are so many girls I look up to in sport like Annalise Murphy, Nina Carberry and Ciara Mageean.**

*8. If you were an animal, what would you be?*

**A Gentoo Penguin - they can swim really fast and they all stay together like a family - or else I would be an eagle.**

*9. What's your favourite game to play?*

**I love racing - a running race or swimming race, and I also love the obstacle race!**

*10. What's your favourite song to dance to?*

**Build Me Up Buttercup - The Foundations.**

# RACHAEL BLACKMORE





**Rachael is from Tipperary and is Ireland's most successful female professional jockey.**

**She rode 90 winners in Ireland in 2018/2019, as well as two winners at the famous Cheltenham Festival, which made it the best season of her career so far.**

**RACHAEL BLACKMORE**

1. *What's your favourite colour?*

**Yellow.**

2. *What do you like daydreaming about?*

**Cheltenham 2020.**

3. *What makes you feel brave?*

**I'm a jump jockey so horses that are good jumpers make me feel brave!**

4. *If you could only eat one food for an entire year, what would you choose?*

**Pancakes.**

5. *If you were invisible for a day, where would you go and what would you do?*

**Go to New York and spend the morning on Wall Street and the evening in Brooklyn.**

6. *What's something you're looking forward to?*

**My dinner.**

7. *Who is your sporting hero?*

**Ruby Walsh.**

8. *If you were an animal, what would you be?*

**An orca (killer whale) so I could explore the ocean.**

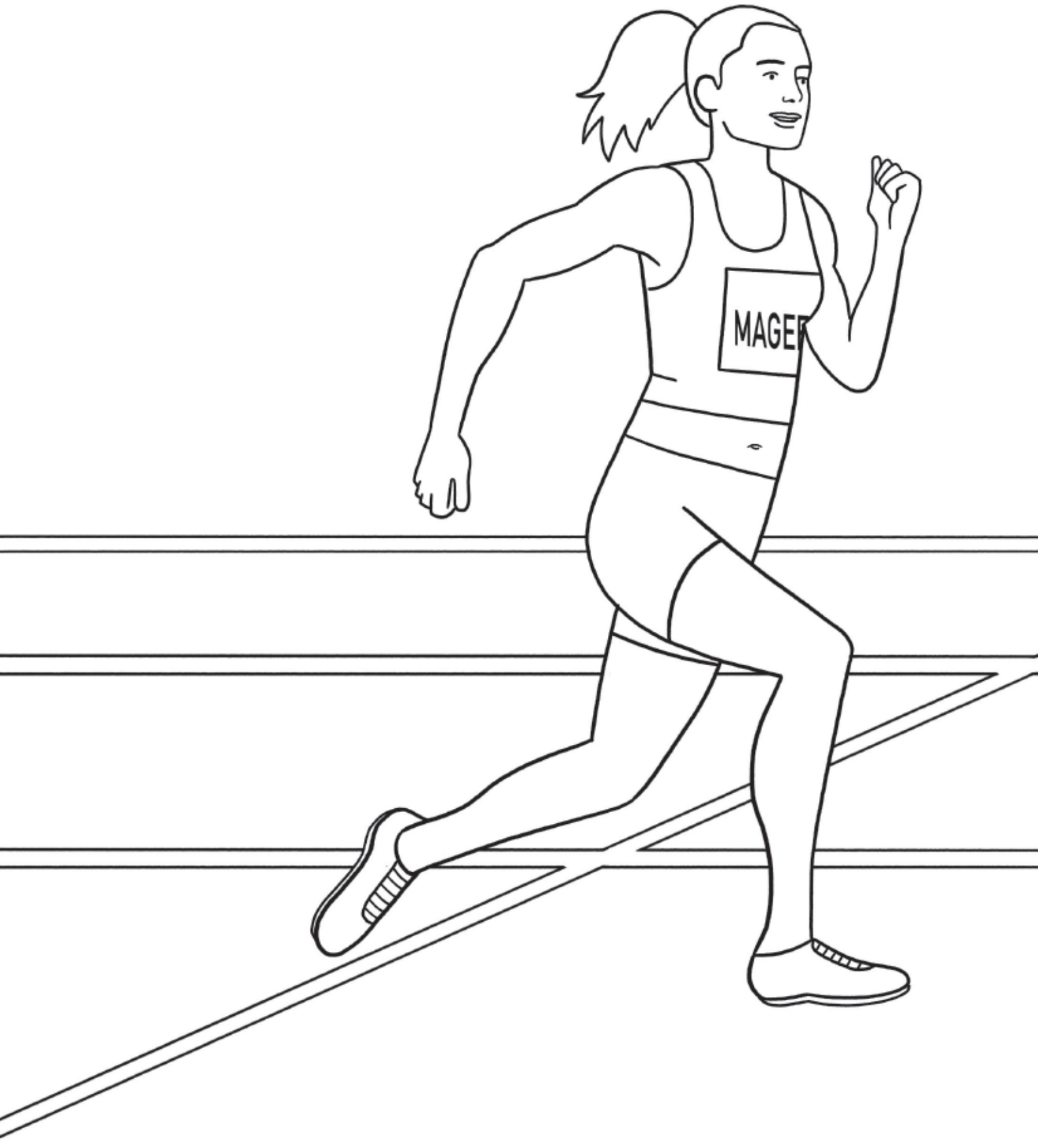
9. *What's your favourite game to play?*

**I loved basketball when I was in school.**

10. *What's your favourite song to dance to?*

**Drinkee - Sofi Tukker.**

# CIARA MAGEEAN





**Ciara competes in the 800m and 1500m races and is one of Ireland's best track athletes.**

**She comes from County Down and has won two European medals and also reached a world championship final in 2019.**

**CIARA MAGEEAN**

1. *What's your favourite colour?*

**I love them all so I'm going to say the rainbow.**

2. *What do you like daydreaming about?*

**Playing with my dogs, and my brother and sisters. I don't get to see them much as I travel a lot for running so I miss them.**

3. *What makes you feel brave?*

**My family and friends. Knowing they are there for me and love me no matter what.**

4. *If you could only eat one food for an entire year, what would you choose?*

**I love biscuits. Plain ones, chocolate ones... I love them all. Especially with a wee cupán tae.**

5. *If you were invisible for a day, where would you go and what would you do?*

**Bird watching. I love nature, and being invisible means I wouldn't scare the animals away.**

6. *What's something you're looking forward to?*

**Christmas. I love sitting around the fire in Portaferry watching movies and eating tins of sweets, plus Santa comes!**

7. *Who is your sporting hero?*

**The people I compete with, coaches, volunteers, and people like you who love sport as much as I do. They are all my heroes, and so are you!**

8. *If you were an animal, what would you be?*

**A peregrine falcon, then I could see what it's like to fly.**

9. *What's your favourite game to play?*

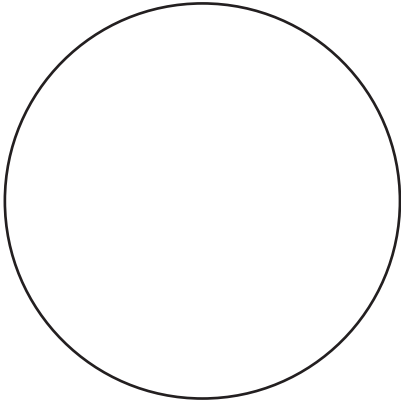
**Camogie. I don't get to play it any more but I love to puc about in the garden.**

10. *What's your favourite song to dance to?*

**I love dancing. I'd dance to anything, anywhere.**

# I CAN!

*Draw a picture of yourself playing your favourite sport*



**ABOUT YOU:**

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**YOUR NAME:**

1. What's your favourite colour?

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2. What do you like daydreaming about?

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3. What makes you feel brave?

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4. If you could only eat one food for an entire year, what would you choose?

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5. If you were invisible for a day, where would you go and what would you do?

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6. What's something you're looking forward to?

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7. Who is your sporting hero?

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8. If you were an animal, what would you be?

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9. What's your favourite game to play?

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10. What's your favourite song to dance to?

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'I'm going to  
be in this one day.'  
CAOIMHE, AGED 8

The42.ie presents *She Can!*,  
a colouring book featuring some of Ireland's  
best-known female athletes, with drawings by  
award-winning illustrator Chris Judge.

From world champion boxer **KATIE TAYLOR** to  
codebreaking footballer **SARAH ROWE** and track  
icon **GINA AKPE-MOSES**, *She Can!* is the colouring  
book for tomorrow's Irish sports stars.

Colour them in, tear them out, and hang them on  
your bedroom wall. If she can, so can you!

'Sanita's is  
my favourite.'  
MARCO, AGED 5

'I had fun colouring  
the magic shoes that  
make her go so fast.'  
FIADH, AGED 3

'It's inspirational  
because all of the women  
followed their dreams.'  
MILO, AGED 10

'I added star  
stickers because she is  
winning the match.'  
RORY, AGED 4

'I love Katie's  
strong punching.'  
ROBIN, AGED 4

