

GAA HANDBALL WEXFORD PLAYER PROFILE

Marguerite Gore, St. Mary's

Major honours:	World Title	2018 Ladies C
	All Ireland softball titles	1997 Under 16 singles (Marguerite Byrne) 1996 Under 15 singles (Marguerite Byrne)
	Leinster titles	Several – including bringing the first Leinster girls title to St. Mary's in 1994 – under 13 singles
	County titles	Multiple – including winning boys events at U15D in 1996 and U16D in 1997. Wexford's top female handballer for a number of years.
Started playing at:	Age 12	
Greatest influence on career:	My Dad Paddy Byrne (RIP)	
Favourite code (softball, 4-wall or 1-wall):	Softball	
Favourite court:	St. Mary's	
Favourite shot:	Back Wall Kill Shot	
Favourite player:	Michael "Ducksy" Walsh (RIP)	
Toughest match:	Two Finals on the same day in the World Championships 2018	
Toughest opponent:	Julie Long (RIP)	

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Most enjoyable victory:	County 4-Wall Singles 2015, coming back after having my second child and with them there watching me, it was a different feeling/experience and most enjoyable. County titles are always special to win.
Pre-game meal:	None in particular but all would definitely include protein, carbohydrates and loads of green vegetables (not over cooked). See note below on pre game meals. *See note below
Tips you would give to young players seeking to improve:	Train, Train and Train some more while listening and taking on board the advice from coaches. Enjoy the game have fun but Learn and try to take something from every game you play, win or lose.
Suggestions for making handball better (if any):	A good coach in every club working and improving our young players as they are the future, along with more active National Tutors to assist and develop club coaches. I would also like to see more county club tournaments and national funding for clubs to help improve facilities i.e. women's changing areas are not good enough/non existent in a lot of clubs.
Other sports played:	Basketball, Rounders and Football
The best softball (60x30) player of your era:	Lydia Doolan
The best softball (60x30) player of all time:	Bernie 'Bolt' Hennessy/Catriona Casey
The best 4-wall (40x20) player of your era:	Fiona Shannon
The best 4-wall (40x20) player of all time:	Fiona Shannon/Catriona Casey
Greatest sporting hero (all sports):	Michael "Ducky" Walsh (RIP). I was lucky enough to have spent hours and hours watching him train in St Mary's when I was a juvenile.

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*As a professional culinary chef I would put together the following foods pre game; carbohydrates (i.e. pasta or potatoes) as they are slow releasing energy foods, plus green vegetables (i.e. broccoli, kale) spinach for the iron, nutrition and antioxidants to feed the body and help with muscle and body recovery afterwards. Other good foods to eat would include blueberries, raspberries, cherries, red peppers and plums, as well as nuts and seeds.