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Kelly McGrory

Olympic Athlete



Kelly McGrory is an Irish international track and field athlete from Donegal, specialising in the 400m hurdles and 4x400m relay.

She has proudly represented Ireland at the 2024 Paris Olympic Games, World Championships, and European Championships, competing against the world's best.

A graduate in Sports Science and Health from Dublin City University, McGrory has balanced the demanding dual roles of a full-time athlete and a full time employee since 2019.

Her journey at the highest levels of competition has shaped a deep understanding and appreciation of resilience, discipline and well-being, insights she now loves to share to inspire others in both sport and life.