



Anabelle Zurbay

Event: Alpine Skiing: Slalom and Giant Slalom events.

Skills Required: Confidence, strength, definitely grit - it's mental



School & Club:

Vail Ski and Snowboard School, Vail, Colorado

Superpower:

My Dyslexia.

Food to eat before competing:

Apple Sauce, and lots of it!

Age:

17

Age started skiing:

2 years old. Racing at 6.

Hours training:

We ski for 2.5 hours in the mornings before school during the week (except Mondays) and at the weekend. We also do mobility and gym work. In my school it's normal to be an Olympian!

Favourite pump up song:

Anything by Taylor Swift or Gracie Abrams

How to deal with nerves:

I don't feel too nervous any more as I've been at it so long. I train like I race.

Countries competed in:

USA, Canada, Argentina, Chile and Ireland of course!

How it feels to represent Ireland:

I'm so super excited, I cried tears of joy!



Watch
Alpine Skiing

About Alpine Skiing:

Downhill is known as the Formula 1 of skiing as it involves the longest and steepest courses with the least gates, but still involves sharp turns and big jumps which sees athletes reach speeds of close to 100mph. Super-G is the other 'big speed' event but involves less gates and more dramatic drops.

Slalom and Giant Slalom are the technical events as they involve more gates and turns on shorter courses. Slalom has the most closely spaced gates (between 40 and 75), and Giant Slalom has between 30 to 65 gates.

Annie's preferred events are the technical ones – slalom and giant slalom.

Accolades:

Anabelle is ranked in the top 100 in the world for her birth year in Slalom, and notably had three top 12 finishes at the USA Junior National Championships (Under 18) last year in Aspen.

Irish Links:

Anabelle's Grandmother Rosaleen McCarthy Miskella was born and reared in Rosemount, in Westmeath. When she was 20, she went to the USA where she met her husband. and today they live in Green Bay, Wisconsin.



FUN FACT!

I am a big fan of the Green Bay Packers (NFL)!





Cormac Comerford

Event: Alpine Skiing

Skills Required: Strength, quickness, fast feet in the slalom for sure, and mental fortitude – grit.

Hometown:

Born in Dublin, lives in Glenageary.

School/Club:

Went to the Harold National School in Glasthule, and then onto Newpark Comprehensive in Blackrock, where he also played lots of rugby and hockey, alongside football and hurling for local club Cuala. Learned to ski at the Ski Club of Ireland in Kiltiernan and is part of the club there.

Superpower:

Going down a ski slope at 120km/hour!

Food to eat before competition:

Haribo Tangfastics

Hours training:

4 hours per day – 20-30 hours per week but there's a lot of work that goes on preparing skis too, and always something broken that needs fixing so there's a lot of time spent on that too.

Favourite pump up song:

Anything by Kingfishr.

How to deal with nerves:

If he is really nervous he finds a bit of breathwork helps.

Countries competed in:

Russia, Chile, all across central Europe from Norway down as far as Bosnia.

How it feels to represent Ireland:

Very proud, it's an honour.



Watch Cormac
Competing

About Downhill Skiing:

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Cormac specialises in the technical events – the Slalom and Giant Slalom but plans to do all four at the Games.

Accolades:

Competed at five WC, 23rd at the WC in Cortina in 2021, top 30 in European Cup in Germany in 2024, reigning National Champ in all four disciplines.

**FUN
FACT!**

Cormac can juggle
on a tight rope
and he is also a
mechanical engineer!





Ben Lynch

Event: Halfpipe Skiing

Skills Required: Outside of all the technique on the snow, strengthening our core and all different parts of the legs is important. This includes a lot of plyometrics, dynamic jumping – the explosive type of exercises.

Hometown:

Born in Dublin (Rathmines) in 2002, he moved to Vancouver, Canada when he was 3 with his family. He is youngest of four boys to Irish Dad Kevin and Mum Claire from South Africa.

School/Club:

Started skiing at the Vancouver Freestyle club near his home.

Superpower:

Freestyle Skiing! Being able to control tricks in the air, rotate faster than your brain can follow and then still spot the landing...before going again and again!

Age:

23 now. He started skiing very young as he wanted to be like his older three brothers who all skied. He started ski racing but preferred the jumps and bumps so did Freestyle for fun for about four or five years from the age of 6 before getting serious about it.

Hours training:

Similar to the others would spend 4/5 hours a day training with more mobility and gym work on top of that.

Favourite pump up song:

I like rock and love getting to play the electric guitar in my downtime.

How to deal with nerves:

You kind of have to have a reckless mentality towards my sport – it's very dangerous, it's like skateboarding or BMX. I'm so excited about the Games but it is a little nerve-wracking with all my family and friends and most of my Irish relatives travelling to watch me!

Countries competed in:

I travel so much for sport so I don't get to go to Ireland too often as there is no snow but I have been over to family there. This year alone I've been in China, New Zealand, and all over Canada and America.

How it feels to represent Ireland:

So excited, and proud, it's a great opportunity.



Watch Ben
in Action

About Halfpipe:

The skiing version of snowboard halfpipe, contested on the same 22 foot high course – a halfpipe of snow, with competitors performing a series of tricks in the air, and judged on amplitude, execution and difficulty.

Accolades:

He was 23rd at the most recent World Cup in 2026. Last year. He was 21st at the World Cup in New Zealand last September.



FUN FACT! I play the electric guitar!



Thomas Maloney Westgård

Event: Cross Country Skiing

Skills Required: Endurance is the key for the 50km race

Hometown:

From the tiny island of Leka off the coast of Norway, which boasts a mere 600 inhabitants. His mother Celia Maloney from Dunmore, Co. Galway, she moved to Norway over 35 years ago after meeting her husband Ove on a holiday in the Canaries.

Club:

Thomas is part of the Team Aker Daehle pro team based out of Trondheim in Norway.

Superpower:

He has a good long term memory and can remember different TV episodes and when they aired.

Age:

30, started in school when he was young where it was mandatory but didn't do it really seriously until about the age of 16, which is considered quite late in Norway.

Food to eat before competition:

As much carbs as possible, fuel during the race with gels and sports drinks at feeding stations throughout.

Hours training:

3-5 hours a day, 25 hours a week would be normal. 90% is on the snow in the winter, and 10% in the gym.

Favourite pump up song:

Beautiful Day – U2.

How to deal with nerves:

I try always to encourage myself to enjoy the moment more – I feel the privilege of doing what I love to do, and living my dream. That's something before every travel I tell myself it's all fun at the end of the day. You always hear these athletes after retirement saying they should have enjoyed it more because normal life is kind of boring in comparison so all athletes should do that really, reflect how lucky we are.

Countries competed in:

So many including South Korea and China for previous Olympics, all over Europe including Italy, Germany, Austria, Finland, Sweden, Switzerland and of course Ireland!

How it feels representing Ireland:

It's the proudest moment of my life to ski for Ireland, especially in the Olympics – such pride and a privilege again to represent the country. I love this life.



Watch Thomas Compete

About Cross Country Skiing:

Cross country skiing is the oldest type of skiing with origins in Norway whose athletes are regarded as the best of the world at it. The word 'ski' is a Norwegian word that comes from the old word 'skid'; a split length of wood and cross-country is often described as 'Nordic skiing'. Originally born as a means of transport in Northern Europe because of the need to travel for long distances across snowy terrain it became a sport in the late 19th century. The skis used are much longer, narrower and lighter than alpine skis and only the tip of the boot is attached to the bindings. It is the original test of speed and endurance raced over steep climbs, fast flats and downhill fields.

Accolades:

3 x Olympian, 3th in the 2005 World Champs, 14th at the 2022 Olympics – both in the 50km mass start event.



FUN FACT!

Thomas supports Manchester United. Thomas completed the Galway marathon in 2017 on roller skis and it took about two hours.