

Division 2 report.

The Irish Age Group Division 2 gala took place in UL from Thursday July 3rd to Sunday July 7th. Sundays Well had a total of 30 swimmers qualify up from last year.

Those who qualified were, Justine Bowler, Zara Byrne, Niamh Connolly, Ava Cudmore, Aoife Gallagher, Ellie Galland, Maeve Herlihy, Kitty Irwin, Caoimhe Kearney, Aine King, Freya Lamb, Alice McCarthy, Loraine O Donovan, Lydia Punch, Penny Semple, Emily Wolfe, Andrew Byrne, Noah Coleman, Ben Cudmore, John Curtin, Cormac D'Aughton, Michael Feenan, Marc Galland, Sean Herlihy, Eoin Keneally, Cormac McCarthy, James Ryan, Alex Walsh, Darragh Walsh.

We arrived Thursday night with a degree of confidence. Swimmers had been training well and all appeared to be swimming fast in the days prior to the gala. However, even as coaches we were stunned by the courage, stamina, speed and performances we witnessed by each swimmer in every event. Together with the camaraderie and team spirit that was evident throughout the four days, most especially during the finals where those gathered cheered on their team mates with gusto, it made for a wonderful meet. As coaches we could ask no more of any swimmer.

Over the course of the weekend Sundays Well Swimmers consistently swam best times.

Gold Medals went to: Ben Cudmore (200 BC, 200 IM), Penny Semple (200 IM)

Silver Medals for: Zara Byrne (100 FC, 400 FC), Ben Cudmore (400 IM), Lydia Punch (200 Fly), James Ryan (200 IM), Penny Semple (100 BC), Alex Walsh (200 BC)

Bronze Medals for: Noah Coleman (100 BC), James Ryan (200 BC), Penny Semple (200 FC)

Other Finalists (and top 8 HDW): Andrew Byrne (1500 FC, 100 BRS, 200 BRS), Ava Cudmore (400 IM), Noah Coleman (200 BC), Cormac D'Aughton (100 Fly), Aoife Gallagher (200 BRS), Marc Galland (200 FC, 400 FC, 200 IM, 100 FC), Kitty Irwin (800 FC), Alice McCarthy (100 BC), Cormac McCarthy (100 BRS), Lydia Punch (100 BC, 200 FC, 100 Fly, 200 BC, 200 IM), James Ryan (100 BC, 100 FC), Alex Walsh (200 Fly), Darragh Walsh (400 FC)

Penny Semple, James Ryan and Cormac McCarthy made their division 1 times for this year.

Alex Walsh made his division 1 times for next year (subject to confirmation of 2017 QTs).

It would be impossible to highlight particular swims as so many were noteworthy. Some took up to six seconds off best times in their heats, others made finals. During the finals the excitement was almost too much as we watched race after race coming down to tenths or one hundredths of seconds with swims up to three seconds faster than the best times produced in the morning.

Congratulations to all swimmers involved. We coaches salute you. Enjoy the Summer break and we look forward to working with you all again come September.