

# SUNDAYS WELL SWIMMING CLUB

*Affiliated to Swim Ireland*



*Founded 1924*

## Sundays Well Swim Club Masters Open Gala Feb 11th 2017

The Sundays Well Masters Gala was held in the Gus Healy Pool, Douglas on Saturday 11th February 2017.

SWSC Masters as the host club had a very strong team of 41 athletes competing on the day. There was a large competitive entry from Cork Masters, with near neighbors Mallow Masters, Cork Tri Club, Blackwater Tri Club and Sandycove SC also entering strong teams.

The gala was also very well supported by regulars from, Limerick Masters, Aer Lingus Masters, Atlantic Masters, NAC Masters, Dublin SC Masters, Trojan Masters, Tallaght Masters, Killarney Masters, Kilkenny Masters & Kingdom Masters. We were particularly pleased with the strong entries from the Dublin clubs, all travelling long distances to support the Sundays Well Gala and to compete in the premier Masters event in Cork!

A number of National records were broken – Rob Lamb of SWSC in the 200m breast-stroke; Helena McGrath from Trojan Masters in the 50m backstroke & Dympna Morris of Aer Lingus Masters in the 100m IM.. These records are currently going through the application process and will be verified by Swim Ireland in due course.

There were some great individual swims on the day – too many to mention but particular note must go to the team relay events, which appropriately took place at the end of the gala.

Sandycove Masters won the Men's 200-239 yrs. 200mts medley relay in a time of 2.29.98, blitzing home to pip SWSC at the post in a thrilling finish!

The Sundays Well women relays showed their overall class on the day, taking gold medal position in a clean sweep of all their relay events!!!

The day was topped off with the mixed Canon relay event, (where the fastest men and women in each age group form one team together), with a hugely competitive & exciting final, resulting in a scintillating gold medal win by Cork Masters ahead of Mallow Masters with silver and SWSC in the bronze position.

Finally, an eclectic group, comprising of all the clubs and competitors, retired to the South County Bar in Douglas for the famous SWSC Masters relay prize giving ceremony, where a great night was had by all!

A fitting end to a great day of competition.

**Frank Lynch, SWSC Masters Gala Director, said:** *'This year's gala was a huge success! I want to particularly thank **The Edge Sports** and all our sponsors for their backing, and to all the gala committee headed by **Margot Powell**, our gala referee **Mary Haughney** and all the officials, call-stewards, time-keepers and volunteers on the day.*

*Thanks also to everyone who assisted in the lead-up & in pulling the entire event together with me.*

*It was great to see all the clubs from near & far, with many friends & rivals competing in the true spirit of the Masters.*

We look forward to all your support again next year - onwards and upwards for the SWSC Masters!!

**Frank Lynch**  
**SWSC Gala Director**