

## Sundays Well Swim Club Masters Open Gala 2014

The Sundays Well Masters Gala was held in Douglas Pool on Saturday 15<sup>th</sup> February. SWSC Masters, as the host club had a very strong team of 38 members competing on the day. There was a very strong and competitive entry from Cork Masters, with near neighbors Mallow Masters and Dolphin Masters also entering strong teams. The gala was also very well supported by regulars from, Limerick, Fermoy, Sandycove, Kingdom, Waterford Crystal, Ennis, Glenalbyn, Aer Lingus, Half Moon, Swim4life and Galway Bay Clubs. It was great to see such a host of clubs participating – a great effort to travel to the premier Masters event in Cork.

New records were a feature of the day, with many Munster & Irish National records tumbling. These records are currently going through the application process and will be verified in due course.

The coaching & teaching staff of SWSC had a great representation, with Rob Lamb, Frank Lynch & Fiona Twohig all competing, all winning medals in their respective age groups.

Ray McCardle and Carol Cashell from Dolphin Masters were in scintillating form, taking home gold medals in their respective events.

Owen O’Keeffe Fermoy Masters & Eoin Foster of Aer Lingus were hammering out sub 28 second 50 mt freestyle sprints and also won medals in their 100’s.

Aoife sexton SWSC Masters, Jane Jolly Cork Masters & Joan Coppinger SWSC Masters all flew the flag in their age groups.

Jim Shalloo from Sandycove Masters was also in fine form taking home gold in the men’s 50-54yrs 50mts freestyle in under 30secs.

A special mention to Vincent Cassidy from Cork Masters who won gold medals in 3 events in his age group 80 -84yrs – a shining example to us all.

Mallow Masters were very popular winners of the mens 160-199yrs 200mts freestyle relay and SWSC Masters and Cork Master’s also took honours in the relay events.

Special thanks to Joan Coppinger (c/w her gala committee of Olive Clarke, Dee Filen & Deirdre Tobin) for all of the hard work that went into making the gala the success that it was. Joan and Dee found time to take a break from their organizational duties to compete, with Joan winning 2 medals in her age group for added measure!

Frank Lynch, SWSC Masters Gala Organizer said *'This year's gala was a tremendous success! I want to particularly thank The Edge Sports and all our sponsors for their backing, and to all the gala committee and gala officials for helping me in pulling this event together. Our sport of swimming is continuing to grow in popularity and this growth is reflected in the large entry numbers and overall success of the Gala. We are already looking forward to next year's open, where we plan to add a 200 IM to the program. The gala was a tremendous success and retains its place as one of the premier galas on the Masters Circuit. Well done to all competitors and winners and thanks again to all!'*

Finally, a large group comprising of all clubs and competitors retired to the South County Bar for refreshments and the relay prize giving ceremony, where a great night was had by all!

Frank Lynch  
SWSC Masters P.R.O.