

SUNDAYS WELL SWIMMING CLUB

Affiliated to Swim Ireland



Founded 1924

Sundays Well Swim Club Masters Open Gala Feb 14th 2015

The Sundays Well Masters Gala was held in the Gus Healy Pool, Douglas on Saturday 14th February – Valentine’s Day 2015!

However, love was not in the air as the competitive element shone through, resulting in an exciting & thrilling gala right from the onset.

SWSC Masters as the host club had a very strong team of 45 members competing on the day. There was a large competitive entry from Cork Masters, with near neighbors Mallow Masters and Sandycove also entering strong teams.

The gala was also very well supported by regulars from, Limerick, Askeaton, Waterford Crystal, Ennis, Clonmel Masters, Aer Lingus, Swim4life and Galway Bay Clubs. We were particularly pleased with the strong entries from the Dublin clubs, all travelling the long distance to compete in the premier Masters event in Cork.

We had a number of Munster & National records broken today - These records are currently going through the application process and will be verified in due course.

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

Robert Cussen from Cork Masters, Eoin Foster of Aer Lingus & Ken Grant from Waterford Crystal all hammered out sub 28 second 50 mt freestyle sprints and also won medals in their 100’s.

Ray Mc Cardle & Carol Cashell from Sandycove Masters were in unbeatable form, taking home gold medals in their respective events

Dympna Morris Swim4Life, Joan McDonnell Mallow Masters & Joan Coppinger SWSC Masters all flew the flag in their age groups.

Two great stalwarts of the swimming community Vincent & Philomena Cassidy from Cork Masters won medals in their age groups 75- 79yrs and 80 -84yrs respectively!.

Mallow Masters were popular winners of the men's 200-239yrs 200mts freestyle relay and SWSC Masters and Cork Master's also took honors in the relay events.

The day was topped off with the mixed Canon relay event, (where men and women from all age groups form one team together), with a hugely competitive & exciting final, resulting in a scintillating win by Sandycove Masters, closely followed by Sundays Well!

Finally, a large group comprising of all the clubs and competitors retired to Nemo Rangers GAA Club for refreshments and the famous SWSC Masters relay prize giving ceremony, where a great night was had by all!

Rumor has it that some hard core, elite members of SWSC Masters continued on into Douglas until the small hours of the morning!!

A fitting end to a great day of competition.

Frank Lynch, SWSC Masters Gala Organizer said *'This year's gala was a huge success! I want to particularly thank The Edge Sports, Leisure World Cork, and all our sponsors for their backing, and to all the gala committee, gala officials, timekeepers and volunteers, for helping me in pulling this event together.*

Thanks also to our new coach Dee Cunningham – the performances today and visible swim technique improvements were testament to her input throughout the season.

It was great to see all the clubs here with many friends & rivals competing in the true spirit of the Masters.

Our sport of swimming is continuing to grow in popularity and this growth is reflected in the large entry numbers, keen interest, and over-all success of our Gala!

The event retains its place as one of the premier galas on the Masters Circuit. Well done to each & every competitor and many thanks again to all!

Onwards and upwards for the Masters!!!

Frank Lynch
SWSC