

Sundays Well Swim Club Masters Open Gala 2012

Sponsored By LeisureWorld

The Sundays Well Masters Gala sponsored by LeisureWorld, was held in the newly refurbished Douglas Pool on Saturday 18th February. Sundays Well as the host club had a very strong team of 24 members competing on the day. There was a very strong and competitive entry from the NAC Masters, with near neighbours Cork Masters and Dolphin Masters also entering strong teams. The gala was also very well supported by regulars from, Limerick, Mallow, Fermoy, Kingdom, Waterford, Ennis, Source, Glenalbyn, Aer Lingus and Galway Clubs.

Helena McGrath of NAC was first to compete. Helena was attempting to break the Irish Record at 200m Butterfly. This is a very demanding swim and Helena achieved her goal in breaking the 200m record and in addition her split time at the half way mark gave her a new Irish Record in the 100m Butterfly also. Helena then closed the gala in another record breaking attempt, this time in the 200m Backstroke. On what was a great day overall for Helena she succeeded in breaking this Irish Record also. She was accompanied in the water on this occasion by Lynn Donnelly of Cork Masters, who also broke a record in her age-group for the 200 b/crawl.

New Irish Records were a feature of the day, with Cyril Hardy of Eastern Bay SC also in record breaking form. Cyril broke several records over the course of the day and at age 75 will compete in the 1,500m Freestyle at the Limerick Masters on his next outing – certainly an example to all.

The coaching & teaching staff of SWSC had a great representation, with Head Coach Billy Champion competing in the 50m Freestyle and as a member of both the Freestyle and Medley Relays and the Canon Relay. Gary Mason competed in 50m Backstroke and 50m Butterfly and was also a member of the Freestyle and Medley Relays and Canon Relay. The female coaching staff was represented by Deirdre Cunningham, who took a break from her time-keeping duties to compete in the relay events.

Flying the flag for the teachers were Frank Lynch competing in 50 Freestyle and 50 Breaststroke, gold medal winning & outstanding competitor Rob Lamb who swam 200 Free, 100 Free & 50 b/fly and Kieran Nolan in the 50 breaststroke & 50 Backcrawl, also winning medals for his age-group. All 3 also swam relays.

The SWSC Men's 160 – 199 Individual Medley team consisting of Gary Mason, Frank Lynch, Rob Lamb and Billy Champion had a great gold medal win, taking it from their arch rivals Cork Masters in a scintillating finish!

Club Chairman, Tom Lynch competed in the 50m Freestyle, taking home a silver medal in his age-group and was also a member of the Relays.

The Dolphin Ladies Relay team, led by Coach Carol Cashell was attempting to break an Irish Record in the Ladies 200 SC Freestyle 120-159 Relay. With all four ladies on top form, they not only broke the record but smashed a full three seconds off it on a time of 2:03.

Special thanks to Alan McGuinness, Frank Lynch and 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. All three found time to take a break from their organizational duties to compete, with Joan winning 3 gold medals in her age group for added measure!

The gala was a tremendous success and retains its place as one of the premier galas on the Masters Circuit.

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

Thanks once again to LeisureWorld whose continued sponsorship of this event is very much appreciated.

Mary Haughney
PRO