

Sundays Well Swimming Club retain the Limerick SC Perpetual Trophy

Sundays Well brought a team of 52 swimmers to the Gerry Ryan Invitation Gala in University of Limerick on 4th/5th February. The Club performed exceptionally well and retained the Limerick Swimming Club Perpetual Trophy finishing second overall in the Club Competition to host club Limerick.

There were some outstanding individual performances, Charlie Breen with 7 second PB's in both her 100m Free and 100m Backstroke. The Walsh sisters Keelin and Dara had a return to form with Dara pulling off an 11 second PB in her 50m Backstroke while older sister Keelin had an 8 second PB in her 200m Freestyle. Keelin also had a 5 second PB in her 100m Breaststroke.

Young Andrew Feenan fresh from his first ever Grade B gala was undaunted by the competition and one could be forgiven for thinking he was training regularly in a 50m pool when he achieved a 9 second PB in his 50m Breaststroke and won a Silver medal for himself in the process. A very fine achievement for this talented young swimmer.

Mark Scanlon was very impressive in the Freestyle events, narrowly missing out on a bronze medal in the 50m Free with an excellent time of 30:22. Mark followed this with an 8 second PB in his 200m Free.

Alice Noel was in excellent form at the 400m Freestyle with an impressive time of 5:42.33, a PB of 13.5 seconds for Alice. While Rebecca O'Brien had an outstanding PB of 12 seconds in the 200m Free.

Other swimmers with impressive PB's of 5 seconds or more include: Sharon Semchiy, Roisin Burke, Aine King, Ally Cunningham, Edel Carrigy, Anna Curtin, Martha Semchiy, Luc Galland, Thomas Noel, Liam Toabes, William Ronayne, Conor King and Josh McMahon.

While many of these swimmers did not win medals or compete in Finals, the improvement in their times is excellent and just reward for the effort being put in at training.

David Fox, the king of long distance in the Club with the 1,500m behind him at the Munster Short Course swam the 400m Free at this gala in a time of 5:15.80 a 30 second PB on his last attempt at this event.

Individual medal winners saw Maebh O'Callaghan collect the only individual Gold for the club in the 100m Breaststroke.

Katherine Ronayne, another swimmer with a return to form winning Silver in the 200m Butterfly and 50m Butterfly and Bronze in 50m Freestyle.

Josh McMahon won Silver in 100m Free and Bronze in 200m Free. While Emily O'Brien won Silver in 50m Back and Bronze in 100m Back.

Silver medals went to Jenny Laffan in 100m Butterfly, Amy Cunningham in 50m Backstroke, Ronan McCarthy in 100m Backstroke and to Conor King in 50m Butterfly.

Bronze medals went to Roisin Burke in 50m Freestyle, Emily Noel in 50m Butterfly and to Kylie O'Callaghan in 50m Breaststroke.

The relays produced some very tense and exciting finishes with Sundays Well winning 7 in all, 2 x Gold, 1 x Silver and 4 x Bronze.

The Girls 13/14 relay won Gold in the Medley and Silver in the Freestyle.

The Girls 15/16 won Gold in Freestyle.

The Boys 13/14 won Bronze in both the Freestyle and Medley relays.

While the Girls U/12 took Bronze in the Freestyle while the Boys U/12 won Bronze in the Medley Relay.

There was a terrific team spirit evident over the two days and congratulations to all of the squad on retaining the Perpetual Trophy as the second best Club at the meet.

Well done to all who participated.

Thanks to Coaches Billy Champion, Deirdre Cunningham and Catherine Kelleher. Thanks also to Team Mangers, Noelle Cassidy, Chris McMahon, Maura Duffy and Mervyn McAuliffe.

Mary Haughney
PRO