

Grade 'B' Report – Mallow 28th January, 2012

Sundays Well brought a team of 26 swimmers to the Grade B Gala in Mallow on Saturday 28th January '12. For 10 of these young swimmers it was their first time entering a Grade 'B' competition.

Our newly elected President, Mr. Kevin Twohig was in attendance to support and encourage the young swimmers.

The gala produced some excellent swims with 65% of the swimmers producing personal best times. This figure does not include the 10 swimmers competing for the first time at this level as they had no previous times to compare against. Stars of the first timers were Ava Cudmore, Helen Nagle and Andrew Feenan all of whom achieved Grade 'A' times, Helen in the 100m Backstroke and 50m Butterfly, Ava in the 100m Breaststroke, and Andrew in the 100m Breaststroke. This was a tremendous achievement for all three swimmers and augurs well for the future.

Special congratulations to Niamh Hourihan, Keelin Walsh and Ross McAuliffe all of whom achieved Grade A qualification.

Other swimmers to achieve Grade A times at the meet include:

Alice McCarthy at 100m Breaststroke and 100m Backstroke.
Sharon Semchiy at 100m Backstroke and 50m Butterfly.
David Higgins at 100m Breaststroke and 50m Butterfly.
Roisin Burke and Dervla Kenneally at 100m Backstroke.
Rian Herlihy and Mark Scanlon at 50m Butterfly.

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

The girls U/14 IM relay of Dervla Kenneally, Niamh Hourihan, Rian Herlihy and Molly Guilfoyle resulted in elation at a very closely fought victory suddenly turning into dismay, at what was regarded as a very harsh decision to disqualify the team. The final swimmer, who was third entering the water, was deemed to have 'broken'. Nevertheless all present will remember the great effort put in by all swimmers at their individual stroke and while the final swimmer entered the water in 3rd place, pulled off a fantastic swim to bring the team home in 1st position.

There was also another exciting finish, this time in the Girls U/12 Freestyle Relay of Keelin Walsh, Helen Nagle, Ava Cudmore and Sharon Semchiy, where once again our final swimmer entered the water in 3rd position. This time it was Sharon who pulled off an amazing swim to bring the team home in 1st position. Well done to all the team.

The other relays comprised of:

Girls U/12 IM 'A', Keelin Walsh, Helen Nagle, Ava Cudmore and Roisin Burke.

Girls U/12 IM 'B', Sharon Semchiy, Anna Twohig, Alice McCarthy and Dara Walsh.
Boys U/12 Free & IM Relay 'A'. Zac Lumley, Ross McAuliffe, Andrew Feenan and Luc Galland.

Boys U/12 IM 'B' Sam Cunningham, William Ronayne, Andrew O'Brien and David Higgins.

Girls U/14 Free Relay, Rian Herlihy, Dervla Kenneally, Niamh Hourihan and Molly Guilfoyle.

It is a great show of strength that Sundays Well is once again in a position to produce two relay teams at the younger age groups and this can only be a positive influence on the future for the squads.

There was a very impressive medal haul for Sundays Well with a total count of 12 x Gold, 9 x Silver and 15 x Bronze at the individual events and 4 x Gold, 2 x Silver and 1 x Bronze in the Team events.

Medal Winners included:

Niamh Hourihan	1 st in 100m IM & 100m Breaststroke, 2 nd in 100m Free and 3 rd in 200m Free and 100m Backstroke.
Molly Guilfoyle	1 st in 200m Free & 100m Free and 3 rd in 100m IM
Keelin Walsh	1 st in 100IM & 50m Fly and 3 rd in 100m Free.
Mark Scanlon	1 st in 200m Free and 100m Free.
Luc Galland	1 st 100m Backstroke, 2 nd in 200m Free, 100IM and 100m Free.
Andrew Feenan	1 st in 100m Breaststroke, 2 nd in 100m Backstroke and 3 rd in 50m Fly
Ross McAuliffe	1 st 100m Backstroke, 3 rd in 200m Free, 100IM and 50m Fly.
Alice McCarthy	1 st in 100m Backstroke.
Sharon Semchiy	2 nd 100m IM, 100m Free & 50m Fly and 3 rd in 200m Free & 100m Backstroke
Andrew O'Brien	2 nd 50m Fly and 3 rd in 200m Free & 100m Breaststroke.
Sam Cunningham	3 rd 100m Backstroke.
Zac Lumley	3 rd in 100m Backstroke.
Rian Herlihy	3 rd in 50m Fly.

Well done to all who participated.

Thanks to Coaches Goretti Guilfoyle and Catherine Kelleher. Thanks also to Team Manger, Claire Walsh.

Mary Haughney
PRO