

GRADE C REPORT

Sundays Well brought a squad of 36 swimmers to the Grade C Gala in Mayfield on Sunday 15th January. For 24 of these swimmers it was their first competitive gala.

Conor Power was in excellent form winning a total of 4 medals in all, 2nd in 100m Freestyle and 50m Backstroke and 3rd in 100m IM and 50m Freestyle.

Rebecca Cunningham won gold in 50m Freestyle.

Silver medallists included Aine King at 50m Butterfly, Alexandria O'Donnell at 50m Freestyle and Thomas Noel at 50m Backstroke.

Cara Lamb won bronze at 50m Freestyle.

The relay teams also performed exceptionally well with the U/11 Girls Medley Team winning Gold. The Team was Cara Lamb, Alexandria O'Donnell, Aine King and Julie Cashman.

Not to be outdone the boys put up a really strong performance to take 3rd place in a very closely contested Medley Relay. The team members were Thomas Noel, John Curtin, Ben Cunningham and Callum Owens.

Sean Mintern had an excellent swim in the 50m Butterfly. Special mention also for Aoife Gallagher who despite losing goggles in two races continued to swim and finish her races.

The final event of the day was the Canon. The Sundays Well Team comprised of Thomas Noel, Callum Owens, Conor Powell, Aine King, Rebecca Cunningham and Julie Cashman. Sundays Well finished a very credible 4th in a very exciting race.

This was the first competitive gala for the newly named Piranha Squad. All of the swimmers were in great form and the excellent results are tribute to how well they have all been training.

Thanks to Coach, Tric Kearney and Team Manager, Fiona Twohig.