

YOUNG STARS SHINE at Grade 'C' & Grade 'B' Galas.

Despite the inclement weather a brave team of 12 swimmers and parents, led by Coach Fiona O'Callaghan and Team Manager Clodagh O'Brien took to the snowy and icy roads on 9th January last to take part in the Grade 'C' Gala in Fermoy.

These swimmers all swam exceptionally well, with the following achieving their 'Grade 'B' times: Grace Filean, Molly Guilfoyle, Kylie O'Callaghan, Meabh O'Callaghan and Martha Semchiy. Well done girls.

The relay teams also did very well with the girls taking gold. The members of this team were Rebecca O'Brien, Kylie O'Callaghan, Meabh O'Callaghan and Vicki Purcell.

The team spirit evident on the day was tremendous with all swimmers cheering each other on in the various events.

The poor weather ensured an early finish with the safety of all returning home a priority.

Well done to all.

JACK FORDE MAKES GRADE 'A'

Sundays Well sent a team of 18 Swimmers to the 'Grade 'B' Gala in Waterford on 23rd January. The team was led by Coach Sharon O'Mahony and Team Manager Majella O'Donoghue.

Our swimmers collectively brought home an abundance of medals helping to keep the club name shining brightly as one of the leading clubs in Cork.

Once again our Relay Teams excelled with the girls 13/14 team winning gold in both the 200m Freestyle and 200m IM relays. The members of the Freestyle relay were Orla Filean, Eimear O'Sullivan, Erin O'Donovan and Ali Lynch. The IM team comprised Orla Filean, Eimear O'Sullivan, Emily O'Mahony and Erin O'Donovan. Not to be outdone, our boys also won gold in the 13/14 200m Freestyle Relay. Members of that team included Jack Forde, David Curtin, Alan McCarthy and Ronan McCarthy.

Special mention to Jack Forde who achieved his Grade 'A' times.

With such talent in the squads, the future looks very bright for Sundays Well Swimming Club.

Thanks to all who helped out at the two galas, Coaches, Team Officials and Parents who acted as time keepers over the two galas.