

## **BANBRIDGE SWIMMERS COMPETE IN BANGOR OPEN WINTER FESTIVAL 2018**

Bangor Open Winter Festival ran Friday 19<sup>th</sup> January to 21<sup>st</sup> January in Aurora Aquatic Complex in Bangor. This open competition was the first of this year's qualification galas and was a great opportunity for all eligible swimmers to start attempting to qualify for National and Regional events throughout the year and over the summer.

Banbridge Amateur Swimming Club had 18 swimmers aging from 13 to 16 competing. All the swimmers competed well with some great personal best (PB's) times, numerous swimmers achieved a number of qualification times for Irish National Division One and Two, some achieve times for the Dave McCullagh Cup and quite a few swimmers took home medals. Overall a good weekends swimming.

First swimmer competing was Rachel Allenby swimming in the 15-year-old age group this year, she swam well in 100m fly in in 1.18.47 and 200m back in 2.46.47. These are both long course qualifying times for Irish Division 2 Nationals Competition.

Ellie Bingham had a great weekend swimming in five events. Her first event was 200IM which she swam in 2.39.97 coming third place, this swim also earned her a Division 1 qualification time. Next event was 400m free and the medals kept on coming for Ellie this time picking up a gold medal, this event was completed in 5.11.15 – this was also a Division 1 time. Ellie's final event on day two was the gruelling 200m butterfly – swam in 2.57.79, picking up a third medal this time silver. The final day of events for Ellie saw her compete in 200m free and 400IM. Ellie's winning form continued with a silver medal in 200m free swam in 2.26.94 and finally the 400IM swam in 5.43.95 this was another medal winning performance winning silver and taking another Division 1 time.

Jack Bingham competing in the 16-year-old age category this year, also had a great weekend. Swimming in the 100m fly, 400IM, 200IM and 200m fly. He came first place picking up a gold medal in the 400IM swimming in a super time of 5.12.04. Silver came next in the 100m fly, swam in 1.04.84. He swam the 200IM in 2.23.91 earning him another gold medal. His final event of the weekend was the 200m fly, swam in 2.26.62. All four of Jack Bingham events this weekend has earned him Division 1 qualification times for this summers Irish Open Long Course Championship.

Rachel Blemmings competed in 200IM, 100m Back, 100m free and 200 free. Swimming the first event of 200IM in a time of 2.39.79 a great time and also her first division 1 time of the season. She also swam well in 100m back in 1.16.83 and 100m free in 1.07.09, her final event of the weekend was the 200m free swam in 2.24.08.

Connor Comiskey, 16-year-old swam in four events. On Day 2 he swam well in 200m free in 2.24.32, the 50m free in 28.47, day 3 saw him back for more swimming in the 100m back in 1.12.22 and 100m free in 1.02.75.

Matthew Comiskey swam the 200m free, 100m breast and 200m breast. Matthew swam well taking PB's in all his events. First up was the 200m free swam in 2.27.05 and 100 breast in 1.25.81. His 200m breaststroke swim earn him 4<sup>th</sup> place in his event overall swam in 3.02.64, this is a division 1 qualifying time and a qualifying time for the 2018 McCullagh International gala in a few weeks.

Julia Knox competed in two open events 400IM and 200m back. As usual Julia swam exceptionally well, taking gold in 400IM swam in 5.03.46. She also swam in the preliminaries of the 200m back which she was placed first in a time of 2.28.12.

Next swimming was 13-year-old Jack Lennon. He qualified for 3 events, 400IM, 100m breast and 200m breast. All swims were great PB's, the 400IM was swam in 5.43.64, 100m breast swam in 1.28.73 and on day 3 200m breast swam in 3.09.14. These were all great swims and all three events have qualified him for division 1 in the summer.

Kirsty McCall swam in three events, 200IM, 100m back and 100m free. She swam the 200IM in 3.06.55, 100m backstroke in 1.30.06 and 100m free in 1.14.96. All great swims from Kirsty and all were great PB's.

Declan McGeown swam in 200IM, 100m back and 100m free. The 200IM was swam in 2.35.23 a great PB. He swam the 100M back in 1.12.02 and finally 100m free in 1.06.42.

Niall McGeown swam the 100m fly, 100m breast, 200m breast and 100m back. His 100m fly was swam in 1.13.84 coming 5<sup>th</sup> place overall and giving him a division 1 time. The 100m breast was swam in 1.20.86 coming 3<sup>rd</sup> place a taking home a bronze medal – this was also a division 1 time. 200m breast was swam in 2.55.20 a gold medal swimming swim and another well-earned division 1 time. 100m back swam in 1.17.42. Great PB's from Niall, medals and a great start to the national competition qualifying season – well done Niall

Matthew McKee competing in the 14-year old age category swam 200m free in 2.22.73, 400IM in 5.44.34 – a division 1 time, 200m back in 2.40.68, 400m free in 4.57.57 and 100m back in 1.14.53.

Jessica McMullen aged 15, swam 100m back, 100m free, 100m fly and 100m breast. She swam the 100m back in a time of 1.15.65 a PB, 100m free in 1.05.73 also a PB, 100 fly in 1.12.08 a PB and a division 1 time and 100m breast in 1.28.47 a PB also. Great swims and a good weekend for Jessica.

Jodie McMullen aged 13 swam in the 800m free, 200IM, 100m back, 100m free, 100m fly and 200m back. Jodie came 1<sup>st</sup> place winning a gold medal in 800m free in a time of 10.13.94 a division 1 time. 200IM was also a medal winning swim picking up silver in a time of 2.39.59 also a division 1 time. She swam the 100m back in 1.18.49 and 100m free in a PB time of 1.06.30 – also a division 1 time.

100m fly was finished in 1.15.60 a PB, silver medal place and a division 1 time. Jodie's winning form continued with the 200m backstroke swam in 2.43.31 also a bronze medal, a great PB and a final division 1 time for the hard weekends work. Congratulations Jodie.

Lydia Mees, competed in the open events. She swam the 200IM in 2.48.09 and 200m breast in 3.08.24 and made it to the finals where she swam again in a time of 3.02.79 and came 4<sup>th</sup> place overall. Lawson Morrow swam in the 100m breast finishing in a time of 1.32.79.

Adam Wilson swam in 5 events – 200m free, 100m fly, 100m breast, 200m breast and 200m fly. He was off to a great start swimming to a great PB in the 200m free in a time of 2.17.85. He also achieved a PB in 100m butterfly in a time of 1.10.76. He swam 100m breast in 1.22.20 and also took a bronze medal. In the 200m breast he had a super swim with a great PB, he came second place overall earning him a silver medal and also a division 1 time. His final swim of the weekend was 200m butterfly swam in 2.34.02 a PB and also a division 1 time.

Finally, this weekend swimming was Finlay Wright, he also competed in 200m free, 400IM, 200IM and 100m back. Finlay started off well with a PB in 200m free swam in 2.21.24. He picked up a division 1 time in the 400IM swam in 5.38.08 also a PB. He swam the 200IM in 2.39.75 also a PB and finally the 100M back in a time of 1.13.94 a PB and also a division 1 time. Well done Finally.

Well done overall to all the swimmers, a great weekend of swimming with qualification to the national competitions, medals and personal best swims. Thank you to the parents for your time taking the children to these events and most importantly to the coaches of BASC, your time and dedication to the swimmers is paying off and most appreciated overall by the swimmers and parents.

The next qualification gala takes place in Lisburn between 2<sup>nd</sup> February and 4<sup>th</sup> February in a short course format. Then quite a few of these swimmers will be attending the Dave McCullagh International Meet in Bangor between 16<sup>th</sup> and 19<sup>th</sup> February. Good luck swimmers and happy training.