



BANBRIDGE SWIMMERS IMPRESS AT IRISH OPEN SWIMMING CHAMPIONSHIPS 2018

This year's Irish Open Champs took place at the National Aquatic Centre Wed 4th to Sun 8th April. Julia Knox was competing each day with Adam Wilson joining the team for Saturday's distance event the 1500m frontcrawl.

Day 1 saw Julia take on the 100 breaststroke and got off to a solid start with 1.13.23 in the heats, making 'A' final. This was a great start, and at 14yrs old, finished in 10th place, and 6th overall Irish swimmer.

Building on this Day 2 was the gruelling 400 IM, an event that Julia is extremely strong, which she proved notching up a 5.51 second PB, qualifying for another senior final with 4.57.29, and a National Irish Squad Qualifying time.

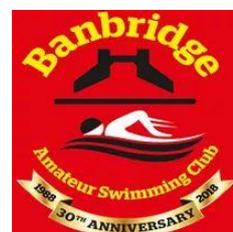
This international event was designated as the sole qualifying meet for the European Juniors championships which take place in the summer. Boiled by a great start to the meet Julia set her sights on the consideration time of 4.56.12. Swim Ireland were also providing live streams of the finals, so many of the club members were able to tune in and enjoy a terrific swim and exciting race, Julia pulled out a cracking time of 4.52.62 battling all the way with some of the American swimmers, and was 2nd placed Irish swimmer winning SILVER medal to the delight of the team and supporters. This time also places her 6th place for 17&U European rankings, which also qualifies for the European Championships in Glasgow this Summer.

Day 3 was 200 Butterfly for Julia, and again made the finals, coming home in overall 8th position in a 2.21.36, so the hard work and preparation was continuing to pay off for the young Banbridge swimmer. Adam Wilson joined the team in Dublin ahead of his distance event the 1500m.

Moving onto the weekend and Day 4, Julia swam the morning heat of the 200 FC and earned a place in another 'A' final, then it was Adam up next in the 1500FC. Having had a mixed bag at a previous event, Adam was determined to bring what he and his coach have been working on to the race environment. Adam swam a solid personal best in 18.07.85 as a first timer at these Championships, and the youngest swimmer in the event coming in 16th overall and 12th placed Irish swimmer.

Onto Saturday night finals, and Julia and the coaching team continued their deliberate preparations, and yet again it paid off, with an excellent swim touching home in 2.05.44 and BRONZE medal position, and another Irish National Squad time, another great day in the pool for the entire team.

To bring the meet to a close, day 5 was women's 200IM, and Julia took to the blocks eyeing another final, and sure enough in another Irish National Squad time of 2.21.70 she secured her spot in the senior final.





The young Banbridge swimmer wasn't done, and in the Sunday Open Final she dropped almost 3 seconds and powered home in 2.18.83, winning another BRONZE medal and inside the European Juniors consideration time, truly superb finish to very successful meet.

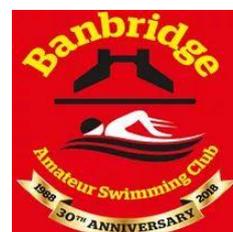
Head coach Davy was delighted with the weeks swimming and commented *"Julia arrived at these Championships not having had a solid block of work, but are delighted with the results that followed. When Julia trains, she trains to with maximum effort when required and the results of this gala shows the attitude and attention she gives her swim training and strength and conditioning work. One of her exceptional qualities is her will and desire to win especially coming home in the last 50m of finals, all adding to a successful combination required for any competitive swimmer. Special thanks also to Timmy Graham of Strength Farm for his continued work with Julia, and also Lee Doran of Sports Injury Clinic who got a late call to work on a shoulder injury, which held up during the entire event.*

As Banbridge is a voluntary run club, this success belongs to all the coaches, and land based trainers who give up their time for the development at all stages of the swimmers pathway, and nice to see these people getting the plaudits for this dedication year after year with result like these."

The club is also pleased to announce that parent volunteer Gina Quinn, following various assessments, has qualified as National Referee at the Irish Open Champs, so a huge congratulations from all at BASC.

DIARY DATES – BASC have a busy year, and as well as holding various trials for new young swimmers, they are celebrating 30th anniversary. To mark the occasion a Gala Ball is being held on Friday 11th May in the Europa Hotel, a celebration night is open to all past and present members. For further details contact M Wilson mrw72@sky.com or club reps.

TRIALS FOR NEW SWIMMERS – BASC want to invite young children coming from swimming lessons or who have completed these and enjoy swimming. Especially 2009 and 2010 boys. The next trials date is Sat 19th May at 4.15pm, please send contact basc.clubsec@gmail.com and the club will be happy to make contact with further information. Or visit our website or facebook pages www.banbridgeasc.co.uk or www.facebook.com/BanbridgeAmateurSwimmingClub/





Julia Knox triple senior medallist at the recent Irish Open Championships held at the National Aquatic Centre in Dublin 4th to 8th April, securing National Squad Qualifying Times and European Junior Championships Consideration Time.

