



Bann Success at Irish Summer Nationals 2018

Another busy season for the young Banbridge swimmers culminated in the major meet of the year, Summer Nationals at the National Aquatic Centre in Dublin. The 5 day meet, starting on Wednesday 25th July, saw clubs from across Ireland and abroad converge to compete in Swim Irelands finale gala of the season.

The format for the event was morning heats for senior, 15 year olds and above, a mid session for youth, up to 14 years and finishing with finals in the evening. The Banbridge swimmers were well prepared by the volunteers at BASC, Head coach Davy Wilson and his team have invested so much into the talented group.

Day 1, session 1 kicked off with the 400IM (individual medley) seeing Jack Bingham, Adam Wilson and Julia Knox take to the pool in the opening heats. All 3 secured final places for the evening. Julia also secured a finals spot in the 100m breaststroke.

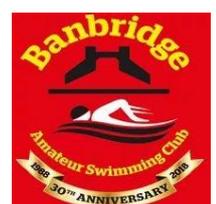
With a squad of 12 swimmers, session 2 saw the Youth enter the fray, young Bailey Breen in his first taste of this competition swim 100m breast in a time of 1.28.69, a personal best time. Niall McGeown, Matthew Comiskey also raced in 100 breast, Matthew improving on his personal best time. Next up was the girls, seeing Ellie Bingham, Rachel Blemmings and Jodie McMullen start their campaign, seeing all close to or new personal best time and Jodie securing place in final in 1.20.94. Jack Lennon was competing in 200m free and delighted to notch his personal best time followed by Jodie in the same event securing another final spot for the evening session. Next up for these swimmers was the 400IM, and 800m freestyle. Bailey Breen, Niall McGeown and Finlay Wright all entered and Finlays 5 second PB secured his finals spot along with teammate Niall. Girls 400IM was next in a busy first days swimming Ellie Bingham swam 5.38.94 and Rachel Blemmings 5.47.07, Ellie's time making the final. Final event of the afternoon was the 800m freestyle, Niall who had a busy morning, swam 10.00.63 and Jack Lennon with over 20 second PB swam 9.59.77 breaking the 10 minute barrier for the first time.

Day 1 was off to a good start, from 12 swimmers 9 finals were reached and was a great confidence booster for the team. The senior swimmers returned to the venue to join the youth, which would be the format for the entire event, to prepare for the first day Finals. First final was 100m breast, and Jodie's PB good enough to win SILVER medal, followed by Julia who in another PB 1.13.18 won GOLD and crowned Irish Champion. Great start for the girls, and Jodie then also had her 200 freestyle, coming in 6th and an all important personal best.

The 400IM was next and Niall built on his morning swim, and in his own best time 5.17.76 secured BRONZE medal, with teammate Finlay finishing 8th. Adam Wilson took to the water for the 15year olds and in an exciting race built on his PB of the morning to swim 5.01.50 and winning GOLD and Irish Champion for the event. Julia Knox who is also strong in this event stormed to GOLD with a time of 4.53.46.

Day 1 over and a superb start, 12 swimmers, 9 finals and 5 medals, 3 GOLD, 1 Silver and 1 bronze.

Day 2 morning session's events were 50m free, 100m fly, 200m breast. Julia secured final in 50 free in 27.41. Jessica McMullen joined the event swimming 100 fly PB of 1.09.86 also secured a finals slot as did Jack Bingham in 1.03.71. The PB's continued in the 200 breast, Julia in 2.42.99 and Adam in 2.45.38.





For the second days youth section began with PB for Ellie her 50 free swan in 31.07, followed by Jodie in 29.14 securing her place in the final. Matthew McKee kicked off his meet with 28.86 in 50 free, then soon after took to the 100m fly posting 1.09.67. Three girls entered the 200m breaststroke and times 2.57.29 for Jodie, 2.58.80 PB for Rachel and 3.10.91 for Ellie saw 2 girls progress to the finals. The individual events of the session was wrapped up with 200 breast for the boys, Jack Lennon and Matthew Comiskey again notching up PBs, in 3.03.36 and 2.56.34 respectively and Niall's 3.00.33 completing this event.

The mid session was completed with the 400m medley relay, the team being Finlay, Jodie, Matthew McKee and Ellie, coming home in 4.48.90 and 10th overall.

Day 2 finals saw 6 swimmers return to the venue, buoyed by the first days success. Jodie PB in 50 free saw her 4th placed Irish swimmer, Julia in the same event for 15 year olds in a 27.08 secured her 3rd GOLD of the meet. Jack and Jessica both competing in 100m fly came 9th and 8th respectively. Adam took to the 200 breast final and another PB 2.45.74 7th, and Jodie in the same discipline in another PB time of 2.52.13 won SILVER. Teammate Rachel Blemmings close to her PB of the morning finished 8th for 14 year old, the finals were completed when Julia, also in 200m breast in 2.34.91 added yet another GOLD to her haul.

Day 2 stats: 12 swimmers, 7 finals, 3 medals, 2 GOLD and 1 SILVER.

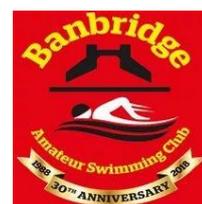
Approaching the midway point of the Championships Day 3's opening with boys 200IM Jack Bingham coming home in 2.28, Julia registering 2.21 booked final position ranked first, and Jessica swimming a 2.39.63. Wrapping up the morning session came the long distance 1500m, with Adam's 17.51.51, 7 second PB securing 4th place.

Friday's youth session began with 100m freestyle, Jack Lennon posting 1.03.59 PB with a strong second 50. 200IM next up for girls, Jodie McMullen in 2.35.34 and Ellie Bingham in 2.40.30, both girls progressing to finals. Rachel Blemmings swam 2.45.17 before a change of events. Niall McGeown's time of 2.30.36 secure his place in the final, and Jack Lennon fresh from the 100 free swam 2.41.34. Finlay Wright also PB'ed in the event registering 2.34.16. Closing out the session was a 400m medley relay with the BASC swimmers Finlay, Niall, Matthew McK and Jack Lennon competed and registered 4.53.10 and 10th overall.

Friday finals saw the seniors returning from their afternoon recovery, to watch first up Niall in the 200IM posting 2.35. Jodie and Ellie, in the same age category, took on swimmers from Ireland and Hamilton (Dubai) and Toronto (Canada). Ellie securing a pb in 2.38 and Jodie further improvement from her morning swim securing BRONZE. The final swim of the day was Julia, who stormed home to yet another Irish title and GOLD in 200IM in 2.18.62. Day 3's return from 10 swimmers being 4 finals and 2 medals, 1 GOLD and 1 Bronze.

Day 4 opening event 100m free saw Knox register 1.00.05 to book her place in the final. Jessica McMullen PB'D in 200 fly in 2.38.87 as did Adam in 2.28.65 with Jack swimming 2.31.45, all three making evening finals. Jack added 100 back final in 1.06.56 to his evening swims.

Youth section started with 400m freestyle for Jack Lennon, Finlay Wright and Niall McGeown with Lennon and Wright securing PBs in 4.52 and 4.46 respectively and Niall with 4.51. 100m free up next and Jodie and Ellie both improving on entry times to final, in 1.03.26 and 1.04.60. Matthew McKee's next event was 200m fly and registered 2.46.87, followed by Ellie in 2.48.61 in the same event. Finishing off the afternoon racing was 100m back, and Finlay took to the water and clocked up 1.12 dead. Jodie having a busy meet also competed in 100m back in 1.16.53.





Morale in the camp was good and another 7 finals places from the 9 swimmers produced yet further medals and pbs, so strong swimming throughout. Girls 12-14 100m free final Ellie pb'ed in 1.04.32 and Jodie took SILVER in 1.02.60. Julia followed next in 15 year old 100m free, adding SILVER, in another sub miunte time of 58.65. Jessica's PB saw her come in 6th in 200m fly, and Adam 8th in same event in 2.26.50. Jacks 2.25 placed him 8th, and Jack ended the session with final in 100m back with 1.05.39.

As has become annual tradition the squad enjoyed a team meal on Saturday night in Blanchardstown along with coaches and parents, before getting back to bed to be ready for the final days competition.

Sundays opener was the 200m back, Jessica and Jack in 2.42 and 2.29 missing out on finals, and Julia's PB of 2.26.37 securing her place in the evening session. Wrapping up the session was Adam Wilson, this time 800m free and a solid PB in a time of 9.26.06.

Onto the heats for the youth and the last day for Finlay saw him post 2.35.15 in 200m back before the distance events started. Jodie took on the 800m free and in a time of 9.50.39 wrapped up her Championships with another medal, this time Bronze. Finlay and Niall then had the task of 1500m free, Finlay's pb of over 36 seconds gave him a new best of 18.45.76. Niall also with a PB, 17 seconds, in 18.14.49 won Bronze to the delight of the Banbridge team.

Due to the distance events the final session on Sunday evening was short, and Julia took to the pool to take on the 200m backstroke, cheered on by the remaining team, swam 2.22.30 in a close race with Ards swimmers winning her 7th medal adding Silver.

Overall stats for the week: 12 swimmers, 28 finals, 15 medals, 6 GOLD, 5 SILVER, 4 BRONZE, as tremendous effort from the entire team. Head coach Davy Wilson commented after the meet:

"This has been the most successful Div 1 (Summer Nationals) Championships for Banbridge swimming club. As always there are areas we can learn and improve from, but as a hole achieving 15 medals in a Championship where all swimmers in Ireland compete has to be a good achievement.

Swimming at this level requires a lot of commitment by the swimmer but also the parent.

With swim Ulster no longer running the Saturday morning training sessions in Bangor for squad members Banbridge coaches and swimmers travel to Bangor most Sunday evenings to avail of Long course (50 M) training. There is no doubt although time consuming, this training and effort definitely paid off.

I would like to thank all the coaches in Banbridge swimming club who volunteer their time in an effort to give swimmers the best opportunity not only to compete but also to swim for life.

Results like we had in Summer Nationals is a reflection of the hard work and time you give up for Banbridge Swimming Club, and you are all part of this success, well done."

IMPORTANT CLUB DATES:

AGM – Wednesday 29th August – Tennis Pavilion (BLC) – 7pm, all members invited.

Trials for new swimmers – Sunday 9th September 9am (meeting 8.45am) Banbridge Leisure Centre.

2018-19 Season Start - Friday 31st August senior performance, Saturday 1st September for remainder of club.

New members are *always* welcome to come and trial, so why not check us out at www.banbridgeasc.co.uk , contact us by email basc.clubsec@gmail.com or find us on Face book Banbridge Amateur Swimming Club.

