



BANBRIDGE AMATEUR SWIMMING CLUB

ULSTER YOUTH & SENIOR CHAMPIONSHIPS 2018

This years Ulster Championships have been split into two events, with the age groupers competing in June the Youth and Senior Champs was run weekend of 5th and 6th May at Bangor Aurora complex. As it was a two day event the organisers revised the schedule compared with previous years, running heats and finals in both morning and afternoon session.

First session on Saturday morning saw Banbridge competing with 9 swimmers, and keen to get the meet off to a good start the swimmers did not disappoint making a total of 9 finals. There was also heat declared event 400m free, in which Julia Knox produced a GOLD medal finish in a time of 4.27.81 to be crowned Ulster Champion. Buoyed on by this the other swimmers added to the medal haul. First final of the session was 200IM with Adam Wilson finishing 5th, next up was girls 200m backstroke, and both Jessica McMullen and Rachel Allenby made the final. In another PB from the morning swim Rachel finished in 8th and Jessica also further improving her time won BRONZE medal in a close touch at the finish. It's good to see the swimmers PB and then further improvement in the finals, and with that Adam Wilson produced a BRONZE medal finish in 200IM in a time of 2.46.77. In 100m breaststroke both Aidin Quinn and Lydia Mees were racing, Aidin again registering a personal best time came in 8th for 15 year old category and Lydia powered home to a SILVER medal in 1.22.10. Two boys competed in the 100m back race earlier and both Jack Bingham and Conor Comiskey reached the final. Conor coming home in 10th place, and Jack taking BRONZE in another close finish and improvement on his morning swim. To finish off session 1 Kate Allenby took to the blocks in the 50m fly, and in winning SILVER shared the podium with both Hill of Larne and Firth of Ards. Coaches were pleased with the results, the personal bests and of course the medals were a great reward for the efforts.

With a short break for lunch, the swimmers were back in the pool for warm-up, and wanting to build on the mornings success. Again from 9 swimmers starting the session 6 finals were reached. Before the finals it was the 400IM event in which Adam Wilson, in a time of 5.08.68, saw him touch in first place and GOLD medal to be crowned Ulster Champ. Declan McGeown also competed in 400IM and face some top opposition finishing in fourth place for 16 year olds. Onto the finals proper and first up was girls 200m fly, which saw Rachel and Jessica up again, Rachel taking 4th place and Jessica winning SILVER medal in 2.42.09. The finals were coming thick and fast and next up was Jack in 100m fly, again facing a tough contest pushed on to PB again and taking SILVER in 1.03.87. For girls the next event the 100m free saw Banbridge with 3 swimmers on the blocks. Lydia securing 6th in 16 year old category with another PB. Aidin and Julia competed in the 15 year old category, in which Julia broke the 1 minute barrier again to take top spot and GOLD medal. Rounding off the day Aidin took on the gruelling 800m free, and finished 5th in the final event of day 1.



It was an excellent day seeing the Banbridge swimmers take 3 Gold, 4 silver and 3 bronze, and plenty to build on for the second day.

Sunday's session prelims completed saw the BASC squad taking 12 finals positions. To end the morning session the boys 400m free took place, and Adam Wilson added to his medals with a 3 sec PB and BRONZE medal. After a short interval the finals kicked off with girls 200IM, with Rachel and Jessica competing, Rachel coming in 9th place and Jessica improving on her morning swim to take BRONZE medal. Jack and Conor then tackled the 200m back with Conor finishing 8th and Jack taking the GOLD in 2.23.28 to the delight of his teammates. Next up was Julia and Aidin in 200m breast and with a further 3 sec improvement on her heat time saw Julia comfortably take GOLD, and also in another personal best Aidin finished 8th. In the 16 year old category Lydia Mees, in 2.56.74, took SILVER to add to the Banbridge haul. In the final splash and dash of the 50m free, Knox took GOLD in 27.71.

Day 2 and final session got underway 3pm on the Sunday, and 5 events for the squad to compete. Rachel Allenby swam the 400IM touching home in 4th place. Conor took on the 100m free and finished 13th overall in 1.04. In Girls 200 free Lydia reached final also taking a 4th place. Both Declan and Jack made the final of the 200m fly and both with further PB's saw Declan come home in 4th and Jack chasing down the touch to finish 2nd and win SILVER. 100m fly for girls saw Jessica and Julia take to the blocks, and again PB's all round with Jessica taking 4th and Julia, in a 1.04, taking GOLD. As the venue emptied after a couple of 50m events, it was on to the 1500m free, in which Adam Wilson was the sole BASC swimmer left. He got off to a good start and was able to carry this to the end and hit another milestone breaking the 18 minute mark, in 17.59.14 and a GOLD medal to top of a great weekend for the entire team.

In total the Banbridge Squad took home 19 medals, 5 Bronze, 6 Silver and 8 GOLD with Julia, Jack and Adam all crowned Ulster Champions. An excellent return for the squad in this new format, and plenty of PB's and improvements as well as the medal haul, much to the pleasure of the coaches. Well done to all the swimmers and thanks to the coaches for their commitment and guidance.

Ulster Age Groups for the younger swimmers takes place Fri 1st to Sun 3rd June, and let's hope for an equally successful meet come June.