



2019 IRISH SHORT COURSE SWIMMING CHAMPIONSHIPS.

RECORDS TUMBLE FOR TEAM IRELAND WHILE KNOX ALSO ACHIEVES SENIOR SILVER MEDAL

The 2019 Irish Short Course Championships, and Open competition, was moved to Dublin this year. Held at the National Aquatic Centre from 12th to 15th December, swimmers on show included those aiming to make Irish Squad for 2020 Olympics.

Banbridge were yet again well represented with a young team, age 12 – 16, with 10 swimmers competing over the four day meet.

Day 1 started with 200IM, and Ellie Bingham and Jodie McMullen swam well in their opening races. Julia Knox kicked off her meet in 200IM with a time of 2.16.52 ranking first. Jodie also swam her 50m free in 29.06. Two of the youngest swimmers Alana Burns Atkin and Katie MacFarlane then both competed in the 200m fly, Alana's PB time placing her in the B final, with Katie (12) swimming 2.32 to finish in top 20.

The format for finals for ISC 19 are A and B finals due to it being an open competition, so top 20 swim finals in the evening sessions. Both Katie and Alana made the B final, and were hard to split, both swimming PBs and finishing 17th and 15th respectively.

Day 2 saw 5 BASC swimmers take to the blocks all swimming 400IM. Katie, Ellie and Rachel Blemmings were taking part in the girls event, finishing 30th, 33rd and 34th overall. The boys were Niall McGeown and Adam Wilson, despite swimming outside their entry PB, they both made finals. Niall's B final swim was excellent seeing him register a new personal best of 4.46 placing him 13th overall. Adam made the A final finishing 8th overall in a PB time of 4.41.

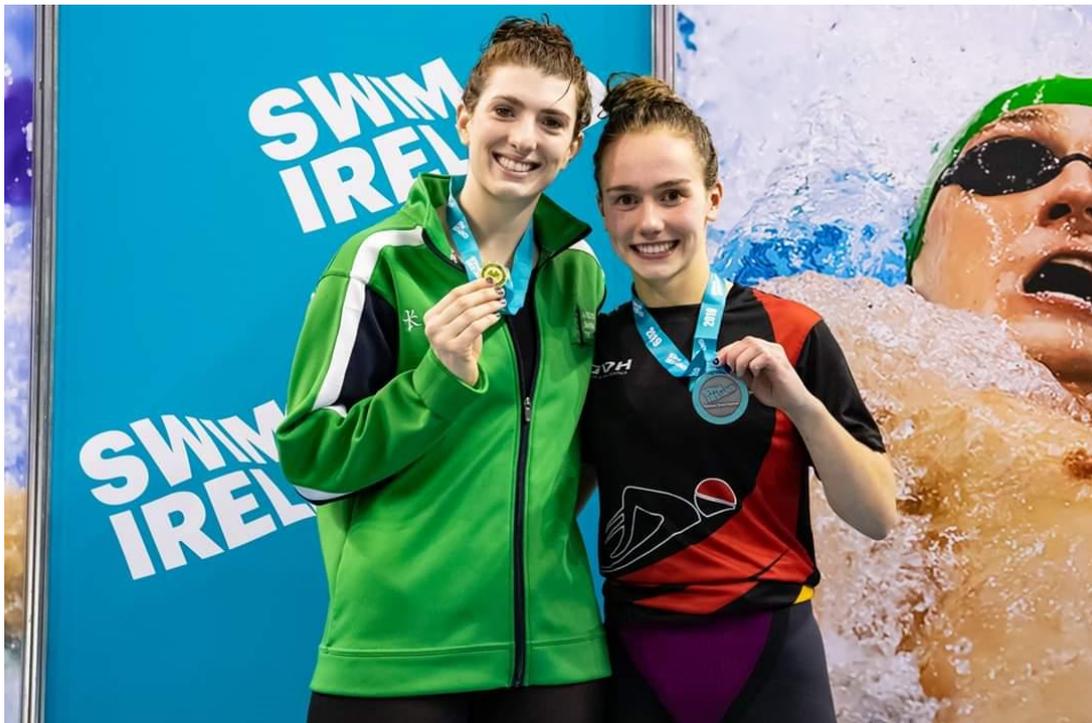
Swim Ireland had for this event formed relay teams from Irish squad swimmers and the aim to break records. That's exactly what happened and on Friday evening the girl's 2 x 4300mm freestyle relay team, which included Banbridge's Julia Knox, broke the IRISH JUNIOR RECORD. Huge congratulations to the team from various clubs, and it was good to see over the course of the four day event records tumbling each evening.



Day 3 had 7 entries for Banbridge. Julia's 100IM was first up with her swimming a PB of 1.04.78 making the A final. Next up was Finlay Wright, who was swimming 400m freestyle, where he clocked up a time of 4.25. Matthew McKee joined the team for his 100m fly, swimming a fraction off his PB in 1.01.19 making the top 30. Katie MacFarlane was also up in 100 fly, swimming a personal best and making B final in a 1.06.46. The final race of the Saturday morning was 200m backcrawl, with both Niall and Katie taking part. Niall's 2.14 PB earned him a B final, as did Katie's swimming 2.30. Saturday finals saw three swimmers return, first up was Julia Knox. Her 100IM was a cracking swim, another PB and finishing 7th overall in the A final in 1.04, well done. Katie made the B final, again a real achievement in tis open aged championship, finishing 16th overall and Niall also making B final swimming 2.17.

Final day BASC had 4 swimmers competing, Julia, Rachel, Finlay and Adam. First up was 200m freestyle for Julia, who came in ranked 2nd in a 2.04, booking another A final place. Finlay also swimming 200m free swam a PB of 2.02.8 to complete his competition. 200m breaststroke was next, Rachel dropped her PB swimming 2.50.03, and then Adam swam a 2.32 missing out on b final.

So retuning to the pool on Sunday evening Julia Knox finished as she began in fine form, not only swimming a PB of 2.02.66 but winning Silver medal, well done.



This brings the short course season to a close, and next up for the Banbridge swimmers will be long course 50m qualifying meets and Championships running from January to July 2020.

A busy time ahead for this group of talented athletes.

