

BANBRIDGE ASC COMPETE IN SWIM ULSTER

SPRING QUALIFYING MEET – BANGOR

Swim Ulster hosted the Spring Qualify Gala at Aurora Aquatic Complex in Bangor Saturday 1st and Sunday 2nd February 2020. Banbridge Amateur Swimming Club had a total of 42 swimmers competing, a number of these young swimmers competing for the first time having achieved the necessary times in the previous Development galas – so well done to them. Swimming a full Olympic Programme of events and all were heat declared with medals being awarded to 1st, 2nd and 3rd place in each age group for both male and female swimmers. Banbridge swimmers were as follows;

Amy Agnew (16) competed well in 3 events, the 200m free swimming in a time of 2.40.83, the 200IM completed in 2.58.05 and the distance event of 400m free which she swam in 5.49.74.

Carter Bell (15), swam 4 events - the 200m back which he finished in a personal best (PB) time of 2.36.27 and picked up a bronze medal, he finished the 100M back in 1.14.71, the 200IM in 2.36.72 and the 400M free in 4.53.44 also a PB time and where he came 4th overall.

Rachel Blemmings (16), swam in 6 events giving good solid performance throughout. In the 200m free she swam in a time of 2.28.93, the 200IM in 2.44.32, the 50m breast she finished in 5th place in a time of 38.44, the 100m breast was swam in 1.23.99, in the 50m distance of backstroke she finished in 36.93. Her final event of the weekend was the 200M back which she swam in 2.45.40.

Bailey Breen (14), competed in 3 events getting things off to a great start in the 400IM which he finished in a PB time of 5.32.14 and bagged himself a silver medal coming 2nd overall. He also swam the 100M in 1.21.53 and the 100M fly in 1.13.43

Noah Breen (13), swam the 200m free in 2.36.35 and the 100m back in 1.25.05, great performances from this young swimmer.

Alana Burns-Atkin (14), swam 5 events over the two days and had a great weekend overall. First event was the 200M free which she swam in 2.27.16 (PB) and came 2nd place, in the 100m back she finished in 1.18.31. She picked up 1st place in both the 100M fly swimming in 1.11.16 and the 200M fly in 2.34.58. Her final event was the distance event of the 800M free in which she came 4th overall in a time of 10.31.23 – taking a very impressive 42 seconds of her entry time.

Lauren Burns-Atkin (12) – had a super weekend competing in 4 events and picked up a medal in all of them. First event was the 200m breast which she came 1st place in a time of 3.22.74, in the 200IM she came 3rd place in 3.09.14, swimming breast again this time the 100M distance and again picked up a gold medal in a time of 1.33.33. Final swim for Laurens weekend was the 800M free which she finished in 11.56.73 – an impressive 33 second improvement on her entry time and a silver medal – a great weekend for Lauren.

Samantha Burns-Atkin (11), she also swam a busy programme all weekend swimming in 5 events. First swim was the 50m back in 1.36.25, then the 200IM finishing in 3.21.28. In the 100M fly she came 4th overall in 1.43.91 and in the 100M breast she swam in a time of 1.47.43. She finished her weekend of in style swimming the distance event 800M free for the first time, she finished in an impressive 12.40.16 – and took 1st place in her age group.

Lorcan Cowgill (14) swam the 100M free in 1.07.35 a PB, 200M free in 2.26.58 also a PB and finally the 400M free in 5.13.26, also impressive PB taking 8 seconds of his entry time and a bronze medal taking 3rd place in his age group.

Ciara Daly (14) competed in 4 events, first up was the 200M free swam in 2.35.02 (PB). Next, she swam the 200M breast in a time of 3.21.84 and an impressive 7 second PB. She then swam the distance of 400M free in a time of 5.32.75 seconds also an impressive 7 second PB. Finally, this weekend she competed in the 100M breast in a time of 1.31.01 (PB).

Robbie Gilmore (15), swam four events also, firstly the 200M back swam in a PB time of 2.55.45, the 200M free in 2.30.60, the 400M free in 5.16.92 and finally the 50M free race in 30.72 a PB time for Robbie.

Lewis Gray (14), swam a full programme of events this weekend, competing in an impressive 9 events – and he swam personal best times in all off these events. First up was the 100M breast swam in 1.21.51, 200M fly in 2.44.74 were he finished 4th overall. Then the 100M free which he finished in 1.04.92, next was the 400IM were he bagged his first medal of the weekend finishing 3rd in a time of 5.44.70, another medal won in the 50M fly were, he came 2nd in a time of 30.55. 100m back was swam in 1.13.36 and 200IM in 2.39.22. Back in the medals again in the 100M fly which he swam in 1.08.57 in which he finished 3rd and his final event of the weekend was the 50M breast which he came 4th in a time of 35.74.

Laura Hanna (13), competed in 4 events, the 200M free were she earned her first medal of the weekend taking bronze in a time of 2.35.10, change of event next to the 100M back were she finished in a time of 1.26.47, followed by other bronze medal performance in the 400M free which she swam in 5.27.66 taking an impressive 25 seconds of her entry time. Final event was the 50M free which she swam in 33 seconds.

Alan Karchenko (12), had a great weekends swimming competing in 6 events. First up was the 100M breast which he swam in 1.32.48 PB time finishing 2nd overall to earn his first medal of the weekend. Next swam was the 100M in which he finished in a personal best time of 1.13.40, followed by the 100M back in 1.26.33 (PB). The 200M breast he finished in 3.23.32 to earn another silver medal in his age group, the 200IM was swam in 3.13.70, and finally the 400M free which he finished 4th overall in 6.03.13.

Tara Kennedy (11), one of the club's younger swimmers had a very impressive weekend in which she swam in 5 events and bagged a medal in everyone of these swims as well as making personal best times in all the events also. She came 3rd in the 400m free in a time of 5.50.07, she came 2nd in 200M free in 2.46.08, 200IM in 2.59.58 and the 100M breast in a time of 1.34.89 and finally she came 1st in the 200M back swimming in 2.55.20.

Alex King (12), swam in 4 events in which she also made personal best times in all these races firstly she swam the 200M free in a time of 2.46.41, followed by the 400M free which she took an impressive 13 seconds of her entry time to finish in 5.54.48, she medalled in the 100M fly in a time of 1.29.12 coming 3rd in her age group and finally she swam the 100m free in 1.14.87.

Julia Knox (17), swam 5 events also and earned gold medals in 4 events in what was some impressive swimming. 1st place swims where in the 100M breast in 1.06.82, 200IM in 2.24.41, the 400M free in 4.34.37 and the 400IM in a time of 5.01.64. Her final swim was the 100M fly which she finished in 1.07.78.

Jack Lennon (15) swam 3 events, first up was the long-distance event of the 1500m free which he swam to 2nd place in a time of 18.20.66 a personal best. He took 2nd place medals also in the 200M free swam in 2.10.14 and the 200IM swam in 2.29.79 – all personal best times.

Sarah Macauley (14), competed in 5 events, the 200M breast where she finished in a time of 3.18.70 (PB), the 200IM swam in 2.52.58 (PB), the 100m fly in 1.17.47 (PB). In the 100M breast she swam in 1.34.94 and the 200M back she swam to a personal best time again finishing in 2.40.48.

Katie Macfarlane (13), and medals all round for Katie, swimming in 5 events and she took gold in 4 events and bronze in one. The bronze medal swim was the 100M breast where she finished in a time of 1.22.94. 1st place swims were the 100m back swam in 1.11.76 (PB), the 100m fly in 1.08.10, 100M free swam in 1.03.92 (PB) and finally the 200M back where she finished in 2.36.41.

Liam Og Mathers (14) had a busy weekend swimming competing in 8 events. Firstly was the 200M fly where he got his weekend off to a great start winning 1st place in a time of 2.35.15 (PB), next was the 100M free finished in 1.02.74, the 200M back earned him another gold medal in a time 2.32.30, in the 200m free he had a PB swim finishing in 2.19.32. Other medal in the 100m back this time silver which he finished in 1.10.75 in the 200IM he swam in a time of 2.39.56 (PB), the 100M fly earned him another medal – silver again in a time of 1.07.64 and finally the 50m free was swam in an impressive time of 29.14.

Katlo Matlholdi (15) swam 7 events and gave solid performance throughout. Firstly, up was the 100M breast finished in 1.22.30 (PB), then the 200M fly in 2.56.94 (PB), the 200M free he finished in 2.25.25 and the 100m back in 1.15.55. He also swam the 200IM in 2.40.45, the 400m free in 5.33.46 and finally the 100m fly where he finished in a time of 1.17.96 (PB).

Kirstie McCall (15) competed in the 200M free finishing a PB time of 2.35.04, the 200m breast in 3.15.01 followed by the 100m breast in 1.32.22. Her final event of the weekend was the 100m free where she swam to personal best time in 1.10.76

Edie McCusker (13) took on 5 swims over the weekend. Firstly the 200M free which she swam to 4th place in a time of 2.39.07, next the 400M free which she finished in 5.43.01, in the quick 50m free she swam in 32.48 seconds and then in the 100m free she finished in a PB time of 1.10.56. Final event was the 50m distance again this time swimming the fly where she came 3rd overall in a time of 35.77 seconds.

Nancy McCusker (11), back to the younger swimmers who was competing in qualifying for the first time in the 50M pool and Nancy swam well in 3 events. First up the 200M free where she finished in 3.01.09, the 100M free in 1.22.71 and finally the 200M back where she improved on her entry time finishing in 3.21.40.

Niall McGeown (16), the second swimmer in the club to take on the 1500m long distance free and Niall performed well finishing in 18.16.59 coming 2nd in his age group. On day 2 he swam 4 events, the 200M free in 2.07.82 (PB), the 200m breast in 2.46.56 earning him a gold medal, in the 400M free he came 2nd in a time of 4.47.44 and finally the 50m free was finished in 27.56 seconds.

Aoife McGrady (11), one of the younger swimmers also swimming in qualifying for the first time, Aoife swam 2 events the 200m free finishing in 3.07.42 and the 100M back which she swam in 1.39.17, great performance from Aoife.

Aran McLaughlin (14), solid swimming displayed by Aran over the weekend competing in 6 events all of which achieved him personal best times. First event was the 100M free which he swam in 1.03.09, the 200 free was completed in 2.17.37, followed by the 100m back in 1.14.29. In the 400M free he medalled coming 3rd place in a time of 4.53.70 followed by the 100m fly which he finished in 1.11.49 and the finally the 50m free which he swam in 29 seconds.

Olivia Miskelly (13) had a super weekend also competing in 7 events. First up the 100m back which was finished in 1.19.89, next in the 200IM she finished in 2.46.15 coming 2nd place in her age group, medals again in the 100m fly where she came 3rd in a time of 1.18.84 – an impressive 5 second personal best. Gold medal in the 50M free swam in 30.25, followed by 100m breast in a time of 1.26.36. Silver medal earned in the 100M free in a time of 1.04.20 (PB) and finally in the 400IM she came 3rd in 5.51.31.

Joy Moorhead (13) swimming in her first qualifying gala completed in 3 events. The 200M free in 2.52.73, the 100M back in 1.29.41 and the 400 free in 6.10.23. Great swimming from Joy.

Lawson Morrow (16) swam 4 events over the 2-day event. First up the 100m breast swam in 1.27.28, followed by the 200M back swam in 2.40.10 and the 200M breast where he finished 4th overall finished in a time of 3.06.62. His final event of the weekend was the 800M distance free event where he swam well in a personal best time of 10.41.50.

Mia Mulholland (12) had a great weekend swimming where she earned herself personal best swimming times in all 6 of her events and 5 gold medals and a silver medal also – well-done Mia. Her events were 200M free finished in 2.35.68 and a gold medal, the 100M breast in 1.19.16 and another gold medal. In the 400M free she came 2nd in a great time of 5.32.13. In the distance event of 800M free she gold medalled again in a time of 11.45.99, gold in the 100M free in a time of 1.11.53 and the 200M back of 2.49.32.

Ben O'Reilly (16) performed well swimming in 5 events achieving personal best times in 4 events and took home a gold and a silver medal. First up was the 100m breast swam in a time of 1.23.58 (PB), the 400IM swam in a time of 5.33.98 (PB) earned him his gold medal, followed by the 200M breast swam in 3.03.57 which earned him a silver medal in his age group. He then swam the 200IM in a time of 2.39.50 (PB) followed by the 100m fly in 1.14.35 (PB).

Matthew Rice (12) swam 6 events in which he swam personal best times in 5 of these events and bagged a gold and a silver medal also. In the 100M breast he came 5th overall in a time of 1.37.24, silver medal achieved in the 200M fly in a time of 3.32.53. Next up was the 100M free swam in 1.12.38, followed by the 200M free which he took an impressive 5 seconds of his entry time finishing in 2.37.65. He then took on the 800M free distance event in which he came 1st in his age group in a time of 11.25.41. His final event was the 100M fly which he achieved another PB in a time of 1.30.44.

Pearse Rice (14) had a busy weekend swimming in 7 events and performed well in all his events. First up was the 100M breast which he swam in 1.27.21, followed by the 100M free finished in 1.04.61. In the 400IM he came 4th overall in a time of 5.49.22. In the 200M free in which he came 3rd in a time of 2.19.08, and the 100M back he swam in a PB time of 1.16.90, followed by the 800m free distance event which he swam in 10.12.67 coming 2nd overall. His final event of the weekend was the 100M fly which he swam to finish in 1.16.23 (PB).

Brooke Schoenfeldt (12) swam back and free events. First event was the 200m free which she finished in 2.52.14, followed by the 100m back swam in 1.30.99 and finally the 100m free swam to a personal best time of 1.15.69.

Dylan Stewart (13) completed 4 events. First up the 100m free which he finished in 1.12.88, followed by the 200M back which he swam in 2.50.55 (PB) and he came 3rd in his age group earning himself a bronze medal. In the 200M free event he finished in 2.38.30 and finally in the 400 free he came 2nd winning a silver medal in a time of 5.35.19 – an impressive 10 second personal best.

Darcy Walker (13) had a great weekend swimming in 5 events. Her first race was the 100m breast which she finished in 1.15.64, followed by the 200IM which she finished 1st in her group in a time of 2.42.74 earning her a personal best time and her first medal of the weekend. In the 100M fly she medalled again this time coming 2nd in a time of 1.17.96. 2nd place again for Darcy in the 100M breast where she finished in a time of 1.22.18 (PB) and finally in the 200M back she came 3rd place winning a bronze medal in an impressive time of 2.41.81.

Georgina Walker (11), one of the younger swimmers in the club attended the qualifying gala and who had a very impressive weekend. Swimming in 6 events, she achieved a personal best time in all events and won a medal in all these events also. She took gold in 200m free in a time of 2.31.03, gold again in the 200IM in a time of 2.55.10. In the 400M free event she came 1st place again in a very impressive time of 5.21.21. 3rd place and a bronze medal in the 100m breast which was swam in a time of 1.36.23. 400IM was another impressive swim finishing in a time of 6.04.62 and winning another gold medal. Final event was the 200M back which she came 2nd overall in a time of 2.58.59.

Adam Wilson (17) had an impressive weekend swimming 5 races in total. In the 100M breast he finished 3rd place in a time of 1.12.96 (PB), gold medal in the 400IM finishing in a time of 4.50.72, followed by silver medals in the 100M back swam in 1.05.80 and the 400m free in 4.25.02 (PB). Final event was the 100M fly which he swam in 1.04.24.

Ben Wilson (12) competed in three events and achieved personal best times in all these events, firstly he swam the 100M free in 1.15.17, followed by the 200M back in 3.06.28 and finally the 200m free which was swam in 2.40.78.

Finlay Wright (16) had a busy weekend swimming 6 races over the two days. Firstly he swam the 100M breast in a time of 1.15.96 coming 1st place in a PB time, next he swam the 100M free in a time of 57.71 (PB), followed by the 50M fly swam in a PB time of 28.27 seconds and came 2nd this time. He earned 1st place in the 800m distance free event finishing in a time of 9.13.96. In the 100M fly he came 3rd in a time of 1.04.65 (PB) and 3rd again in the 50M breast in a PB time of 34.46.

Over the course of this successful weekend the Banbridge team achieved some impressive team statistics including a Medal tally of 33 Gold medals, 29 Silver medals and 21 Bronze medals as well as an impressive 113 personal best times. An outstanding weekend all round, thanks to the swimmers, the very dedicated coaching squad who were on hand all weekend to give advice and support to the swimmers. Thanks also to the many parents who volunteered over the weekend in any way – without all the volunteer support these galas wouldn't be the success they are.

Good luck to the many swimmers who will be back in Bangor for the McCullagh International Gala from 20th to 23rd February which is promising to be a thrilling gala with British Olympic Champion Adam Peaty along

with Silver medallist Duncan Scott and Siobhan O'Connor competing alongside Irish European medallists Mona McSharry, Shane Ryan, and World Championship semi-finalist Brendan Hyland and Darragh Greene all competing – such an exciting line-up for the Banbridge Swimmers to see compete and compete alongside. This gala will be followed by the Easter Qualifying in Bangor also on the 14th to the 15th March. Training continues as normal for the local squad in preparation for these events.