



Irish National Short Course Championships

The above competition took place started last Thursday, the 19th of November and ran until Sunday evening.

A very long event for all involved.

As you may have heard through various media sources, a good number of Ireland's top swimmers attended this gala, and it give me great pleasure in letting you know that the Aer Lingus team that competed can be justifiably proud of their achievements over the weekend. Although gold medals were in short supply, the number of silver and bronze medals as well as the achievements of our relay teams pushed our club to the top of the leader board amongst all clubs that competed.

Niamh McDonnell retained her 100 fly crown and Andrew Meegan, won the men's 800.

The senior girls team of Tara English, Hayley Burke, Wendy O'Neill and Niamh McDonnell took the 4 x 200 Freestyle relay.

On Saturday evening, the junior girls were successful in securing their second 4 x 100 Medley title of 2009. Last July the girls had broken the Irish Junior record when they won the long course version of this event. This time they were only 0.7 seconds outside a second national record. The short course team consisted of Katie Byrne, (back) Catrina English, (breast) Sarah Taaffe, (fly), and Rachel Nevins, (free).

In commenting on the performances over the weekend, Head Coach, Alan Turner, congratulated his swimmers on a great team performance, he went on to say that he was very impressed with everyone, and could not complain as nearly every swim was a personal best time. It was a super meet all round particularly that training continued right up to the start of the competition, so there was no rest or tapering before the meet started.

Roll on the Leinsters!

And finally, thank you to all the parents who took volunteered as timekeepers, turn judges and call stewards. Without these volunteers, galas cannot be run.