



Cormorants / NAC Gala, 13th October 2009

Congratulations to all who competed at the Cormorants/NAC Gala last Sunday.

The club did exceptionally well, with a total of 22 individual medals and 2 relay medals being won.

The breakdown for the individual events was, 7 gold, 7 silver and 8 bronze

Our u/10 boys won gold and bronze in the 4 x 50 free events.

A special mention to Cian Cunningham, swimming in his first gala won 2 gold, a silver and a bronze medal.

More importantly however were the number of PB's that were set, all that hard work in training is proving worthwhile.

We hope that everyone enjoyed the day and that all are now looking forward to the next gala.

The results to hand are posted on the 'Gala Page', we are still waiting for the results from the afternoon session and as soon as these are available an updated will be posted.