



Irish SC Winter Championships – Coaches Report

The SC Winter Championships is the National culmination of the short course season. Several clubs based in the UK and Dubai travelled to Ireland to compete at this meet and as to expect the standard of swimming was very high. Portmarnock had 5 swimmers represent the club at the meet

Sarah Keane

Ava Jones

Holly Clifford

Megan Jones

David Pau

From a performance perspective the swimmers achieved

- 22 Personal Best Times
- 14 Finals

Individual achievements are

Sarah– Competed 3 Individual Event

- Finalist 200 Fly, 15th in Ireland
- Finalist 400 IM and 200 Backcrawl
- 3 Personal Best Times

Ava – Competed 8 individual Events

- Bronze Medal Women's 100 Breaststroke - Junior Category (Women 17 & Under)
- Silver Medal Women's 50 Breaststroke – Open Category
- 2 Personal Bests achieving these in varying distances
- Finalist in 6 Events placing Top 8 in all finals

Holly – Competed 3 Individual Events

- 1st Reserve Women's 100 Breaststroke
- 13th Fastest Junior 50 Breaststroke
- 2 PB's out of 3 individual swims

David - Competed 6 Individual Events

- 1st reserve Men's Open 100 IM
- 5 Personal Bests achieving these in a varying distances and strokes

Megan – Competed 8 Individual Events

- Bronze Medal Women's 200 Breaststroke - Junior Category (Women 17 & Under)
- Bronze Medal Women's 200 IM - Junior Category (Women 17 & Under)
- 9 Personal Bests achieving these in varying strokes and distances
- Finalist in 6 individual events

In addition to the above individual achievements, the 4 girls represented Portmarnock in the Women's Open 200M Freestyle Relay, where they came 5th in Ireland . Portmarnock were the only relay with 4 junior girls on the relay and to come top 5 in Ireland with such a young team is a great achievement for the individual swimmers and the club.

As can be seen from the above, despite the magnitude of the meet all 5 swimmers performed phenomenally well.

Quick Note Re Stockport Metro

In addition to the great swims at this meet, Ava and Megan also represented Swim Ireland at Stockport Metro Meet in Manchester. There were some very impressive swims by the 2 girls including

Ava placing 2nd in the Girls 14 Yrs/Under 100 Breaststroke & 2nd in the Girls 14 Yrs/Under 100 Freestyle.

Megan achieving 4 personal best times

Once again we were hugely impressed with how the swimmers performed and look forward to seeing how they do at the next meet.