



Leinster LC Open 2023 & 56ème Challenge International de Genève

A huge well done to all who competed at the Leinster LC Open 2023. It took place on 21st & 22nd January. We had 21 swimmers who represented Portmarnock SC across 122 individual races & 7 Relays.

This was the 1st LC meet of the 22/23 season and in some instances, the first Long Course meet for some swimmers. All swimmers exhibited exemplary behaviour and represented themselves and Portmarnock positively. The skills which we have been working on were on display and the swimmers are already benefiting from the hard work they have put in. The swimmers also took away some important learning points and are aware of what areas of their swims which require further development to further improve performance.

From a performance perspective we had

- 64 Individual Personal Best Times
- 35 top 10 finishes of which
 - o 2 were 1st place finishes in their age band
 - o 4 were 2nd place finishes in their age band
 - o 8 were 3rd place finishes in their age band
- Portmarnock Relay 12-14 Boys 4 x 100 FC Relay – 3rd in Leinster
- Portmarnock Relay 12-14 Boys 4 x 100 Medley Relay – 3rd Leinster
- Portmarnock Relay 12-14 Girls 4 x 100 FC Relay – 3rd Leinster

This was a great meet for Portmarnock and we cannot wait to see how the swimmers will perform at upcoming meets where they will have to perform in both heats and finals.

I would also like to thank the parents for all their help with volunteering this weekend. There were a lot of changes some of which were unexpected and occurred at the last minute which required parents to step at the last minute to fill a required role. I would like to thank them as the meet would have been delayed if it were not for them. I would also like to thank Helena for her Coaching role this weekend, again things would not have gone as smoothly without her assistance.

We would also like to mention that Ava & Megan Jones represented Swim Ireland at the 56ème Challenge International de Genève. This is a major International Meet and both Ava and Megan performed extremely well.

Ava placed 7th in the Women's Open 100m Breaststroke & 2nd in the Women's Open 200 Breaststroke

Megan placed 2nd in the Women's Open 200 IM, 1st in the Women's Open 200 Breaststroke, 6th in the Women's Open 100 Breaststroke and 9th in the Women's Open 50 Breaststroke.



It is a huge achievement to meet the qualification standards for this meet and both Ava and Megan swam tremendously at this major meet and we would like to offer our congratulations to Ava & Megan for their performance

Paul