Irish SC Championships Report

A number of swimmers from Templemore ASC were in action at the Irish SC championships at the weekend and did the club incredibly proud, some fantastic swims and professional performances after only competing at a major championships two weeks before.

First up was Christina McDowell who qualified first into the B final, 9th in the whole of Ireland, very impressive for a 14 year old and held her position, winning the B final. Christina was up again in the 200 IM along with Jane Sofley and both swam very close to their PB's set two weeks ago, and well under their PB's from before then. Jane was up again next in the 100 Free, and banged in a nice PB of almost a second, she was joined by Megan Simpson who matched her time from 2 weeks ago, again well under her old PB.

On the Saturday things went just as well, in the 50 Free Megan was again right on her PB with a very strong swim, then Emma Watson, by her own admission not feeling the best on the day put in a very professional swim coming in only a couple of seconds outside her lifetime best in the 200 Back. In the next event Robbie McDowell knocked a whole second off his lifetime best in the 200 butterfly, one of the tougher events on the programme, but no problem for Robbie. Next up in one of her new favoured events Jane Sofley earned herself a half second PB in the 100 Butterfly and then Christina McDowell repeated the feat with half a second PB in the 50 Breast to earn herself another B final place where she repeated her time and finished 14th overall, up 5 places on her starting position. Templemore had a few swimmers in the 400 Free next, with Victoria Catterson knocking 2 whole seconds off her best despite a little bit of miscounting! Megan Simpson knocked a second off her best and Emma Watson gave it 100% but suffered from the fatigue from her earlier 200 Back and was a few seconds outside her best again. Finally, Jane Sofley was up again in her 100 IM and was on her PB, not bad after just having swum 100 Fly.

Final day was Sunday and Templemore representation increased again, First up was the 400 IM and Leigh Higgins had a fantastic swim, knocking a whole 11 seconds off her lifetime short course PB with a great swim, Jane Sofley almost matched her with a 10 second PB of her own that earned her a B final place in the event where she improved her backstroke and knocked another 3 seconds off with a great swim, finishing 15th in Ireland. The 50 Butterfly was next and Samantha McCormick had a solid swim and held her PB and Megan Simpson knocked almost a second off her own time in the event. Templemore had 4 swimmers in the 200 Free, Jane Sofley suffered a bit from her impressive 400 IM swim and was a couple of seconds outside her best, Megan Simpson enjoyed a small PB of .3 of a second but came out hungry for more, Victoria Wylie who's swimming well this year looked great and knocked half a second off her best and finally Emma Watson had a solid swim and was only a second and a half outside her best. In the womens 100 back Jane Sofley put in another professional swim, at the end of a tough programme of events, one and a half seconds outside her PB is definitely a reason to be positive. The final Templemore event was the womens 200 Breast and Leigh Higgins set the tone with an amazing 6 second short course PB, very impressive swimming, fresh off the back of impressive Ulster championships performances Samantha McCormick went close to her PB from that event and well under her previous best to finish as first reserve for the B final, Christina McDowell also did very well with a professional heats swim to take her into the A final then knocking 3 seconds off between heats and finals to come very close to her big PB at Ulster champs and put her 6th in Ireland, though only a second away from a bronze medal.

Many thanks to everyone, parents and swimmers who helped make the gala run so smoothly for Templemore ASC, proud of all the swimmers for their swims and grateful to all the parents for their support timekeeping and carting the swimmers back and forth and supporting the whole team in races. Also big thanks to Ross, Paul and Robin who are the architects behind these great performances, getting these swimmers up to the level to compete so well.

Coach Craig