

British Youths

Wednesday, 27 July 2011

Day 1 of the British Youth Championships saw athletes from ALL 4 provinces racing in the event. The highlight of Day 1 performances came in the evening finals with **Shani Stallard (HPC-UL/New Ross SC)** and **Nicholas Quinn (Castlebar SC)** both qualifying for finals tomorrow, Stallard with a PB in both this morning's heats and the evenings Semi-Final.

Other notable swims today were some excellent efforts from **Ben Griffin (Aer Lingus)** in the Boys 15/16Yrs 200BS making a Semi-Final in his first British Youth championship experience and by Cork's **Emma Cassidy (Sunday's Well)** as she delivered a 2 second PB to qualify for the Semi-Final of the girls 16/18Yrs 200BC.

Other PB's today were set by **Paul Angus (Bangor SC)** in the Boys 200BS and **Tiarnan Murphy (Templeogue)** in the 400FC. Strong swims saw others come close to finals with **Niamh Murphy (Templeogue SC)** making reserve in the 100FC, whilst **Susan Callanan (Dolphin SC)** delivered a PB in the same event and **Jess Stallard (Kilkenny SC)** also breaking the 60 Second barrier, in her heat. **Saoirse McGrath (Galway SC)**, having competed in the 200IM earlier in the day was also just outside her best in the 100FC, which she set in Dublin last week.

In the Girls 200BC event **Tara Dunne (HPC-UL/Ballina Dolphins SC)** and **Grace Branagan (Templeogue SC)** also swam good heats, with Branagan equalling her PB, while Emma Cassidy progressed to the Semi-Final this evening. In the 400FC Boys event **Jack Cobain (HPC-NAC/Portmarnock SC)** and **Brendan Hyland (HPC-NAC/Tallaght SC)**, swam marginally outside their best times in their heats, while **Jonathan McGee (HPC-NAC/Portmarnock SC)** also swam but was outside his best.

Of the 28 Athletes in attendance, 23 of them were in action today and with 5 boys in the 100BC, the team saw efforts which will set up some good racing later in the week as the 100BC was more of a warm-up swim for the competitors concerned. **Luke Campbell (Bangor SC)** was pleased with his swim, while **Cian Duffy (Galway SC)**, **David Prendergast (Kilkenny SC)**, **Brian O'Sullivan (Newry & Mourne)** and **Jack Cobain (HPC-NAC/Portmarnock)** were happy to have produced times close to their best.

Shauna O'Brien (Waterford Crystal SC) was pleased with her 200IM, producing a time which was well inside her entry time, but fractionally outside the PB she had set in Dublin at Irish Nationals last week. Connacht Athletes **Sarah Kelly (Comans SC)** and **Darragh Joyce (Athlone SC)** were also in action today, with both athletes getting some invaluable experience in tough competition today.

The 28 athletes are in action in Sheffield until Sunday this week with daily updates from Ponds Forge published on Swim Ireland website.



Day 1 Heats

Girls 200IM

Shani Stallard	(HPC-UL/New Ross SC)	2:22.27	16/18Yrs	(PB)	Q'd for Semi-Final
Shauna O'Brien	(Waterford Crystal SC)	2:23.56	16/18Yrs		
Saoirse McGrath	(Galway SC)	2:29.99	16/18Yrs		

Boys 400FC

Brendan Hyland	(HPC-NAC/ Tallaght SC)	4:11.47	15/16Yrs		
Jack Cobain	(HPC-NAC/Portmarnock)	4:13.90	15/16Yrs		
Tiarnan Murphy	(Templeogue SC)	4:15.21	17/18Yrs	(PB)	
Jonathan McGee	(HPC-NAC/Portmarnock)	4:21.70	17/18Yrs		

Girls 200BF

Sarah Kelly	(Comans SC)	2:26.44	14/15Yrs		
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Boys 100BC

Luke Campbell	(Bangor SC)	1:00.75	17/18Yrs		
Cian Duffy	(Galway SC)	1:02.03	17/18Yrs		
David Prendergast	(Kilkenny SC)	1:02.05	17/18Yrs		
Jack Cobain	(HPC-NAC/Portmarnock)	1:02.22	15/16Yrs		
Brian O'Sullivan	(Newry & Mourne SC)	1:02.45	15/16Yrs		

Girls 100FC

Niamh Murphy	(Templeogue)	58.66	16/18Yrs		2 nd Res for Final
Susan Callanan	(Dolphin SC)	59.55	16/18Yrs	(PB)	
Jess Stallard	(Kilkenny SC)	59.84	16/18Yrs		
Saoirse McGrath	(Gallway SC)	1:01.04	16/18Yrs		

Boys 200BS

Nicholas Quinn	(Castlebar SC)	2:22.46	17/18Yrs		Q'd for Semi-Final
Philip Duffy	(St Paul's SC)	2:24.41	17/18Yrs		Q'd for Semi-Final
Ben Griffin	(Aer Lingus SC)	2:30.94	15/16Yrs		Q'd for Semi-Final
Darragh Joyce	(Athlone SC)	2:33.21	15/16Yrs		
Paul Angus	(Bangor SC)	2:34.23	15/16Yrs	(PB)	

Girls 200BC

Grace Branagan	(Templeogue SC)	2:24.96	16/18Yrs		
Emma Cassidy	(Sunday's Well SC)	2:21.86	16/18Yrs	(PB)	Q'd for Semi-Final
Tara Dunne	(HPC-UL/Ballina Dol SC)	2:25.05	16/18Yrs		

Day 1 – FINALS

Girls 200IM

Shani Stallard	(HPC-UL/New Ross SC)	2:20.06	16/18Yrs	(PB)	Q'd 6 th for 'A' Final
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Boys 200BS

Ben Griffin	(Aer Lingus SC)	2:32.09	15/16Yrs		18 th
Nicholas Quinn	(Castlebar SC)	2:19.88	17/18Yrs		Q'd 6 th for 'A' Final
Philip Duffy	(St Paul's SC)	2:25.74	17/18Yrs		20 th

Girls 200BC

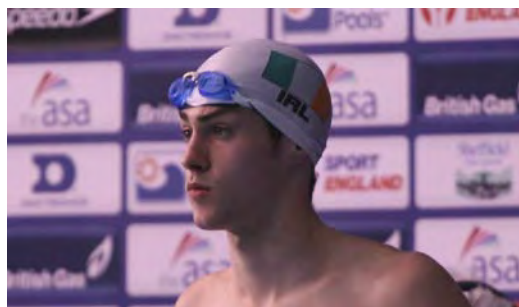
Emma Cassidy	(Sunday's Well SC)	2:22.80	16/18Yrs		16 th
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British Youths – Day 2

Thursday, 28 July 2011

RECORD Breaking Day !!

Day 2 of the British Youth Championships was another busy day for the Irish Athletes as the team of 28 made great use of the overnight rest having travelled and competed on Wednesday. The TEAM saw a considerable uplift today in the heats with numerous athletes returning in the evening for second swims.



The evening session saw some great swims, capped off with a new **Irish Junior Record** for **Nicholas Quinn (Castlebar)** in the Boys 17/18Yrs 200BS in a time of 2:18.80 and finishing in 7th place in a very fast final. Earlier in the session **Brendan Hyland (HPC-NAC/Tallaght SC)** swam a well-controlled effort to finish with a super new PB of 2:06.07 and qualifying in to tomorrow's 'A' Final in 4th place. **Shani Stallard (HPC-UL/New Ross)** also delivered a strong Semi-Final in her 200BS to qualify comfortably for the 'A' Final tomorrow in 5th place. **Cian Duffy (Galway SC)** also qualified for an 'A' final tomorrow in the 200IM with a new PB of 2:09.36, giving him a 3rd place ranking for the final.

In the boys 100FC event, Ulster's **Curtis Coulter (Ards SC)**, **Brian O'Sullivan (Newry & Mourne)** & **Luke Campbell (Bangor SC)** all qualified for the Semi-Finals this evening, with Coulter and O'Sullivan qualifying for tomorrow's final in 1st and 5th place, while Campbell, although faster than his heat swim, was unlucky to miss out finishing in 13th place.

Other athletes in finals this evening were **Niamh Bryson (Templeogue SC)** in 14/15Yrs 200BS **and Jack Cobain (HPC-NAC/Portmarnock SC)** in 15/16Yrs 200BF who gained invaluable experience in their events competing at this level of meet, whilst Shani Stallard also swam in the final of the 200IM.



Over the mornings heats the team athletes delivered some strong PB performances with **John Martin (Templeogue SC)** joining Coulter and O'Sullivan with a PB in the 100FC, whilst **David Prendergast (Kilkenny SC)** & **Kevin McGlade (Galway SC)** swam within hundredths of their best time. **Ben Griffin (Aer Lingus)** and **Philip Duffy (St Paul's)** both swam solid efforts in their respective 200IM's while in the 1500M event **Jonathan McGee (HPC-NAC/Portmarnock SC)** swam a solid effort in his 17/18Yrs swim but was outside his best time. In the same event, **Tiarnan Murphy (Templeogue SC)** delivered a further improvement on his PB set at Irish Nationals to finish in 10th place.

The Team have strong finalists for Day 3 Finals and will continue to build on their effort on Day 3 heats.

Day 2 Heats Results

Boys 200BF

Brendan Hyland	(HPC-NAC/ Tallaght SC)	2:08.16	15/16Yrs	Q'd for Semi-Final
Jack Cobain	(HPC-NAC/Portmarnock)	2:12.91	15/16Yrs	Q'd for Semi-Final

Boys 100FC

Curtis Coulter	(Bangor SC)	52.29	15/16Yrs	(PB)	Q'd for Semi-Final
Luke Campbell	(Bangor SC)	52.50	17/18Yrs		Q'd for Semi-Final
Brian O'Sullivan	(Newry & Mourne SC)	53.26	15/16Yrs	(PB)	Q'd for Semi-Final
John Martin	(Templeogue SC)	53.38	17/18Yrs	(PB)	
David Prendergast	(Kilkenny SC)	53.39	17/18Yrs		
Kevin McGlade	(Galway SC)	54.57	17/18Yrs		

Girls 200BS

Shani Stallard	(HPC-UL/New Ross SC)	2:33.11	16/18Yrs	Q'd for Semi-Final
Niamh Bryson	(Templeogue SC)	2:45.08	14/15Yrs	Q'd for Semi-Final

Boys 200IM

Cian Duffy	(Galway SC)	2:10.68	17/18Yrs	Q'd for Semi-Final
Brendan Hyland	(HPC-NAC/ Tallaght SC)	2:12.71	15/16Yrs	(PB) Q'd for Semi-Final
Nicholas Quinn	(Castlebar SC)	2:12.05	17/18Yrs	Q'd for Semi-Final
Philip Duffy	(St Paul's SC)	2:15.92	17/18Yrs	
Ben Griffin	(Aer Lingus SC)	2:18.27	15/16Yrs	
Curtis Coulter	(Bangor SC)	2:16.90	15/16Yrs	

Boys 1500FC

Tiarnan Murphy	(Templeogue SC)	16:32.47	17/18Yrs	(PB) 10 th
Jonathan McGee	(HPC-NAC/Portmarnock)	17:07.70	17/18Yrs	

Day 2 – FINALS Results

Boys 200BF SF

15/16Yrs

Brendan Hyland	(HPC-NAC/ Tallaght SC)	2:06.07	15/16Yrs	(PB) Q'd 4 th for 'A' Final
Jack Cobain	(HPC-NAC/Portmarnock)	2:12.20	15/16Yrs	16 th

Boys 100FC SF

15/16Yrs

Curtis Coulter	(Bangor SC)	52.42	15/16Yrs	Q'd 1 st for 'A' Final
Brian O'Sullivan	(Newry & Mourne SC)	53.53	15/16Yrs	Q'd 5 th for 'A' Final

17/18Yrs

Luke Campbell	(Bangor SC)	52.40	17/18Yrs	13 th
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Girls 200BS SF

14/15Yrs

Niamh Bryson	(Templeogue SC)	2:47.68	14/15Yrs	19 th
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16/18Yrs

Shani Stallard	(HPC-UL/New Ross SC)	2:34.40	16/18Yrs	Q'd 5 th for 'A' Final
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Boys 200IM SF

15/16Yrs

Cian Duffy	(Galway SC)	2:09.36	17/18Yrs	(PB) Q'd 3 rd for 'A' Final
Brendan Hyland	(HPC-NAC/ Tallaght SC)	2:13.42	15/16Yrs	14 th

Girls 200IM – FINAL

16/18Yrs

Shani Stallard	(HPC-UL/New Ross SC)	2:23.28	16/18Yrs	10 th
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Boys 200BS – FINAL

17/18Yrs

Nicholas Quinn	(Castlebar SC)	2:18.80	17/18Yrs	(PB) 7 th & NEW Irish JUNIOR Record
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British Youths – Day 3

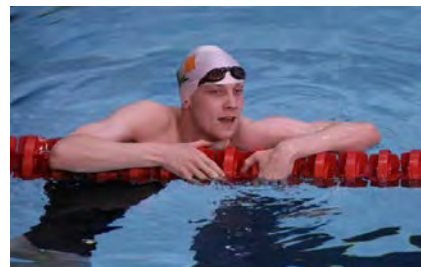
Friday, 29 July 2011

GOLD Medal Day for Coulter

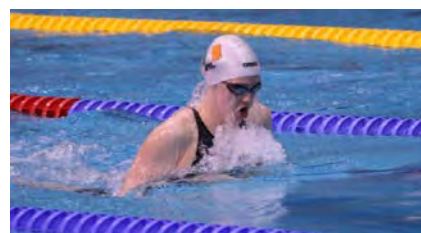
Today was a relatively quiet heats session for the Athletes in Sheffield with but finals this evening their excitement reached fever pitch as **Curtis Coulter (Ards SC)** struck GOLD to win the boys 100FC 15/16Yrs whilst Ulster Team mate **Brian O'Sullivan (Newry & Mourne)** finished in 4th in the same event. Both boys not only delivered excellent placing's but finished with 2 strong new PB's also.



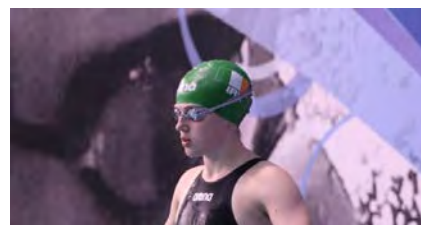
In the Girls 200BS **Shani Stallard (HPC-UL/New Ross SC)** swam an excellent race to finish in 3rd place just a fraction outside her lifetime best time.



Also swimming this evening was **Brendan Hyland (HPC-NAC/Tallaght SC)** in the Boys 200BF finishing in 8th place but delivering a strong effort in his final. **Cian Duffy (Galway SC)** also delivered a super Final swim finishing in a further PB just fractionally outside the IRISH Junior Record but breaking the Connacht Junior and Senior Record en route.



In the Semi-Finals this evening **Shauna O'Brien (Waterford Crystal SC)** swam a really strong swim to deliver herself in 5th qualifying place for the final tomorrow, and again she was faster than the heats swim.



Tara Dunne (HPC-UL/Ballina Dolphins SC) qualified from the morning heats of the 200FC for her semi-final but had an unfortunate goggle malfunction and doesn't progress to the final.

In the heats this morning **Jess Stallard (Kilkenny SC)** delivered a really strong effort in her 200FC, whilst Johnny McGee and Jack Cobain both (**HPC-NAC/Portmarnock SC**) swam the 200BC, but were outside their best in the event.



Sarah Kelly (Comans SC) delivered two excellent swims today with a strong effort in her 100BF and a superb swim in the afternoons 800FC, her favoured event.

The competition continues tomorrow and Sunday and the 28 Strong team continue to support each other throughout the event.



Day 3 Heats Results

Girls 200FC

Tara Dunne	(HPC-UL/ Ballina Dol SC)	2:07.35	16/18Yrs	Q'd for Semi-Final
Shauna O'Brien	(Waterford Crystal SC)	2:08:57	16/18Yrs	
Jess Stallard	(Kilkenny SC)	2:09.40	16/18Yrs	

Boys 200BC

Jack Cobain	(HPC-NAC/Portmarnock)	2:20.23	15/16Yrs
Jonathan McGee	(HPC-NAC/Portmarnock)	2:19.59	17/18Yrs
Cian Duffy	(Galway SC)	2:15.83	17/18Yrs

Girls 100BF

Shauna O'Brien	(Waterford Crystal SC)	1:02:84	16/18Yrs	Q'd for Semi-Final
Sarah Kelly	(Comans SC)	1:06.60	14/15Yrs	

Girls 800FC

Sarah Kelly	(Comans SC)	9:24.11	14/15Yrs
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Day 3 – FINALS Results

Boys 100FC FINAL

15/16Yrs

Curtis Coulter	(Bangor SC)	51.93	15/16Yrs	(PB)	1 st & GOLD
Brian O'Sullivan	(Newry & Mourne SC)	53.18	15/16Yrs	(PB)	4 th

Girls 200FC SF

16/18Yrs

Tara Dunne	(HPC-UL/ Ballina Dol SC)	2:11.35	16/18Yrs	20 th
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Girls 100BF SF

Shauna O'Brien	(Waterford Crystal SC)	1:02:51	16/18Yrs	Q'd 5 th for Final
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Boys 200BF FINAL

15/16Yrs

Brendan Hyland	(HPC-NAC/ Tallaght SC)	2:07.05	15/16Yrs	8 th
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Girls 200BS FINAL

16/18Yrs

Shani Stallard	(HPC-UL/New Ross SC)	2:31.86	16/18Yrs	3 rd & BRONZE
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Boys 200IM FINAL

15/16Yrs

Cian Duffy	(Galway SC)	2:09.04	17/18Yrs	(PB)	5 th
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British Youths – Day 4

Saturday, 30 July 2011

Day 4 in Sheffield was another strong day with multiple athletes swimming in both heats and finals. The Boys 200FC was the lead off event in the morning with 6 strong swims resulting in 4 PB's from **Curtis Coulter (Ards SC)**, **Brian O'Sullivan (Newry & Mourne SC)**, **John Martin (Templeogue SC)** and **David Prendergast (Kilkenny SC)**. Coulter and O'Sullivan delivered 2 Semi-Finals tonight, both qualifying for the finals tomorrow. Martin & Prendergast were happy with their swims having both delivered PB's whilst **Kevin Murray (Riversdale Otters SC)**, although outside his best, was happy to have gained the additional experience at this level of competition.



Next event saw both **Grace Branagan (Templeogue SC)** & **Emma Cassidy (Sunday's Well)**, valiantly chase PB's both finished marginally outside their lifetime best swims. Both Girls have one further swim, and maintain the focus on PB's with the last swim of the meet tomorrow.

In the Boys 100BF event, **Kevin Murray (Riversdale Otters SC)**, battled hard in his heat, whilst **Jack Cobain (HPC-NAC/Portmarnock SC)** also finished his events today with another tough swim in the 100BF. **Brendan Hyland (HPC-NAC/Tallaght SC)** & **Philip Duffy (St Paul's SC)** both managed to make the semi-finals with both of them also qualifying for the finals in their respective age groups in 8th place. Hyland was pleased with his PB's in both heats and semi-finals tonight.



In the Girls 200BS, both **Shani Stallard (HPC UL/New Ross SC)** and **Niamh Bryson (Templeogue SC)** were pleased with their heats swims, both qualifying for the semi-finals this evening. Whilst delighted to gain the experience of her second semi-final, Bryson was disappointed not to progress to the finals, while Stallard, after some adjustments to her race strategy from the heats makes it back for tomorrow's final as the 7th fastest qualifier.

In the boys event **Paul Angus (Bangor SC)** & **Darragh Joyce (Athlone SC)** had waited patiently for their swims, with Angus delivering a superb new PB to qualify for the Semi-Final this evening. Joyce was equal to his best effort and happy with the additional experience. **Ben Griffin (Aer Lingus SC)**, after a superb swim in the 100 earlier in the week, was fractionally outside his recently set best time, but again has gained invaluable experience this week. In the older boys event **Philip Duffy (St Paul's SC)** and **Nicholas Quinn (Castlebar SC)** were strong performers, with Quinn qualifying for the semi-final tonight, in which he progressed to a qualification for the final in 10th place in a tightly fought contest.



The final day of competition is tomorrow, with the sprint freestyle and 400IM event finishing the individual events for the TEAM.

Day 4 Heats Results

Boys 200FC

Kevin Murray	(Riversdale Otters SC)	2:06.42	15/16Yrs		
Jack Cobain	(HPC-NAC/Portmarnock)	2:02.47	15/16Yrs		
Curtis Coulter	(Bangor SC)	1:55.91	15/16Yrs	(PB)	Q'd for Semi-Final
Brian O'Sullivan	(Newry & Mourne SC)	1:58.41	15/16Yrs	(PB)	Q'd for Semi-Final
John Martin	(Templeogue SC)	1:58.99	17/18Yrs	(PB)	
David Prendergast	(Kilkenny SC)	1:57.66	17/18Yrs	(PB)	

Girls 100BC

Grace Branagan	(Templeogue SC)	1:07.20	16/18Yrs
Emma Cassidy	(Sunday's Well SC)	1:07.05	16/18Yrs

Boys 100BF

Kevin Murray	(Riversdale Otters SC)	1:03.66	15/16Yrs		
Jack Cobain	(HPC-NAC/Portmarnock)	1:00.37	15/16Yrs		
Brendan Hyland	(HPC-NAC/ Tallaght SC)	58.49	15/16Yrs	(PB)	Q'd for Semi-Final
Cian Duffy	(Galway SC)	59.96	15/16Yrs		
Philip Duffy	(St Pauls SC)	57.05	17/18Yrs		Q'd for Semi-Final

Girls 100BS

Shani Stallard	(HPC-UL/New Ross SC)	1:13.06	16/18Yrs		Q'd for Semi-Final
Niamh Bryson	(Templeogue SC)	1:15.84	14/15Yrs		Q'd for Semi-Final

Boys 100BS

Paul Angus	(Bangor SC)	1:09.77	15/16Yrs	(PB)	Q'd for Semi-Final
Darragh Joyce	(Athlone SC)	1:12.04	15/16Yrs		
Ben Griffin	(Aer Lingus SC)	1:10.59	15/16Yrs		
Philip Duffy	(St Pauls SC)	1:09.77	17/18Yrs		
Nicholas Quinn	(Castlebar)	1:06.07	17/18Yrs		Q'd for Semi-Final

Day 4 – FINALS Results

Boys 200FC SF

15/16Yrs

Curtis Coulter	(Bangor SC)	1:54.91	15/16Yrs	(PB)	Q'd 3 rd for Final
Brian O'Sullivan	(Newry & Mourne SC)	1:56.20	15/16Yrs	(PB)	Q'd 9 th for Final

Boys 100BF SF

15/16Yrs

Brendan Hyland	(HPC-NAC/ Tallaght SC)	58.14	15/16Yrs	(PB)	Q'd 8 th for Final
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17/18Yrs

Philip Duffy	(St Paul's SC)	56.64	17/18Yrs		Q'd 8 th for Final
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Girls 200BS SF

14/15Yrs

Niamh Bryson	(Templeogue SC)	1:16.64	14/15		19 th
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16/18Yrs

Shani Stallard	(HPC-UL/ New Ross SC)	1:12.83	16/18Yrs		Q'd 7 th for Final
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Boys 100BS SF

15/16Yrs

Paul Angus	(Bangor SC)	1:10.05	15/16Yrs	14 th
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17/18Yrs

Nicholas Quinn	(Castlebar SC)	1:05.14	17/18Yrs	Q'd 10 th for Final
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Girls 100BF FINAL

Shauna O'Brien	(Waterford Crystal SC)	1:02:45	16/18Yrs	6 th
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British Youths – Day 5

Sunday, 31 July 2011



Double take for Coulter on final day of meet.

The final day of competitive action in Sheffield saw **Curtis Coulter (Ards SC)** deliver himself to two podium finishes in the 200FC and 50FC. Coulter impressed in the morning with a strong swim in heats of the sprint FC event along with **David Prendergast (Kilkenny SC)**, **John Martin (Templeogue SC)**, **Kevin McGlade (Galway SC)** and **Brian O'Sullivan (Newry & Mourne)**. Coulter returned to the finals session tonight to race both 200FC and 50FC, winning Bronze in the 200 and GOLD in the 50, whilst Brian O'Sullivan raced with Coulter in the 200FC. Both boys have made multiple FC finals and have acquitted themselves with distinction. David Prendergast also got a Semi-Final swim in the 50FC and made great use of it by posting another new PB.

In the Girls event, **Niamh Murphy (Templeogue SC)** lead the way to a Semi-Final in the morning heats, with **Susan Callanan (Dolphin SC)**, **Emma Cassidy (Sunday's Well)**, **Grace Branagan (Templeogue SC)** & **Saoirse McGrath (Galway SC)** all close behind. Murphy qualified from the Semi-Final this evening to the finals and finished in a new PB and 9th place overall.



In the Girls 400IM **Shani Stallard (HPC-UL/New Ross SC)** and **Niamh Bryson (Templeogue SC)** both raced this morning heats but were outside of finals places, while Stallard was back in action again this evening in the 100BS, delivering a strong performance to finish in 7th place.

In the Boys 400IM **Nicholas Quinn (Castlebar SC)** successfully made the final to ensure he had two finals this evening delivering some tough swims but finishing outside of the podiums. Having returned from Junior Europeans, Nicholas has continued to post improved times and caps his weekend with an Irish Junior record in the 200BS. In the younger boys age group, **Cian Duffy (Galway SC)** and **Brendan Hyland (HPC-NAC/Tallaght SC)** were outside their best times and failed to make finals this PM.

Hyland however was in the Boys 100BF final and delivered a superb swim to finish in 6th place and a new PB, whilst in the older boys event, Philip Duffy (St Paul's SC) also delivered an excellent swim to finish in a tough final in 8th place.

This event serves as an end of season meet for the majority of athletes on the National Youth Squads and the regional athletes who attended the event. It's also served as a prep meet for Shani Stallard in her preparation for the WORLD Youth Championships in LIMA, Peru in the coming weeks. The team in Sheffield wishes Shani the very best of luck at that event.

Well done to ALL in Sheffield.

Day 5 Heats Results

Girls 50FC

Grace Branagan	(Templeogue SC)	28.45	16/18Yrs		
Emma Cassidy	(Sunday's Well SC)	28:35	16/18Yrs	(PB)	
Susan Callanan	(Dolphin SC)	27.84	16/18Yrs		
Saoirse McGrath	(Galway SC)	28.18	16/18Yrs		
Niamh Murphy	(Templeogue SC)	27.29	16/18Yrs		Q'd for Semi-Final

Boys 50FC

Curtis Coulter	(Bangor SC)	24.37	15/16Yrs	(PB)	Q'd for Semi-Final
Brian O'Sullivan	(Newry & Mourne SC)	25.00	15/16Yrs		Res for Semi-Final
John Martin	(Templeogue SC)	25.13	17/18Yrs		
David Prendergast	(Kilkenny SC)	24.63	17/18Yrs		
Kevin McGlade	(Galway SC)	24.69	17/18Yrs		

Girls 400IM

Shani Stallard	(HPC-UL/New Ross SC)	5:02.66	16/18Yrs		Q'd for Semi-Final
Niamh Bryson	(Templeogue SC)	5:23.15	14/15Yrs		

Boys 400IM

Brendan Hyland	(HPC-NAC/ Tallaght SC)	4:45.76	15/16Yrs		
Cian Duffy	(Galway SC)	4:42.96	15/16Yrs		Res for Semi-Final
Nicholas Quinn	(Castlebar)	4:38.67	17/18Yrs		Q'd for Semi-Final

Day 5 – FINALS Results

Boys 50FC SF

15/16Yrs

Curtis Coulter	(Bangor SC)	23.89	15/16Yrs	(PB)	Q'd 1 st for Final
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17/8Yrs

David Prendergast	(Kilkenny SC)	24.39	17/18Yrs	(PB)	18 th
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Girls 50FC SF

16/18Yrs

Niamh Murphy	(Templeogue SC)	27.05	16/18Yrs	(PB)	Q's 9 th for Final
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Boys 100BF FINAL

15/16Yrs

Brendan Hyland	(HPC-NAC/ Tallaght SC)	57.67	15/16Yrs	(PB)	6 th
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17/18Yrs

Philip Duffy	(St Paul's SC)	56.58	17/18Yrs		8 th
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Boys 200FC FINAL

15/16Yrs

Curtis Coulter	(Bangor SC)	1:54.33	15/16Yrs	(PB)	3 rd & BRONZE Medal
Brian O'Sullivan	(Newry & Mourne SC)	1:57.72	15/16Yrs		8 th

Girls 100BS FINAL

16/18Yrs

Shani Stallard	(HPC-UL/ New Ross SC)	1:12.73	16/18Yrs		7 th
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Boys 100BS FINAL

17/18Yrs

Nicholas Quinn	(Castlebar SC)	1:06.99	17/18Yrs		10 th
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Boys 50FC FINAL

15/16Yrs

Curtis Coulter	(Bangor SC)	23.94	15/16Yrs		1 st & GOLD
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Girls 50FC FINAL

16/18Yrs

Niamh Murphy	(Templeogue SC)	26.95	16/18Yrs	(PB)	9 th
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