



Leinster Long Course Championships – Coaches Report

A huge well done to all who competed at the Leinster Long Course Championships 2022. It took place from the 27th – 29th May 2022. We had 20 swimmers who represented Portmarnock SC across 83 races. All swimmers exhibited exemplary behaviour and represented themselves and Portmarnock positively.

From a performance perspective we had

- 47 Personal Best Times
- 40 Finalists
- 12 Gold Medals, 3 Silver and 6 Bronze medals
- Davide Scaringella, Sarah Keane & Jack Lyons obtained qualification times for Irish Age Group Division 1
- Lucie O’Keeffe & Holly McCarthy obtained qualification times for Irish Age Group Division 2
- Ava Jones achieved the qualification time for the National Programme in the 800 F/C. Ava has now achieved the consideration time for the National Programme in 9 individual events

This was the last long course competition before Irish Summer Nationals, it was also the last meet swimmers could qualify for Irish Summer National (division 1). We are tremendously proud at how everyone performed at the meet and it was a great way to finish off the regional meets for the 2021/2022 season. We now have 7 swimmers eligible to compete at Irish Summer Nationals for 2022 and look forward to seeing how they perform at the benchmark meet in July.

In addition to the above we would like to announce to the club that Ava & Megan Jones have been accepted into the Project 28 Programme in the National Hub (Dublin). This is a Swim Ireland Performance Programme focused on the 2028 Los Angeles Olympic Games. Following the 2022 Irish Open Championships, they were identified as athletes with the potential to represent Ireland at a future World Championships / Olympic Games. It required a huge amount of effort in training (both in and out of the water) and great racing to qualify for this programme. We are extremely proud of them both and would like to congratulate them for this fantastic achievement.

Kind regards

Anne & Paul