



<b>Name</b>	Pat Murphy
<b>Tell us how Swimming has changed your life!</b> (500-1000 words)	
<p>I started swimming in 1970 with the building of the pool at St. Vincents CBS, Glasnevin, Dublin. I swam and played water-polo with the school and the club. As an age group swimmer our team were never beaten when competing in an IM or Freestyle relay team. This team comprised of Mick Cloherty (Bk St), Me (Brst St), David Cummins (Butterfly) &amp; Pat Halton (Frontcrawl). The same team swam the Freestyle relays. Around 1974 we went our separate ways. My Dad (RIP) was Secretary of the old Leinster Branch, IASA and vice-president of IASA also. My brothers (Barry and Kieran) and I joined Kings Hospital and later Cormorants. Then we kind of gave up. I joined the Garda Siochana in 1982 and became involved with swimming again with the National Garda Swim &amp; Life-saving Team and competed at many international Police events worldwide (Joe Horgan, Sundays Well SC was also a member). I was stationed in Cork and joined Cork Masters SC and started swimming competitively again. In 1991 I went to Angola, West Africa and had to take a sabbatical from swimming and went playing soccer on return in 1992. HOWEVER on 2<sup>nd</sup> April 1994, while on duty, searching a drug dealer's house, <b>I had a stroke</b>. I was paralyzed completely down my right side and couldn't walk. Being a detective, I was prohibited then from carrying my firearm and from driving duties. Tests during this time showed I also had a tumor in my lung. This was removed and found to be benign. I worked hard for the next year and with the help of my family and friends learned to walk and got the use of my right limbs again. I met Martin Hayes, coach (Eglington SC) and founder member of CMSC, and he persuaded me to come back swimming with CMSC. This I did – AND NEVER LOOKED BACK. I was given the all clear at work, given my gun back and allowed to drive. I eventually qualified at all advanced levels of driving, including motorcycles and was promoted within a few years. I went back competing for the Garda Swim &amp; Life-saving team with success. I competed at masters Galas and I was second in my age group at the Ulster Masters in 2001, in the 100 Free, in a time of 65.8 sec – Not bad. During the "bad" years I had a young family, 3 young boys, and that was the incentive to keep going. Encouragement from the members of CMSC will never be forgotten and I still acknowledge that "Haysa" saved my life – <b>Swimming saved my Life</b>. During my career I rescued and saved persons from drowning – so I hope I have given <u>life back</u> – <u>through swimming</u> – to those people.</p> <p>I am still training with CMSC, however, I don't compete anymore. My brother Barry is still swimming and training in Dublin and swam in the Masters Worlds and Europeans recently, doing the 200 Fly.</p> <p><b>We are SWIMMERS before, now and forever</b></p>	



National Chmps Salthill 1975. 4 x 200 mtrs Freestyle Relay.

1<sup>st</sup> Aquarian (Old KH) New Irish Record.

Team: Brian Finnegan (Senior), Liam Bohane (Senior), Robbie Daly (Junior) and me, Pat "Spud" Murphy (Junior).

2<sup>nd</sup> to the foreground Marian College:

Team: John Cummins, Brian Conroy, Tony Morris and Des Coyle.