BRITISH AGE GROUP CHAMPIONSHIPS – Pond's Forge, Sheffield, Aug 3rd 2014

LAST day of racing in Sheffield was another busy day for the racing athletes and a double session of recovery sets for theose already finished racing. This group of young athletes have shown considerable maturity all week with racing and preparation plans that would envy athletes much older than they.

The final individual swims for the week were the middle distance freestyle events with ***Ellen Walshe (Templeogue SC/Leinster)*** first on the blocks after an amazing medal winning week for her. Her time in the morning heats was a 4:54.4, just outside her best which she set last week at the Irish Age Groups and finishing in 12yrs age group. She was followed up in the racing pool by a superbly paced swim from ***Ally Cunningham (Sundays Well SC/Munster)*** to set herself a new PB of 4:33.11 and finishing in in the 14yrs age group

The final mens event of the week ensured some continued improvement. After his first international final and a superb swim last night ***Eoin Corby (Limerick SC/Munster)*** was the first boy back in the water for the Irish lads. He set a new PB as 4:45.8 some 4 seconds inside his previous best swim and a well deserved finish to his efforts for the week and a in the 12yrs age group. Next up was ***Nathan Turner (Aer Lingus SC/Leinster)*** who posted a PB of 4:22.55 in his heat where he raced head to head with ***Mitchell Wilson (Galway SC /Connacht)*** and ***Ciaran Burke (Tuam SC/Connacht)*** both Connacht lads swimming 4:24.5 for Wilson and a PB of 4:24.6 for Burke in a tightly fought race
Final swim of the individual event was ***Jack McMillan (Bangor SC/Ulster)*** posted the fastest of the Irish lads as he finished in 4:19.50.

Connacht Athletes at the British Age Groups 2014

Leinster Athletes at the British Age Groups 2014

Missing –Sarah McCracken(Lisburn City SC)

Ulster Athletes at the British Age Groups 2014

Munster Athletes at the British Age Groups 2014

Day 5 Results

400FC	Ellen Walshe	L	2:24.7	/ 4:54.4	(49th)	12Yrs	
	Ally Cunningham	M	2:13.5	/ 4:33.11	(??)	14Yrs	**PB**
400FC	Eoin Corby	M	2:21.55	/ 4:45.8	(28th)	12Yrs	**PB**
	Jack McMillan	U	2:07.2	/ 4:19.56	(15th)	14Yrs	
	Ciaran Burke	C	2:08.70	/ 4:24.63	(27th)	14Yrs	**PB**
	Nathan Turner	L	2:09.00	/ 4:22.55	(32nd)	14Yrs	**PB**
	Mitchell Wilson	C	2:10.30	/ 4:24.57	(33rd)	14Yrs	

Check out the results on the link - http://www.swimmingresults.org.uk/swimming/results/2014/age14/