



# Munster Senior Schools Swim Championships

**University of Limerick Campus November 10th, 2024**

Over 100 secondary schools from throughout the Munster region were represented at the gala, making this the largest swim event on the Munster schools calendar.

*Regina Mundi College* had the following swimmers competing on the day:

## **Senior Athletes:**

- Alex Harrington
- Ellie Newton
- Amy Lynch
- Carrie Harrington

## **Junior Athletes:**

- Aimee O 'Herlihy
  - Sophie Sheehan
  - Abigail Cregan
  - Isabel Sheehan
  - Kathryn McKiernan
- All girls swam at least 2 individual race events each, and RMC also had two strong relay teams competing in the Junior and Senior female events respectively.
- Each swimmer produced great individual swims & PB's, representing **Regina Mundi** with pride on the day.

**Event 31 Female 13-19yrs 200 SC Meter Medley Relay – Regina Mundi Bronze Medal Winners!**

- Harrington, Carrie 17
- Harrington, Alexandra 18
- Lynch, Amy 17
- Newton, Ellie 18

**Event 33 Female 13-19yrs 200 SC Meter Freestyle Relay – Regina Mundi College 5th Overall**

- Lynch, Amy 17
- Newton, Ellie 18
- Harrington, Alexandra 18
- Harrington, Carrie 17

**Event 11 Female 12-14yrs 200 SC Meter Medley Relay – Regina Mundi 5th Overall**

- McKiernan, Kathryn 13
- Sheehan, Sophie 13
- Cregan, Abigail 14
- Sheehan, Isabel 13

**Event 13 Female 12-14yrs 200 SC Meter Freestyle Relay – Regina Mundi 6th Overall**

- Cregan, Abigail 14
- Sheehan, Isabel 13
- McKiernan, Kathryn 13
- Sheehan, Sophie 13

**Event 23 Female 17-19yrs 100 SC Meter Breaststroke – Amy Lynch Bronze Medal Winner!**

- Lynch, Amy 17

The stand-out swims of the day were both the Senior & Junior team Relays, where **Regina Mundi** represented the school in style, winning a bronze medal in the Senior Medley team relay against mighty competition.

Amy Lynch also won bronze in her individual senior 100 brs/stroke and will go on to represent RMC in the Irish nationals, to be held in The NAC Dublin in 2025

Frank Lynch, **Regina Mundi College** team coach said ‘*This year’s Munster Schools championships gala was a great success for RMC. A healthy number of 9 Athletes competed in the meet for RMC, travelling to Limerick to represent their school with pride.*

*The girls really enjoyed themselves and it was great to see all the competitors together in the fantastic Olympic standard facility that is UL, with many friends & rivals competing in the true spirit of the school’s gala.*

*We look forward to the Irish Nationals to be held in Dublin next year.*

Frank Lynch

**Regina Mundi College** Swim Team Coach