

The Late, Late Show

As the sun emerged from behind the clouds on Saturday morning so did the crowds for day 4 of the European Masters Swimming Championships. Huge numbers turned out to support team mates and loved ones leading to long delays for spectators hoping to see some of the action inside the London Aquatic Centre.

200m backstroke was the first event on the schedule for swimmers, with Liz Cosgrave and Norma Cahill the best of the Irish, both placing 5th in their respective age groups. Norma also set another Irish record in a time of 2.44.71 taking nearly 9 seconds off the previous time. Liz received some good news following an appeal against the result of the 50 backstroke the previous day. LEN agreed that a mistake was made in the timing of the event and Liz was awarded a gold medal later in the afternoon in her own medal ceremony, a welcome and well deserved outcome.

In the 50m butterfly there was delight for Claire O'Dwyer who won a silver medal in 75-79 age group while also setting a new Irish record. Disappointment however for Dan Golden (65-69) who narrowly missed out on a gold medal to his nearest rival, Italian Salvatore Sinoplia. Kieran Kelleher finished a close 4th behind Dan in a great race. Eoin Foster continues to chip away at his own butterfly records, knocking .15 off his previous record to set 27.64 as the new standard. For the women Agnieszka Wysocka-Khan continued her good form with another top 20 finish in the 30-34 age group and a new Irish record in a time of 31.15.

The 100m freestyle rolled on into the evening with Sarah Farrelly picking up a silver medal and new Irish record in the 40-44 age group with a time of 1.01.76. Caroline Duffy registered a new Irish record and finished in 14th place in the 30-34 age group.

The sun was beginning to set as the women's 400m freestyle got underway following long delays. 12 energetic Irish women took to the water and our middle distance swimmers didn't disappoint. Norma Cahill finally got her hands on a gold medal at this European Championships swimming 4.53.28, another Irish record. Dymphna Morris continued her good form and secured a third silver medal in a time of 5.13.64.

Shortly before midnight the relays team took to the water for the mixed 4x50m freestyle. The Aer Lingus (240-279) team of Peter Conway, Claire O'Dwyer, Declan O'Sullivan and Patricia Reilly swam 2.04.36, winning their 2nd bronze in as many nights and setting a new Irish record. The other Aer Lingus team (106-199) also set a new Irish record finishing in 7th place and a time of 1.48.58.

With another impressive day now finished for our swimmers the medal haul is up to 19; 3 individual golds, 10 individual silvers, 3 individual bronze and 3 relay bronze.

Final day on Sunday includes 200m breaststroke, 50m freestyle, 100m backstroke and 4x50m medley relays.