

EVENT	DATE OF SWIM	TIME OF SWIM	VENUE/ LOCATION	DISTANCE	COSTS	PRE ENTRY LINK	SOCIAL MEDIA	ANY MIN REQUIREMENTS	CONTACT PERSON	CONTACT EMAIL	Shannon League
Bulman Swim	Sat 18th May	4.00pm	Kinsale, Cork	1.8k		To Follow		Cut off 1hour. Must Be Swim Irl Member	Lisa Cummins	lecummins@gmail.com	
The Rebel Plunge	Sun 9th June	1:30pm	Cork City	3.8k	€30	Active	FB: Rebel Plunge Swim	Cut off time 1hr40. Must practice 2k in 2019.	Carol Cashell	rebelplungeswim@gmail.com	
Thomond Swim	Sat 15th June	5:00pm	Thomond River, Limerick City	1.8k		To Follow	FB: ThomondSwim	Min age 16. Must Be Swim Irl Member	Andrea Newport	andrea_newport@hotmail.com thomondswim@limerickmasters.com	Yes
Deel Swim	Sun 16th June	5.15pm	Askeaton	2.5k		To Follow				Askeaton Masters	Yes
Dunmore East RNLI Swim	Sun 16th June	11:00am	Dunmore East, Waterford	1.2k, 2.4k, 3.6k options	€32	Nifty Entries	Website link	Wetsuit COMPULSORY. Over 18 only	Waterford Tri Club	info@waterfordtriclub.com	
Myrtleville to Churchbay	Thurs 20th June	7:00pm	Myrtleville, Cork	2k	€20	Website link	Website link	yes, 1.5k in 2019 part of application	Damian o'Neill	myrtlevilleswimmers@gmail.com	
Ardgroom Swim	Sat 22nd June	2:00pm	Ardgroom, West Cork	4k	€10	Primo Link	FB: Ardgroom Swim	under 18 with consent	Brian O'Shea	ArdgroomSwim@hotmail.com	
Slip to Shore	Sun 30th June	2.00pm	Ballyheigue, Kerry	2k	€10	To Follow	FB: Slip to Shore Swim	Must have 1k in Sea in 2019	Mick Harkin	info@ballyheigue.ie	Yes
Blackwater Swim	Sat 6th July	4:00pm	Fermoy, Co Cork	3.5k	€27	EventBrite	Blackwater Ti Club	2k since 1st June 2019. 2hr cutoff	Dave Mulcahy	daveswims58@gmail.com	Yes
Champion of Champions 2019	Sun 7th July		Kinsale, Cork	9 miles as 5+3+1 miles		To Follow		Must be a Swim Ireland Member	TBC	lecummins@gmail.com	
Cork Distance Week	6-14th July	2x daily	Cork	up to 90k		NA	contact Ned about 2019 - 98% full.	Yes - talk to Ned	Ned Denison	ned.denison@corkopenwater.com	
Vibes & Scribes Lee Swim	Sat 13th July	4:30pm	Cork City	2k	€35 over 18 €22 under 18	Through Website	FB: Vibes & Scribes Lee Swim	Min age 12	Joe Donnelly	info@leeswim.ie	
Inchydoney Summer Swim	Sun 14th July	10.30am	Inchydoney, West Cork	500m, 1k & 2k Options		To Follow	FB: InchydoneySwim	Min age 12. Must prove 2k in 2019	Justin Crowley	justincclon@gmail.com aingelsten@gmail.com	
CourtmacSherry RNLI Swim	Sat 27th July		CourtmacSherry, West Cork	1.5k & 3k Options		To Follow	FB: Courtmacsherry Lifeboat Swim 2019	Min age 12 , max numbers 250	Ray McArdle	raymcardle@yahoo.com	
Helvick RNLI Swim	Sun 28th July		Dungarvan, Waterford	2k & 4k Options		To Follow	FB: Helvick Dungarvan RNLI	Must have swam distance in OW in 2019	Oliver Clancy	ofclancy@gmail.com	
Dock Beach to Sandycove Island	Sat 10th Aug	9:00am	Kinsale, Co Cork	5k		To Follow		Must be a Swim Ireland Member	Donna Galvin	donnaglvn@gmail.com	
Kilkee Bay Swim	Sat 10th Aug		Kilkee, Co Clare	1.2k		To Follow			Adrian Cosgrove	Ennis Masters	Yes
GADD 2019	Sat 17th Aug	6:00pm	Glengarriff, West Cork	1k, 3k, 5k, 7k Options	€30	Sold Out	Website link	Min age 12. cut off time for 7k	Ossi Schmidt	info@gaddinabtgarnish.ie	
Devils Island Swim	Sun 18th Aug		Barleycove, West Cork	4k		To Follow			David Merriman	daithi.merriman@gmail.com	
Malbay Swim	Sun 18th Aug		White Strand, Co Clare	1k & 2k Options		To Follow	FB: Malbay Swim	under 18 with concent	Ennis Masters	malbayswim@gmail.com	Yes
Bunratty Swim	Sat 24th Aug	1:00pm	Bunratty, Co Clare	1.6k		To Follow			Mairead Elliott	GoTri	Yes
Around the Island	Sat 7th Sept		Limerick City	4k		To Follow			John Ryan	Limerick Masters	Yes
Kinvara Swim	Sat 14th Sept		Kinvara, Galway	2.7k		To Follow			Fergal Madden	madden.fergal@gmail.com	Yes
Lough Derg Challenge	Sat 21st Sept		Nenagh, Co Tipp	3.2k		To Follow			Maeve Ryan	maeveryan2007@gmail.com	Yes
Sandycove Challenge	Sat 28th Sept		Sandycove Island, Cork	1.8k		To Follow			Ciaran O'Connor	ciaran.oconnor@mep.ie	
Baltimore Wet Weekend	Fri 11th Oct	9:00pm	Lough Hyne, West Cork	up to 2k		To Follow			Steven Black	sable@eircom.net	
Sherkin to Baltimore	Sat 12th Oct	3:00pm	Baltimore, West Cork	2k		To Follow			Steven Black	sable@eircom.net	
Spanish Island	Sun 13th Oct	4:00pm	Baltimore, West Cork	3.8k		To Follow			Steven Black	sable@eircom.net	
Vampire Swim	Sat 26th Oct	12noon	Myrtleville, Cork	what you want		To Follow			Aisling Barry	vampireswimcork@gmail.com	