



THE ILDSA TED KEENAN ULSTER SWIMMER OF THE YEAR AWARD

This requires the swimmer to reside in the province during the past year. Swimmers who move during the year will not be penalized. Province of birth is not a factor – a Kerryman living in Leinster could win that Province award.

It is awarded for the most impressive record during the year. It could be multiple swims or just one big swim. Extra credit given for longest distance, difficulty, steps up from the swimmer's previous best.

| SEASON/ AWARDS YEAR | WINNER |
|------------------------|------------------|
| 2013 | Alison Cardwell |
| 2014 | Colleen Mallon |
| 2015 | Lucas Kowalczyk |
| 2016 | Gary Knox |
| 2017 | Chris Judge |
| 2018 | Gary Knox |
| 2019 | Jonathan Groves |
| 2020 | No Awards |
| 2021 | Jordan Leckey |
| 2022 | Grace McLaughlin |
| 2023 | Nicola Doran |