

Braintree & Bocking Swimming Club Season Starter

Sixty-three West Suffolk Swimming Club swimmers headed to Braintree on Sunday 28 September to compete at the Braintree & Bocking Swimming Club 'Season Starter' gala. In a condensed programme offering 50m and 100m events for the four strokes along with 200m freestyle and 200m IM, the Club's athletes collected an impressive total of 76 medals – 29 gold, 27 silver and 20 bronze.

Particular congratulations to Jason Dalope (14) who participated in all ten events, claiming seven gold medals in his age group (all four strokes and IM) and three silver (in the 50m, 100m and 200m freestyle). In the 13-year-old girls' category, India Clement also excelled in all events, with four golds (200m freestyle and IM, 100m and 50m butterfly), three silvers (100m backstroke, 100m freestyle and 50m breaststroke) and three bronzes (100m breaststroke, 50m backstroke and 50m freestyle) to add her to medal collection.

Kudos to nine-year-old Sasha Smith who claimed six gold medals from six races in his category (the 200m freestyle and IM, 100m and 50m in both breaststroke and butterfly) and Emiel Korstanje (16) who won four gold medals from his five events (200m IM, 100m butterfly and freestyle and 50m butterfly), pipped into fourth place in the super competitive 50m freestyle by teammate George Everett.

Harry Vidal-Greenwood (13) took gold in both backstroke events and the 100m breaststroke, adding a silver medal in the 100m butterfly and bronze in the 100m freestyle and 50m butterfly.

Triathlete Andrew de Koning (15) showed his versatility across all strokes, bagging five medals – a gold (100m breaststroke), three silvers (200m freestyle, 100m backstroke and 50m breaststroke) and a bronze (50m backstroke) in his age class. Fellow talented triathlete Poppy Moore (14) claimed a gold in the 50m butterfly and silver medals across the three freestyle events.

Masters swimmer, swim dad and poolside helper Craig Ellard (40) (sorry Craig!) proved his talent in the backstroke, taking the gold medal in the 100m and 50m events in the 16 years and over age group while Amelie Chuter (11) claimed a gold medal in the 100m butterfly.

The full results with all medal winners and times are available [here](#) (session 1 results) and [here](#) (session 2 results). It's not all about medals though – please remember that each and every swimmer is on their own journey and every new pb is a win. Congratulations to them all.

Huge thanks to Phil Ward and Julie Hughes for coaching support (with assistance from Craig Ellard), to TMs Helen Samuel and Joanna Ellard and to Brigitte Scott for officiating.