

With younger swimmers competing at the Dave Robinson Suffolk County Development Meet at Ipswich's Crown Pools and a number of Masters swimmers taking part in the British Masters Championships at the London Aquatics Centre, the weekend of 13-15 June was a busy one for West Suffolk Swimming.

The younger cohort of eighteen swimmers - eleven boys and seven girls – brought home an impressive haul of 29 medals over the weekend – nine gold, nine silver and eleven bronze. Top of the medal table was Sebastian Wickes (12 years) with three age group gold medals in the 50m butterfly and the 50m and 100m freestyle. Theo Fisher (11) took home a full set of medal colours, with gold in the 200m breaststroke, silver in the 100m individual medley (IM) and bronze in the 100m freestyle.



Albert Widdicks (13), Vanessa Ceponyte (12) and Ella Stewart (16) won a gold and silver apiece: Albie and Ella each took gold in the 100m butterfly, with their silver medals won in the 200m backstroke and 200m freestyle respectively. Vanessa claimed gold in the 100m freestyle and silver in the 200m freestyle in her age class.

Talented butterfly swimmer Millie Page (12) claimed gold in the 100m event and bronze in the 50m event in her age group, with Brooke Copping (15) taking gold in the 200m butterfly race. Erin Stewart won two silver medals for the 200m freestyle and 50m backstroke.



Samuel Blackwell (17) won a stunning silver in a super new pb time in the 400m freestyle event, with Michael Hughes (11) also taking silver in the 200m breaststroke and Caitlyn Chu Yun Ong (10) demonstrating impressive speed to win silver in the 50m freestyle.

Four WSSC competitors took home a brace of bronze medals; Mia Copping (13) in the 100m freestyle and 50m breaststroke, Oliver Creasy (13) in the 200m backstroke and 50m freestyle, Freddie Jordan (12) in the 200m freestyle and 50m backstroke and Connor Goldsmith (16) in the 100m butterfly and 50m freestyle. Congratulation also go to Daniel Horn (10) who won a bronze Suffolk County Development medal for the 50m breaststroke.

There were a number of fourth and fifth placed finishes from Team WSSC and George Rees (10) and James Adams (12) were unlucky to finish just out of the medals with George taking over thirteen seconds off his 100m IM time and James also setting new pbs. The majority of swims over the weekend were new best times and many of these were significant. A hearty well done to everyone who attended and thanks to officials, volunteers, parents and coaches for supporting.

Meanwhile at the London Aquatics Centre a new British Masters record was set by Myles Turner and a new East Region relay record was set in the 4 x 200m freestyle.

Myles Turner got the Championships off to a fine start on day one, taking the gold medal in his age class for the gruelling 400m IM. His time of 4:43.61 was the fastest of the day by over nine seconds across all age categories and set a new British record for this event in his age group (25-29 years). In his other individual swims Myles dominated the 200m backstroke, claiming gold by over four and a half seconds, and took silver in the 200m IM.



Myles Turner

Meanwhile Jake Thomas-Mansfield (25-29 years) stepped up for the three butterfly events - the 50m, 100m and 200m along with the 50m freestyle. Claiming a stunning silver medal in the 200m race with a time just outside his season's best, Jake was pipped into fourth place in his age group in the 100m butterfly (again, just outside his season's best). Placed seventh overall in his age category, Jake set a new season's best in the 50m butterfly event, knocking 0.28 seconds from the time he set at Regionals in Norwich in March. Jake matched his three-year-old pb in the 50m freestyle, finishing in eleventh place in a time of 25.47 seconds.

The open 4 x 200m freestyle team of Alistair Peagram, Andrew Kimpton, Craig Ellard and Myles Turner took gold in the 100 years plus category, setting a new East Region record time for their age group and finishing in seventh place overall in this event.



Alistair Peagram, Andrew Kimpton, Myles Turner and Craig Ellard

Breaststroke specialist Maya Harris smashed her previous long course record set in 2010 to take fifth place in the 30-34 years class in the 50m breaststroke, finishing just out of the medals in a bittersweet fourth place in the 200m event. Maya also raced the 100m breaststroke, claiming fifth in a strong field and the popular 50m freestyle event, finishing in a creditable fifteenth place.

Craig Ellard (40-44 years), a relatively recent returner to competitive swimming, gave two polished individual performances – in the 50m and 100m backstroke, in which he placed eighth and sixth respectively.

Adam Young (40-44 years) took another agonising (but super impressive) fourth place in the 100m freestyle, with Megan Cassidy (30-34 years) claiming sixth place in the 100m butterfly and Caitlin McKay seventh in the 100m breaststroke (18-24 years).

Kudos also to Sharon Perry (50-54) and Steve Coe (60-64) who competed in the Norfolk Masters Championships at Sportspark UEA on 7 June. In an impressive display of speed and versatility, Sharon took her age group gold medal in the 100m IM, 100m freestyle and 50m breaststroke, with bronze in

the 50m freestyle. Steve claimed silver in the 100m IM and 100m freestyle, but was pipped into fourth in a tight 50m freestyle sprint.