

As we approach the end of the swimming season, sixteen WSSC competitors headed to City of Norwich Swimming Club's Midsummer Madness event at Sportspark UEA and four to City of Cambridge Swimming Club's Jeanne Barker July Open Meet over the weekend of 6 and 7 July.

Places and results at both events were heat-decided and, in addition to a high number of exceptional personal best times, there were a number of age-group medals to celebrate.

In the 50m Bernard Matthews Olympic Pool at Norwich, triathlete Poppy Moore claimed gold in the 12 year girls' 400m freestyle with an impressive two second margin over the second placed swimmer. Jason Dalope (13) secured an impressive three silver medals; in the 50m and 200m butterfly and in the 200m breaststroke. Samuel Everett (17) made it a silver in the 200m IM and bronze in the 100m breaststroke in a highly competitive field. Harry Vidal-Greenwood (12), competing in a long course event for the first time, took nearly five seconds off his entry time to win silver in the 50m backstroke and was unlucky to finish fourth in the 50m butterfly, just 0.2 seconds off the bronze medal place. Congratulations to all of athletes for their swims, particularly to ten year olds Amalie Chuter, Millie Page and Thea Rees.

In Cambridge, India Clement (12), Thomas Williams (15), Samuel Blackwell (15), Elizabeth Wright (17) and Cerys Williams (19) were on form representing WSSC.

In her age group and across twelve races, India Clement impressed, claiming two gold medals (50m breaststroke and 100m butterfly – both with new pbs), four silvers (200m IM, 200m breaststroke, 100m freestyle and 100m IM) and two bronzes (50m butterfly and 100m backstroke), as well as three fourth placed finishes.

Meanwhile, Cerys Williams, who during term time is a scholar on the swim programme at the University of Jamestown, USA, dominated in the 50m butterfly event to win gold and finished second in the 50m and 100m breaststroke to take silver. Cerys also won silver in a fingertip 1-2-3 in the 100m butterfly, with just 0.25 seconds separating the gold and bronze medal winners.

In the 200m breaststroke, Elizabeth Wright led the race until the final ten metres, earning a well-deserved silver and an incredible two-second pb, a fillip ahead of the forthcoming English Nationals. Thomas Williams took bronze in the 100m backstroke, just outside his entry time and Samuel Blackwell took fifth place in the 200m freestyle.



Thomas Williams with his bronze medal