

West Suffolk Swimming Club and Linton's Charlotte White was delighted to be one of 75 swimmers from across the country selected to represent the country at the Middle East Open and Junior Championships in Dubai from 10 to 12 February and play her part in Swim England being awarded top visiting club at the competition.

Charlotte joined her Swim England team mates on the flight to Dubai the day after the close of the Suffolk County Championships, with high-performance training sessions with hosts Hamilton Aquatics at the superbly equipped Hamdan Sports Complex starting the day of their arrival. The Swim England team enjoyed three days of race preparation workshops as well as high intensity pool and gym sessions prior to the competition.

More than 900 swimmers from 54 international academies took part in the Middle East Open and Junior Championships 2023. Day one of racing in the Olympic standard pool saw Charlotte compete in the 200m Breaststroke race (qualifying for the B final and taking second place in this race later in the day). In the 50m Butterfly event she qualified for the A final, finishing as the seventh fastest female swimmer. Day two of the Championships saw Charlotte compete in the 400m Individual Medley Event and the 100m Butterfly. She qualified for the A final in the IM event, but surrendered her place to concentrate on the 100m Butterfly race in the same session. Charlotte qualified for the B final in this event and finished in fourth place.

The final day of racing featured the 200m IM event and Charlotte was pipped out of the bronze medal position by just 0.04 seconds in the A final. A very impressive record at this elite level of competition and a fantastic opportunity to following in the footsteps of swimming stars Adam Peaty and Rebecca Adlington with the opportunity to compete at international level for the first time with the DiSE (Diploma in Sporting Excellence) programme delivered by Swim England.

