

Thirty-seven West Suffolk Swimming Club competitors made their way to Sportspark Norwich for the City of Norwich Swimming Club March Long Course Meet over the weekend of 1-2 March.



Coach Phil with some of the swimmers competing over the weekend

The Brown boys (11 years) had super successful weekend, with Felix pipping his twin Jude by 0.34 seconds in the 200m IM to take gold and silver respectively. It was gold again for Felix in the 50m and 100m butterfly, with silvers in the 50m backstroke and 100m freestyle. Jude meanwhile demonstrated his breaststroke prowess by taking gold medals in the 50m, 100m and 200m events and claiming bronze in the 200m freestyle.

In the 13 years age group, India Clement collected three silver and three bronze medals, for the 100m backstroke and 50m and 100m breaststroke, and the 50m backstroke, 100m butterfly and 200m IM respectively. Competing in the same age category in the open/male competition, Jason Dalope claimed three gold medals (100m breaststroke, 100m backstroke and 400m IM), as well as a silver (200m butterfly) and bronze in the 400m freestyle.

Nine-year-old Harry Ellard proved backstroke is in the genes with a silver medal in the 100m event in his age class, while triathlete Poppy Moore took silver in the 400m freestyle.

Suffolk County finalist Ella Plumb, 10 years, took the laurels for second place in her age group in the 50m breaststroke, as well as in the 200m event.

George Simms won gold in the 100m butterfly in the 12 years category with an impressive winning margin of over three and a half seconds whilst twin brother Leo claimed silver in the 200m butterfly (five and a half seconds ahead of the third placed swimmer) and the 400m IM (with a whopping thirteen second margin over the bronze medallist).

Harry Smart swam to a brilliant bronze in a fast and furious 50m butterfly event which saw the top and fourth placed swimmers separated by just over half a second. Namesake Harry Vidal-Greenwood took a brace of bronze medals – in the 50m and 100m backstroke respectively.

Suffolk County Champion Elizabeth Wright (17 years) was pipped to silver in a fingertip finish in the 100m breaststroke by a super impressive swim by a Witham Dolphins (Essex) swimmer who also claimed gold in the 50m breaststroke after Elizabeth withdrew due to illness. Elizabeth was delighted to beat the same swimmer the following weekend in the same event at the Putteridge Swimming Club March Long Course Summer National Qualifier in Luton!

Well done to all our swimmers for their performances over the weekend.