

West Suffolk Swimming Club Shines at East Region Masters Championships

West Suffolk Swimming Club (WSSC) delivered an outstanding performance at the Swim England East Region Masters Championships, with the team of thirteen swimmers achieving a remarkable medal haul. Held at Newmarket Leisure Centre on Sunday 7 September, WSSC swimmers claimed 20 gold, 10 silver, and 2 bronze medals across 39 races — a phenomenal conversion rate that highlights the Club's strength in Masters swimming.

One of the most inspiring performances of the event came from Sharon Perry, who finished joint second overall in the Top Swimmer awards. Sharon won five individual gold medals (400m and 200m individual medley, 100m butterfly, breaststroke and freestyle) and contributed to both relay teams, helping secure gold in the 4x50m Mixed Freestyle Relay (160yrs+) and silver in the 4x50m Mixed Medley Relay (160yrs+), both events with teammates Alistair Peagram, Maya Harris and Craig Ellard. Sharon's endurance was on full display when she swam the 400m Individual Medley just minutes after completing the 100m Breaststroke!



Craig Ellard, Sharon Perry, Maya Harris and Alistair Peagram

In the 18-24 years class Elizabeth Wright overcame her shoulder injury to claim a trio of gold medals in the 50m and 100m breaststroke and 50m butterfly. Thomas Allen took gold in 800m freestyle and silver in 400m freestyle, just missing the podium with a fourth-place finish in the 50m backstroke. Harry Smart won silver in the 100m butterfly and Caitlin McKay finished fifth in the 100m breaststroke in a competitive field.

Jake Thomas-Mansfield demonstrated his exceptional quality, striking gold in each of his three races — 100m and 200m butterfly and 100m freestyle in the 25-29 years group.

Maya Harris made it three out of three in the breaststroke events, with gold in the 50m, 100m and 200m in the 30–34 years age class. Also in this age category were Thomas Sarah, who took two

stunning silvers in the 50m breaststroke and 100m IM, and Sara-Louise Clarke who medalled in both of her events – a silver in the 50m freestyle and a bronze in 200m breaststroke.

Julie Hughes (35-39 years) also podiumed in all her races, taking gold in the 100m butterfly, silver in the 50m butterfly and silver in the 50m freestyle, while Craig Ellard (40-44 years) claimed gold in the 50m backstroke and bronze in the 50m freestyle. Alistair Peagram (45-49 years) excelled in his 50m events, taking the gold medal in the 50m backstroke and 50m freestyle, just pipped out of the medals in the 100m freestyle with a fourth-place finish, a story repeated for Steve Coe (60-64 years) who missed the medals in the same competitive 100m freestyle event, but was delighted to win silver in the 50m backstroke and freestyle events.

Competition was extremely strong, with West Suffolk Swimming Club finishing in fifth place out of forty-five completing clubs with these impressive individual and team performances. Home club Newmarket Swimming Club took top spot.

Several WSSC swimmers will be heading to the English Masters National Championships in Sheffield towards the end of October, where they'll aim to build on their regional success.



Back row: Steve Coe, Harry Smart, Craig Ellard, Alistair Peagram, Caitlin McKay, Thomas Sarah

Front row: Maya Harris, Elizabeth Wright, Sara-Louise Clarke, Jake Thomas-Mansfield