

West Suffolk Swimming Club's Isabel Moore produced an outstanding performance at the Swim England East Regional Open Water Championships at Whitlingham Lake, Norwich on Sunday 9th July.

Isabel, who attends Sybil Andrews Academy in Bury St Edmunds, competed in the 2km race in a field of swimmers ranging from 14 to 64. Thanks to her extensive triathlon experience, the West Suffolk swimmer got off a great start and was able to stretch out in clear water at the head of the field. After the first lap Isabel looked strong, holding third place in the large and mixed-age field. She managed to hold this position through to the finish, closing the gap slightly towards the end and finished in an impressive time of 32 minutes and 20 seconds (against an age-group average of over 35 minutes).

This time was fast enough to see Isabel, the reigning 2km Open Water Suffolk County Champion in her age class, retain her age-group crown as well as to take the overall Suffolk Champion in the female 2km class and to take an impressive silver medal in the 15-16 year old age group for the entire East Region.



Isabel - East Region Silver medallist



County Champion and Regional Silver medallist