

Younger West Suffolk Swimming Club swimmers impressed at the Jeanne Barker July Open Meet hosted by City of Cambridge Swimming Club at Parkside Pools, Cambridge at the beginning of July. The weekend saw a number of new personal best performances as well as a pleasing medal tally.

Willow Ryder, who is just ten years old, took six medals from ten races and just missed out on two more, with fourth place achieved in the 100m freestyle and 200m individual medley. Willow took home silver in the 50m butterfly, 200m freestyle and 100m and 200m backstroke races and bronze in the 50m backstroke and 50m freestyle events.

Elizabeth Wright, 15, demonstrated her mastery of all four recognised strokes with gold in the 100m individual medley and silver in the 200m race. Elizabeth also took the bronze in the 100m freestyle and joint bronze with West Suffolk team mate Rebecca Brown in the 50m butterfly.



Elizabeth Wright

Fourteen year old Charlotte Creasy proved her versatility with a silver medal in the 100m freestyle and bronze in the 50m butterfly and backstroke sprints.

Butterfly specialist Eloise Perry was delighted with her silver medals in the 50m and 100m events and Emily Sinclair, 12, with her silver in the 100m backstroke and bronze in the 100m IM.

Elijah Goodkind had a great weekend of swimming, first taking silver in the 100m butterfly, then striking silver again in the 200m breaststroke event.

Gold medals were won in the 50 backstroke and 50m freestyle respectively by ten year olds Harry Wagstaff and Jack Bandy.

Sisters Brooke (13) and Mia (10) Copping won a medal apiece, with Brooke taking silver in the 200m breaststroke and Mia taking bronze in the 200m freestyle race.

Samuel Everett, 16, won bronze in the 200m breaststroke and Thomas Williams, 14, put in a strong performance to take the third place in the 100m butterfly race.

Coach Phil Ward was delighted with the performance of these young swimmers. Thanks to City of Cambridge Swimming Club for a great weekend of racing.