

Seven West Suffolk Swimming Club members represented the Club at the Swim England National Masters Short Course Championships at Ponds Forge International Sports Centre over the weekend of 28/29 October.

The swimming team comprised Molly Peacock (21), Shannon Dalligan (22), Myles Turner, Jake Thomas-Mansfield, Charles Whyte and Ben Wilkinson (all 23). Masters swimmer (and the Club's Officials Co-ordinator) Fiona Brittain was also on deck, helping to run the event in her capacity as a Swimming Official.



(l to r) Charles Whyte, Jake Thomas-Mansfield, Myles Turner, Ben Wilkinson
Molly Peacock and Shannon Dalligan

The team's first event was a nailbiter, with the mixed 4 x 100m freestyle relay team (Molly, Jake, Shannon and Myles) agonizingly pipped into fourth place. It wasn't long until the team got their first taste of medal success, however, with Myles demonstrating his speed and aptitude for all four strokes, securing bronze in the 200m individual medley.

Myles quickly recovered to take the final leg in the open/men's 4 x 200m freestyle, with Charles Whyte, Ben Wilkinson and Jake Thomas-Mansfield setting the team up for a solid silver medal finish.

Saturday afternoon saw another close finish with the mixed 4 x 50m medley relay (Molly, Myles, Jake and Shannon) squeezed into 5th place. Myles found medal winning form again in the next event, however, this time taking the silver medal in the 200m backstroke. Shannon and Molly were also in action in individual events on Saturday, with Shannon just outside her entry time for the 100m

freestyle and Molly just outside hers in the 50m and 200m backstroke (though in both cases delivering faster times than her gold-medal winning performances at Regionals earlier in the month).

Sunday morning saw another sprint relay, this time the mixed 4 x 50m freestyle. In a tight race the West Suffolk team of Jake, Shannon, Molly and Myles finished in 8th position. Ben Wilkinson and Shannon Dalligan were in action in the two following events, the open/male and female 200m freestyle, and were placed 7th and 8th respectively.

Fourth fastest qualifier for the 100m butterfly, Jake Thomas-Mansfield took a brilliant bronze in this event and was unlucky not to win silver, only 0.02 seconds behind the second-placed swimmer in a finger-tips contest. Molly Peacock was delighted to better her previous season's best time in the female 100m butterfly race.

The team's final two events of the weekend were the male 4 x 50m medley relay and male 4 x 50m freestyle relay. The 4 x 50m freestyle saw a Crawley-West Suffolk battle for the silver medal, with West Suffolk having to settle for bronze. In the medley relay, West Suffolk held bronze medal position throughout the race and delivered, behind titan clubs Derby Excel and Portsmouth.