

As September ran into October, West Suffolk Swimming Club swimmers across the age spectrum were in action.

Over 180 swimmers and their supporters converged on Bury St Edmunds Leisure Centre over the weekend of 29 September to 1 October for the Club's annual Neate Meet, named in honour of the late former WSSC President Don Neate.

Eighty-two West Suffolk swimmers raced over the weekend, with the coveted Don Neate Trophy (for the top home swimmer) going to 11 year old Sybil Andrews Academy pupil India Clement. India won eleven gold and two silver medals over the weekend. Congratulation also to the runner up, Samuel Everett (16) who won four medals of each colour across his twelve events.



India Clement with the Don Neate Trophy

Head coach Dan Pilbrow presenting the Don Neate Trophy to India

The prize for top male visitor went to San Choi (11) from City of Cambridge Swimming Club who proved unbeatable, winning thirteen gold medals from his thirteen races. Team-mate Alice Watts (14) took the prize for the most successful visiting female, with six gold medals, three silver and two bronze.

The East Region Masters Regional Championships took place on 1 October in nearby Newmarket, with six West Suffolk Swimmers representing the Club and taking a total of nine gold, two silver and two bronze medals. First up was Sharon Perry, who achieved a fifteen-year personal best time in the 800m freestyle event, comfortably taking the gold medal in her age category (50-54 years). Andrew Kimpton, 31, also plumped for a distance event, taking the gold medal in the 400m freestyle (30-34 years). Andrew had been in action the previous day at the Neate Meet, as had training partner Myles Turner (23) who took gold in both the 100m individual medley and the 200m backstroke. Alistair Peagram (45) took a well-deserved silver in the competitive 50m freestyle, finishing just out of the medals in fourth place in the 100m event and completing his trio of races with a bronze medal in the 50m butterfly (45 – 49 years). Peter Edmunds (48) competed in the same class as team-mate Alistair, took fourth place in the 50m freestyle and two sensational golds in the 50m and 200m backstroke events. The youngest Masters swimming competing for West Suffolk – Molly Peacock (21) - enjoyed a

successful day, taking home gold medals in the 50m, 100m and 200m backstroke and in the 100m individual medley. She also won silver in the 200m IM and bronze in the 100m butterfly in the 18-24 years category.



Molly Peacock with her Regional Masters medals