

This year's Swim England East Region Long Course Championships took place over three weekends – 28-30 March and 3-5 May at Sportspark Norwich and 9-11 May at Luton Inspire.

Weekend One saw four WSSC members in action. First up was Myles Turner, who completed the heat swim of the 200m backstroke on Saturday morning in the fourth fastest time. It was a super tight event which saw a margin of less than 0.4 seconds separating the second and fourth places. With a long wait being the evening's finals session, Myles chose to withdraw despite being in strong medal contention. He has nevertheless qualified for English Nationals with this impressive swim.

Elizabeth Wright had a busy first weekend, with three races; the 100m and 200m breaststroke and the 50m freestyle. Not feeling at her best, Elizabeth was off the pace in the fiercely competitive open age group category and missed the cut for the finals.



Myles Turner and George Everett

Samuel Everett and Elizabeth Wright

Samuel Everett was just off his pb (set at the Regional Long Course Champs 2024) in the 200m breaststroke but finished well in a fast field in the over 17 age group with a season's best time. Congratulations to George Everett, 16, who managed to pb in both of his events – the 100m breaststroke and 400m IM.

There was a long wait for the second and third weekends of Regional Championships, with races for younger age groups as well as seniors.

Jake Thomas-Mansfield posted a season's best time with a great swim in the 50m butterfly, missing out on the final by just three one-hundredths of a second, with Elizabeth taking on the 50m breaststroke but finishing off her pb and out of contention for the final.



Jake Thomas-Mansfield

In the younger age category, India Clement, Jason Dalope, Poppy Moore and James Everett, all 14 years, produced some exceptional swims. Poppy, racing in the 200m and 400m freestyle posted pbs in both events, with Jason Dalope also hitting a 100% success rate and scoring pbs in all eight of his events. His highest finish came in the 50m breaststroke, in which he qualified eighth fastest in the heat, bettering that by one place by finishing in seventh position in the final. Jason was just pipped out of the final in the 200m, completing the heat in ninth, with James Everett just behind in twelfth with a pb in his heat. Congratulations to James who also set a new pb in the 50m breaststroke, finishing just over a second over his best time in the 100m breaststroke.



Jason Dalope, James Everett and India Clement



Poppy Moore and India Clement

India Clement demonstrated her remarkable versatility in an equally remarkable twelve events – 50m, 100m and 200m in breaststroke and freestyle, 100m and 200m butterfly, 50m and 100m backstroke and the 200m and 400 IM. She had a very successful Regionals, posting some excellent times, with new pbs in the 50m and 100m freestyle, the 200m breaststroke, butterfly and IM and in the 400m IM.

Congratulations to all WSSC swimmers who qualified for Regionals.