

Competing against the fastest swimmers from across Norfolk, Suffolk, Cambridgeshire, Essex, Bedfordshire and Hertfordshire, West Suffolk swimmers bagged nine medals at the Swim England East Region Long Course championships held at Norwich Sportspark and Luton Inspire over the past few weekends.

Building on his medal success at the County Championships and Winter Regional Championships, Matthew Baker impressed again, winning gold in the 100m, 200m and 400m freestyle races. Sixteen-year-old Matthew demonstrated his mastery of the 400m freestyle event, finishing with a winning margin of over six seconds. The Abbeygate Sixth Form College student also took silver in the 200m individual medley and 800m freestyle events and bronze in the 100m butterfly.



Matthew Baker



Myles Turner

Teammate Myles Turner, 23, was also on impressive form, taking silver in the 200m backstroke and in the gruelling 400m IM event.

Fresh from her double bronze winning success at the British National Swimming Championships in Sheffield last month, Angharad Evans, 20, again dominated the very strong field in the 100m breaststroke, taking the win by two seconds.



Angharad Evans

Many congratulations to the other West Suffolk swimmers who represented the Club in the championships: Gracie Brinkley, Kiera Broad, Ben Butcher, Samuel Chamberlain, India Clement George Everett, Edison Lorejo, Poppy Moore, Luka Page, Eloise Perry, Emily Sinclair, Bartholomew Tozer, Charlotte White, Cerys Williams, Elizabeth Wright.