

Thirteen West Suffolk swimmers travelled to Luton last weekend (5 to 6 November) to compete against the fastest swimmers from across Norfolk, Suffolk, Cambridgeshire, Essex, Bedfordshire and Hertfordshire at the Swim England East Region Short Course Championships in Luton.

Having worked hard to achieve the challenging qualifying times to compete, the swimmers – drawn from training centres in Haverhill, Bury St Edmunds and Culford – posted some outstanding personal best times over the course of the weekend. Elizabeth Wright, 15, a pupil at Castle Manor School posted PBs in the 200m and 50m breaststroke events and as did Edward Merhan, from Haverhill, in the 50m and 100m breaststroke events.



*Edward Merhan, 17, from Haverhill*

Matthew Baker, 16, who trains across all three WSSC centres, struck gold in both the Men's 200m freestyle and Men's 400m freestyle events, as well as taking the bronze in the Men's 100m freestyle and tying for sixth place in the 50m freestyle. Matthew also competed in the Men's 50m and 100m butterfly races and achieved qualifying times for the Swim England Winter National Championships to be held in Sheffield from 2 to 4 December in all six events.



*Matthew Baker with his awards for winning the 200m and 400m freestyle events*

In two breath-taking finals, Jake Thomas-Mansfield from Cheveley was just out of the medals, finishing the Men's 200m butterfly and 100m butterfly in very tight fourth places. Jake's impressive times for both events also saw him qualify for Winter Nationals.

In a fiercely competitive field, Charlotte White, 17, from Linton, swam fearlessly, qualifying for the finals of the Women's 200m freestyle and 200m individual medley events. Charlotte's 200m IM time will see her compete in this event at Sheffield next month.



*Charlotte White from Linton, Cerys Williams from Wethersfield and Elizabeth Wright from Haverhill*

Myles Turner, whose father Andrew is Chairman of West Suffolk Swimming Club, excelled at the individual medley events, taking the silver medal in the Men's 400m event, and fourth and seventh place respectively in the Men's 200m and 100m IM races. Myles just missed out on a medal in the Men's 200m backstroke, pipped into fourth place. He is looking forward to competing in the 200m IM and backstroke and 400m IM events in Sheffield.



*Myles Turner with his silver medal for the 400m Individual Medley*

Head Coach Dan Pilbrow commented “I was really pleased with the performance of our swimmers; it was great to set new personal best times and to achieve so many qualifying times for the Winter Nationals next month. Thanks to our supporters and officials for giving up their weekend to support our swimmers.”

Representing the Club from the Haverhill end were Cerys Williams, Charlotte White, Edward Merhan, Elizabeth Wright, Emily Cutting, Jake Thomas-Mansfield, Matthew Baker and Myles Turner, with team-mates Alice Clark, Archie Chamberlain, Bartholomew Tozer, James Clay and Luka Page from the Bury St Edmunds and Culford training centres.



*L to R: Charlotte White, Cerys Williams, Myles Turner, Barty Tozer, Matthew Baker, Jake Thomas-Mansfield, Luka Page, Elizabeth Wright and Archie Chamberlain*