

The Swim England East Region Short Course Championships 2024 took place at Luton over the weekend of 2-3 November, with six WSSC competitors taking part after the forced withdrawal of Samuel Chamberlain due to injury.

Elizabeth Wright had a busy weekend with six races on her card; breaststroke over 50m, 100m and 200m, 100m IM and the 50m and 100m freestyle. She swam consistently on or close to her entry times, setting a new pb in the 100m IM and close to her season's best in the 200m breaststroke.

Fly specialist Jake Thomas-Mansfield took more than a second off his extraordinary gold medal winning 200m butterfly performance at the previous weekend's National Masters Championships to post a season's best and the fastest time in the heat by two and a half seconds. The evening's final was a two-man race, with Jake leading over the first 100m, just edged out of the Regional title-winning position in the second half of the race to silver medal place. Jake also booked a place in the final of the 100m butterfly, off his entry time and finishing in sixth place.

Samuel Everett set four fabulous new personal best times in four races over the weekend; 50m, 100m, 200m breaststroke and 200m IM but finished out of the finals in a competitive field.



Samuel Everett, Kiera Broad, Elizabeth Wright and Jake Thomas-Mansfield

2024 age group Suffolk County gold medallist in the 50m, 100m and 200m breaststroke, Kiera Broad, swam in all three of these events as well as the 100m IM and Rebecca Brown took on the 50m butterfly. Both swimmers performed well and on their season's best but were off their pbs after reduced training over a summer of exams.

The 2023 Regional Champion in the 200m backstroke, Myles Turner, returned to Luton to defend his title. Trailing in second place until the final 50m, Myles took the heat by nearly a second in an impressive show of tail-end speed. The final took a similar shape, with Myles turning in third place at the 150m mark and then turning on the speed to pull back in the final 50m. He posted a new

season's best in the final, dropping 0.29 seconds from his heat swim but it wasn't quite enough to take the title; with an agonising 0.01 second fingernail margin, Myles was pipped to silver medal position. Still a remarkable achievement – this is only 0.75 seconds off his five-year old pb (posted as a university student) and was achieved through training only three times a week around a full time job.



Jake Thomas-Mansfield and Myles Turner with their silver medals