

The Suffolk County Swimming Championships 2023 commenced in great style for West Suffolk Swimming Club competitors as they took on the 800m and 1500m events the UEA's SportsPark 50 metre pool in Norwich over the weekend of 14/15 January.

There was early success on the Saturday with Poppy Moore completing her 800m swim in a time of 12:37.98, earning herself the silver medal in the 12years age group. Rebecca Brown also found podium success in the 16 yrs age group with a bronze medal for her time of 10:57.37. Myles Turner capped off a successful Saturday with a silver medal in the 17yrs/over category 1500m swim in a time of 18:00.41.



Poppy Moore, silver medalist 800m freestyle

The second day of long distance racing saw Matthew Baker take the gold medal in the 17yrs/over category 800m race in a time of 8:51.28. In the girls' 1500m event, it was a West Suffolk silver and bronze with Isabel Moore completing this gruelling long distance race in a time of 19:59.07, and just behind was team mate Kiera Broad, finishing in 20:07.59.

Swimmers from across Suffolk descended on Crown Pools, Ipswich for a busy weekend of racing on 21/22 January. Representing West Suffolk, India Clement (10/11yrs) led the way, with four gold medals (100m IM, 200m IM, 50m Freestyle & 100m Butterfly), also making the podium in the 50m Backstroke (silver), 200m Backstroke (silver) and 100m Breaststroke (bronze). Charlotte White (17yrs/over) also picked up a haul of medals, being crowned female champion in the 200m Butterfly and taking silver in the 100m IM, 200m IM, 100m Butterfly and 100m Breaststroke. Kiera Broad raced to gold in the 15yrs 100m Breaststroke final, adding to her silver medal from the 100m Butterfly final.

Matthew Baker, Myles Turner and Samuel Chamberlain all came away from the weekend with two County titles apiece. Matthew secured victory in the 17yrs/over 100m and 200m Freestyle events. Matthew also picked up silver in the 100m Backstroke final and bronze in the 50m Butterfly final. Myles Turner, also in the open category, picked up wins in the gruelling 400m IM, demonstrating his versatility over all four strokes, as well as in the 200m Breaststroke event. Myles also took third place in the 100m Backstroke. Samuel Chamberlain was on fine form over the weekend, winning both the 100m and 200m Freestyle events in the 14yrs age group. Samuel also took silver in the 50m Butterfly and 100m Backstroke finals. Edison Lorejo also picked up a County title, winning the 14yrs 100m Backstroke final and taking a podium finish in the 50m Butterfly, with a silver medal.



Myles Turner, winner of the 400m IM event

Further medals came from: George Everett (silver medals in the 14yrs 50m and 200m Breaststroke and a bronze in the 400m IM); Jake Thomas-Mansfield (silver medal 17yrs/over 50m Butterfly and a bronze medal in 50m Breaststroke); Luka Page (silver medal 17yrs/over 50m Breaststroke); Ben Butcher (silver medal 16yrs 50m Butterfly); Freya Reed (bronze medal in the 12yrs 100m Butterfly); Emily Sinclair (bronze medal in the 13yrs 100m Butterfly), Charlotte Creasy (bronze medal in the 15yrs 50m Backstroke), Rebecca Brown (bronze in the 16yrs 200m IM) and Elizabeth Wright (bronze in the 16yrs 100m Breaststroke).

Head Coach, Dan Pilbrow was delighted with the first two weekends of competition, with West Suffolk success across all strokes, distances and age groups. The Suffolk County Championships continue at Crown Pools over the weekend of 28/29 January, with the 400m Freestyle, Skins events and team relays taking place on 5 February.