

The excitement was palpable as twenty-seven WSSC swimmers, their coaches and their greatest fans gathered for the Suffolk League Grand Final at Crown Pools Ipswich on Sunday 29 June. With clubs from across Suffolk, from Deben, Leiston and Team Waveney in the East, through Stowmarket to Newmarket and WSSC in the West, eight teams battled for points to be crowned winners of the afternoon and overall League winners for 2025.

Jake Thomas-Mansfield and Elizabeth Wright each took first place in the open age group 100m IM, with Jake's effort just 0.05 seconds off his (nearly) four-year-old pb and, with the successful use of the Joker card, scored double top points. Elizabeth also brought home double top points by securing a first-place finish with Joker in a speedy 50m breaststroke race, with Jake also decimating the field in the 50m butterfly to maximise marks. Congratulations to Charlie Ibbotson who claimed first place in the 13/U 50m breaststroke, bettering his pb by 0.8 seconds.

There were second place finishes for India Clement (13/U, 100m IM and 50m breaststroke), Poppy Moore (13/U, 50m butterfly), Charlie Ibbotson (13/U, 50m freestyle), Connor Goldsmith (15/U, 50m backstroke), Vanessa Cepoynte (11/U, 50m freestyle), Harry Vidal-Greenwood (13/U, 50m backstroke), Charlotte White (open, 50m butterfly), Jake Thomas-Mansfield (open, 50m freestyle) and the 11/U and 13/U medley relay quartet of Harry Vidal-Greenwood, Charlie Ibbotson, Sasha Smith and Theo Fisher.

Harry Vidal-Greenwood took third place in the 13/U 100m IM, as did Ella Plumb (11/U, 50m breaststroke and 50m butterfly), Jason Dalope (15/U, 50m freestyle and 50m butterfly) and Rosie Hodson (11/U, 50m backstroke). A number of relay teams also took points for third place: the 11/U and 13/U medley relay team of Rosie Hodson, India Clement, Poppy Moore and Vanessa Cepoynte; the 15/U and Open foursome of Brooke Copping, Elizabeth Wright, Charlotte White and Ayda Payne; the 11/U and 13/U freestyle team of Ayda Payne, Vanessa Cepoynte, Ella Plumb and Poppy Moore.

Places and points aside, Team WSSC clocked up an incredible twenty-two new pb times out of ninety-two efforts, as an individual or as part of a relay team. WSSC were pipped out of third place in the Grand Final by just three points, with Deben declared the winners, Stowmarket Gold in second place and Waveney Green in third. In the 2025 League, Stowmarket Gold were the overall champions across the three galas, with Deben in second and Newmarket in third. WSSC finished in fifth place, just behind Waveney Green.

In addition to those named above, congratulations and thanks go to George Everett, James Everett, Michael Hughes, George Sims, Miley Wilson-Mansfield, Shannon Dalligan, Leo Sims, Oliver Ellard, Ethan Gatley and Millie Page who all made important points contributions to the team total.

Thanks to our swimmers, their parents, officials, coaches and TMs for supporting the Team.

