

Huge congratulations to Angharad Evans on her British title in the 100m breaststroke at last week's British Championships held at the London Aquatics Centre. Whilst Angharad proved that she is the fastest female in the country in this event, there is an agonizing wait for selection for Paris 2024. Olympic selection at the Championships was contingent on both winning the gold (or silver) medal and beating the qualifying time set down by the selection committee in that final; whilst Angharad went faster than this time in the morning's heat swim (and was only 0.06 seconds off Molly Renshaw's British record), she was just outside in the final and so missed out on automatic selection.

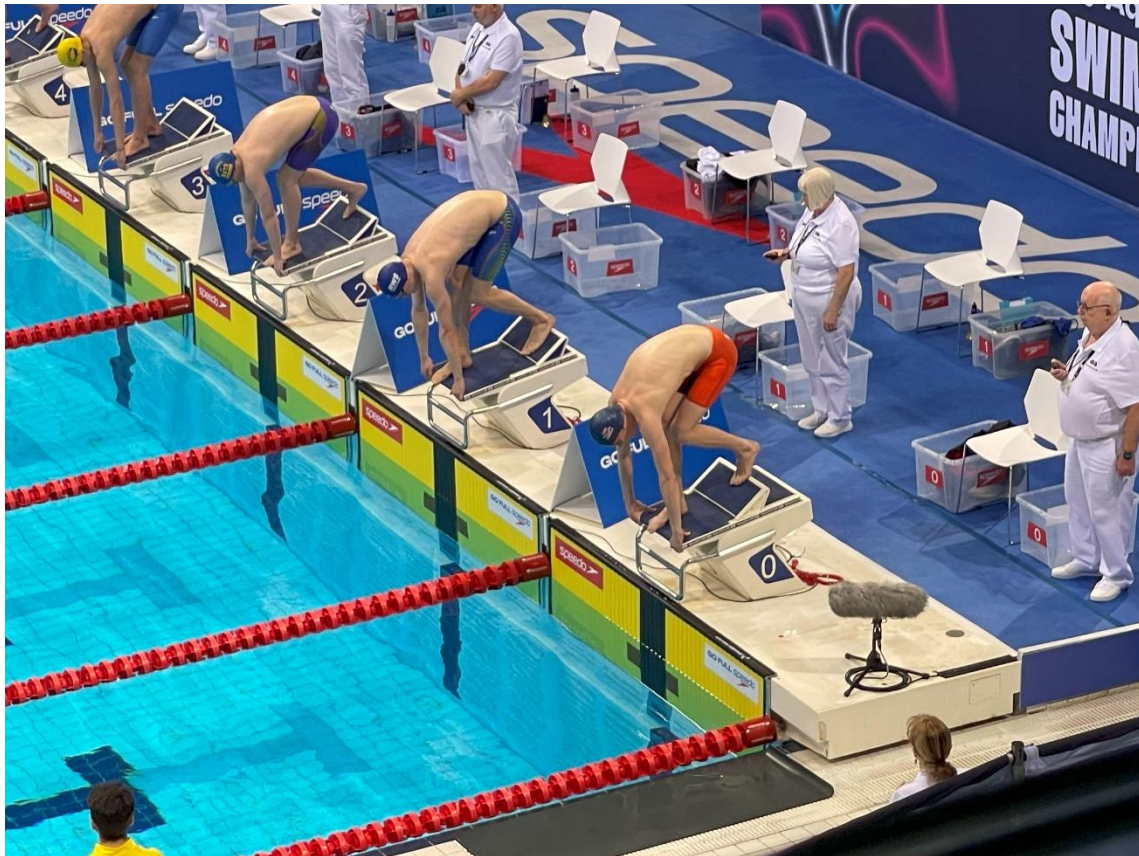


Angharad Evans at the British Championships

Credit: Aquatics GB

Earlier in the week, breaststroke specialist Angharad just missed out on a medal in the 200m event; after leading by over a second at the halfway mark, she was overtaken in the final metres of the race to be pipped into fourth place by a fingernail.

Myles Turner and Matthew Baker were also in action, representing West Suffolk Swimming Club. Myles produced a terrific performance in the 400m individual medley, posting a season's best swim in this gruelling event. Myles' qualification and performance are all the more remarkable given the curtailment of his training routine due to work commitments.



Myles Turner in Lane 0 at the start of the 400m IM

Matthew Baker (17) qualified for an impressive four events at the Championships; the 100m, 200m and 400m freestyle and the 200m IM. On day one, Matthew had a sensational swim in the 400m, posting a 1.38 second pb in the heat to qualify for the Junior Final. Whilst he finished out of the medals, he took another 0.3 seconds off his qualifying time to post another fantastic new pb.



Next up was the 100m freestyle and, after an uncharacteristically poor start, Matthew struggled to make this up over the short distance and finished nearly a second over his entry time. Friday brought the 200m IM event and, whilst he finished outside his qualifying time, he made another British National Junior Final. After a phenomenal backstroke leg which saw him pull up from seventh place after the butterfly leg to second place overall, there was too much to do on the final freestyle leg to get back into medal contention after the breaststroke.

The final event on Matthew's schedule was the 200m freestyle and he was disappointed to finish the heat some 1.31 seconds off his entry time. This qualified him in joint ninth place and therefore joint reserve for the final but with no withdrawals, he didn't have the opportunity to improve on this in the final. Nevertheless, Matthew had a great week, rubbing shoulders with World Championship, Olympic and Commonwealth medallist and even racing against some. We now wish him the best of luck with his exams.

Congratulations also go to Fiona Brittain, WSSC's Officials Coordinator. Fiona was on the deck all week, working hard but also soaking up the occasion, enjoying the top-level swimming action and supporting our WSSC swimmers.