

British Masters Championships

There was a bounty of medals for the West Suffolk Swimming Club athletes who competed over the weekend (of 2/3/4 June) at the British Masters Championships held at Ponds Forge International Sports Centre in Sheffield.

The mixed relay team of Charlie Whyte, Maya Harris, Shannon Dalligan and Myles Turner were on unbeatable form, first taking the 4 x 50m freestyle relay gold in convincing fashion, before following up with a top-of-the-podium place in the 4 x 100m freestyle relay with an impressive margin of over seven and a half seconds.

The team's third gold medal came in the 4 x 100m Medley Relay. The race was hotly contested, with Turner taking the lead in the backstroke leg, with the team trailing Trafford Metro Swimming Club over the breaststroke and fly legs before Dalligan recovered the lead in the final 50m of the freestyle leg to take team gold.

In addition to the team relay events, Myles Turner took the gold in the 200m backstroke with a ten and a half second margin, and gold in the 200m IM race, with a six second margin over the silver medallist. In both cases Turner set new East Region Masters record times.

Shannon Dalligan demonstrated her versatility over three freestyle distances, taking silver in the 100m, 200m and 400m freestyle races and Maya Harris took a hard-fought bronze in the 50m breaststroke event.

Molly Peacock, the youngest West Suffolk Master competing over the weekend took a new long course (50m pool) pb in the 100m butterfly race and a one second pb in the 50m butterfly. She was pipped out of a medal in the 200m backstroke, taking fourth place.



Maya Harris, Shannon Dalligan, Myles Turner and Charles Whyte with their three relay gold medals



Charles Whyte, Myles Turner, Shannon Dalligan, Molly Peacock and Maya Harris

WSSC Junior June Meet

Over the same weekend, the club hosted its Junior June meet at Bury St Edmunds Leisure Centre. Eighty-three WSSC swimmers from training centres at Haverhill, Culford and Bury St Edmunds had the opportunity to compete against swimmers from Bottisham Swimming Club, Colchester Swimming Club, Mildenhall & District Swimming Club and a very large contingent from City of Cambridge Swimming Club, many racing for the first time. It was a busy and exciting weekend of racing, with twenty-eight different events, each with age categories from 9 years up to 15 years and over. The home team won an extraordinary tally of medals: 69 gold, 56 silver and 52 bronze medals. Grateful thanks to the organisers, helpers and officials for helping make the weekend such a success for all involved.