

October is shaping up to be a busy swimming month, and the past weekend was no exception with West Suffolk Swimming Club members competing in Cambridge, Ipswich and Sheffield.

Luka Page (17) and Matthew Baker (17), together with hand-picked teammates from other clubs across the county, headed up the A1 to race for Suffolk in the National County Team Championships at Ponds Forge International Pool in Sheffield. They enjoyed a great weekend of racing, with Suffolk finishing a creditable 17th place (out of 40).



Luka Page and Matthew Baker representing Suffolk at the National County Team Championships

Meanwhile at the Cambridge Grand Prix held at Parkside Pool, India Clement (11) added more medals to her collection, picking up gold in the 50m butterfly and 200m individual medley, silver in the 100m butterfly and 100m backstroke and bronze in the 50m backstroke, 50m breaststroke and 100m freestyle.

Elizabeth Wright (16) took the silver medal in the 100m breaststroke and bronze in the 200m breaststroke, with teammate Kiera Broad (15) taking two bronzes (100m breaststroke and 50m butterfly). Becca Brown also swam well, qualifying for the 50m backstroke final in a fast field.



India Clement, Elizabeth Wright, Becca Brown and Kiera Broad at the Cambridge Grand Prix

Crown Pools Ipswich was host to the two-day Dave Robinson County Development Meet. This annual event has been renamed from this year in honour of the former Swim England East Region and Suffolk President who died on 9 January 2023 after a short illness. WSSC swimmers were delighted to bring home a haul of fifty-five medals from the weekend; twenty-one golds, eighteen silvers and sixteen bronzes.

Ella Stewart (14) topped the table with four golds (100m IM, 100m butterfly, 50m freestyle and 200m backstroke) and three silver medals (200m IM and 100m and 200m freestyle). Freya Reed (12) also took four gold medals in her age class (100m IM, 100m and 200m backstroke and 200m freestyle) and two silver medals (50m backstroke and 200m IM). Brooke Copping (13) won two gold medals and four silvers and Isabel Moore (15) achieved two gold and two silver medals.

In the boys' competition, Jacob Reed (10) took gold in the 200m backstroke and 200m freestyle, with a bronze in the 50m freestyle event; Zach Broad (14) won gold in the 50m butterfly along with four third place medals. Elijah Goodkind (14) took gold in the 100m and bronze in the 50m butterfly.

Congratulations also go to multiple medal winners Willow Ryder (10) for her quartet of medals (one gold, two silver and one bronze), Chloe Dockerill (15) (gold and bronze) and Poppy Moore (12) for her three silver and two bronze medals.

Sam Everett (16), Samuel Blackwell (15) and Emily Sinclair (13) topped the podium in one event each, with Rosie Perry and Erin Stewart, both 12, taking home a silver medal. Mia Copping (11), Matthew Blackwell (11), Olivier Creasy (11) James Everett (12), Abigail McWattie (12) and Thomas Allen (17) were bronze medallists.

Head coach Dan Pilbrow was delighted with the performance of the whole swim team, with many new personal best times achieved and great camaraderie in the squad.



Oliver Creasy, Samuel Blackwell, Ella Stewart, Joella Goodkind & Elijah Goodkind