

The East Region Masters Regional Championships took place on 29 September 2024 at Newmarket Leisure Centre, with ten West Suffolk Swimmers representing the Club and taking a total of ten gold, nine silver and eight bronze medals. The first event of the day saw Martin Hawley (60-64 yrs) take a splendid bronze medal in the 800m freestyle event. Andrew Kimpton (30-34) also plumped for a distance event, taking the gold medal in the 400m freestyle. Alistair Peagram (45-49) won a well-deserved gold in the competitive 100m freestyle after finishing just out of the medals in fourth place in the same event in last year's Regionals. Alistair also struck gold in the 50m freestyle and 50m backstroke events.

Jake Thomas-Mansfield (18-24) took a brace of golds (50m and 200m) and a silver medal (100m) in the butterfly events, missing out on first place in the 100m race by just 0.06 seconds. Jake also claimed age-group gold in the 50m freestyle sprint. Training partner Molly Peacock (18-24) won a stunning gold in the 200m backstroke (winning her age group by over 11 seconds), silver in the 100m and 50m backstroke and a brilliant bronze in the 100m butterfly. Maya Harris (25-29) took the second fastest female 200m breaststroke time of the day and the gold medal in her age group in this race and the 50m breaststroke. Meanwhile Megan Cassidy (30-34) claimed three silvers in the 100m IM, 50m breaststroke and 50m butterfly. Harry Smart took the bronze in the 100m IM in the 18-24 years class. Sam Wortley (18-24) and Steve Coe (60-64) each took a silver and two bronzes in the 200m backstroke, 200m freestyle and 50m backstroke and 100m freestyle, 50m backstroke and 50m butterfly respectively. Rounding off this successful event was a bronze medal for the 4 x 50m mixed medley relay team of Molly Peacock (backstroke), Maya Harris (breaststroke), Harry Smart (butterfly) and Sam Wortley (freestyle). Great job Team WSSC!



Steve Coe, Alistair Peagram, Sam Wortley, Maya Harris, Molly Peacock, Harry Smart and Megan Cassidy