

WSSC swimmers Matthew Baker and Myles Turner were on top form this weekend (4/5 November) at the Swim England East Region Short Course Championships 2023 in Luton, taking three Regional titles between them.

Saturday morning started with an impressive heat swim for Myles in the 200m individual medley, which saw him comfortably qualify for the evening's final in fifth place. Jake Thomas-Mansfield followed suit in his 200m butterfly heat, also qualifying for the evening's final but, with an all-day wait for the finals to begin, the swimmers withdrew to focus their energies on Sunday's racing.

Meanwhile, Matthew Baker stormed to the Regional title in the heat-decided 400m freestyle event. Matthew led the race from the start; he was the only swimmer to smash the four-minute mark, completing in a time of 3:59.44 – nearly five seconds ahead of the second placed swimmer.

Saturday afternoon's session saw Matthew qualify in second place for the 200m freestyle final. Come the evening, Matthew decimated the opposition (and his own time from earlier in the day) to take the title and the win by a massive six seconds in a time of 1:48.88.



Matthew Baker with his 200m and 400m freestyle trophies



Myles Turner with his 200m backstroke trophy

Jake Thomas-Mansfield was back in the pool on Sunday morning, competing in the 100m butterfly and qualifying in 7th place, a position he retained in the evening's final. Matthew qualified in second place for the final of the 100m IM but withdrew from the final to focus on the 100m freestyle final (scheduled to take place only a couple of minutes after the IM final) where he was just pipped out of the medals, taking fourth place.

Myles Turner finished off his individual efforts for the weekend with a stunning comeback and victory in the Men's 200m backstroke in a Winter Nationals qualifying time and just 0.4

seconds off his four-year-old pb. Myles will also be swimming the 400m IM at Sheffield in December at Winter Nationals, where Matthew will race in the 50m, 100m, 200m and 400m freestyle and the 100m and 200m IM.

The final race of the Winter Regionals 2023 was the open/men's 4 x 50m medley relay. WSSC's team comprised Matthew Baker on backstroke, Myles Turner on breaststroke, Jake Thomas-Mansfield on the butterfly leg and Luka Page on the freestyle anchor leg. In a tight and fast race, Luka set a phenomenal split time of 23.36 seconds (which would have earned him the bronze medal place in the earlier open/men's 50m freestyle final), holding on to silver medal place, with City of Norwich taking gold and City of Peterborough the bronze.



Jake Thomas-Mansfield, Matthew Baker, Luka Page and Myles Turner with their silver medals for the 4 x 50m medley relay.

Congratulations also go to the other WSSC swimmers for qualifying for Winter Regionals and for their performances, including a number of pbs over the weekend: Alice Clarke, Elizabeth Wright, Kiera Broad, Rebecca Brown, Samuel Chamberlain and Samuel Everett.