

The second weekend of the Suffolk County Swimming Championships is now behind us, with two more weekends of top swimming competition to look forward to.

The long distance events – 800m and 1500m – took place at the 50m pool at Sportspark in Norwich on 13 and 14 January. West Suffolk Swimming Club had nine entrants in the 800m race and the Team took home one medal of each colour. In the 12 years category, India Clement claimed silver, with Isabel Moore taking bronze in the 16 years age group, both starting strongly and holding their pace throughout the race. Matthew Baker, who smashed the twenty-five year old Suffolk County short course record for the distance in November, gave a dominant performance to take the gold medal with an eleven second long course personal best and, at the same time, qualifying for this event at the British Championships in April.

Four of the girls who took part in the 800m event on Saturday returned to Norwich the following day to swim in the 1500m event. All put in impressive performances, with India (12 years) winning gold, and Poppy Moore (13 years), Brooke Copping (14 years) and Isabelle Moore (16 years) all claiming silver. Myles Turner finished just out of the medals in fourth place with a strong swim.



India Clement (gold), Brooke Copping (silver) and Poppy Moore (silver), 1500m freestyle

Weekend two started with the open 100m freestyle race and WSSC had nine male entrants, with seven making finals (the top eight fastest swimmers in their age group). West Suffolk took two medals in this event; the first a silver to Samuel Chamberlain (15 years) and the second, a bronze, to Luka Page (17 years/over).

In the girls' 100m individual medley, India again proved her mettle, taking the gold medal by over three and a half seconds against her peers and Kiera Broad (16 years) settled for silver in a finger-tip finish in her age category. Myles Turner (24) produced a brilliant swim in the 200m breaststroke to take the gold medal and County title in the open 17 years/over category by nearly two seconds.

Next up was the girls' 200m butterfly, which saw India Clement (12 years) and Ella Stewart (15 years) both win gold, with a silver medal for Isabel Moore (16 years) and bronzes for Charlotte Creasy (16 years) and Eloise Perry (17 years/over).

In the girls' 50m freestyle final, India Clement took gold in the 12 years final, after posting the fastest qualifying time in the heats. In the open 50m butterfly, Edison Lorejo (15 years) claimed the silver medal ahead of Samuel Chamberlain (bronze), with George Everett pipped into fourth place. Jake Thomas-Mansfield (17 years/over) took second place and a silver medal a very tight open final.

Myles Turner was again on winning form on the fourth day of the County Championships, taking a magnificent gold and the Championship title by over two seconds in the 400m IM event. India Clement was also on golden form again, winning gold in the girls' 200m IM by over five seconds; Kiera Broad claimed bronze in the 16 years category. India's gold rush continued in the 100m butterfly, out-swimming the silver-placed athlete by over seven and a half seconds, with Kiera Broad taking silver in the 16 years age group. More sprint finals rounded off the session, with George Everett winning bronze in the 15 years 50m breaststroke final and India chalking up yet another win, taking gold in the 12 years 50m backstroke final.

The last session of the weekend featured the girls' 100m breaststroke and 200m backstroke and the open 100m backstroke and 200m freestyle. India Clement and Kiera Broad were again in top medal contention and both girls took gold in their respective age class in the 100m breaststroke, with Elizabeth Wright claiming bronze in the 17 years/over category. Having qualified as the fastest finalist, Edison Lorejo added to his medal collection with a brilliant silver in the fantastically tight 15 years 100m backstroke final and Myles Turner claimed the overall County title in this event too with gold in a very competitive final.

India Clement, who after the second weekend of competition is leading the points table for her age group, didn't disappoint, winning another convincing gold medal in the 200m backstroke. Meanwhile Samuel Chamberlain (15) added another medal to his collection, this time the silver medal in the 200m freestyle event.

In the club score competition table, of the eleven Suffolk swimming clubs, West Suffolk is lying in fourth place after the second weekend of racing.



Myles Turner with the Suffolk County Championships titles trophies for 200m breaststroke and 400m IM