

British Gas ASA National Masters & Senior Age Group Championships
Ponds Forge, Sheffield
28th-30th October 2011

Scarborough SC's Sarah Roberts was their sole representative in these championships which saw a significant number of National and European records broken along with the odd new World Record! This was a well organised and inspirational gala, with swimmers aged from 18 to 80+ years; it was just a shame there were so few swimmers from Yorkshire given many races had over 100 entries, with some having nearly 300!

Friday evening started for Sarah with the 200 IM in which she finished 7th with a season best time of 2.40.59; this was followed by another 7th in the 100m Breaststroke with a time of 1.23.79, another season best.

Saturday was set to be a long day and started with the 100m Freestyle early in the morning; Sarah managed her fastest time for three years finishing 16th in 1.06.01. Thankfully a reasonable break allowed time for rest and re-fuelling before her first attempt at 200m Breaststroke for 8 years! Amazingly, given her lack of specific Breaststroke training during this time she finished 4th in 2.57.27, her second best time ever!

Her final event of 200m Freestyle in the evening saw another excellent swim, using her Open Water endurance, to finish 5th with one of her best times in 2.21.61. An outstanding debut in this level of competition!