

Zonal Championships 2012

Two of Scarborough Swimming Clubs top swimmers recently enjoyed success at the prestigious Northern Zonal Meet at Sheffield's Ponds Forge. Qualification for this meet is regarded as one of the toughest of the Long Course (50m) season, with the region's best all in action.

Ross Glegg (Leeds) became the fastest man at the meet with a time of 23.69 in the 50m freestyle taking the gold medal and ranking him inside the top 10 nationally. Ross also gained a time of 52.05 for the 100m freestyle winning the bronze medal. It should also be mentioned Ross' 50m time of 23.69 now ranks him 2nd fastest in Scotland, who he represents at international meets.

Jace Cappleman (Hull) had a fantastic meet swimming against girls a year older than herself. She swam 29.73 in the 50m freestyle, 103.18 in the 100 freestyle, 2.14.33 in 200m freestyle and 4.37.18 in the 400m freestyle. All these times were personal bests for Jace which is an outstanding achievement in a long course pool. Jace made two finals in the 200m and 400m freestyle events where she finished 10th and 8th respectively. The hard work and commitment shown by Jace will lay down the foundations hopefully for a successful Yorkshire Championships later this month.

Photograph on 2012 Gallery