

OPPORTUNITY KNOCKS FOR SCARBOROUGH

OPEN WATER SWIMMERS.

Scarborough Swimming Club members took on the challenge of Open Water swimming at the ASANER & Yorkshire Championships held at Wykeham Lakes on Sunday 14th July 2013. Twenty-one clubs sent their best swimmers to compete at the top level competition which saw a significant increase in entries from previous years. Many top open water swimmers can gain County and Regional honours through competing in the annual event which is raced over 1:5km, 2km and 3km depending on the age of the competitor.

With a strong squad of ten swimmers in attendance the club recognized the chance to show their talents in the open water events and came home with an abundance of medals and opportunities galore to progress to the National Championships in 2014.

First away were the senior competitors who had 3 laps (3km) of the lake to complete. Liam Thraves, Sarah Roberts, Emma Couch, Rebecca Cox and Tom Heaton gave top quality performances with each one of them producing superb recorded times.

Next to race were the junior competitors of Sam Broadley and Jace Cappleman who took on 2 laps (2km) of the lake. Both achieved top placings in this section and recorded personal best times for this highly competitive event.

Last to go were the younger entrants who took on the 1:5 km challenge of the championships. This race always attracts a quality field with many swimmers producing superb recorded times. Eleanor Woodroffe, Harry Exley-Moore (who went on to take the sprint event later in the day) and Elizabeth Swift made light work of the event and were rewarded for their brilliant efforts.

Scarborough Swimming Club had a very productive championships and the medal tally gave them the added bonus of being awarded "top club". Special thanks must go to Steve Roberts, Richard Thraves and Chris Rhodes for organising and running the event and to all the helpers on the day.

All Scarborough swimmers entered in the championships have attended open water training at Wykeham lakes which is held every Monday @6:30pm during summer months. It certainly paid dividends as the medal tally proves:

YORKSHIRE GOLD MEDALS AWARDED TO:

LIAM THRAVES

TOM HEATON

JACE CAPPLEMAN

ELIZABETH SWIFT

REBECCA COX

SARAH ROBERTS

YORKSHIRE SILVER MEDALS AWARDED TO:

ELEANOR WOODROFFE

EMMA COUCH

SAM BROADLEY

NORTH EAST REGION GOLD MEDALS AWARDED TO:

LIAM THRAVES

SARAH ROBERTS

ELIZABETH SWIFT

NORTH EAST REGION SILVER MEDALS AWARDED TO:

JACE CAPPLEMAN

EMMA COUCH

ELEANOR WOODROFFE

REBECCA COX

TOM HEATON

NORTH EAST REGION BRONZE MEDALS AWARDED TO:

SAM BROADLEY