



The British Gas ASANER Youth & Senior Championships 2013 were held on 4<sup>th</sup> & 5<sup>th</sup> May at Sunderland Aquatics Centre. With a high standard of entry these championships are the most prestigious in the North East and always attract the finest competitors. Once again Scarborough Swimming Club was strongly represented.

**Day 1** saw excellent swims from Becky Cox 50m & 200m backstroke, Sam Broadley in the 100m backstroke, Jace Cappleman (Kingston-upon-Hull) in the 50m, 200m & 800m freestyle, Luke Kelly 100m backstroke and 50m butterfly. Finally Tom Heaton in the 50m butterfly event.

Becky, who is experienced at this level of competition, once again showed how commitment to training pays and confidently gained a place in the 50m backstroke final where she finished a very credible 7<sup>th</sup> and achieved another personal best time of 33:28. Becky also posted a very respectable time of 2:36:18 in the 200m backstroke.

Sam, who although still 15 yrs old, was competing against swimmers much older but not fazed by this, did not disappoint. He dug deep in the 100m backstroke to record a personal best time of 1:09:11. A great start to another productive championships for Sam.

Jace, competing in her first Youth championships approached all three events in her usual professional style. She took 11<sup>th</sup> place in the 200m freestyle, just missing out on a final place with a time of 2:11:52. Soon back for the 50m freestyle a very respectable time of 29:79 was recorded. The 800m freestyle which is often seen as the premier event for girls followed shortly afterwards. Jace again showing her class by finishing in the top 10 places, with a time of 9:33:86. It should be noted that the commitment and dedication shown by Jace to her sport is second to none and her achievements are recognised and admired by all who train with her at the club. Watch and learn is the message.

Luke joined the squad from Leeds Met and was straight in the mix with a great time of 1:08:53 in the 100m backstroke a personal best from this highly dedicated competitor. He finished the day with a time of 29:46 in the 50m butterfly. Luke brings a positive approach to every event and was well supported by his family who had travelled to witness his success.

Tom, who was looking to find form in the 50m butterfly event, came very close to breaking the 28 seconds barrier. He is now a very mature contender and is looking forward to another year at this level of competition.

The end of the session saw the 4 x 100m freestyle relay strongly contested. Jace representing Kingston-upon-Hull helped her team finish in 3<sup>rd</sup> place with a time of 1:01:65 to add a well deserved bronze medal to a productive day.

Special mention goes to Paige Cusworth (affiliated to Scarborough Swimming Club through early morning training) who attended her first championships. Paige swam an impressive 35:03 in the 50m backstroke, came out smiling and vowed she would be here again. Well done Paige!

Day 2 followed, with the squad in similar buoyant mood. Swims were from Becky in the 100m Freestyle and 100m backstroke, Sam and Luke with 50m backstroke and 50m freestyle, Tom in the 100m butterfly and 50m freestyle along with Jace (Kingston-upon-Hull) who competed in 100m freestyle and 400m freestyle.

Becky attacked her 100m freestyle and 100m backstroke events with the usual willpower and finished with a time of 1:14:45 in the backstroke just short of her personal best but still a very gutsy swim to round off a superb championships'. Becky is a fine example of someone who reaps the benefits of her hard work in training and always produces swims packed with grit and determination.

Sam, full of confidence from day 1 did not disappoint in his 50m backstroke event. Taking the split time from yesterday (32:68) he knew there was improvement to be had and he attacked. With a new personal best time of 31:48 he certainly has found form and any doubters should beware. Sam soon proved he was at his peak by breaking the 27 secs barrier in the 50m freestyle. His time of 26:97 shows Sam is now at this level to stay. Great weekend achieved.

Luke started day 2 with a 31:30 in the 50m backstroke which gained him his first top 20 finish and now shows understanding and maturity in this event. The 50m freestyle rounded off Luke's weekend and he had a fantastic battle with Sam to post a personal best time of 27:38. Well done Luke!

Tom competing in the 100m butterfly found tough opposition in his heat. He recorded a time which was short of his best but not put off was soon back to his best in the 50m freestyle posting a very respectable time of 26:09 and taking a top 20 final placing. Tom who always puts in 100% will definitely build on the weekend and use his positive approach for future championships.

Jace competing in the 100m freestyle turned in a highly regarded time. She built on the event which helped her in the 400m freestyle which followed shortly after. Making yet another top 10 place and qualifying for her 2nd final of the weekend, Jace posted a time of 4:36:45. She rounded off her championships as a team member in the 4 x 200m freestyle event. The team took the gold medal position with a very impressive time of 8:31:50. Playing her part Jace showed determination and willpower by posting 2:10:60. The result proves the superb professionalism on display, at the highest level by a true athlete of our sport.

Over a busy weekend all the swimmers produced quality performances and contributed to maintaining Scarborough S.C. as the regions premier swimming club. Good luck to all our BAGCAT competitors in June at Ponds Forge.

**WELL DONE SCARBOROUGH SWIMMING CLUB**

**ONWARDS AND UPWARDS**