



## REGIONAL SUCCESS FOR SCARBOROUGH SWIMMERS

Scarborough Swimming Club members recently attended the British Gas ASANER Junior/Senior & Age group Swimming Championships 2013 held at the Sunderland Aquatics Centre. With a high standard of entry, the championships are the most prestigious in the North East and always attract the finest competitors from our region. Once again, Scarborough Swimming Club sent their top swimmers to compete and with representation in over 50 events they were rewarded for their dedication to the sport.

**Day 1** in the Junior/Senior section, the crowded balcony witnessed excellent swims from Lizzie Swift in the 200m freestyle and the 50m backstroke, Eleanor Woodroffe in the 50m backstroke, Zak Doubtfire along with Tom Heaton in the 50m butterfly event. Jace Cappleman (Kingston-upon-Hull) swam in the 200m & 800m freestyle, 100m butterfly and the 4x 100m freestyle relay where her determination was rewarded with a bronze medal. Tom and Jace are experienced competitors at this level and once again showed how commitment to the training programme helped them confidently gain personal best times. Eleanor and Zak, who although still 15 yrs old, were competing against much older swimmers, not fazed by the occasion, did not disappoint. Eleanor dug deep in the backstroke to record a personal best time of 33:46 and Zak finished his event in a personal best time of 30:95. A great start to a productive Championships' for the senior squad.

Unfortunately, Lizzie competing in her first senior championships picked up an injury in the 50m backstroke event and was sidelined for the remainder of the weekend.

The Age Group section was represented by Sophie Boddy in the 100m breaststroke where her time of 1:38:53, a new personal best set the standard for the Scarborough swimmers. Joe Kelly aged 10 years old, finished 4<sup>th</sup> in the 200m breaststroke event in a time of 3:19:75. Joe also recorded a time of 3:07:29 in the 200m individual medley event. Nathan Munday finished in 11<sup>th</sup> place in the 100m freestyle with a great time of 1:08:64 and also competed in the afternoon session 200m individual medley and 200m butterfly events. Alex Lynn swam strongly in the 200m breaststroke. He was rewarded for his efforts in the 100m freestyle event with a time of 56:55 and received the bronze medal. Alex also represented the club in the 200m individual medley and 100m backstroke races where he finished with a personal best time of 1:04:90. Scarborough twins Adam and Phoebe Dawson were also in action and both gave sterling performances in the 100m backstroke (Adam) and the 100m butterfly (Phoebe). Sibling rivalry was rewarded with both swimmers achieving top 10 placings. Amy Corcoran (York City Baths) took on the 100m breaststroke event in a new personal best time of 1:28:11 followed by a superb swim in the 100m butterfly event where a superb time of 1:16:94 won Amy the silver medal.

**Day 2** The Scarborough squad arrived in a buoyant mood. In the senior section, swims were recorded from Becky Cox in the 100m backstroke with a consistent time of 1:10:89, Zak Doubtfire with another personal best

time of 32:65 in the 50m backstroke, Tom Heaton achieved a time of 25:40 in the 50m freestyle and Emily Corcoran in the 50m butterfly. Emily's determination was rewarded when she produced a great time of 33:66 in her event, proving herself as a Regional competitor. Jace Cappleman had a busy schedule with swims in the 100m backstroke and 100m and 400m freestyle. Jace also competed in the 4 x 200m freestyle relay where her team achieved 2<sup>nd</sup> place and gave Jace a much deserved silver medal. All the senior swimmers had a superb weekend and are now looking forward to new challenges in 2014 with the Zonal Meet and the Yorkshire Championships targeted.

In the Age Group section Joe Kelly competed in the 100m breaststroke where he finished in 5<sup>th</sup> place in a time of 1:36:59 and in a time of 5:31:48 in his first attempt at the 400m freestyle. Joe has continued to improve and shows great promise for future championships. He is always supported by his brother and sisters who are also Scarborough swimming club members. Nathan Munday's full programme continued with the 100m breaststroke (1:32:73), 400m individual medley (5:58:03), 200m backstroke (2:54:08), 100m butterfly (1:18:22), 400m freestyle (5:07:83) and the 200m freestyle (2:26:40). Nathan is now an experienced competitor at this level and continues to show improvement in all his events, another solid weekend. Adam Dawson produced a strong swims in his 100m breaststroke event with a time of 1:36:78 and the 200m freestyle with a personal best of 2:30:54. Adam has gained vital experience in both his events and will now prepare for his next challenge, the Yorkshire Championships in spring 2014. Phoebe Dawson also swam really well in her first championships, breaking the 1:10 barrier with a time of 1:09:44 in the 100m freestyle and a respectable 1:21:79 in the 100m backstroke. Phoebe has shown she is comfortable at this level and continues to show improvement in her personal best times, definitely have more qualifying events next year. Amy Corcoran swam a 2:47:27 in the 200m individual medley, a brilliant personal best of 2:53:92 in the 200m butterfly and took 4<sup>th</sup> place in the 200m breaststroke with a time of 3:06:25. The time set by Amy is equal to times achieved by swimmers much older and proves her dedication to the sport. Alex Lynn, yet again proved he was in great form with a personal best of 2:03:76 in the 200m freestyle, 2:17:98 in the 200m backstroke and an excellent 1:13:23 to win the bronze medal in the 100m breaststroke. Saving the best until last, Alex produced a fantastic time of 1:02:90 in the 100m butterfly and took home another North Eastern medal, this time silver. Alex who only just turned 14 years old in November continues to show maturity in the pool and is a serious contender to achieve National Qualifications in 2014.

Over a busy weekend all the swimmers produced quality performances and contributed to maintaining Scarborough S.C. as the regions premier swimming club. Thanks go to Head Coach Sam Greetham and to poolside Coach Nathan Renshaw, all teaching staff and parents for supporting the club and swimmers at this event.

**WELL DONE SCARBOROUGH SWIMMING CLUB**