

TOP SCARBOROUGH SWIMMERS MAKE FINALS AT ZONAL CHAMPIONSHIPS

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 in the Long Course (50m) season, with the region's best all in action.

Jace Cappleman (15) and Tom Heaton (17) both showed determination in their events and equally were rewarded by qualifying for the finals, where all competitors are of the highest standard and most compete at the National level.

Jace, who now competes at the senior level, had numerous events over the weekend and she did not disappoint. Jace was rewarded in the 200m freestyle event where she produced a time of 2:11:97 to qualify for the senior final at the end of the session. In the final Jace was consistent in her event and finished in 9th place, in a time of 2:11:89. Jace produced several more improved entry times in her events, which will hopefully continue and will motivate her quest for the National Championships later this year.

Tom, who qualified in the 50m butterfly event, was also competing in the seniors for the first time. He was attempting to duplicate last year's achievement where he qualified for the junior final, but knew this was a far harder task. Tom was rewarded after a great swim where he achieved a personal best time of 27:75 and qualified in 9th place. A very competitive final saw Tom record a time of 27:77 to establish himself as one of the region's top 50m butterfly swimmers.

Scarborough's Head Coach Sam Greetham said "This was a very good performance by both athletes at this level. They were competing against some of the top swimmers from the Northern region, some of whom are using the event as a target meet on their way to gaining success at the Commonwealth trials in the next few months".