

Sports Aid Gala

Well done to all Swimmers in the Sports Aid Gala , National and Regional qualifier, held at John Charles Centre for Sport in Leeds, this weekend.

Huge Congratulations to Alex Lynn for gaining his National qualifying time in 100m Freestyle and in 100m Butterfly and to the Medalists Jace Cappleman, Alex Lynn and Amy Corcoran in this high standard Swimming Competition.

Full results via the Yorkshire Swimming Website:

Amy Corcoran

400 Free 5.1.55 2nd SILVER

100 butterfly 1.17.68 2nd SILVER

100 Breast stroke 1.28.06 2nd SILVER

100 free 1.09.19 2nd SILVER

100 back 1.23.26 10th

200 IM 2.48.39 2nd SILVER

Joe Kelly

400 free. 5.48.96. 5th (39.95,44.56,45.02,44.08,45.11,45.19,44.90,39.92)

400 IM 6.21.78 4th. (1.37.33, 1.37.20, 1.43.74, 1.23.49)

50 breast. 45.54. 4th.

Adam Dawson

50 back 37.70 8th

200 back 2.52.08 25th

200 free 2.36.67 29th

100 free 1.12.05 20th

50 free 33.76 19th

100 back 123.07 19th

Phoebe Dawson

50 back 38.44 4th

100 fly 1.19.84 12th

50 fly 35.89 6th

200 free 2.34.01 25th

100 free 1.09.82 16th

50 free 32.46 10th

100 back 1.23.52 24th

200 IM 2.54.44 24th

Christopher Cook
50 back 34.13 7th
100 free 1.01.87 10th
50 free 28.50 5th
100 breast 1.27.24 5th

Alex Lynn
50 back 31.95 2nd SILVER
100 free. 56.90 2nd SILVER (National Qualifying Time)
100 back 1.04.41 2nd SILVER
200 IM. 2.26.63 4th
100 fly. 1.02.94 1st GOLD
(National Qualifying Time)

Emily Grayson
50 breast. 43.14 7th
50 free. 31.83 7th

Elizabeth Swift
200 free 2.16.12 6th
400 free 4.50.05 7th

Emma keith
50 fly. 34.84 4th
200 IM. 2.55.23 18th
100 fly. 1.16.88. 6th

Jace Cappleman (swimming with KingstonHull)
200 free. 2.11.68 1st GOLD
100 back 1.12.80. 3rd BRONZE
400 free. 4.37.49.2nd SILVER
200 IM. 2.37.06 3rd BRONZE