

### **Stowmarket at the Junior Summer league (04/07/09)**

Stowmarket Swimming Club team travelled to Woodbridge to compete in the final round of this year's Suffolk Junior Summer League on Saturday evening. The 21 strong team put in a great performance to turn in 13 personal best times out of the 34 individual swims and 9 first places. This gala decided the overall placings and both the Stowmarket boys and girls teams finished second and the team overall also came second to a very strong Lowestoft and Oulton Broad team. Team Manager Sylvia Harrison said, "this was a very good night and the best we ever done". After providing some very noisy support the Stowmarket team also won the best supporters trophy.

Thirteen-year-old Georgia Rickards started off the gala with a win in the 100 individual medley in a time of 1.15.37. Georgia also came first in the 100 backstroke in 1.14.32 gaining maximum double points in this joker event. Eleven year old Calvin Coe also achieved maximum points in his joker event coming first in the 50 fly in a personal best time of 34.59. Other first places were achieved by Tom Borrett (11) 50 breaststroke in 44.07 (pb), Rebecca Dormer (13) 100 fly in 1.18.70, Ellena Skoulding (11) 50 backstroke in 38.68, Ryan Clay (13) 100 breaststroke 1.20.84 (pb) and Liam Kerry (11) in 50 backstroke in 37.64 (pb).

The team also claimed some big personal best times, Toby Upson (13) in a closely fought race took 3 seconds off his 100 fly time to be placed 2<sup>nd</sup> in 1.14.76 and Matt Reynolds (13) in 100 backstroke reduced his (pb) by 1.5 seconds to come in at 1.12.45. Other swimmers to achieve pb's were Lewis Rickards, 50 fly in 38.20, and first timer 10 year old Alex Harrison who swam three great races to get a (pb) in each, the 50 breaststroke in 55.15, 50 freestyle in 38.45 and 50 fly in 57.23.

The final overall placings were 1<sup>st</sup> Lowestoft and Oulton Broad 660 points, 2<sup>nd</sup> Stowmarket 554, 3<sup>rd</sup> Deben 499, 4<sup>th</sup> Beccles 403, 5<sup>th</sup> Halstead 385 and 6<sup>th</sup> Thetford with 366 points.

The team return to Woodbridge later in the month for the skins gala.

**(Pictures by Toby Coe)**



**A very happy bunch!**



**Georgia, Ryan, Matt, Rebecca with the loot!**

**Cup now in the display cabinet**

**Message from Sylvia – Special thanks to Alex for swimming Robs Breaststroke and Butterfly races after Rob was injured (he's now better), overall we did very well -best result the Juniors ever had to be runners up in Division 1, I am very proud of you all.**