

Stowmarket at the Icen Open Meet (20th Sept 2009)

Stowmarket Swimming Club travelled to Dereham Leisure Centre for their first gala of the new season. 36 members competed in the Icen Open meet hosted by Dereham Otters Swimming Club and provided an early opportunity for team members to get qualifying times for next years county championships and to improve on their personal best times.

The team swam in 124 individual swims compiling 56 personal best times (pb) and 25 podium finishes including 8 golds. 11-year-old Calvin Coe won gold in the 50 butterfly in 35.65; 50 freestyle in 33.10 and 50 breaststroke in 42.80 (pb). 13-year-old Ryan Clay won two golds in the 200 individual medley in 2.39.23 and 100 butterfly 1.13.72 (pb). Toby Upson (13) took the gold in the 100 freestyle in 1.05.26 (pb). Ella Delves (14) won the 100m breaststroke in 1.22.98 and took the 200 individual medley title in an 8 second personal best 2.37.38. Other medallist included Matt Reynolds, Thomas Borrett, Lewis Rickards, Liam Kerry and Alex Harrison.

Team Manager, Sylvia Harrison, said, "We had a good day and there were some excellent results especially from by the youngsters".

Boys 200m Individual Medley

12 years – 4th Lewis Rickards 2.54.93 (pb); 6th Mikey Fisher 3.00.57 (pb); 8th Liam Kerry 3.04.54; 9th Robert Lancaster 3.24.66

13 years – 1st Ryan Clay 2.39.23; 3rd Toby Upson 2.22.62

14 years – 3rd Matt Reynolds 2.44.96

15 & Over – 5th Jamie Crosthwaite 2.37.05 (pb)

Boys 100m Individual Medley

9 years – 4th Alex Harrison 1.46.45 (pb); 6th Aiden Coe 1.47.51 (pb),

10 years – 5th Robert Borrett 1.34.39 (pb); 13th Harvey Squirrel 2.04.32 (pb)

11 years – 2nd Calvin Coe 1:22.59; 3rd Thomas Borrett 1:24.65 (pb)

Girls 100m Breaststroke

12 years – 10th Harriet Smith 1.41.05 (pb); 19th Chloe Woollard 1.50.14

14 years – 1st Ella Delves 1:22.98; 13th Tamsin Fisher 1:41.56

15 & Over – 9th Ria Delves 1:35.61

Girls 50m Breaststroke

10 years – 9th Holly Davies 49.72:pb); 18^h Chloe Long 54.18 (pb); 20th Roma Radziunaite 55.13 (pb); 25th Ellie Vaughan Lewis 1.01.10 (pb)

11 years – 4th Ellena Skoulding 45.17 (pb); 7th Florence Lampart 48.16 (pb); Jessica Long 49.78 (pb);

Boys 100m Butterfly

12 years – 2nd Lewis Rickards 1.22.54 (pb); 3rd Liam Kerry 1.29.59

13 years – 1st Ryan Clay 1:13.72 (pb); 2nd Toby Upson 1:14.31 (pb)

Boys 50m Butterfly

9 years – 7th Alex Harrison 1.02.52

10 years – 4th Robert Borrett 42.01 (pb)

11 years – 1st Calvin Coe 35.65; 2nd Thomas Borrett 38.85 (pb);

Girls 100m Backstroke

14 years – 14th Harriet Smith 1.35.22; 17th Chloe Woollard 1.39.47

14 years – 4th Mollie Drew 1:18.42; 10th Tamsin Fisher 1.21.08

15 & Over – 6th Ria Delves 1:16.89; 13th Louise Christopher 1.23.17

Girls 50m Backstroke

10 years – 10th Holly Davies 43.87; 12th Chloe Long 44.26; 20th Roma Radziunaite 47.92 (pb); 25th Ellie Vaughan Lewis 51.25
11 years – 4th Ellena Skoulding 37.20; 9th Jessica Long 42.88; 12th Florence Lampart 44.91

Boys 100m Freestyle

12 years – 5th Lewis Rickards 1.10.06 (pb); 6th Mikey Fisher 1.11.08 (pb); 9th Liam Kerry 1.16.47; 13th Robert Lancaster 1.25.59
13 years – 1st Toby Upson 1.05.03 (pb); 3rd Ryan Clay 1:07.79 (pb)
14 years – 3rd Matt Reynolds 1.05.26
15 & Over – 4th Jamie Crosthwaite 1.00.64; 7th Nathan Duszynski 1.02.85

Boys 50m Freestyle

9 years – 4th Alex Harrison 39.63; 9th Aidan Coe 43.44 (pb); 12th Ollie Pyle 49.70 (pb)
10 years – 6th Robert Borrett 37.85 (pb); 16th Harvey Squirrell 48.93 (pb)
11 years – 1st Calvin Coe 33.10; 2nd Thomas Borrett 34.11 (pb); 11th Ollie Hale 39.55

Girls 200m individual medley

12 years – 10th Harriet Smith 3.17.23; 13th Eilisch Hopkins 3.26.31 (pb); 15th Chloe Woollard 3.27.83 (pb)
13 years – 7th Rebecca Dormer 2:58.39
14 years – 1st Ella Delves 2:37.38 (pb); 9th Mollie Drew 2:56.86;
15 & Over – 10th Ria Delves 2:50.24 (pb); 13th Louise Christopher 2.59.70

Girls 100m Individual Medley

10 years – 9th Holly Davies 1:36.63; 14th Chloe Long 1.38.62 (pb)
11 years – 4th Ellena Skoulding 1:24.18 (pb); 10th Jessica Long 1:33.22 (pb); 13th Florence Lampart 1.41.41 (pb)

Boys 100m Breaststroke

12 years – 4th Robert Lancaster 1.34.61 (pb)
13 years – 5th Toby Upson 1.29.25 (pb)
15 & Over – 6th Nathan Duszynski 1.23.55; 8th Jamie Crosthwaite 1.24.87

Boys 50m Breaststroke

9 years – 4th Ollie Pyle 55.77 (pb); 6th Alex Harrison 57.24; 9th Aidan Coe 1.03.96
10 years – 5th Robert Borrett 51.13 (pb); 14th Harvey Squirrell 1.02.93 (pb)
11 years – 1st Calvin Coe 42.80 (pb); 2nd Thomas Borrett 43.64 (pb); 7th Ollie Hale 51.41 (pb)

Girls 100m Butterfly

12 years – 7th Eilisch Hopkins 1.44.35
13 years – 4th Rebecca Dormer 1.23.05
14 years – 9th Tamsin Fisher 1.32.62

Girls 50m Butterfly

10 years – 12th Holly Davies 47.63; 14th Chloe Long 48.35; 18th Ellie Vaughan Lewis 56.50
11 years – 5th Ellena Skoulding 41.08; 9th Jessica Long 43.53 (pb); 14th Florence Lampart 49.91 (pb)

Boys 100m Backstroke

12 years – 7th Mikey Fisher 1.23.19 (pb); 8th Lewis Rickards 1.23.21 (pb); 14th Robert Lancaster 1.37.93
13 years – 5th Toby Upson 1.22.46

14 years – 3rd Matt Reynolds 1.14.80
15 & over – 13th Jamie Crosthwaite 1.18.53 (pb)

Boys 50m Backstroke

9 years – 3rd Alex Harrison 43.89 (pb); 11th Aidan Coe 55.25; 13th Ollie Pyle 58.75
10 years – 5th Robert Borrett 43.11; 16th Harvey Squirrel 1.02.57
11 years – 2nd Calvin Coe 39.17; 3rd Thomas Borrett 40.68; 9th Ollie Hale 47.55

Girls 100 Freestyle

12 years – 16th Eilisch Hopkins 1.26.86 (pb); 17th Harriett Smith 1.27.23
13 years – 8th Rebecca Dormer 1.12.19
14 years – 9th Tamsin Fisher 1.12.02
15 & Over - 13th Louise Christopher 1.12.08

Girls 50m Freestyle

10 years – 11th Holly Davies 38.74; 12th Chloe Long 38.81 (pb); 19th Roma Radziunaite 42.97 (pb)
11 years – 3rd Ellena Skoulding 33.25; 13th Florence Lampart 39.08 (pb); 15th Jessica Long 39.86



Eilisch in 200IM



Mikey in 200IM



Tom and Calvin 50m breaststroke



Ella in 200 IM