

Stowmarket at the National Masters (23-25th Oct 2009)

Stowmarket Swimming Club were well represented at this year's British Gas National Masters short course swimming championships held at Ponds Forge Sheffield where the eight strong team had considerable success. Out of 45 individual swims 14 were turned in to podium finishes three being golds, eight masters East Region records (ERR) fell and three Suffolk Senior swimming records (SR), subject to ratification, claimed. The most successful was David Harrison in the 17/24 age group and had a fantastic weekends swimming with all 7 of his swims being life time personal best times. He won gold in the 100m individual medley beating his own record time in 1.00.24 (ERR) (SR) and the 50m breaststroke in another record time of 29.19 (ERR) (SR). He also won silver in the 50m butterfly in 26.05 (ERR) (SR) and 100m breaststroke in 1.06.93. David picked up a two further east region records, in the 200m freestyle coming 4th in 1.58.20 (ERR) and the 100m freestyle 52.45 (ERR). Len Phoenix in the 60/64 age group also had a good championships winning gold in the 100m individual medley in 1.19.12, silver in the 1500m freestyle in a record time of 21.58.37 (ERR), 100m backstroke in 1.24.48 and 200m backstroke in 3.08.83; bronze medals in 200m freestyle in 2.42.01 and 400m freestyle in 5.39.15. Sue Holdich added to the teams medal haul in the 65/69 age group with silver medals in the 100m individual medley in 1.44.15, 50m freestyle in 38.42, 100m freestyle in 1.32.36 and 50m breaststroke in 49.61; and won bronze in the 200m freestyle in a record time of 3.27.01 (ERR). Dawn Pretty added to the team's performance by beating her own record in the 45/49 age group 50m breaststroke in 39.51 (ERR). Tom Harrison achieved 3 life time best times out of his eight swims. He recorded new times in the 50m backstroke coming 14th in 33.49, 100m butterfly 14th in 1.07.20 and 100m freestyle in 12th place in 56.15. Ollie Bumstead also achieved 3 lifetime bests in 200m individual medley finishing 12th in 2.29.30, the 100m butterfly 16th in 1.08.19 and in the 100m freestyle coming in 16th in 57.60. Stephen Moore also turned in some fine performances to return three personal best times. He knocked 39 seconds off his 1500m freestyle achieving 7th place in 20.55.12, reduced his 800m freestyle time by 30 seconds to come in 13th in 10.54.79 and took 5 seconds off his 400m freestyle time achieving 13th in 5.24.74. Coach Sylvia Harrison said, "it was a fantastic achievement by the team turning nearly a third of the swims in to medals and the records and personal bests were the icing on the cake". The team are now looking forward to next months inter county masters at Newmarket.



<p>MENS 1500M FREESTYLE 45/49 yrs 7th Stephen Moore 20.55.12 (pb)</p> <p>60/64 YRS 2nd Len Phoenix 21.58.37 (ERR)</p> <p>WOMENS 100M INDIVIDUAL MEDLEY 65/69YRS 2nd Sue Holdich 1.44.15</p> <p>MENS 100M INDIVIDUAL MEDLEY 17/24 YRS 1st David Harrison 1.00.24 (pb) (ERR)</p> <p>25/29 YRS 10th Tom Harrison 1.08.05 11th Ollie Bumstead 1.08.33 (pb)</p> <p>60/64 YRS 1st Len Phoenix 1.19.12</p> <p>WOMENS 50M BACKSTROKE 65/69YRS 4th Sue Holdich 50.80</p> <p>MENS 50M BACKSTROKE 25/29 YRS 14th Tom Harrison 33.49 (pb)</p> <p>45/49 YRS 7th Dale Barker 31.59</p> <p>WOMENS 100M BREASTSTROKE 45/49 YRS 5th Dawn pretty 1.31.29</p> <p>MENS 100M BREASTSTROKE 17/24 YRS 2nd David Harrison 1.06.93 (pb)</p> <p>MENS 400M FREESTYLE 45/49 YRS 6th Dale Barker 4.45.05, 13th Stephen Moore 5.24.74 (pb)</p> <p>60/64 YRS 3rd Len Phoenix 5.39.15</p> <p>MENS 50M BUTTERFLY 17/24 YRS 2nd David Harrison 26.05 (pb) (ERR)</p>	<p>WOMENS 200M BREASTSTROKE 45/49 YRS 4th Dawn pretty 3.20.79</p> <p>WOMENS 200M FREESTYLE 65/69YRS 3rd Sue Holdich 3.27.01 (ERR)</p> <p>MENS 200M FREESTYLE 17/24 YRS 4th David Harrison 1.58.20 (pb) (ERR)</p> <p>45/49 YRS 11th Dale Barker 2.17.02</p> <p>60/64 YRS 3rd Len Phoenix 2.42.01</p> <p>MENS 100M BUTTERFLY 25/29 YRS 14th Tom Harrison 1.07.20 (pb) 16th Ollie Bumstead 1.08.19 (pb)</p> <p>MENS 800M FREESTYLE 45/49 YRS 6th Dale Barker 9.51.01, 13th Stephen Moore 10.54.79 (pb)WOMENS 50M FREESTYLE 65/69YRS 2nd Sue Holdich 38.42</p> <p>MENS 50M FREESTYLE 17/24 YRS 4th David Harrison 23.86 (pb)</p> <p>25/29 YRS 24th Tom Harrison 26.14 (pb) 30th Ollie Bumstead 26.69 (pb)</p> <p>MENS 200M BACKSTROKE 60/64 YRS 2nd Len Phoenix 3.08.83</p> <p>MENS 400 INDIVIDUAL MEDLEY 45/49 YRS 5th Dale Barker 5 27.91</p> <p>MENS 100M FREESTYLE 17/24 YRS 4th David Harrison 52.45 (pb) (ERR)</p> <p>25/29 YRS</p>
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<p>25/29 YRS 20th Tom Harrison 30.00 (pb) 22nd Ollie Bumstead 30.16 (pb)</p> <p>MENS 100M BACKSTROKE 60/64 YRS 2nd Len Phoenix 1.24.48</p> <p>MENS 200M INDIVIDUAL MEDLEY 25/29 YRS 12th Ollie Bumstead 2.29.30 (pb) 13th Tom Harrison 2.32.22</p> <p>MENS 4X50 FREESTYLE RELAY 160+YRS (combined ages) 9th Place</p> <p>MENS 4X50 MEDLEY RELAY 160+YRS (combined ages) 8th Place</p>	<p>12th Tom Harrison 56.15 (pb) 16th Ollie Bumstead 57.60 (pb)</p> <p>60/64 YRS 7th Len Phoenix 1.11.22</p> <p>WOMENS 100M FREESTYLE 65/69YRS 2nd Sue Holdich 1.32.36</p> <p>MENS 50M BREASTSTROKE 17/24 YRS 1st David Harrison 29.19 (pb) (ERR)</p> <p>25/29 YRS 16th Tom Harrison 33.82 (pb)</p> <p>WOMENS 50M BREASTSTROKE 45/49 YRS 4th Dawn pretty 39.51 (ERR)</p> <p>65/69YRS 2nd Sue Holdich 49.61</p>
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