

East Region Short Course Winter Championships (7th/8th November 2009)

Several of the team travelled to the UEA swimming pool in Norwich for this year's East Region Short Course Winter Championships. David Harrison had the most success. He competed in the 50m butterfly, achieving 5th place in the heats in a time of 26.80 and 5th in the final in 26.26, in the 100m freestyle came 8th in 53.28 and saved his best for the 50 breaststroke gaining 2nd place in the heats in 30.10 and winning silver in the final in 29.80. In all three events David also achieved qualifying times for next May's Regional Long Course Championships (EQ). Will Blackaby swam in 4 events reaching two "B" finals and gained regional long course qualifying times in all four. In the 100m butterfly Will came in 13th in 1.02.27 (EQ), and 5th in the "B" final in 1.00.46, in the 100m backstroke achieved 16th place in the heats in 1.02.27 (EQ) and 3rd in the "B" final in 1.02.44. Will also swam the 200m individual medley in 2.19.34 (EQ) gaining 14th place and came in 12th in the 50m backstroke in 29.04 (EQ). Joe Freezer picked up two regional qualifying times in his 4 swims, the first in the 50m butterfly in 27.75 (EQ) coming in 20th place followed by the 50m freestyle in 25.91 (EQ) (34th). Joe also swam the 50m backstroke in 31.23 achieving 25th place and the 100m butterfly in 1.03.87 in 30th. Ella Delves swam the 50m butterfly in a personal best and regional qualifying time of 32.27 (EQ) in 18th place and finished 16th in the 200m breaststroke in 2.58.42. Tom Harrison also picked up a regional time in his 50m freestyle event finishing in 26.39 (EQ). Tom also swam the 100m individual medley finishing 30th in 1.07.00. Ria Delves completed the teams' swims competing in the 50 freestyle and finishing in 30.46.



David



Ria, Ella, Joe and Tom



Will and Ella