

## Stowmarket help Suffolk to a big win at the 3 Counties Gala, Thetford – 5 December 2009

Four members of Stowmarket Swimming Club were picked to compete for Suffolk in the 3 Counties Gala at Thetford on Saturday night against teams from Norfolk and Cambridgeshire with each county entering two teams. After a fantastic evening's swimming Suffolk came out top with a combined point's total of 469 points, Norfolk came 2<sup>nd</sup> with 319 points and Cambridgeshire 3<sup>rd</sup> with 216 points.

This was the first time 10-year-old Robert Borrett and 12-year-old Mikey Fisher have competed at this level. Robert achieved a personal best time in the 10/U 50m butterfly coming 5<sup>th</sup> in 40.79. Robert also helped the 10/U 4x50m medley relay team to 2<sup>nd</sup> spot. Mikey was part of the 12/U 4x50m medley and 4x50m freestyle relay teams coming 4<sup>th</sup> and 1<sup>st</sup> respectively.

Ella Delves (14) came 3<sup>rd</sup> in the 14/U 100m breaststroke in 1.22.90 and helped the 14/U 4x50m freestyle relay team to 3<sup>rd</sup> place and the 14/U 4x50m medley relay team to 1<sup>st</sup> place.

Sixteen year old Will Blackaby in his last 3 counties gala was the most successful winning the 16/U 100m butterfly in 1.00.29 and the 16/U 100m backstroke in 1.02.35. Will also went on to compete in both 16/U 4x50m relay events each team coming in first.



**A happy bunch - Will, Robert, Ella and Mikey**