

Stowmarket at the 2010 County Championships **(2nd weekend 13^h/14th)**

Stowmarket Swimming Club had further success at the 2010 Suffolk County Swimming Championships held at Crown Pools Ipswich. The 115 individual swims over the weekend produced 79 personal best times (pb), 14 qualifying times for the East Region Championships (EQT) and 23 final places resulting for the team another 8 medals plus a further medal in the heat declared events.

By far the most successful Stowmarket swimmer was 16-year-old Will Blackaby. He started the weekend with a bronze medal in the 50m backstroke in 28.25 (pb) (EQT) followed by a further bronze in the 50m freestyle in 24.89 (pb) (EQT). However he saved his best performance for the Sunday evening session by leading all the way to win the gold medal for the 100m butterfly in a personal best time of 58.25, over a second ahead of his nearest rival, and gaining his national championships qualifying time in the process. Coach Sylvia Harrison said, "Will has had a remarkable Suffolk's and he truly deserves the success, he has worked very hard". Will then had sufficient energy to win two further bronze medals, the first in the 100m backstroke finishing in 1.00.55 (pb) (EQT) and the heat declared 200m individual medley finishing in a personal best time of 2.16.94 (EQT).



Golden National Boy!

Eleven year old Calvin Coe added to his previous weeks haul by winning a silver in the 50m freestyle with a 1 second personal best of 31.86. In the same event for the over 17 category David Harrison was piped by just 0.08 of a second to win the silver medal in 24.23. The other medallist from Stowmarket included Tom Borrett (12) winning bronze in the 100m butterfly in 1.20.50 (pb) and Toby Upson (13) also winning bronze in the 13 years final 100m butterfly in 1.08.76 (pb).



More loot for Calvin



Fly boys

There was further personal success in the team. 11-year-old Ellena Skoulding won her age category 200m backstroke in 2.42.54 (pb) and also achieved a regional championship qualifying time. 14-year-old Ryan Clay gained his first ever-regional time in the 400m individual medley smashing his personal best by over 15 seconds to come in at 5.14.60. He then went on to get a regional qualifying time in a second event, the 200m breaststroke, coming in 3rd in 2.47.34 (pb). Joe Freezer, Adam Dusynski and Tom Harrison all achieved qualifying times for the regional championships in the 50m freestyle and will compete at the UEA Norwich pool in May. Other team members to reach finals included Ellena Skoulding, Cally Pickering, Ella Delves, Liam Kerry, Ryan Clay, Ruairidh Penman and Joseph Freezer.

The Stowmarket swimmers are looking forward to the final day's competition next Sunday when the relays will be swam, final team placings will be decided and cups and trophies awarded. www.stowmarketswimmingclub.org.uk



What a team, don't they look smart!

Couple of pics of medallist from the previous week (award ceremony held over to this week):



Smiler!



Robert – breaststroke supremo!



**What new banner? - ITS BEHIND YOU!!
(hang on this is a swimming gala not a pantomime)**



Peek-a-boo