Coaches Report October 2018

Due to computer issues within the office the past few weeks, this month's report will be short!

North West Winter Short Course Regional Championships 2018

Over a very successful weekend where swimmers achieved lots of personal best times, many swimmers made finals, we also walked away with a large medal haul;

- Ellis Cleworth (14 years old)- Gold 200 I.M, Silver 100m Fly, Bronze 200m Fly and 400m I.M.
- Jessica McDonough (16 years old)- Gold 200m and 100m Backstroke, Silver 200m Fly, Bronze 100m Fly and 100m Free.
- Charlotte Rens (15 years old)- Gold 400m, 200 and 100m Freestyle, Bronze 50m Free.
- Holly White (16 years old)- Silver 100m Fly and 200m Free.
- Lois Keyes (14 years old)- Bronze 200m Fly.
- Tyriese Smith (14 years old)- Gold 200m Free, Silver 50m Free, Bronze 400m Free and 100m Free.
- Alex Thompson (15 years old)- Gold 50m Free.
- Abby Smith (22 years old)- Gold 800m Free, Silver 400m Free.

A Huge congratulations to all swimmers who entered and competed at the Championships especially so soon after returning from an intensive camp.

Mike Roberts