

GALA UPDATES APRIL AND MAY

SHREWSBURY EASTER OPEN MEET

APRIL 3RD 2010

This was the club's 4th annual Easter meet and yet again due to the hard work, it was another massive success, both in and out of the water.

In the water our swimmers achieved some extremely impressive results, winning gold in the first event with Sophie Whittingham in the 50m free, through to Gold in the last event with James Taylor in the 100m back. SASC rose to the challenge of being the home club and used it to their advantage with some excellent racing. Overall, Shrewsbury Swimmers produced a massive 42 personal best times and Sophie, James and Georgia Huddleston earned 8 Midland Qualifying times between them. Consistent performances throughout the day saw Ellie Sykes, Ellis Davies and Sophie Whittingham win the top swimmers awards in their respective age groups, while Issy Lester raised her game and dug deep to win the 13/u Girls Medley skins. Well done to all of our swimmers.

GOLD MEDALS: 14
SILVER MEDALS: 18
BRONZE MEDALS: 15

WREXHAM LEVEL 1 OPEN MEET

MAY 1ST-2ND 2010

On the bank holiday weekend at the start of May, a small group of Shrewsbury swimmers competed in the Wrexham Meet, where the standard of competition was very high. Making their mark on the competition, SASC swimmers achieved 15 personal bests and put in some commendable performances. Tom Sykes won Gold medals in both the 100m and 200m breast in the 11yr old age group, both in pb times. Issy Lester again made improvements winning silver in the 10m back in a pb, while also setting a new 400m free pb to gain her 3rd Midland Qualifying time of the season. Will Slawson won silver in the 50m free in a new pb, while Joe Pragg gained bronze in the 200m Breast. Other competing SASC swimmers were Robbie Cowley, Ellie Sykes and Harry Taylor.

GOLD MEDALS: 2
SILVER MEDALS: 2
BRONZE MEDALS: 1

MIDLAND DISTRICT YOUTH CHAMPIONSHIPS, COVENTRY

MAY 1ST-2ND 2010

SASC had 2 representatives at the regional long course meet in Coventry in May. James Taylor achieved qualifying times in the 50m, 100m, 200m and 800m freestyle. He swam well and earned long course PB times in all 4 events, while making improvements on his entry ranking in all of his races. Tom Plows had gained qualifying times in the 50m, 100m and 200m free, 50m back, 100m breast and 200m IM. Unfortunately, Tom picked up a severe shoulder injury just weeks prior to the championships and could only compete in the 100m free and 200m IM on day one. Despite this he obtained new PB times in both events and again improved on his entry ranking. Well done to both.

STOURBRIDGE B GRADE OPEN MEET, WOLVERHAMPTON CENTRAL BATHS,

MAY 23RD 2010

15 SASC swimmers made the familiar trip to Wolverhampton Central Baths for this friendly and hectic Junior Open Meet. Personal Best times were the order of the day, with new pb times set in the first race in the form of Matthew Edwards, all the way through to the last race with Abi Leech. Altogether they achieved a huge 42 pb times, which is all the more impressive due to the fact that each swimmers could only enter a maximum of 5 events. Will Slawson and Joe Pragg won a prized crystal goblet each, which were awarded for 1st placings in any of the 50m events, with further top 3 placings achieved by Tom Horswood and Abi Leech. There were also trophies on offer for any swimmers coming in the top 8 in their age group and event and Shrewsbury swimmers gained 16 top 8 places on top of the 9 top 3 places. Despite it being a rather long and hot day on poolside, all the swimmers performed well, congratulations to all.

GOLD MEDALS: 3

SILVER MEDALS: 3

BRONZE MEDALS: 3