

HITCHIN swimmers competed against a number of national rivals at Basildon's 25m pool, but did not disappoint with many of them making top six places in their events.

In the very first event of the day, the 400m free, Hitchin Swimming Club set the mark with all four boys setting personal best times.

Mark Evens, 18, smashed his PB to gain a new European DS record in a time of 5:36.90. Younger brother Adam, 13, also had a great swim as he too gained a new PB of 5:25.31. Matteo Lo Biundo, 11, had an outstanding swim beating his time by over 10 seconds and gained 3rd in his age group, in a time of 5:27.68. Daniel English, 13, was also on top form with a PB time of 4:56.52.

Adam continued to have a magnificent day of personal best times in the 200m free (2:39.78) and 100m fly (1:30.28).

Hitchin's top boy breastroker swimmer, Martin Russell-Rogers, 17, performed well in the 50m, making it through to the final in this tough Open age group.

Sonja Lowdon, 13, had a great weekend with PB times of 34.98 in the 50m fly and 39.41 in the 50m breast.

Lucy King, 11, also set two PBs with a quick 100m free in a time of 1:14.84 and 200m IM in 3:06.81.

Amy Hills, 15, also had a successful weekend gaining PB times in the 400m free (5:00.57) and 100m free (1:07.54).

Freya Harwood, 10, smashed her previous best time with a 1:42.52 in the 100m breast to collect 2nd place in her age group.

Daria Teobald, 12, gained PB times in the 50m breast with 40.69 and 100m breast, 1:30.00.

Lauren Prior, 14, also did a great PB time of 1:08.28 in the 100m free and took 2nd place in the 200m fly.

Matteo Lo Biundo continued to set more outstanding PBs: taking gold in the 50m back (36.98), silver in the 100m back (1:19.71) and bronze in the 200m free (2:35.89) as well as a great swim in the 200m IM (3:00.41).

Alfie Warnock, 12, collected PBs in the 200m IM in a time of 2:53.15 and 50m back in 39.05.

Harry Jones, 15, smashed his PB time in the 200m free with a 2:08.50 swim.

Alec Burchell, 16, made the final cut in the boys' Open 50m free with an excellent 25.02 PB. He also set a PB in his 50m fly with a time of 27.46.

The boys' 100m free was a great race to watch with Alec Burchell gaining a PB with a super quick time of 53.89 and Matthew McPherson, 17, setting a new PB in 57.08.

Hitchin swimmers shone in the girls' 50m free with all eight representatives setting PBs: Lucy Brett, 14, 30.54; Lauren Prior, 14, 30.95; Amy Hills, 15, 31.45; Sonja Lowdon, 13, 32.95; Lucy King, 11, 33.98; Daria Teobald, 12, 33.26; Freya Harwood, 10, 34.10; and Lucia Czornyj, 11, 34.95.

There were more exceptional PBs from the girls in the 100m IM with Sonja Lowdon, 13, recording 1:19.09; Lucy King, 11, 1:28.70; Freya Harwood, 10, 1:32.25 and Lucia Czornyj, 11, 1:32.90.

All three Hitchin girls in the 200m free also set PBs: Lucy Brett, 14, 2:20.01 taking 3rd in her age group; Amy Hills, 15, 2:22.42; and Lucy King, 11, 2:41.47.