

## Hitchin Swimming Club – Potters Bar Open Meet

HITCHIN Swimming Club is celebrating after a number of its swimmers gained medals and set new personal best times at the Potters Bar Swimming Club Open Meet held at the The Venue, Borehamwood, over the weekend.

Competing against 17 other clubs, there were some outstanding individual performances.

Leading the way was talented Ashleigh Cooper, 12, who won gold medals in the 200m freestyle in 2:34.06 and the 50m free in 32.81. She then took silver in the 100m IM in 1:25.17 and followed up with two bronze medals in the 200m breaststroke, taking an outstanding 30 seconds off her time of 3:27.72; and the 100m free in 1:13.53.

Sam Gamble, 17, struck gold with ease in the 50m back and 50m free as well as silver in the 50m breast in a time of 33.15 and the 50m fly with a new PB time of 28.75.

Jack Emerson, 15, took up the challenge of the 200m back in a impressive time of 2:23.34 collecting 3<sup>rd</sup> in his age group.

Sonja Lowdon, 14, took gold in her age group in five events: the 200m IM with a new PB time of 2:45.89, the 100m breast, 50m breast (39.34), 200m breast (2:56.23 PB) and 100m IM.

Martin Russell-Rogers, 18, really showed his strength in the 200m IM, racing from 4th place after the fly and backstroke and pulling into 1<sup>st</sup> place with the breast and free to take gold in his age group in a new PB and club record time of 2:21.58. Martin went on to take another gold in his age group in the 100m breast with a PB time of 1:10.52.

Emily Cairncross, 10, took silver place in her age group in the 200m free, smashing her PB by over 30 seconds with a time of 3:19.93. Emily also recorded another PB to take third place in her age group in the 50m breast in 55.32.

Lucy King, 13, swam a very quick 200m free in a time of 2:33.53, taking 7 seconds off her PB, to collect silver. She won another silver racing against

her team-mate in the 100m free in 1:10.61, and then picked up bronzes in the 100m IM and 1000m back in her age group.

Amy Hills, 16, and Lucy Brett, 15, competed side by side in the 200m free. It was a thrilling race to watch as they were neck and neck all the way, Amy eventually taking the gold and Lucy the silver in their age group with less than a second between them.

Adam Evens, 14, took to the water with determination in the 200m free, leading all the way and collecting silver in his age group with a new PB time of 2:25.01. Also coming home with a medal was older brother Alex, 17, who swam a very fast 50m free for third place in his age group.

Aidan Wood, 12, collected bronze medals in his age group with quick times in the 100m IM and 50m breast.

Laney Laws-Randell, 12, finished a tough 200m fly in a time of 3:21.13 to collect gold. Laney went on to take third place in her age group in the 100m fly in a time of 1:33.59.

Vicky Brakenbury, 14, battled all the way for third place in the 50m breast in a time of 41.63 and just missed out on the silver in the 100m IM.

Daniel English, 14, picked up a silver medal in his age group in a hard 200m fly race.