

Harlow Penguins Open - Rachel Young wins 3 Gold Medals

A SMALL contingency of Hitchin swimmers competed in the Harlow Penguins Open Meet and performed well, setting a number of personal best (PB) times.

Rachel Young, 13, collected a great medal tally including three golds. She smashed her 50m fly best time by over 5 seconds, collecting gold in her age group in 39.25.

Rachel secured another gold in her age group in the 50m free with a PB time of 33.40. Then it was third time lucky for Rachel, who also won gold in the 100m IM, knocking over 10 seconds off her personal best time with a fantastic 1:24.42.

In the 50m back, Rachel just missed out on a top position by less than a second, taking 4th with a PB time of 42.86. And in the 50m breast, she again smashed her PB time by over 5 seconds, taking 4th place in her age group in 46.44.

Adam Evens, 13, struck gold in three events with PBs in all: the 50m free (31.08), 50m fly (35.97) and 100m IM (1:21.38).

Mark Evens, 19, swam a very quick 50m free, less than a second outside his PB time, for bronze.

Megan Jones, 11, had a clean sweep of podium positions: gold in the 50m breast in 46.31, silver in the 100m IM (1:34.33) and bronzes in the 50m back (42.34) and 50m fly (42.45).

Josh Carroll, 13, collect bronze in the 50m breast in 49.33.

Jasmine Brakenbury, 10, won silver in her age group for a quick 50m back, a personal best time of 43.40.

Cameron Stanley, 15, swam his 50m back in a fantastic PB time of 36.50 to take silver in his age group and went on to take silver in the 50m free (31.44), bronze in the 50m fly (34.78 PB), the 50m breast (45.27) and the 100m IM (1:24.21).

Lucy King, 12, took gold in the 50m breast in 45.85. She also collected silvers in her age group in three other events: a fast 50m fly (38.34), 100m IM (1:25.13 PB) and 50m back (40.79 PB).

Mary Hallahan, 14, won silver in the 50m free in 33.21 and the 50m back (40.06) and then grabbed bronze in the 50m breast (47.66) in her age group.

Lauren Bearman, 13, had an outstanding race in the 50m back gaining a PB 41.98 to take gold. She also swam a great 50m free, collecting bronze in her age group with a PB time of 34.46.

Imogen Stanley, 13, reached a PB in the 50m Fly 42.20 to take Bronze.

Vicky Brakenbury, 14, collected golds in the 50m fly (37.10 PB) and 50m free (32.86 PB). Then in the 100m IM, she set a great time of 1:20.18 to take silver in her age group.

Benjamin Cocks, 15, set PBs in the 50m breast (37.93) and 100m IM, collecting silvers in his age group in the process.

Lucia Czornyj, 12, won bronze in the 50m free (34.96) and team-mate Alfie Nellis, 11, also took bronze with a PB time in his 50m free.

Other Solid swims and personal best came from Lilly Nellis, 10; Olivia Matfield, 11; Laney Laws-Randall, 11; Abbie Luhman, 11; Edward Pipe, 11; Ben Carroll, 11; Joseph English, 11, and Jasmine Pollard, 12.