

## Record for Sam Gamble at High Wycombe Open

Hitchin's Sam Gamble, 16, was on top form in the 50m pool at the High Wycombe Open Meet.

He won golds in both his events, smashing the club's long course record in the 100m backstroke in 1:02.27 after powering out in front and leading all the way. His second gold was in a closely-fought 50m free, which he narrowly won in another LC personal best (PB) time of 25.30.

Lucy Brett, 15, had strong swims, taking third places in the 50m back, 100m free and the 100m back in her age group.

Matteo Lo Biundo, 12, excelled in the 50m fly, winning gold in a new long-course PB time of 33.27. He added silvers in the 50m free (30.48), the 100m free and the 100m fly (1:20.60) and bronze in the 50m back.

Jayke Smith, 14, had a fantastic swim in the 100m free taking gold with a LC personal best time of 1:00.38. She also won silver with a LC PB time of 27.78 in the 50m free and bronze in the 50m back.

Ollie Owen, 13, swam a superb 50m free to strike gold in a LC PB time of 28.47. He also picked up a bronze in the 100m free with a LC PB time of 1:03.22.

Glenn Harrison, 13, was third in his age group in the 50m back.

Freya Harwood, 11, gained an incredible LC PB 44.52 in the 50m breast to take gold. She then completed a hat-trick of golds by winning the 50m free and 100m fly in her age group.

Daria Teobald, 12, picked up bronze in the 50m breast.

Alfie Warnock, 12, had a quick race in the 50m fly taking silver in a PB LC time of 33.71. He also won silver in the 100m fly and bronzes in the 50m free (30.84 PB) and 100m free.

Alec Burchell, 17, won golds in the 50m free (25.66 PB) and the 100m free (55.71 PB) as well as a silver in his age group in the 50m fly with a new PB time of 26.91.

Sonja Lowdon, 13, picked up a haul of medals: golds in the 100m breast (1:24.87 PB), the 50m fly (34.63 PB) and 50m breast, and bronze in the 50m free.

Jamie Brackston, 14, won gold in his age group in the 50m back and silver in the 100m back.

Mairead Cashin, 16, swam a LC PB time of 36.03 in the 50m fly to take third in her age group.

Francesca Green, 15, set a new PB LC time of 35.14 to grab third place in the 50m.

Jack Emerson, 15, picked up gold with quick swim in the 50m back and silver in his age group in the 100m back.

Martin Russell-Rogers, 18, won golds in the 50m breast (32.63 PB) and the 100m breast (1:12.50) as well as silver in the 100m free.