

ASA East Regionals June 2016

Five of Hitchin Swimming Club's swimmers competed at the ASA East Region Championships at the Luton Inspire pool over the bank holiday weekend.

All swimmers competing were aged 14 and under. Qualifying times for the championship are tough and the standard of swimming over the weekend was very high.

However, it was a successful weekend with the five swimmers competing in a total of 14 events recording some fast times including eight personal bests and six club records.

Matteo LoBiundo, 13, competed in the 50m freestyle, 50m fly and 50m backstroke – setting PBs in all three races and new club records in both the fly and backstroke events. His performance in the 50m fly was particularly impressive, improving his best time by almost two seconds and finishing 10th in the region in his age group.

Alfie Warnock, also 13, competed in the 50m, 100m and 200m fly. His strong performance in the 100m fly earned him a personal best time and set a new club record of 1:16.20.

Oliver Owen, 14, swam a very fast 50m freestyle, recording a new PB time of 28.06 sec. He also competed in the 100m freestyle.

Daniel English, 14, competed in the 50m, 100m and 200m fly. He recorded personal best times in both the 50m and 100m fly, setting new club records in both events.

The club's only U14 female swimmer to qualify for the championship was Sonja Lowdon. She competed in the 50m, 100m and 200m breaststroke. She swam strongly in all three events and achieved a personal best time in the 50m, setting a new club record of 38.14 sec.