



British Championships 2017

ASA East Region Report

Swimmers from the ASA East Region had some fantastic results at the recent British Swimming Championships held in Sheffield over the week 18th- 23rd April.

The event saw 45 of our athletes in total compete in different sessions, sharing 100 races between them. Multiple PB's were achieved and we saw some really fantastic swims.

We had 13 males and 19 females make a final over the event, with 8 resulting in top 3 placings. Well done swimmers! This blows last year's top 3 placings out of the water (excuse the pun).

Luke Turley from Hatfield SC finished in first place with a PB in the final for the Junior 400M Freestyle. He also swam well in the Junior 100M and 200M Freestyle, placing second in the latter. Luke's great swimming at the champs earned him a place in the team for the FINA World Junior Champs in the USA in August. Congratulations Luke!



Angharad Evans from West Suffolk SC secured a place at the European Junior Swimming Champs this year by racing and winning the Junior 50M Breaststroke event and breaking her PB. She also competed in the Junior 100M Breaststroke and finished second.

Rachel Wellings from City of Peterborough SC swam well in the Junior 100M Backstroke final, placing fourth with a great PB. She also placed fourth in the Junior 50M Backstroke final with a PB to match. Rachel joins Angharad on the team competing at the Europeans in Israel in July as does Rachel's team mate Amelia Monaghan who achieved a great PB in the Junior 200M Breaststroke final finishing in fourth position.



Finishing the East Region representation at European Juniors is Harry Constantine who finished second in the Junior 100M Freestyle final, as well as sixth in the Junior 50M Freestyle final, 200 Junior Freestyle fifth and fifth in the Junior 200M Freestyle. Off the back of Harry's great swims, he also secured a place in the team competing at the Europeans.

Oliver Fitt (St Ives SC) achieved a huge PB in the Junior 50m Backstroke and also finalled in the Junior 100M Backstroke, gaining a 2nd PB along the way.

Abigail Hurst from Berkhamsted SC took almost a second off her PB in Junior 50M Breaststroke final followed by Rebecca Burton (CoPs) in the Target Tokyo final for 50m Breaststroke finishing in a

fantastic second place with a PB on her way to the final. She also swam the Target Tokyo final for 200M Breaststroke and the 100M Breaststroke, both producing great swims.

Lawrence Palmer (Putteridge SC) raced in the Open 100M Breaststroke final against Olympic Champion Adam Peaty and he also placed in the Open 50M Breaststroke final. Brandon Nabarro, also from Putteridge SC, came fourth in the Target Tokyo Final for 200M IM shaving over a second off his PB.

Another two swimmers gaining PBs on their way to final are Cameron Manley (Central Beds Swim Squad/Linslade Crusaders SC) who swam in the Junior 50M Breaststroke final and Macy Lawrence from Basildon and Phoenix SC in the Junior 50M Freestyle final.



Mollie Allen (pictured with Rachel Wellings) from City of Peterborough SC swam a great final in the Target Tokyo 50M Fly, finishing in third place and gaining a PB in the process. Mollie also raced hard in the Target Tokyo 100m Backstroke, the Open 50M Backstroke final, and the Target Tokyo final for 200M IM and finished with a fourth in the Target Tokyo final for 50m Freestyle.

Jamie Scholes, also from City of Peterborough SC, swam in the Junior 200M Backstroke final.

Rebecca Sherwin from Team Ipswich SC finished in fifth place in the Junior 200M Freestyle as well as gaining a third place in the Junior 50M Backstroke final setting a new best. Rebecca also secured a place in the Junior 100M Freestyle final.

Martha Duley from Colchester SC raced well in the heats to gain a place in the Target Tokyo final for 50M Backstroke, achieving seventh place with a great PB

A special thanks goes to all the volunteers and coaches that helped at the event as well as the lead up to it, without you, events like this would not happen.