

Four Seasons at Monmouth on 25 April 2015

Gloucester	181 points
Hereford	163 points
Tewkesbury	132 points
Cinderford	127 points
Lydney	104 points

For such a small squad, Saturday evenings gala was jammed packed full of personal bests and new times and proved that there is plenty of fresh talent coming up through the Club. Although not so strong in the relay races with many of the younger swimmers having to help out and swim up in the age groups, the individuals races with a spare lane available giving more swimmers opportunities to swim other strokes, achieved more than expected and all the swimmers should be very proud of their accomplishments.

In the 9 year old girls: Erlina Ainsworth achieved PB's in the backstroke and butterfly and just touched n first place in the 25m freestyle. Katie Kennedy and Katie Bullock swam in the 25m breaststroke, Katie B improving her time and Katie K setting a new time. Phoebe Taylor swam in her first away gala achieving a PB in the freestyle race.

9 year old Morgan Havard took 5 sec off his breaststroke time, 4 sec off his butterfly time and improved his freestyle time. Christopher Hadfield improved his 25m butterfly time and Oliver Bolster set new times in breaststroke and backstroke in his first away gala.

Lily Brice swam in the 10 year old age group improving her 50m backstroke, breaststroke and butterfly times; Liesl Ingledow took 5 sec off her 50m breaststroke time and set a new 25m freestyle time and Izzy Whittington took 3 sec off her 50m backstroke and improved her 50m freestyle time. Zea Levy swam up an age group in the 50m backstroke and butterfly races, winning both convincingly and also winning the 50m freestyle race in her own age group.

Thomas Cottrell improved his 50m backstroke by 5 sec, also his 50m freestyle time and set a new time for 50m butterfly. Huey Freeman in his first away gala took 9 sec off his 50m freestyle and achieved a new time for 50m butterfly and Finnley Thomas in his first ever competition set new times in 50m freestyle, backstroke and breaststroke.

Jade Cleal improved her freestyle and 50m backstroke times, Cameron Day took 2 sec off his 25m freestyle time and Danny Jones took 3 sec off his 50m butterfly and improved his 50m backstroke and breaststroke times.

The 12 year olds found form at the right time with Sophie Ball improving her backstroke times, Tamzin Latham taking 6 and 3 sec off her 50m backstroke and butterfly times and Iris Creed achieving PB's in 50m freestyle and breaststroke and a great 8 sec off her 50m butterfly time. Ben Clarke has worked hard on his 50m butterfly technique to achieve a 4 sec PB also improving his backstroke time and Ed Ray took an amazing 8 sec off his 50m butterfly, 4 sec off his 50m freestyle and improved his breaststroke time.