

## A summary of the 2017 County Blocks

We are very proud of everyone who competed in the Counties for Cinderford and gave their best throughout:

- Erlina, Phoebe, Grace, Caitlin SM, Gabby, Nia, Ceris, Lily, Maya, Tamzin, Becca A, Lauren, Luke, Finlay SG, Morgan, Alex, Cameron, Connor, Thomas, Huey, Bon, Broden, Ed BL and Marcus

Some of the highlights were:

In the 800m freestyle, Nia coming 5th, an improvement of 30 sec off her fastest time in the last 3 years and only 5 sec off her all-time best!

Fantastic results on the first full weekend, with 50m and 100m finals now introduced for the 8 fastest in each age group, which means the swimmers have to compete in heats and finals. Very many great swims among them:

- Erlina won gold in the 50m frontcrawl final, silver in the 200m frontcrawl with a 7 sec PB, 4th in the 50m fly final and 7th in the 100m backstroke final with a 5 sec PB
- Phoebe won bronze in the 50m fly final
- Grace swam to a 7th place medal in the 50m frontcrawl final and won a 6th place medal in the 200m breaststroke taking 10 sec off her time
- Ceris took 8<sup>th</sup> place in her 50m fly final
- Finlay SG won 4<sup>th</sup> place in his 50m fly final and 6 sec off his 100m backstroke
- Nia achieved 8th place in the 100m IM final
- Lily took 5 sec off her 100m Im time

The next weekends races were just as filled with finals, medals and PB's:

- Erlina won the gold in her 100m freestyle final, 4<sup>th</sup> place in the 50m backstroke and 5<sup>th</sup> in the 50m breaststroke with a 4 sec PB.
- Phoebe won 4<sup>th</sup> place in the 100m freestyle and 6<sup>th</sup> in the 50m backstroke finals
- Grace won 4<sup>th</sup> place in the 50m breaststroke final
- Caitlin SM won 7<sup>th</sup> in her 100m freestyle
- Fin SG won 7<sup>th</sup> place in the 50m backstroke
- Gabby won 8<sup>th</sup> in the 50m backstroke
- Alex and Fin achieving sub 30 in the 50m freestyle for the first time
- Fin SG achieving 7<sup>th</sup> place in his 50m backstroke final
- Nia winning 5<sup>th</sup> place in the 400m IM

The final weekend was eagerly awaited and did not disappoint.

- Erlina winning gold in the 400m freestyle with a 27 sec PB
- Phoebe winning silver in the 100m butterfly
- Nia taking 8<sup>th</sup> place in the 200m IM and 400m freestyle