

Southwold Open Meet

Lots of medals won and plenty of huge improvements in times made this a very successful Meet for Cinderfords' swimmers. Thanks also to the officials and poolside helpers who gave up their time to help: Jayne, Matt, Anne, Sue, Andy, Chris, Scott, Karen, Frin, Cathy and Helen.

Below are the highlights of all the swimmers achievements:

Speeding ticket (for swimming too fast) for Caitlin Scott-Murphy in 100m IM

Gold Medals for Morgan Peck in 50m back, 200, back and 50Fly

Gold Medal for Caitlin Scott-Murphy in 50m Free

Silver Medals for Bon Fox de Vere in 100m Breast, 100m Free, 100m IM and 200m IM

Silver Medals for Alex Cleal in 100m Back and 50m Fly

Silver Medal for Morgan Peck in 100m IM

Silver Medal for Tamzin Latham in 200m Breast

Silver Medal for Phoebe Taylor in 100m IM

Silver Medal for Maya Powell in 100m IM

Silver Medal for Finnley Thomas in 200m Breast

Silver Medal for Marcus Hopkins in 50m Breast

Bronze Medals for Bon Fox de Vere in 50m Free and 50m Breast

Bronze Medals for Grace Clarke in 100m IM and 50 Breast

Bronze Medals for Tamzin Latham in 100m Breast and 100m IM

Bronze Medal for Marcus Hopkins in 100m IM

Bronze Medal for Ed Ray in 50m Breast

Bronze Medal for Lauren Garner in 100m Breast

Bronze Medal for Libby Hughes in 100m IM

Bronze Medal for Alex Cleal in 100m Free

Bronze Medal for Cameron Day in 50m Back

All swimmers aged 12 and under achieved medals for the top 8 places, so place medals also went to:

Lily Brice 100m Fly 4th; 50m Free 4th; 50m Back 4th; 100m Free 6th; 50m Fly 8th

Connor Fennell 50m Back 4th; 100m Free 5th

Chris Hadfield 200m Back 4th; 100m Back 6th; 50m Back 7th; 100m IM 8th

Cameron Day 100m Breast 5th; 50m Breast 6th; 50 Free 6th

Isabel Suehr 100m Back 5th

Emma Powell 200m Breast 6th; 100m IM 7th

Phoebe Taylor 100m Fly 6th; 200m Free 8th

Grace Clarke 100m Breast 6th

Gracie Powell 100m Back 7th

Broden Powell 100m IM 7th; 50m Fly 8th

Ellie Smith 200m Breast 7th

Faye Bullock 50m Back 7th; 100m IM 8th

Nicky Ball 200m Breast 8th

Daisy Stuart-Gunter 100m IM 8th

Great improvements in time were achieved by:

Ellie Smith 200m Breast 18 sec; 100m Free 17 sec

Finnley Thomas 200m Breast 18 sec; 100m Back 13 sec; 100m Breast 8 sec

Chris Hadfield 200m Back 16 sec; 100m IM 6 sec

Daisy Stuart-Gunter 100m IM 14 sec; 100m Back 10 sec; 50m Breast 7 sec

Gracie Powell 100m Back 14 sec

Marcus Hopkins 100m Fly 12 sec; 100m Breast 11 sec; 100m Back 10 sec; 100 Free 8 sec

Nicky Ball 200m Breast 12 sec; 100m Free 9 sec; 100m IM 7 sec

Lisa Gibbons 100m IM 12 sec; 50m Fly 5 sec

Maya Powell 200m Free 12 sec

Amelia Latham 100m IM 10 sec; 100m Breast 9 sec; 50m Back 7 sec

Emma Powell 100m Free 10 sec; 100m IM 8 sec

Keira Howells 100m IM 9 sec

Broden Powell 100m Free 8 sec; 100m IM 6 sec; 50m Fly 5 sec

Lily Brice 200m IM 8 sec; 100m Free 6 sec; 100m Fly 5 sec

Adam 100m IM 8 sec; 50m Breast 8 sec

Caitlin Day 100m Free 8 sec

Emily Danks 100m Breast 8 sec

Aimee Day 100m IM 8 sec

Chloe Powell 200m Free 7 sec; 100m IM 7 sec; 50m Fly 6 sec

Cameron Day 100m Breast 7 sec; 50m Fly 5 sec

Isabel Suehr 100m Back 7 sec

Sophie Ball 100 Back 5 sec

Jade Cleal 200m Back 5 sec

Grace Clarke 100m Breast 5 sec

Connor Fennell 5 sec

Libby Hughes 100m IM 5 sec

Faye 50m Back 3 sec

Izzy N 50m Back 2 sec