

## Southwold Open Meet on 28 and 28 May 2016

Far, far too many great swims by Cinderford swimmers to mention each and every one of them, superb results with 188 individual swims from 37 swimmers from which there were 144 personal best times, 96 medals and 1 speeding ticket!

Taking part in their first Open Meet and not showing any apprehension were Connor Fennell, Sam Gallagher, Caitlin Day, Nicky Ball, Izzy Norris, Caitlin Scott-Murphy and Amelia Latham. Connor achieved a silver medal in his first major competition in the 50m fly, Sam took 23 seconds off his 100m IM time, Caitlin D took 5 sec off her 50m fly time, Nicky recorded a new time for her 100m breaststroke, Izzy improved her 50m free by 6 sec and her 100m IM by 11 sec, Caitlin S-M took 7 sec off both her 50m free and breaststroke times and Amelia took 10 and 6 sec off her 50m free and 50m breaststroke.

Other 11 years and under having a great Meet were Huey Freeman who collected silver for his 200m back and bronze for his 200m free; Isabel Suehr with a 17 sec PB on her 50m breaststroke; Cameron Day took 12 sec off his 100m IM; Thomas Cottrell set new times for his 100m backstroke and breaststroke and 200m IM; Lily Brice set new times in her 200m IM, breaststroke and 100m fly; Erlina Ainsworth took 8 sec off her 200m IM and set a new time in 200m backstroke; Broden Powell took 9 sec off his 50m fly; Ed Brittain-Long took 5 sec off his 50m breaststroke; Mia Turley had a 5 sec PB in her 50m free and Chris Hadfield had a new time in his 100m free.

Swimmers aged 12 years and over having a brilliant Meet were Zea Levy achieving gold medals in the 50m, 100m and 200m backstroke and 100m IM and a speeding ticket in the 50m fly and Nia Westlake who achieved 7 gold medals in: 50m, 100m and 200m fly, 100m and 200m free and 100m and 200m IM. Josh Peck took home 2 golds for the 50m and 100m back as did his brother Morgan for his 50m fly and 200m back and Finlay Stuart-Gunter also winning gold in the 50m back and fly races. A silver medal went to Charlee Humphries in 50m free and bronze medals for Bon Fox de Vere in his 50m free with his first sub 30 time, Ed Ray 200m free and Tamzin Latham 200m breaststroke.

Large time improvements for Maya Powell with 11 sec off her 200m IM; 12 sec PB for Lauren Garners 200m free; Jade Cleal's 7 sec off 50m back; Emily Danks's 7 sec off 50m free and breaststroke; Tony Hurst and Maddie Ryder 11 and 8 sec off 100m IM and Finnley Thomas and Alex Cleal 11 and 9 sec off 100m breaststroke;