

SW Region Age Group Summer Championships, Hengrove & Millfield

A Gold medal for Erlina in the 50m freestyle:

Erlina qualified as fastest 12 year old in an excellent time of 29.99 sec and took the gold in the final in an improved time of 29.86 sec - a new Club record.

Erlina qualified for the final of the 100m freestyle and finished in 7th position in a great time of 1min 07.11 she also competed in the 50m backstroke, 50m breaststroke, 400m freestyle with new long course times achieved and 200m freestyle were she finished in 11th position.

Finlay swam in the 50m backstroke achieving a 5 sec improvement on the same event last year and the 50m butterfly improving his time from last year by 3 sec.

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## SW Region Youth Summer Championships

Nia, Ceris and Gabby competed at Plymouth's 50m pool in the Regional Youth Championships over the Bank Holiday weekend. Nia qualified in a fantastic 9 events: Freestyle, Breaststroke, Butterfly and IM. Her PB in 100m breaststroke was set in 2009 and she was only 0.33 second off this and in her 200m breaststroke set in 2010 she was only 0.19 second off her PB. For all those wary of 200m butterfly: this was the stroke Nia swam and qualified for the final in finishing in 9th position overall.

Gabby qualified in the 50m backstroke achieving a new long course time and was first reserve for the final, a great achievement, unfortunately just missing out on a place. Ceris qualified in 3 events but entered only 2: the 50m butterfly and 50m freestyle. She was less than 0.20 second off her PB's in both events - excellent results.

Everyone at the Club is extremely proud of you all