

South West Regional Youth Championships (Districts) 2014 at Plymouth



Cinderford sent 5 swimmers to Plymouth for the SW Regional Youth Championships; they were Ceris and Nia Westlake, Billy Harris, Todd Montague and Sam Jenkins. With 55 teams competing from all over the South West from Truro to Tewkesbury this is a great achievement for the swimmers to qualify for this prestigious competition and a great success for the Club.

Saturday was a very busy day with all 5 swimmers in action in the 50m pool, Nia started the races for Cinderford in the 200m IM with a very creditable 2min 40.64, only a second off her PB and 18th place overall. Todd was then in action in the 100m freestyle, he smashed his previous PB finishing in 57.08 sec and 35th place.

Ceris swam in the 50m butterfly improving her time to 31.23 sec and achieving 15th place overall swimming against younger swimmers aged 17 and over.

The men's 50m backstroke saw Billy, Todd and Sam competing, with all of them gaining PBs with times of 29.77, 31.67 and 32.71 sec respectively; Billy with the highest placing of 15th having just returned from University and Sam although still 14 having to compete in the 15 year age group as his birthday is soon. Nia then entered the water again in the morning session having already competed in the 200m IM, finishing the 400m freestyle in a time of 4min 59.73 and 13th place. After the lunch break Nia swam in the 100m freestyle in a time of 1min 05.04; Billy swam in the 50m butterfly in a time of 29.24 sec and Ceris swam in the 50m backstroke in a time of 35.80 sec.

Sunday dawned with Todd swimming his last two events in the morning: the 200m freestyle and 100m breaststroke. He came 25th in the 200m freestyle in 2min 10.93 and set a new time of 1min 19.31 in the breaststroke. Nia swam in the 200m butterfly coming 12th overall in a time of 2min 51.31 just missing a place in the final. The afternoon saw Nia swimming in the 200m backstroke finishing in 15th place in 2min 45.30 and Ceris taking 26th place in the 50m freestyle with a new PB of 29.66 sec.

Monday morning was the final session of the individual races, Nia swimming in the 200m freestyle achieving 19th in a time of 2min 22.45, two seconds faster than last year and had only time for a swim down before she was in the pool again for the 400m IM. In this heat declared event, Nia finished the Championships in style with a 6th place in a time of 5min 49.27.