

## Soundwell Open Meet – Saturday 29 Nov 2014

With longer distances on offer this was an opportunity for Cinderford swimmers to gain experience in competition. The first event was the 400m IM, 2 gutsy swims by 11 year old Hannah Kibble and 14 year old Maddie Worgan saw them achieve silver and gold medals in their age groups, Hannah having never swam this event competitively before and Maddie with a new PB. Next to brave the water was Sam Jenkins in the 200m butterfly winning a bronze medal, before a bevy of girls swam in the 200m freestyle; both Jade Cleal and Emma Clarke improved their times by 9 sec; Carrie Nicholls sprinting to the gold medal position and Kim Smith, Becca Howard and Gabby Stephens all improved their times. The younger swimmers competed in the 50m backstroke with Ed Ray, Danny Jones and Alex Cleal improving their times; Ed and Alex by 5 and 3 sec and 17 year old Josh Peck won silver with a new PB. In the 50m butterfly, Jade also swam to a new time; Maya Powell improved her time and Chloe Howard, Hannah Kibble and Gabby Stephens took gold, silver and bronze in their respective age groups.

The 200m backstroke saw both Frazer Montague and Sam Jenkins take bronze medals before Zea Levy improved her 100m butterfly time by an impressive 21 sec and Frazer won gold for his 100m breaststroke. Other achievements in this stroke came from Maddie Worgan and Lauren Kennedy who won silver and bronze medals. Frazer again hit the water in the 100m butterfly winning bronze, with PBs from Sam Jenkins also winning bronze and Andrew Cole taking a great 9 sec off his time.

This winning streak of top 3 places carried on in the 200m backstroke with Gabby Stephens's gold and Carrie Nicholls's silver with a 4 sec PB and Emma Clarke also improving her time. Frazer picked up a silver medal in his 200m freestyle, Sam achieved a silver in his 400m IM and the 200m butterfly saw Zea Levy and Chloe Howard achieve silver with PB's (Zea taking an incredible 43 sec off her time), Sarah Boundy also improving her 200m butterfly time.

50m butterfly saw Brad Creed, Alex Cleal and Andrew Cole improve their times, Alex by 3 sec. The 50m backstroke saw Erlina Answorth, Maya Powell, Hannah Kibble and Emma Clarke improve their times, Becca Howard took silver with a PB and Carrie Nicholls's PB took her ahead of qualifying time with Cinderford's first speeding ticket of the weekend.