

Soundwell Open Meet – Sunday 30 Nov 2014

Sunday beckoned with new enthusiasm after the medal haul of yesterday to see whether it could be repeated. First up were Hannah Kibble, Gabby Stephens and Carrie Nicholls who all swam to new times in the 400m freestyle race; Hannah and Carrie achieving gold and bronze medals. Casey Davis achieved silver in the 50m freestyle with Erlina Ainsworth, Maya Powell, Lauren Kennedy and Lauren Garner improving their times. In the 50m breaststroke it was Alex Cleal's turn achieving bronze with a 4 sec PB and Ed Ray improving his time by 3 sec.

In the 200m IM Hannah Kibble sprinted to the gold medal and Luke Mills improved his 100m freestyle time. The 100m backstroke saw gold medals go to Carrie Nicholls and Gabby Stephens (Carrie with a PB); Zea Levy achieve the 2nd speeding ticket of the weekend with a new time and Becca Kennedy improve on her time. Other achievements in the 100m backstroke were silver medals for Luke Mills and Josh Peck with a new PB.

Carrie and Zea took gold and silver in the 100m freestyle, Zea taking 16 sec off her previous time with Becca Kennedy, Lauren Garner and Gabby also improving their times Becca and Lauren by 6 and 5 sec. The 50m breaststroke saw improvements in times from Erlina Ainsworth, Jade Cleal, Maya Powell, Morgan Jones, Izzy Selwyn, Chloe Howard and Amelia Sterry (Amelia by 5 sec) with Becca Howard winning a bronze medal.

10 year old Brad Creed and Luke Mills (14) claimed gold in the 50m freestyle; Alex Cleal collected silver with an 2 sec PB and Finlay Stuart-Gunter improved his time by over 4 sec. The final event of the weekend, the 200m breaststroke, gave Cinderford girls Hannah Kibble and Morgan Jones more silver medals and improvements in their times of 3 and 9 sec, Lauren Kennedy also took a great 9 sec off her breaststroke time.