

EAST REGION YOUTH FINALS 2009 2-4TH May

Seven of our swimmers qualified for the East Region Youth Finals, held at the UEA Norwich 50m pool, over the weekend

This amount of swimmers alone is an excellent achievement for our Club, it is more than I had set my targets for at the start of the season.

The swimmers performed exceptionally well, Lauren Steadman took 2 silver medals in the Disability section, in all over 20 long course PB's were recorded, we had swimmers in 6 finals, Chelsea Prouten (50m Breast;5th), Tamara Richards (100m Breaststroke;8th, 200m Breaststroke;8th, 200m IM; 7th), Roger Mallet (50m Breaststroke;5th, 200m Breaststroke 8th) and reserves in 2 others, Roger Mallet (100m Breaststroke) and Tamara 50m (Backstroke).

Ryan Skeels and Lauara Chumbley produced PB's in every swim they entered, and Ryan sacrificed his 100m Freestyle swim chasing a national time in the 50m Freestyle recording 26.44 narrowly missing his target of 26.21. Sam Green competed in the 50m Freestyle sprint on Saturday then returned for the relay on Monday

For me as the coach the proudest moments were watching the Club's first ever team entries in the relays comprising only of qualifying swimmers. On Saturday Lauren; Chelsea, Laura and Tamara combined to finish 10th in the 4 x 100m Freestyle relay, on Monday Laura, Chelsea, Tamara and Sam Green combined to finish 8th in the 4 x 100m Medley Relay. Even though the outcome may have been a foregone conclusion all the swimmers gave their best and emerged with a great deal of credit. Especially welcoming were the kind comments of some of the regions senior coaches remarking on the fact that we entered and competed with such enthusiasm, fulfilling part of the Club's mission statement "to provide swimmers with the best competitive environment to suit their ability".

Just Awesome
John Richards



4 x 100m FREESTYLE RELAY TEAM

4.31.21

CHELSEA PROUTEN 1.07.36
TAMARA RICHARDS 1.06.52
LAURA CHUMBLEY 1.07.66
LAUREN STEADMAN 1.09.67



4 x 100m MEDLEY RELAY TEAM

5.09.10

CHELSEA PROUTEN (BR)1.25.08
LAURA CHUMBLEY (BK) 1.20.88
TAMARA RICHARDS (BU) 1.12.26
SAM GREEN (FR) 1.10.90