

East Region Championships Report - 26th + 27th November

Name	Event	Heat Swim Time	Final Swim Time	Final Position	PB?	New PB Time
Claire Thwaites	50 Back	33.48 L/C - Converts to 32.88 S/C	33.86 L/C - Converts to 33.26 S/C	7th	No	
Claire Thwaites	50 Free	30.20 L/C - Converts to 29.50 S/C		25th	Yes	29.5
Claire Thwaites	100 Free	1.05.23 L/C - Converts to 1.03.93 S/C		31st	No	
Claire Thwaites	100 Back	1.14.64 L/C - Converts to 1.13.34		13th	No	
Steve Brooks	50 Back	30.05 L/C - Converts to 29.35 S/C	30.40 - Converts to 29.70 S/C	3rd in Junior + 8th Overall	Yes	29.35
Steve Brooks	50 Free	27.50 L/C Converts to 26.70 S/C		15th in Junior	Yes	26.7

On the 26th and 27th of November Claire Thwaites and Steve Brooks travelled all the way to Norwich's 50 meter pool for the East Region Championships. Teams from all over Cambridgeshire, Bedfordshire, Norfolk, Suffolk, Hertfordshire and Essex were on show.

It is a big achievement to actually reach the East Regions by achieving the fast qualifying times but to do as well as Claire and Steve did was fantastic. Claire managed to reach the final of the women's 50m backstroke and then managed to get back in time for the club championships that evening. Steve, his first time in a 50m pool managed to exceed all expectations and bounce into the final and picked up a junior bronze medal on the way and became the first person to go under 30 seconds at the club for 50m backstroke.

Ashley Morris
(Head Coach)



Key

L/C - Long Course - 50m pool

S/C - Short Course - 25m pool