

2015 Under 14 Long Course (LC) Regional's Report

On the weekend of 23rd to 25th May 2015 Deben took four swimmers who qualified for this year's 14 and under Regional Championships, to Norwich UEA for a three day weekend of racing. The swimmers were Lily Bemmer, Alexa Eliff, Lewis Moore and Minnie Wayman and a summary is detailed below;

On Saturday, Session 1 saw Lily Bemmer (12) swim a great race in her first Regional swim, finishing her 50BF in 36.01. Alexa Eliff (12) qualified as 1st reserve for the 50BF Final with a time of 33.70 (1.4s LC PB) and Lewis Moore (13) finished 6th in the 100BRS heats in a time of 1.23.33. With the exception of 1500FC, 400IM and 400FC all events have finals in the evening consisting of the top 8 swimmers in their respective age category.

Session 2 saw Lewis win an exciting 400IM race showing all in the heat the way BC should be done and holding on to the lead in a time of 5.22.84 (19s LC PB!). Lewis then went on to qualify 3rd for the finals in 100BC with a time of 1.10.71 where he further improved to 1st place with an improved time of 1.08.13 (4.5s LC PB). Lewis also swam the 50FC, qualifying 7th for the finals in a time of 29.09 (0.2s LC PB) and remaining 7th after the final. Minnie Wayman had a great 200BC race qualifying 8th for the finals in a time of 2.46.61 (4.2s LC PB!). She then improved to 6th place in the final in a time of 2.46.23!

On Sunday, session 1 saw Lewis in action again coming 2nd in the 400FC with a time of 4.42.78 (5.5s LC PB) and 2nd reserve for the 50BF final in a time of 32.77. Minnie Wayman competed in the really tough 200BF for the first time in a long course (50m) pool in a time of 3.12.88 and Alexa Eliff secured her place in the 100BRS final in 8th position with a time of 1.28.68 (2.1s LC PB), maintaining the position in the finals.

In the afternoon Lewis and Alexa were in action again. Alexa achieved a time of 31.14 for the 50FC and Lewis did 2.34.25 (7s LC PB) for the 200IM in the heats and came 2nd in the finals. For the 200BC Lewis was in a league of his own and qualified 1st for the finals in a time of 2.27.84 improving in the finals to 2.25.71 (7.8s LC PB) and over 4s clear of 2nd place!

On Monday, session 1 saw Lewis race the 1500FC in a perfectly paced race achieving an amazing time of 18.32.79 (52s LC PB!) to go from being seeded 4th to coming 1st in his age group – that's 15 x 100FC on an average of 1:14!

In the afternoon Alexa, Minnie and Lewis were swimming again. Minnie went 37.37 for the 50BC, and Alexa went 36.11 to be 2nd reserve for the finals but was not required. Alexa

then went 39.96 for the 50BRS qualifying in 7th for the finals and then improving to 39.07 in the finals, after some tweaks to her stroke to claim 6th place. Lewis qualified 6th for the 50BC in 33.04, improving to 4th in the finals with a time of 32.36 (2s LC PB) and missing 3rd by 0.06s! Lewis qualified 3rd for the finals in the 200FC in a time of 2.14.89 (4.5s LC PB) and maintained this position in the finals.

What a weekend! - Deben swimmers were seen in 8 finals and achieved 4 gold medals, 2 silver and 1 bronze medal and came 10th overall in the medals table ahead of the likes of West Suffolk and Luton which is amazing! Lewis had a stand out performance across the weekend with some incredible swims and won 2nd place overall in his age group (13). This is well deserved for Lewis who has been fortunate not to have ear infection problems this year compared to previous years, which has allowed him to have very high training session attendance and he has really focused on technique.

Particularly well done to Lily Bemmer who swam in her first Regional Championships which should be considered a great achievement and to Alexa for reaching two finals (50BRS final in 6th and 100BRS final in 8th) and to Minnie for reaching the 200BC final for 6th position.

Achieving Long Course (50m) pool PB's is not easy and I have kept long course times separate from short course (25m) PB's without conversions to truly reflect the swimmers improvement.

Well done to all who attended and supported throughout the weekend with Radio 1's Big Weekend providing the entertainment between the races! Thanks to the families who sat together and supported all our swimmers.

Well done all 4 of our swimmers – you did us proud, not only in the pool but poolside as well. A podium finish was an amazing end to the weekend and really put Deben on the map!

Stephen Moore

Head Coach

25/5/15