

West Suffolk Development Meet 9th & 10th May 2015

21 swimmers went to Bury St Edmunds to compete in the development meet. It was a very successful meet with 78% pbs across the entire weekend.

Saturday morning saw an additional helper to the coaching team, Megan Claydon volunteered to help team manage which was very helpful and appreciated. The morning also saw the Reader twins (Lily and Hattie) swim fantastically well on 200m freestyle and 100m Breaststroke.

Session 2 started with Megan Claydon and Lily Bemmer smashing their 200m butterfly times (Megan 16s pb, Lily 6s pb). The 200m individual medley was a brilliant event for Mathew Anderson, Connor Houston and the Reader twins.

All swimmers were very enthusiastic on the Sunday, session 3 saw some great swims from Aiden Souter (200m backstroke), Ella Houston (200m backstroke), James Crossfield (50m Breaststroke), Matthew Anderson (100m Freestyle) and Minnie Wayman (50m Breaststroke). Rose Branton gained a 4 second pb in session 4 for 100m freestyle, alongside Matthew Anderson and Erin Yeomanson who destroyed their 100m butterfly times by 12 seconds and 13 seconds respectively! The personal best annihilation continued for both, 200m breaststroke time for Matthew was 3:23:51 (34s pb) and Erin was 3:43:08 (25s pb).

Morale was very high as we entered the final session, I gave the team an ambitious target on 90% pbs, and they absolutely got behind it and finished the final session on 88% pbs. Some fantastic swims from our younger swimmers, James Crossfield and Tom Hilton. Also Josh Richards representing youth squad swam very well gaining a pb in 50m freestyle. The final event for both boys and girls was 100m individual medley, Wilf Sheepshanks gained an 18s pb (1:41:79), Lily Reader achieved a 6s pb (1:26:41), and the final race from Hannah Taplin gained her an new time of 1:16:57 (3s pb).

Overall a fantastic weekend for all swimmers and a huge congratulation to those who achieved new pbs and medals. Thank you to Richard for his assistance and also all of the parents who helped in the hall.

Matt Boreham

Assistant Head Coach