

ASA National Summer Championships 2015



Yet further success this week at Ponds Forge Sheffield in the ASA Summer Championships.

James Woodward, David Shipman, Ben Harrison and Morgan Newman travelled back up to Sheffield to compete. James and David started off the success by qualifying to reach the final in 100m freestyle. David followed this success by reaching the 50m butterfly final. Both swam brilliantly with PB's and club records being achieved.

The following day saw Ben Harrison swim to victory in the 200m Breaststroke final winning the Gold medal and achieving a massive PB.

The following day and the final day of the championships saw James competing in 400m freestyle and 50m freestyle individual events and the 4 boys , James , Ben , David and Morgan competing in 14 - 16yrs Medley Relay. James managed to reach the final in both events and managed a respectable PB in the 50m freestyle and coming 6th place!

The relay team swam a superb heat up against tough oppositions namely Exeter City and City of Liverpool swimming teams. The little town of Potters Bar quartet managed a 4s PB in their heat to secure going in to the final in 2nd place!! Both heats had been seeded and therefore coming 2nd in their own heat did not confirm anything for the final. The final was not going to be easy and the boys knew they would need to up their game further to secure a medal in the final. Could this be possible after such a magnificent performance in the heat???

Only time would tell.....

With anxious parents with sweaty palms in the spectator gallery, the boys were ready for their last race of the championships. The final was even more exciting than the heat. Ben started off by exceeding his heat time in the first leg of the relay in the 100 backstroke and achieving another PB! Morgan followed this in the 100m breaststroke with a very strong performance working very hard to keep swimmers at bay! James took over and managed to exceed his time from the heat in the 100m fly leg and finally with swimmers hot on his heels, David swam a brilliant freestyle leg also achieving a PB from his heat time to finish a very well deserved 3rd place and Bronze medals all round. A great end to a superb fortnight of swimming!!!

Thanks once again to Head Coach Wray for all his support over the past few weeks, the coaches Chris and Bronwen at the club for their continuous support in training and encouragement and to all the parents for their time and commitment!!

Wray was unable to comment immediately after the relay as it was a very emotional time for both him and the parents of the swimmers. Needless to say he was very, very please..Thank you to everyone for the messages, tweets etc and for following the excitement on live stream.