

HILLINGDON'S BEST SHINE IN CITY OF STEEL

A squad of thirty two swimmers aged between 11 to 17 years old from the Hillingdon Borough Elite Swim Team, part of Hillingdon Swimming Club, recently travelled to the City of Sheffield to compete in the Licence 1 Rotherham Open Meet.

Swimmers from eighty three clubs from all over UK participated in this top level gala.

The event provided the squad an opportunity to swim at Ponds Forge, one of the countries top swimming venues, and the team rose to the challenge by setting 131 life time best long course times from the 200 competed, a fantastic achievement.

Over and above the competitive success the residential weekend provided the platform for the squad to create an excellent team spirit.

The Hillingdon squad finished in 10th place in the club event and Francesca Marr, who was recently selected to swim for Great Britain led the medal haul with four golds and a silver.

13 year old Karley Mann notched another National qualifying time in the 200M breaststroke with a time of 2min 49.42 seconds and 14 year old Sophie Wilson posted a time of 5min 12.5 seconds in the 400M Individual Medley to add to her growing list of National times.

Throughout the long weekend there were many outstanding swims, particularly by 12 year old Jaycee Sibley in the 200M backstroke and 13 year old Adam Wood in the 400M Individual Medley, who both narrowly missed out setting National qualifying times by less than a second, both will have an opportunity to make amends at the forthcoming London Regional Championships.

The other medal winners were Girls: Sophie Wilson one gold & one bronze, Karley Mann one gold, Sarah Harrington one bronze and Kate Wilson one bronze.

Boys: Faisal Bhatti one silver & one bronze, Callum Mitchell one silver and 3rd place in 12 year old BAG points, Lucas Navarro one silver, Oliver Green one silver, Tom Randall one bronze and Adam Wood 3rd place in 13 year old BAG points.