

GSC SWIMMERS EXCEL AT THE CI CLOSED CHAMPIONSHIPS

A team of 16 swimmers travelled to Jersey to compete in the CI Closed Championships and produced some fantastic performances. Ten year old Joshua Stephens made his debut and swam a personal best 50m backstroke to take first place and set a new record. He also placed first in the 200m backstroke and the 50m fly and came overall 5th in his age group. In a keenly contested girls ten year old age group Laura Le Cras dominated again placing a well deserved overall first and coming away with some fabulous personal best times, notably in the 400m free and 100m individual medley. Kiia Walker made her debut in the 9 year old girls, placing 2nd overall and knocking a staggering 32 seconds off her personal best time in the 400m freestyle. Adam De La Mare and Ronny Hallett both swam in the 9 year old boys and did not disappoint. Adam achieved three personal best times and placed 5th overall. Ronny placed 3rd overall and swam 7 personal bests out of 8 races knocking an impressive 25 seconds off his 200m backstroke and 19 seconds off his 200m individual medley. Although 11 year old Luke Winstanley missed one session through illness he did manage to place overall 3rd. Out of his seven races Luke swam six personal bests and knocked 6 seconds off his 400m freestyle. Sophie De La Mare, Isabelle Gaudion and Eileen Chapman all performed well in the 12 year old girls. Sophie placed overall 3rd in the age group and dominated in the breaststroke taking first place in the 50m, 100m and 200m. She also came first in the 100m individual medley knocking 2 seconds off her personal best. Eileen placed second in the 50m, 100m and 200m breaststroke and swam some fine personal best performances over the weekend. Isabelle placed 6th overall and swam consistently over the weekend, picking up some personal best and Hampshire times. Charlie-Joe Hallett placed overall 3rd in the 12 year old boys and put in some fine personal best performances in six of his events. Jack Blondel swam consistently well over the whole weekend and deserved his 2nd place in the overall boys 13 year old rankings. He produced a gutsy 1500m personal best performance in the early Sunday morning session knocking 21 seconds off his time. Aimee Bran placed 3rd in the 13 year age group and placed in the top four in all of her events over the weekend. In a very tight and keenly contested 50m free Aimee took first place and was the only swimmer to achieve a sub 30 second time. She also took first in the 100m backstroke. Amy Ryan competed in the 14 year old girls picking up a couple of personal best times in the 100m individual medley and the 200m freestyle. Callum Penney and Brendan Chapman both competed well against some strong opposition in the 15 year old boys. Callum clocked three personal best times and Brendan placed 2nd in the 200m breaststroke and 3rd in the 100m breaststroke. At 27 years of age Ben Lowndes continued to push the boundaries in the 17+ age group. Ben entertained the spectators with his underwater work and came away with three personal best times as well as winning 2 trophies for fastest swims in 200m butterfly and the 100m individual medley.

Well done to all swimmers and a big thank you to the coaches who give up their time to help our swimmers achieve and excel in their chosen sport.

