

## **East Swimming Short Course Championships**

Twelve Team Luton swimmers attended the East Swimming Short Course Championships at the weekend. This event was swum as an open competition with everyone swimming in the same age group with one qualifying time for each individual event.

The first session saw the long distance specialists competing in the challenging 800m and 1500m freestyle events. The girls swam in the 800m freestyle and Chantal Smith (15) clocked a time of 9.13.35 a commendable 5 second personal best which qualified her for the British Winter Championships later in the year. Nicola Pasquire (17) and Abbie Barnwell (12) recorded times of 9.08.17 and 10.02.34 respectively. Matthew Wright (17) and Nathan Swift (14) both competed in the 1500m freestyle. Both boys set amazing personal bests and qualified for the 2016 summer regional championships .Wright swam a time of 16.20.04 a 37 second personal best and Swift a time of 17.21.07 a 27 second personal best.

The rest of the weekend consisted of the shorter events. In the 12 year old age group Lauren Young competed in the 400m freestyle with a 2 second personal best in the time of 4.45.60.

14 year old breaststroke specialist Celyn Walmsley recorded personal bests in all her events. 37.35 in the 50m breaststroke, 1.18.97 in the 100m event and 2.49.24 in the 200m. Nathan Swift (14) clocked his second personal best of the meet in the 400m freestyle in 4.28.80.

Chantal Smith (15) swam times of 1.03.09 in the 100m freestyle, 2.10.97 in the 200m freestyle and a great 3 second personal best in the 400m freestyle. Smith also competed in the 400m individual medley in a time of 5.21.77. Smith qualified for next year's summer regional championships in the 200m freestyle and 400m individual medley.

16 year old Ryan Jarvis clocked personal bests in the 200m breaststroke and 400m freestyle with times of 2.31.09 and 4.24.26. Jarvis also competed in the 50m and 100m breaststroke and 200m freestyle and 200m individual medley.

Matthew Wright (17) achieved a fantastic 4 second personal best in the 400m freestyle in a time of 4.09.38 and also competed in the 100m and 200m freestyle. Nicola Pasquire (17) reached the final in the 200m freestyle swimming times of 2.07.65 in the heat and 2.07.94 in the final and recorded a 5 second personal best in the 400m freestyle. Pasquire also swam a personal best of 1.06.79 in the 100m butterfly and achieved summer regional qualifying times in this and the 50m and 200m freestyle.

In the 18 year old age group butterfly specialist Abby Gee finished 3<sup>rd</sup> in the 200m heat in a time of 2.22.05 and gained entry to the final in which she finished in 5<sup>th</sup>. Gee also compete in the 50m and 100m events in times of 30.38 and 1.06.49. All times were regional qualifying times for next year. Jamie Fowler clocked a personal best in the 100m freestyle in 56.61 and booked his place in next year's summer regionals in the 200m backstroke in a time of 2.14.04.

Alex Mason (19) swam a personal best in the 200m freestyle in 1.59.73 and the 200m breaststroke in 2.35.27. Disability swimmer Emma Cattle (27) completed in the 50m and 100m freestyle and 100m backstroke.

