

## East Region Open Water Championships Report 2023

Team Luton had an impressive showing at the Swim England East Region Open Water Championships 2023. The day started with the 3k swim, featuring Owain Roberts and Dave Wright. Owain, competing in the 14-year-old age group, showcased his growth by moving up from the 1k race last year. He finished with a time of 00:52:07.97, securing 14th place in the region and an impressive 2nd place in Bedfordshire. Dave, a regular open water competitor in the 60+ age group, swam a time of 00:50:33.69, claiming 1st place in his category.

In the 1k novice swim, Clara Leon, and Kaylyn Sampong both made their open water debut. Both competing in the 12-year-old age group, they displayed great determination. Clara finished with a time of 00:18:54.41, securing 7th place in the region and an impressive 1st place in Bedfordshire. Kaylyn also put on a commendable performance, completing the race in 00:20:28.62, earning 14th place in the region and 4th place in Bedfordshire.

After a break for lunch, the team geared up for the 2k race. George Saunders, a newcomer to open water swimming, made a strong impression with a time of 00:33:37.56. His performance earned him 7th place in the region and 2nd place in Bedfordshire. Lauren Calvert, returning for her second year in open water competitions, displayed her growth and skill by finishing with a time of 00:35:50.38. She claimed 9th place in the region and 1st place in Bedfordshire.

The final race of the day was the highly anticipated 5k swim. Lyla Howard, who had secured 2nd place in the 3k race the previous year, continued to excel. In the 16-year-old age group, Lyla finished with a time of 01:07:09.28, earning 2nd place in the region and 1st place in Bedfordshire.

Talia Staines, a standout swimmer, dominated the 5k race. Talia, currently the county and regional champion in the 1500m, showcased her talent and determination. With a time of 01:02:33.31, she claimed 1st place in the region overall, 1st place in the 20-24 age group, and the title of Bedfordshire champion.

Jo Mitchinson, a regular open water swimmer and reigning 3k champion in the 40-49 category, continued to impress. Jo moved up the field lap by lap, showcasing her experience and skill. With a time of 01:07:52.52, she claimed 1st place in her age category.

Congratulations to Lyla Howard and Talia Staines for qualifying for the Swim England National Open Water Championships at the end of July. Their exceptional performances and hard work have earned them a well-deserved spot in the national event.

Team Luton coaches are delighted for all swimmers and their achievements at the Swim England East Region Open Water Championships 2023.