# East Region Short Course Championships 2023

**Six medals were won at the 2023 Swim England East Region Short Course Championships, with four new Club records and, subject to confirmation, potentially three new Beds County records.**

Twenty one year old Talia Staines started the medal collection on the Friday evening with a bronze in the Ladies 800m Freestyle. Touching in 9:05.81, Talia beat her entry time by eight seconds and was only 0.51 seconds outside her lifetime best.

Amerie Njawaya swam a time of 31.55 seconds in the Ladies 50 Butterfly to finish as the fourth fastest of the thirteen year olds who were competing alongside more mature females.

Matt Wright demonstrated his stamina by contesting three finals in the Saturday evening session. After finishing second in the Men’s Open 200m Butterfly, Matt proceeded to win the 100m Backstroke in a new Club Record of 54.89 seconds. A second gold medal came with his 24.65 seconds over 50m Butterfly, just 0.01 seconds slower than the club record he had set in the afternoon heats.

Buoyed by her 800m swim Talia ended the Saturday sessions with a silver medal for her 1500m Freestyle. Talia’s time of 17:10.51 was a lifetime short course best by over 34 seconds and broke the Club record by over two minutes.

Having stepped down from the longer distance freestyle events of his university days, Matt has clearly relished turning his hands to sprinting. Not content with his Saturday lifetime bests, Matt qualified in third place for his 100m Freestyle and proceeded to smash through the 50 second barrier for the first time. With a lifetime best by over a second, Matt’s time of 49.41 seconds saw him claim his third gold medal of the championships.