

2017 National Summer Championships 25th July– 6th August 2017 Sheffield 50m

City of Norwich Swimming Club enjoyed a fantastic Summer Championships at Sheffield. Headlining were Jessica-Jane Applegate and Jordan Catchpole gaining selection for the 2017 World Para-Swimming Championships in Mexico.

British Summer Championships

Jessica-Jane Applegate had an excellent championship claiming a world record and gold medal in the MC 100 metres butterfly. She also won gold in the MC 200 metres freestyle and a bronze medal in the MC 200 metres individual medley also setting a PB in this event.

Jordan Catchpole was in fine form at his second Summer Championships. He swam a huge PB in his 100 metres backstroke to establish a new S14 British Record and secure the A qualifying time for the World Championships. He won gold in the MC 100 metres butterfly in a new PB, bronze in the MC 200 metres freestyle and 4th in the MC 200 metres individual medley in an excellent PB.

Nathan Woodrow, one of our 14 year-olds, was competing in his first British Summer Championships after an excellent East Regional Championships where he claimed top 14 year-old boy. Nathan smashed his 200 metres butterfly PB by 4 seconds to place 5th narrowly missing the medals. Nathan also made the final placing 10th in the 50 metres butterfly, 12th in both the 100 metres butterfly and 400 metres individual medley and 14th in the 200 metres individual medley.

Megan Pye (15 years) was competing in her 4th straight summer nationals. She swam the 50 metres butterfly making the final and placing an excellent 10th.

Maisie Easter swam 2 events in the 15 years age group. She placed 12th in the 50 metres backstroke and 21st in the 100 metres backstroke.

In the 200 metres freestyle 15 year-old Charlotte Walker finished an excellent 13th just missing the final.

Oliver Reek, also 15 years old, made his PB in the 100 metres butterfly placing 14th. He also placed 17th in the 200 metres butterfly.

Rikke Nagell-Kleven was unable to compete as she was competing in the Norwegian National Championships.

Our 14-16 years girls 400m freestyle relay featuring Sacha Thomas, Charlotte Walker, Megan Pye and Maisie Easter placed 27th. Well done girls.

Open Water

The open water competition is held at the Rother Valley country park on the outskirts of Sheffield. In the 1.5km 12 year-old George Grice finished 17th in the boys and 12 year-old Ruby Greenhalf was 18th in the girls. 16 year-old Imogen Cooke was competing in the 3 km event but unfortunately sustained a knock to her head mid-race and had to stop. Open water swimming can be a very physical event!

Swim England Summer National Championships

Catherine Marr (14 years) was competing in her first national championships. Catherine is visually impaired and so was competing in the multi class (MC) para events. Swimmers with differing impairments compete against each other in the MC events and are scored against their respective British Records. Catherine had a superb championships making big PB's in all of her events. She won gold in the MC 100m breaststroke and silver medals in the 200 metres individual medley and 50 metres freestyle.

Nathan Woodrow continued his fine form taking 4 seconds from his 200 meters freestyle PB to claim the bronze medal. Nathan also placed 13th in the 50 metres freestyle and 15th in the 100 metres freestyle.

Charlotte Walker swam 2 excellent PBs claiming the silver medal in the 50 meters freestyle and 4th in the 100 metres freestyle. Charlotte also came 10th in the 800 metres freestyle.

Oliver Reek just missed the 400 metres individual medley final placing 11th.

There were a number of new first time qualifiers from the City of Norwich Swimming Club. Mal Staff (15 years) smashed his 200 metres breaststroke PB to make the final placing 6th. Charlotte Abramson swam an excellent 100m breaststroke PB to also make the final and place 9th. Gemma Peters knocked 0.6 seconds from her 100 metres backstroke PB to claim 12th in the 12/13 years. 14 year old Sacha Thomas placed 12th in the 50 metres butterfly and 17th in the 100 metres butterfly.

Owen Woodrow was competing in the mc events. He placed an excellent 15th in the MC 100 metres freestyle and 16th in the 50 metres freestyle.

16 year old Jack Riches swam an excellent PB in the 200 metres breaststroke to place 14th and on the last day Megan Pye came 15th in the 200 metres backstroke.

City of Norwich Swimmers returned with a total medal haul of 4 gold, 6 silver and 3 bronze from the 2 weeks as well as numerous finalists and personal bests. Well-done to all of the swimmers.

If you would like any further information or to enquire about the opportunities that the City of Norwich Swimming Club can offer you please contact our Head Coach.

Alex Pinniger
alexpinniger@gmail.com
07973 264421