

CONSC at FINA World Masters Championships



This summer Sophie Liddament (Masters) and Louise Bush (National Youth) travelled to Budapest representing Team GB Masters at the FINA Masters World Championships. Going out after a prestigious year gaining invaluable experience putting both our girls in fantastic positions for these championships.

On the 12th August Sophie got the ball rolling for the girls competing in the 3km open water race. Seeded 23rd placed her in the middle of the pack a strong position that led to her finishing 13th in a time of 40:26.20.

The 15th of August saw Louise compete in her first event of the championships, the 100m breaststroke. Finishing in a strong 6th position and taking over half a second off her entry time putting Louise in a strong position for her next

2 races and with an East Region Record.

The 16th had Sophie's first competition in the pool. Finishing the race in 6:00.57 claiming an East Region Record in 18th place and six seconds outside her lifetime best, this is an incredible feat with the development of a throat infection.

After a few days of rest and being tourists the 19th brought Louise back to the pool for the second of three races. The 200m breaststroke, Louise's strongest event finishing in an incredible 4th place missing out on a bronze medal by half a second and finishing under her entry time. This performance set her up well for the 50 on the following day.

The 20th of August the final day of the championships saw Sophie and Louise back at the main arena for the final time in their final races. Sophie was up first, the 400m freestyle, a raging throat infection and tired after two weeks of competing displayed the swim of her life. Finishing in 12th place smashing five seconds off her lifetime best and claiming two further personal bests in the 100 and 200m splits. Touching the wall in 5:00.41 shows incredible strength and determination to finish the season with a bang.

Louise's final race the 50m breaststroke demonstrating brute force and power, splashing and dashing her way throughout the pool to claim 8th place overall in her age group. Louise also finishes almost a second under her entry time and with an East Region Record a nice way to conclude the championships.

For representing the club on the international level we cannot be more proud of these ladies performances and wish them every success for the 2017/2018 season.

Coach Robert Nesbitt