



South Lincs Competitive Swimming

Together **E**veryone **A**chieves **M**ore

Event: Burns Open Meet

Venue : Ponds Forge

Date : 24th/25th January 2015

Head Coach Callum Lawson enjoyed the success of 15 yr old Luke Elliotts British Championship 400m Freestyle swim, along with new personal bests from 14 yr old Will Swain, 15yr old Matthew Gray, 17 yr old Tom Mitchell and 15yr old Alice Gowing, at this level 1 Meet held at Ponds Forge, Sheffield. Quote 'A level one competition showing some of British swimming up and coming talent.' From my Coaching perspective, the skills are showing signs of improvement, and swimmers times are holding steady, or improving ...'

A total of 16 swims from 6 swimmers resulted in Luke Elliott achieving 1st place in his 200m and 50m Backstroke, 2nd in his 100m Backstroke and 3rd place in his 400m Freestyle and 3rd place in 200m Free. Birthday boy Matthew Gray was another medallist with a 3rd place 100m Backstroke swim.

20 yr old Cheryl Wilson swam in the girls Open category for her 100 Backstroke event.