



South Lincs Competitive Swimming

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

Event: Robin Hood Open Meet Long Course Level 1

Venue : Sheffield Ponds Forge

Date : 4th & 5th Oct 2014



Pictured Luke Elliott, Will Swain, Head Coach, Tom Mitchell, Matthew Gray, Alice Gowing, Emily McCann, Rebecca McKenzie and Gemma Baker. Missing from photo Alan Sumpton

9 swimmers from South Lincs Competitive Swimming Club took part in the level one Robin Hood Long Course Open Meet at Ponds Forge in Sheffield.

The racing was extremely fast at this, the highest level meet, for these competitors, and was their first meet of the new season.

Head Coach, Callum Lawson, took time to advise and support his athletes over the whole weekend.



Lunchtime, Day 2, South Lincs girls Rebecca McKenzie, Alice Gowing and Emily McCann posed for this lovely photo with surprise guest Rebecca Adlington.



Bringing home 15 medals in total Will Swain (14yrs) achieved Gold in his 100 Freestyle. Luke Elliott (15 yrs) 5 Silvers ;400 Freestyle, 200 Fly and 200 Back, 100 Fly, 100 Back and Bronze in his 200IM.

Tom Mitchell (16yrs) Silver in his 200 and 100 Backstroke.

Matthew Gray (14yrs) Silver 200 Backstroke and Bronze in his 50 Back.

Alan Sumpton (15yrs) Bronze in 50 Breast and 50 Fly.

Emily McCann (12yrs) Bronze in her 50 Breast and 50 Free.

