

AMERSHAM SWIMMING CLUB

ASA: AGE GROUP & YOUTH NATIONAL CHAMPIONSHIPS

Ponds Forge, Sheffield, 24th July – 2nd August 2008

Amersham Swimming Club sent seven individual swimmers and one relay team to compete amongst Britain's top swimmers at the ASA Age Group and Youth National Championships in Sheffield.

Competitors had to achieve tough qualifying times for entry to the championships and those that excelled in the heats made it through to the finals.

ASC finalists were Ben Levart, Holly Williams, Sophie Elphick and the girls 4 x 100m freestyle relay team.

Individual results: -

Ben Levart (Age 11) – finished 10th top boy in BAGCAT points

200m 'fly: Bronze in Final – 2:35.94 – ASC Club Record
200m freestyle: 4th in Final – 2:16.24 – ASC Club Record
100m freestyle: 7th in Final – 1:05.64 – ASC Club Record
400m freestyle: Bronze in Final – 4:42.82 – ASC Club Record
100m 'fly: – 5th in Final – 1:13.10

Holly Williams (Age 12)

100m backstroke: 8th in Final – 1:10.08
200m freestyle: 22nd - 2:17.66
800m freestyle: 17th – 9:53.07
400m freestyle: 28th – 4:58.35
100m freestyle: 13th - 1:03.01
200m backstroke: 21st – 2:35.82

Kat Shaw (Age 13)

100m backstroke: 11th – 1:09.27 – ASC Club Record
200m freestyle: 43rd - 2:17.59
100m freestyle: 16th – 1:01.81
200m backstroke: 25th – 2:31.34

Eleanor Dolan (Age 13)

200m freestyle: 30th – 2:15.29
100m freestyle: 41st – 1:03.32

Will Hammond (Age 14)

200m freestyle: 37th – 2:06.26
100m freestyle: 22nd – 57.15 – ASC Club Record
200m IM: - 25th – 2:22.28 – ASC Club Record

Sophie Elphick (Age 14)

200m breaststroke: 8th in Final – 2:43.52

100m breaststroke: 12th – 1:16.35

Sophie swam a 50m LC 13/14 yrs and Open club record during the heats of the 100m breaststroke

Libby Hetherington (Age 16)

50m freestyle: 17th – 27.97

Relays

Kat Shaw (13), Eleanor Dolan (13), Nia Kennedy (13), and Holly Williams (12) qualified for three Age Group Relay events;

4 x 100m freestyle relay: 8th in Final (Kat Shaw swam first leg, 1:01.15 – ASC Club Record)

4 x 200m freestyle relay: 11th

Medley relay: 21st