

## **AMERSHAM SWIMMING CLUB**

### **Aylesbury Masters Relay Sprint Meet - Aquavale - 28th February 2009**

Last weekend saw 18 of the Amersham Masters swimmers represent the Club at the Aylesbury Masters Relay Sprint Meet at Aquavale.

The team which was led by manager Maureen Tomlinson were aged in their 20s, 30s and 40s.

The events fell into four categories: Individuals 18 – 39 years, Individuals 40 years and over, Relays combined ages up to 159 years, Relays combined ages over 160 years.

Amersham finished in a commendable third place overall, behind strong teams from St Albans and South Beds, and just ahead of the hosts, Aylesbury.

- South Beds 159
- St Albans 156
- Amersham 126
- Aylesbury 125
- Milton Keynes 115
- Bicester 81

There were two gold medal wins:

Jane Stalker (Women's 18/39 yrs age group) – won the 50m breaststroke, 37.34.

Sarah Niven, Gillian McAlister, Annalie Thorndike and Caroline Whittaker, (Women's relay team over 160 years) – won the 4 x 25m freestyle relay.

The competition was very fast paced with virtually no time to rest between events. Although everyone gave their all to their events, the award for endurance goes to Ben Martin who swam in 9 events.

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**Wales Open Masters Championship – Swansea – 1st March 2009**

Still representing her club, Amersham, proud granny of nine, Shirley Williams competed in the Wales Open Masters Championships on St David's Day and won gold medals in the 200m freestyle and 50m breaststroke.

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**For information on how to join the club please call:-**

**01494 726967**