

Swimming

Locks Heath collect medals



CLUBBING TOGETHER The Locks Heath swimming squad impressed at the Fareham Nomads Winter Open

LOCKS HEATH swimmers made their mark at the Fareham Nomads Winter Open meet.

Joshua Beaudro, 10, claimed gold in the 200m individual medley and bronze in his 200m freestyle.

Kyle Kirkland, 10, bagged gold medals in the 200m freestyle and 100m individual medley.

A smashing swim from Jack Newton, 14, saw him seal a new club record in the 400m freestyle, to grab a bronze.

His sister Lucy Newton, 11, added a gold medal in the 50m backstroke.

Eve Limburn, nine, and Thomas Larby, 10, also picked up golds.

Meanwhile, Jan Stoop, 11, Evelyn Hall, 10, Jessica Larby, 13, Shannon Lamb, 11, Isabel Barbary, nine, Scott Hutin, 10, Taylor and Matthew Collins, nine, Arabella Suttie, 12, Ella Richardson-Fit, 10, and Amelia Ayling, 10, also swam well to add more medals to the impressive Locks Heath tally.



RECORD BREAKER Jo Corben

Nomads ace Corben hits top form to crush record

JO CORBEN revealed her excitement after smashing the European 200m backstroke record at the South East Regional Masters Championships on Sunday.

The Fareham Nomads swimmer, 44, recorded a time of 2min 27.86sec, breaking the British record for the 45-49 year age group by nine seconds and the European record by three seconds.

Corben also broke the British record in the 100m backstroke in a time of 1.09.39.

It was the fastest time she has achieved over the distance since 2012.

According to the Ligue Europeene Natation (LEN) records from December 2014, she is the only female swimmer to hold a European masters record in one event, in three age groups – 30-34 years, 40-44 years and 45-49 years.

Corben said: 'I am absolutely delighted with my results at the weekend.'

'I was hoping to break the British records but to lower the 200m European record by so much is very exciting.'

She has only recently returned to Nomads and is relishing the opportunity to work with the club's coaches again.

'I absolutely love being back at Fareham Nomads and truly believe that head coach Stewart Crowe and assistant coach John Molyneaux can coach me to be even faster,' added Corben.

'I have to thank my husband, Tony, for being so supportive, I couldn't manage without him.'

'It's back to hard work now, focusing on the GB Championships in June.'

Although a masters swimmer, Corben trains with the club's top squad, as well as the newly-formed masters squad.

Crowe said: 'Jo is a great role model for all those swimmers coming through.'

'She is committed, determined and focused on her goals.'

Exciting times are sign of progress for Britton

Talent from Horndean starts 2015 on a high with sparkling display at Fareham open meet

by **DAVID BRAWN**

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SAMANTHA BRITTON got her year off to a flying start with a six-medal haul at the Fareham Nomads Winter Open meet.

The 13-year-old, from Horndean, came into the competition at Havant Leisure Centre in good form.

She had already banked county times in the freestyle 100m, 200m and 800m.

Her next target was the 400m and she smashed her personal best by a mammoth seven seconds, with a clocking of 5min 05.48sec to take silver and achieve the time she needed in the girls' 13-year age group.

Two gold medals followed as Britton won the 50m freestyle with a time of 31.04 and the 100m individual medley, clocking 1.18.57.

She picked up a second silver in the 200m freestyle (2.26.36) and added bronze medals in the 100m freestyle (1.07.88) and the 50m butterfly (36.45).

Last year, Britton, who is British Filipino, competed at the 7th Iloilo Dinagyang National Age-Group Swimfest in the Philippines.



SUCCESS Samantha Britton shone at the Fareham meet Picture: Allan Hutchings (150129-182)

She picked up seven medals there and showed at the Nomads meet she is still riding the crest of a wave.

'I'm very happy with my results,' she said.

'It was good. I didn't really expect to get all the medals.'

'Since I came back from the Philippines I have progressed further.'

'I've got most of my county times now.'

It's quite unusual for swimmers to compete so strongly from 50m through to 800m.

But Britton, who swims for Alton & District, relishes the challenge of adapting to each event.

'I enjoy all of them,' she added.

'There isn't a particular event I favour.'

'You have to pace it differently. It's quite a lot to remember sometimes.'

'I need to work on that last 50m – to try to improve my sprints.'

The Fareham Nomads meet is one of the most popular local events.

Samantha's dad, Karl, explained his daughter has close ties with the Nomads.

He said: 'The Fareham Nomads meet is one we look forward to each year. It's so friendly. The atmosphere is really good.'

'Samantha has done some swimming with Fareham Nomads.'

'They call her "a surrogate Nomad". 'We know all the coaches there. It's a great club.'

'At this level now you get to know the other swimmers from the other clubs and it's all very friendly.'

'But when they are competing, they are focused on what they have to do.'

Samantha's dedication to training is clearly paying off, as her superb 400m improvement showed.

She's also now got her sights set on bringing down her 50m time.

Karl added: 'She did her club trials the night before the Nomads meet and didn't get a county time in the 400m.'

'Then the first race at Havant was the 400m again.'

'She just went for it and took seven seconds off her time to get an automatic county qualification. It was incredible.'

'The 50m qualifying time is 30.40 and Sam has got 30.47 this season. She is so close to getting the full set.'

'That is the target now.'

'She will be going for that in Southampton on Sunday.'