

Swimming

Havant gear for nationals after setting a new mark

TALENTED Havant & Waterlooville swimmers are preparing for an assault on national glory after blazing a trail in the South East Region Championships recently.

It has been a glorious time for the club.

They will have 12 swimmers lining up in the National Championships.

A total of 24 club members competed at the regionals and between them secured more than 25 final appearances.

Head coach Graham Pople was pleased to see Havant set a new mark with the number of athletes taking part in the regional championships.

He said: 'We had 24 swimmers competing and had around 26 to 28 finalists.'

'That's by far the most we have ever had in the club's history.'

'They all swam superbly, making finals across a number of events.'

Katie Byrne won the girls' age-16 200m backstroke with a time of 2min 25.49sec.

It was another fantastic performance on the big stage from the 15-year-old star.

Lauren Johnstone finished third in the girls' age-14 200m backstroke (2.31.36).

The impressive results kept on coming for the club as Rory Huggins won the age-16 400m freestyle (4.13.16).

He also combined with Owen Davies, Braden Daniels and Adam Chant to finish second in the boys' age 14 to 16 800m freestyle relay (8.17.25).

And Elizabeth Elms claimed a silver medal in the girls' age-15 50m breaststroke final (34.98).

Jack Kelly finished second in the age-16 100m breaststroke final with a time of 1.11.68.

Luke Pullen was in brilliant form in the age-13 category, picking up a number of medals.

Meanwhile, Alaina Ward continued her superb performances.

She performed superbly to reach finals across a number of different events, including recording a second place in the girls' 800m freestyle (9.22.73).

DON'T MISS THE SPORTS MAIL ON SATURDAY FOR MORE PICTURES FROM THE OUT OF YOUR SKIN OPEN MEET AT WATERLOOVILLE

Host clubs enjoy a duel in the pool with a twist

Swimmers perform out of their skins as meet is a great success after format is reintroduced

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THE Swim out of your Skin Open delivered some exciting races with a twist at Waterlooville Leisure Centre.

Joint hosts Havant & Waterlooville (H&W) and Fareham Nomads ended up involved in a duel in the pool as the competition format was a big success.

The swimmers do battle over a series of races with the last one in each eliminated.

H&W head coach Graham Pople decided to bring the format back.

He said: 'The skins comes from an event where the last swimmer in each race gets eliminated.'

'We decided to bring it back and it went really, really well.'

'It makes it a little bit more interesting than the usual format of races.'

'The whole of the swim team did really well.'

Theo Rogers, Alex Chun, Lucy Peers and Jessica Pettitt all produced superb displays, among a strong H&W contingent of racers.

Hamble also sent a good group but it became a friendly battle between the two host clubs.

Pople added: 'It turned into a duel in the pool between us and Fareham.'

'Both clubs had good support for their swimmers and it was a good atmosphere.'

It was the busiest weekend of the year for Fareham Nomads, with 50 members competing at the Swim out of your Skin meet.



ON THE CHARGE Havant & Waterlooville's Daniel Stock swimming in the boys' age nine to 13 200m individual medley heat at the Swim out of your Skin meet. Top right: Fareham Nomads swimmer Callum Machin in the boys' nine to 13 200m individual medley heats. Right: Jessica Pettitt and Amber Fall in action for Havant & Waterlooville in the girls' age to nine to 13 200m individual medley heat

Pictures: Mick Young (150649-15-10-5)

After an exhausting day at Waterlooville, many of the Fareham youngsters then also turned out in the evening at an inter-club Premier League Rother gala.

They faced a difficult challenge, competing against Winchester City Penguins, Worthing, Hart and Ringwood Seals.

The individual winners for the team were 10-year old Ellen Jewell, in the under-12 50m backstroke, with a time of 36.68sec and the 50m butterfly (36.65). Hannah Cooper won the

under-13 50m breaststroke (40.58) to make it a treble for Nomads.

Silver medals went to Joe Davies, Daisy Ireland, Francis Moore, George Lambert, Ellie Sproul, Thomas Dickson, Ryan Ireland, Anna Ross and Ben King.

Head coach Stewart Crowe said: 'The mental toughness of so many young swimmers was probably one of the most pleasing aspects of the gala, together with a better display of technical skills from starting, turning and finishing.'



Nomads finished third in the meeting as they picked up 146 points.

Winchester were first with 212 and Worthing finished second as they collected 159 points.

Hart were fourth with 138 and Ringwood finished fifth on 104.

Crowe added: 'During the past 12 to 18 months a vast amount of improvement has been made by the majority of swimmers which is very promising for the future success of the club.'

'This is now being noticed with swimmers joining from other clubs.'

Fareham masters make history with collection of medals



SIX OF THE BEST Fareham Nomads' masters squad

SIX members from Fareham Nomads were in superb form at the National Masters Championships.

They became the most successful masters team in the club's history with a total of eight gold medals, two silver medals and three bronze medals.

Jo Corben, Tony Corben, Laura Molyneaux, John Molyneaux, Noemie Peignon and Claire Tagg represented Fareham Nomads at the Manchester Aquatics Centre.

A Nomads ladies' medley team was entered for the first time, with Jo Corben, Claire Tagg, Noemie Peignon and Laura Molyneaux winning gold in a time of 5min 01.74sec.

Nomads assistant coach John Molyneaux won gold medals in the 50m, 100m, and 200m backstroke, posting impressive times of 27.58, 1.00.11 and 2.14.61 respectively.

He demonstrated his all-round ability with gold in the 200m individual medley, winning this event by a clear four seconds in a time of 2.17.96.

Molyneaux also gained silver in the 400m individual medley (5.00.43).

Head coach Stewart Crowe said: 'Previously the masters had been represented at this level by Jo and Tony Corben, however with the formation of a dedicated masters squad the club have a new star in

John Molyneaux, the club's assistant coach.

'It was great to see many former swimmers back in the pool and still enjoy competitive swimming.'

'The team have a strong work ethic and great camaraderie.'

Jo Corben picked up golds in the 100m (1.09.45) and 200m backstroke (2.29.42).

Noemie Peignon also won gold in the 200m butterfly in a time of 2.46.07, with her team-mate Laura Molyneaux securing a silver medal in 2.50.40.

Tony Corben recorded his best times for many years, with two bronze medals in the 100m and 200m butterfly, in times of 1.15.65 and 2.58.49.