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'Master class' in county championships



WINNING SMILES: The successful Fareham Nomads squad at Portsmouth's Mountbatten Centre

Nomads take 69 medals at event

FAREHAM Nomads swimmers have won an incredible 41 gold, 20 silver and eight bronze medals at the Hampshire Masters County Championships.

Some 18 members of Fareham Nomads competed at the event on June 19 at the Mountbatten Centre in Portsmouth, just two years after the Masters squad was formed.

The swimmers looked to improve on their seventh place in 2014 and fifth place in 2015. And they did not disappoint with their 89 personal best times from 106 events to take second overall behind Basingstoke.

Head coach John Molyneaux said: "The swimmers were master class and to place second was a brilliant achievement. It was a challenging target competing against 15 other clubs, many of whom have very strong established Masters squad over many years. "The Masters squad is a friendly bunch of all ages and abilities. It was fantastic to see the swimmers supporting and cheering each other on, as well as children coming along to watch their parents swim."

Much had been expected of club members after the European Masters Championships, particularly champions Joanna Corben and John Molyneaux, who between them won 15 gold and four silver medals at the local competition.

Joanna, who entered 10 individual events, was by far the most successful swimmer in the 45-49 age group and although expected to win the backstroke events also gained valua-



ble points for the team in the breaststroke, butterfly, freestyle and the individual medley.

The clubs' newly appointed head coach, John Molyneaux, led by example, chipping in with seven individual gold medals showing his all-round ability in the 25-29 age group. He won gold medals in the 50 and 100 backstroke, 50 and 100 butterfly, 50 breaststroke, 50 freestyle and 100m individual medley.

Teammate and wife Laura Molyneaux helped the cause with five gold and five silver medals to add to her successful outing at the European Masters Championships.

Another of the European squad also impressed: Noemie Peignon, who was in fine form and competed over some of her weaker events winning gold in the 100m breaststroke, 100m backstroke and individual medley. She also added a further two gold and two silver medals to the team's effort.

The youngest member of the squad, Jess Davies, competed in the 18-24 years age group, which she dominated with six gold medals from her six events.

The teams eldest competitor, Phil Disley, competing in the 50-54 years group, was another to be in

great shape, winning five gold and three silver medals.

Triple Gold medal wins came from Paul Rowan, together with two silver and one bronze in the 35-39 year age group. Stuart Wass, another member of the squad to return after a long time out of the water, had a great weekend with an impressive 100 freestyle, achieving a very respectable gold medal time of 56.02. He also won two silver medals behind John in the 50m Back and 50m Freestyle.

Claire Tagg, another of the European Masters team, competed in the same age group as Jo Corben and was successful in winning four silver and one bronze.

Other medal winning performances came from Clive Marquis with one bronze, Ian Dickson with two silver, Andy Green with three bronze and Dan Alberts with two bronze in individual events.

Valuable points were also added to the total with minor placings from Gemma Knipe, Ruth Bannister, Michael Andrews, Vince Hewitt and Lisa Mortimore.

Mixed relay medals were achieved with Nomads claiming silvers in the 72+ years 100m medley team, as well as silvers in the 72+ and 120+ 100m freestyle team events.

John said the only weakness was: "We did not have any swimmers old enough to challenge the medals in the 55 years plus age categories."

Anyone interested in joining Fareham Nomads can contact johnfnc@hotmail.co.uk.