

Nomads home in triumph

'Famous five' impress at British Masters Championships

A SQUAD of five Fareham Nomads Masters swimmers took the British Championships by storm last weekend.

Established Masters swimmer Jo Corben was joined by the club's assistant coach John Molyneaux, Laura Molyneaux, Noemie Peignon and Claire Tagg at the long course competition in Sheffield.

None disappointed, with many personal best times and between them they competed in 16 individual events and one relay from which they won 13 medals comprising of 8 Gold, 2 Silver and 3 Bronze.

Iron lady Corben smashed the World Record in the 200m Backstroke in a



time of 2.24.97, some 20 seconds faster than her nearest competitor in the 45 to 49-year-old age group and the fastest time recorded across all age groups.

Her time also claimed her the British and European Record.

Corben also sent out a strong message to her competitors that she was once again in great shape, recording 1.08.28 in the 100m Backstroke.

The time was a new British and European record but just shy of the current World Record. Her time was the fastest of all competitors aged 18 years and older. Corben also picked up Gold in the 50m backstroke with a time of 33.01 to break her own British Record.

She said afterwards: "Nomads have had a fantastic weekend. I am delighted with my 100 and 200 swims and I'm now really looking forward to the next seven weeks of training before going to London to compete in the European Masters Championships."

And Head Coach Stewart Crowe said: "The Fareham Nomads Masters team at the British Masters Championships put in an impressive performance to claim their brilliant medal tally.

"They are on top form and will now put in another cycle of hard work leading up to the European Masters Championships in May in London."

Not to be outdone in the medal stakes John Molyneaux also won gold in his 100m Backstroke recording 59.78 in the 25 to 29 age group, the fastest that he has swum this event in more than 11 years and also the only swimmer at the Championships to go the magic sub 60 seconds for 100m Backstroke.

The assistant coach for the club impressed by winning Gold in the 200m Individual medley 2.16.39, four seconds clear of his nearest rival, as well as claiming Gold in the 200m backstroke in a time of 2.12.20.

Adding to his medal haul, Molyneaux also took Gold in the 50m Backstroke in a time of 27.88.

Up next came Laura Molyneaux, competing in the 25 to 29 years group. As an age-group swimmer, she had an impressive record competing at a national level as a member of Portsmouth Northsea.

Since returning to the sport just over two years ago – to get fit – she has now stepped up several gears and swam her fastest 200 Individual Medley since her return recording 2.32.47 to gain Bronze.

Team mate Noemie Peignon, swimming in the 30-34 Years category, also claimed a Bronze medal in the 50m Butterfly event in a time of 31.05.

Head Coach Crowe said that since joining the club Peignon is swimming as well as she did as a teenager back in France, a credit to her work rate and determination to succeed. Peignon also achieved Silver in the 100m Butterfly event in a time of 1.09.52.

Claire Tagg (45-49 years) competed in the 200m Breaststroke and was placed sixth. The former age group swimmer at the club swam impressively to improve her best Masters time by some six seconds to achieve 3.17.11. Tagg also achieved 11th in the 100m Breaststroke in a time of 1.33.79.

Corben, Tagg, Peignon and Molyneaux won Gold in the 4 x 50m Medley relay in a time of 2.16.40, standing them in good stead for the European Master Championships.

To round off a fine performance which saw the five swimmers placed 31 out of 228 clubs, Noemie Peignon swam to a life time best in the 200m Butterfly recording 2.36.71 to achieve Silver and team mate Laura Molyneaux clinched Bronze in a Masters PB time of 2.38.36.

Crowe added: "The World Record holder is looking forward to getting more pool time and training in the new pool at Holly Hill Leisure Centre which is due to open in the summer.

"It will benefit all members of the club as one thing that is preventing the club moving forward and achieving even more is the lack of pool time. Some of our competitors' clubs have their senior swimmers in the water for 18 to 20 hours per week. Ours only get 14."



PROUD MOMENT: Fareham Nomads medallists Jess Davies, Hannah Cooper and Ellen Jewell after their triumph last weekend at the Bournemouth Open Meet

Youngsters dive in for medals

WHILE some of the Fareham Nomads Masters swimmers were competing in Sheffield, their younger counterparts were displaying their talent at the annual Bournemouth Open Meet.

Head Coach Stewart Crowe said: "Some 20 members of the club competed and returned with a handful of medals, two top swimmer awards and many personal best times. The meet attracted swimmers from more than 30 clubs so did provide good competition for the Fareham-based club."

Other clubs from Hampshire included Winchester, Havant, Eastleigh, Alton, Hamble and Southampton.

Jess Davies and Chris Finch, two of the eldest and most experienced swimmers attending, won their respected Top Swimmer of the Meet awards.

Jess swam up to her best throughout the meet. She achieved a clean sweep of the backstroke events claiming Gold

in the 50m, 100m and 200m events, adding to this a Gold in the 50m Freestyle and Silver in the 100m Freestyle event.

Chris secured Gold in the 100m Freestyle in a close race just pipping former member Seb Williams to the top place in a time of 53.61. He also won Gold in the 400m Freestyle and 400m Individual Medley and finished his competition off with Silver in the 50m Freestyle.

Gold medal winner Clive Marquis had a four second improvement in the 100m Individual Medley – recording 1.06.96.

The 18-year-old also claimed double Bronze in the 100m Freestyle and 200m Freestyle improving his time by three seconds to 2.01.92.

One of the most improved swims for the Nomads was courtesy of Aiden Phillips, who smashed his 200m Backstroke personal best time by some 10 seconds to a time of 2.18.06. He also won Bronze in the 50m Butterfly.

Much improved Hannah Cooper entered three events and won two Silver medals in the 100m and 200m Breaststroke and a Bronze in the 50m Event.

Youngest of the Nomads contingent, Ellen Jewell, 11, was competing at the bottom of a two-year age group and showed her potential, winning two Bronze medals in the 100m Butterfly and 50m Butterfly. She was also placed sixth in the 400m Individual Medley.

There was double Bronze for Michael Andrews, with success in the 50m and 100m Backstroke both times being personal bests.

The final medallists were Oliver Bulpett in the 200m Breaststroke and Christian Price in the 200m Backstroke.

Other swimmers to compete were: Evie Rowsell, Tom Dickson, Cillian Ross, Beatrice Hollands, Alex Finch, Anna Ross, Matthew Sullivan and Maddy Thompson.