

## County Championships

Taunton Deane Swimming won every medal bar one at the first day, the distance day, with James Prole, Howard Hollis and Nick Constable leading the way in the boys 1500FC in a clean sweep of the medals, the girls nearly achieved the same feat with Libby Mitchell and Abi Abrahams taking 2 of the 3 medals up for grabs there.

The event moved on to the first weekend and TDS produced 14 individual county champions!

Nick Constable, James Prole, Jake Odey, Connor Banks, Dan Wilde, Jacob Greenow, Steven Minter, Ben Jones, Mike Capstick, Kirstie Manning, Emma Clarke and Abi Abrahams all won titles but the last two were the special ones with Vicky Rayson chopping chunks off the County record in the heat and final and Libby was to do the same in the heat and then blow it out the water by going 1.5 seconds faster in the final.

The weekend was a good for the club, the boys 200 back was the first event of the weekend and Dan Wilde started the push with his first county title in the 9 years age group, this was followed by a superb swim by Jacob to win the 10's but we had to wait for the 14 year old boys before the 3<sup>rd</sup> title could be delivered by Nick Constable as he delivered not only the title but his first National Qualifying Time.

The 100 IM for girls was next up and the first and only title in this junior girls event came from Emma Clarke in the 10 years girls, Emily Yap went close with a second and Charlotte Rogers also went close winning a medal.

The 100 Breast for boys was the next event and TDS were again winning medals. Steven Minter and Tristan Vearncombe both swam well and into the senior and age finals. Mike Capstick went unchallenged in his age group event to take the gold and the second 1/2/3 of the meet for Taunton came when Jake Odey, Nick Constable and Connor Banks took the medals in the 14 years age group.

Kirstie Manning was next to win gold in the 100 BACK for girls in the 12 years event, Tracey Kidner was the first of our girls to swim into the championship final and she was closely followed by Libby Mitchell swimming in an unusual event and doing so in another NQT, but Vicky Rayson not to be out done lowered the county Senior record she broke in 2006. The final saw 3 of the girls swimming well with Vicky Rayson destroying the field to win by almost 4 seconds and clear water between her and a former TDS swimmer in second, Libby Mitchell finished in 5<sup>th</sup> with Tracey Kidner in 6<sup>th</sup>. The age group finals saw Tracey take silver in the 16/17 age group with Libby Mitchell a clear 2 seconds ahead of another TDS swimmer Vicky Beach who was a further 2 seconds clear of third.

The close of Saturday's events were the 400 Freestyle events. Emma Clarke won the girls 10 years by almost 10 seconds, Libby Mitchell won the 14/15 girls event by nearly 20 seconds to round off the days winners.

Sunday saw more medals won in event 1 with Abi Abrahams chomping at the bit to get back to her winning ways after having been forced to rest by doctors on day 1

stormed to victory in the 200 Breaststroke. Abi, a former Chard swimmer, was our only winner in this event, medals were also won by Georgia Ardren, Charlotte Rogers, Hannah Stevens, Amy Lock, Sophie Abrahams and Emily Yap who was making winning silver medals a habit.

No male swimmers qualified for the championship final in the 100back with Nick Constable our only age group medallist. Tristan Vearncombe and Jack Chaffey did make and swim well in the 17/18 final with James Prole representing the club in the 15/16 event.

The heats for the Girls 100 fly were up next and Kirstie Manning was again on the podium winning the 12 years event, Abi Abrahams took the 13 girls event but with Abi still not yet 13 it makes the achievement of qualifying for the championship final all the more impressive, she was joined there by Vicky Beach and Libby Mitchell who broke the age and senior County records in the heat.

The last event for the morning session was the boys 200 FLY. Jacob Greenow swam to victory in the 10 years event by over 30 seconds but only after Ben Jones had shown him how in a great swim to win the 9 years event. We had to wait to the 14 boys for Connor Banks to take gold next and Steven Minter followed him in the 17/18 event.

The afternoon session and final set of swims for the weekend continued to show TDS swimmers dazzle.

The 100 FLY final saw Libby smash the record she set in the heat by a further 1.5 seconds to record one of the fastest swim in Europe for 15/16 girls this year. Team-mate Vicky Beach herself no slouch was in the thick of it also making it a 1, 2 finish for the club with Abi Abrahams in 5<sup>th</sup>.

In between the championship and age finals Vicky and Libby were to get no rest playing key roles with Sherilyn Perkins and Abi to win both the freestyle relay and Medley relay before going straight into the age group final.

With the drama of the finals complete the championships moved onto the last event of a good weekend for the club, the 400freestyle for men. Jacob Greenow again dominated the 10 years event by a huge margin to take gold but we had to wait until James Prole entered the water for our next win in the 15-16 boys. James swam a conservative first 200 to tail a Millfield rival at the half way mark before launching into a second half that no one in the event could match coming back even faster than the he went out to take the age group and junior gold medals but also securing a 2<sup>nd</sup> place championship finish.

The weekend resulted in TDS swimmers securing 68 medals with 26 Gold, 23 Silver and 19 Bronze and a total of 147 top 8 swims.

It is not possible to mention every medal as we were fortunate through the hard work and dedication of all swimmers and there coach's to win so many. Well done to everybody involved with the club and good luck for the continued success over the

next 2 weekends to come. If you would like to join Taunton Deane Swimming then please contact Heather Beale on 01823 352765 for details or visit [www.tdswim.co.uk](http://www.tdswim.co.uk)