



LINCOLN VULCANS LEVEL 1 OPEN 2010

A group of 13 swimmers made their way to Sheffield's Pond Forge for the first long course gala of the new swimming year, an excellent meet to gauge where the swimmers were in their plans for the forthcoming year and a great competition against some big clubs we wouldn't normally compete against. Confidence in the squad is very high and the swimmers didn't disappoint coming away with 10 Gold Medals, 4 Silver Medals, 2 Bronze Medals and a host of PBs.

Elliot Bertram was the most prolific winning 4 Golds in the 200 IM (2.30.64), 200 Fly (2.31.62), 400 Free (4.43.57), 100 Fly (1.10.41) and a Silver in the 200 Free (2.12.07) setting 4 long course PBs. Close behind was Toby Pasmore with 3 Golds and 3 long course PBs in 200 IM (2.30.26), 100 Breast (1.20.59) and 200 Breast (2.49.31). Mia Hawkes claimed 2 Golds in 100 Back (1.16.54) and 100 Free (1.07.38), one Silver in the 50 Free (31.21) and a Bronze in the 200 Free (2.26.64) with PBs in all but the 50 Free. Ryan McCarthy had the busiest schedule swimming 7 races, a great test of his racing endurance and he swam fantastically posting steady times throughout a very long day and still came away with a Gold in the 400 Free (4.32.57) and a Bronze in the 200 Back (2.22.88) with long course PBs in the 400 Free, 100 Free (59.84) and 50 Free (27.90). Harry Jenner won a Silver and set PB in the 100 Fly (1.02.49). Tom Newman set a PB and claimed Silver in the 200 Breast (3.10.81) and set a PB in the 100 Breast (1.29.07). Alex Pasmore set PBs in the 50 Free (27.89) and 100 Free (1.00.93). Megan Holder set a PB in the 200 IM (2.39.66). Sara Khadraoui set a PB in the 100 Breast (1.26.61). Hannah Thomas set a PB in the 100 Free (1.05.12). Ross McCarthy set a PB in the 100 Free (1.15.04). Charlotte Payne set a good time in her 100 Fly (1.11.26) and Bethan Holder gained some valuable long course experience in her 50 Freestyle (33.18) and 100 Free (1.11.51).

Overall a fantastic meet for Phoenix.

GO PHOENIX!