

Sun, Salad and Very Fast Swimming

On Saturday 8th June whilst we had some swimmers competing at the regional's, Winsford SC took a task force of 35 special elite trained swimmers to Wrexham water world to take out some of the best swimmers Wales had to offer plus some other teams from England.

The sun was out as I woke up, so I knew straight away we were going to swim fast, very fast and enjoy the days racing. Winsford always swim fast at Wrexham (In fact we swim fast everywhere!) and I was trying to work out why and it suddenly came to me, it was obvious the club has got some great coaches! Great coaches, great swimmers is a lethal cocktail and at Wrexham that was proved. It was so pleasing to see everyone competing with absolute fire (and sweets!) in their belly and racing with absolute focus and determination. I love to watch racing and our swimmers love to race and it showed in some of the results we gained. Racing is in our swimmers blood and win, win or win everyone loved their racing.

It is so encouraging for me to see so many swimmers supporting the meet and so many youngsters learning their trade on the circuit and also so good to see some of the more experienced swimmers showing the youngsters how it is done and passing on their wisdom!

The day at Cath Ankers was a marathon and there was so many races I could talk about and so many highlights however it would be impossible to talk about them all and do them all justice. However as a team we all performed outstanding, there were so many medals, PB's and so many races which were truly exciting to watch. Winsford swimmers on the whole are very strong mentally, we don't get down if we don't perform (which rarely happens!) and we always look to the next race and make that better. Hand on heart I thought we performed superbly well and all swimmers can take a lot away from the meet. The meets which are over 3 sessions are tough, but not for us they are character building and any sort of challenge we rise to and everybody did rise. We are like an army marching on together.

So as always everybody deserves a mention so in alphabetical, girls to lads order well done to: **Beck Alderman** for some superb racing, especially the 100 Free, superb time. **Alissa Blackshaw** for swimming with no fear and always racing to her best, the BK is getting better! **Amy Booth**, for being the captain for the day and for racing her best always, **Abbey Brown** for some very fast sprinting, it was great to see you competing on Brst & Fly, can't wait for a 200 Fly! **Sophie Cliffe** who has got so much more confidence and is now racing with a smile on her face, well done, **Faye Coleman** who did some very good sprint swimming, believe in yourself and you will be even faster! **Domi Dean** who technically is superb, always smiling! Exciting future, **Alice Deeming** who fights for all races, come on a lot since moving up to squad, **Elisa Hughes** for a great 100 Fly, I am glad you did it! **Mad Langton-Flint** for a great 100 Fly can't wait to see you race 200 Fly and maybe 400 IM in the future! **Taryn Lawson** for giving her all in all races, the times will come. **Georgia Maundrill** who races with no dramas, just gets on with job and performs every time, **Hannah McEnaney** for racing with more and more fight every time I see her, well done, **Olivia Morley** for some great racing especially the 50 Free, always smiling! **Keeva Stott** for always looking to win medals! Good attitude for someone so young, **Orla Stott** again like her sister racing with great attitude, **Martha Townend** for battling all weekend and always happy, **Katie Wilson** for racing like a tiger, great potential, Dives getting better! **Hannah & Kate Young** both have top class attitude and are a pleasure to coach, thanks girls, **Harry Armit** great racing, special mention for a class 100 Free, **Rory Armit** who is fearless, great potential and trains like a horse! **Max Beasley** who is getting stronger by the race, very funny lad, chocoholic! **Adam Blackburn** who probably got the biggest PB's and raced with a smile, **Adam Blackshaw** who fights in every race, great fly swimmer and great lad, **Will Deeming** for always giving 100%, super 100 BK, **Harry Goodfellow** always giving his best and racing well, **Louie Goodfellow** like his brother doesn't let racing phase him, always enjoys a race, **Aaron Grindley** improving all the time and again loves to race, thanks for the doughnuts! **Sam Houghton** racing with desire and drive, well done, **Reece Hughes** for racing to his best, lots of potential on the free events, **Alex Humphries** who powers his way through the races, one for the future, **Kai Knowles** gaining lots of PB's and races with guts, **Alex Moss** who has improved a lot especially on the free and BK, **Tom Stacey** for having a great 100 Brst, and racing his best.

Sorry for the very short accounts on each swimmer but I can honestly say that the results at Wrexham were superb and everyone deserves so much credit not only for the attitude and the way they raced but the team spirit we had together. Winsford SC is very close knit and it showed on Saturday, we are one and we look after each other. Well Done.

Swimmers of the day is so very hard but for the lads I have chosen two swimmers and they are **Adam Blackshaw** and **Adam Blackburn**, Blackshaw because he really does race like an animal and always fighting and I have always loved a fly swimmer! Blackburn for gaining massive PB's and for smiling whilst he is racing, which I have never seen before! Glad that

you enjoy your racing ad! For the girls I have chosen **Beck Alderman** she trains so hard, with no moans, shows absolute loyalty and does everything and more of which is asked of her and for a great 100 Free, Well Done Becky your efforts have been rewarded by your racing results.

I would like to say thank you to Jenny Lawson and Craig Blackburn for providing team management, you were both a great help. Thanks to Winsford SC supporters, it is great to see so many in the crowd cheering on the team. Thank you to Wrexham SC for providing dinner (salad, cold beef & Ham, bread, cake etc.) very much appreciated and the very final thank you to the swimmers, your attitude was first class all day, I was very proud to be poolside with you and to watch you race.

***"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it".
Michael Phelps***

Train, train and train some more and let's see what we can achieve together.

See you all at training! Dan Goodwin. As I write this I can see McDonalds outside my window, time for a burger I think!!