**Fast Swimming and 2nd Top Club at Conwy Open**

28 Swimmers made the journey across the border into the beautiful North Wales countryside and onto the sea side resort of Llandudno. Llandudno is a Victorian town with lovely charm and lots of places to visit, BUT we were not there for a holiday and we were not there to play all day on the slot machines and we were not there to paddle in the sea or eat fish, chips and mushy peas, we there to Swim, Race and WIN. The team was made up of all ages from Boys vice Captain Alex Law down to the youngest competitors 9 year olds Harrison Aspinall and Rory Armitt. The team however on the whole was very young, very committed and above all very, very hungry. Hunger is vital, a hunger to race, to succeed, to attack and to be brave is so important when we are in battle.

When I arrived on pool side early on Saturday morning I just knew it was going to be a great weekend of swimming, I just knew our swimmers wanted to race. The weather was dark, cold and wet but that was good because I knew I would be indoors for most of the weekend. The meet took place at the Llandudno swimming centre a pool built for competition. There was ample space poolside, ample spectators, great scoreboard, constant 2m depth and a training pool and it close to McDonalds. It was a great place to race and a great place to watch racing. There were 6 sessions in total and a gruelling schedule with both the 800 and 1500 free part of the programme. Many of our swimmers raced a lot of events over different strokes and distances, it is so important for a young swimmers progression to race all strokes. Our swimmers gained valuable race experience, PB’s, Regional, County and North Midland QT’s. We gained a huge number of medals. It was very pleasing to see so many swimmers, swimming fast. It was clear to see that those swimmers who have put in the time into training have got the rewards.

There were so many highlights and so many medals won it would be impossible to mention them all. We had success all across the weekend but the event we had huge success on was on the 200 IM for both Boys and Girls. This was an event where we had so many entries and so many new PB’s. It was great to see all our swimmers racing with skill over the 4 strokes and to see our swimmers attacking the event. This event for all our Junior and Age group swimmers is our bread and butter (or for some parents cheese!) event, the IM is so important for our swimmers development. IM, IM, IM, IM and IM that is what our youngsters dream about at night.

We had so many entries it would be an all day job of mentioning everybody but I will congratulate every swimmer who took part, so well done to: Beck Alderman, Alissa Blackshaw, Abb Brown, Izz Burton, liv Cappa, Faye Coleman, Ellie Cushen, Dom Dean, Al Deeming, Alisha Hawkins, Mad Langton-Flint, Katie Wilson, Finn Armitt, Harry Armitt, Rory Armitt, Ad Blackshaw, Jay Cushen, Will Deeming, Josh Egerton, Reece Hughes, Cam Jones, Ethan Jones, Kai Knowles, Alex Law, Alex Moss, Jacob Robson, Ethan Wright & Jamie Young.

Each and every member of the team helped Winsford SC to achieve 2nd Place in the top club standings out of 27 clubs. This was a fantastic achievement made by all, but next time we want 1st!

I have to mention, special congratulations to all those swimmers who managed a top 8 place in the overall age group individual rankings:

**Girls 9-11:** 7th Abbey Brown.

**Girls 12-13:** 1st Olivia Capper, 4th Alisha Hawkins.

**Girls 13-14:** 2nd Isobella Burton.

**Boys 9-11:** 2nd Finn Armitt, 4th Jay Cushen, 5th Ethan Wright.

**Boys 12-13:** 3rd Jamie Young.

Also a special mention to those swimmers who took up the opportunity to race and race fast the 800/1500 free: Harry Armitt, Alex Moss, Alisha Hawkins, Becky Alderman, Olivia Capper and Alissa Blackshaw.

A big thank you to Sarah-Jane and Neil Hawkins for being team managers poolside. Thank You to all the parents for supporting the meet and supporting all Winsford swimmers. Thank you to Swim Conwy for their hospitality and for organising such a good meet and for making pool side such a good temperature for the coaches and for giving me sweets. Thank you to Lorraine McGowan who kindly gave up her time to be one of the judges. As always my biggest thank you goes to the swimmers each and every one of you. It was great to be poolside with so many of you; it really does make the meet so much more enjoyable when we have swimmers in a lot of the heats. The team spirit amongst you is so strong, well done to you all.

It was a long meet but a very successful meet, there are always going to be ups and downs (that’s life) but we always dust our selves off and get on with it, overall though as a team the results were magnificent. It could be an exciting season for many of you.

As always a quote for you all!

**"Mainly, I like to have fun. Swimming is all about having fun, and I am firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself".   
Scott Goldblatt**

Hope you all have a great half term, as I write this report it is raining very heavily but don’t let that stop you from going outside with your coat on and enjoying the day with your family and friends.

Dan Goodwin.