

# MID BEDS SWIM SQUAD

## \*\*\*\*\* PRESS RELEASE \*\*\*\*\*

Mid Beds Swim Squad, sponsored by LV= had their most successful East Region Championships for several years with half of the squad qualifying for the Youth and Age Group events. Thirteen swimmers provided 25 finalists and came away with four medals.

Most successful of the swimmers was fourteen year old Molly Bow from Kempston; winning a silver medal in the 50m breaststroke, bronze in the 100m and 7<sup>th</sup> place in the 200m. Fellow

Fourteen year old James McFarland from Harlington won a silver medal in the 200m butterfly and finished 5<sup>th</sup> in the 200m freestyle, 6<sup>th</sup> in the 100m butterfly and 400m individual medley, 7<sup>th</sup> in the 50m butterfly and 8<sup>th</sup> in the 200m breaststroke.

The final medal went to thirteen year old Matt Peck from Chicksands in the 1500m freestyle. He also had an excellent meet, finishing 4<sup>th</sup> in the 200m backstroke and 7<sup>th</sup> in the 100m, 8<sup>th</sup> in the 400m individual medley and 9<sup>th</sup> in the 400m freestyle.

Fourteen year old Charlotte Ashwin from Campton was unlucky to come away without a medal, finishing 4<sup>th</sup> in the 50m and 200m breaststroke events, 6<sup>th</sup> in the 200m individual medley, and 7<sup>th</sup> in the 400m IM.

Lauren Thomas from Bedford finished 6<sup>th</sup> in the 200m butterfly in her first regional championships.

Other qualifiers in the East Region Age Group Championships were Emma Shoobert, Lauren Wilson, Eddie McFarland and Will Lowrie.

A recently developed a link squad between Biggleswade and Flitwick Dolphins swimming clubs and Mid Beds Swim Squad also reaped rewards with four of the link squad swimmers also qualifying for and competing in the Age Group Championships; Kai Borremeo from Flitwick Dolphins and Austin Lillywhite, Rachael Andrews and Rhea Mason from Biggleswade.

In the East Region Youth Championships fifteen year old Georgina Curtis from Maulden finished 5<sup>th</sup> in both the 200m and 400m individual medley and 7<sup>th</sup> in the 200m backstroke. Other qualifiers were Julia Lenkiewicz, Max Stefanik and Katie Shoobert.

Head Coach Tom McManus said "Overall it was a fantastic team performance and to have 25 top 8 finishes is a fantastic return. The swimmers worked incredibly hard in the run up to the ASA East Region Championships and their hard work paid off. As a squad we have gone from strength to strength this season and I'm very happy."

The focus now switches to this seasons National Championships where Molly Bow has qualified for the British National Summer Championships and Molly, Charlotte Ashwin and James McFarland have all qualified for the ASA (English) Summer Championships.

\*\*\*\*\* ENDS \*\*\*\*\*

### **Biggleswade swimmers**

Matt Peck  
Charlotte Ashwin  
Lauren Thomas  
Emma Shoobert  
Lauren Wilson  
Will Lowrie  
Austin Lillywhite  
Rachel Andrews  
Rhea Mason  
Katie Shoobert

### **Flitwick Dolphins swimmers**

Molly Bow  
James McFarland  
Edward McFarland  
Kai Borremeo  
Georgina Curtis  
Julia Lenkiewicz  
Max Stefanik

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**Notes to the Editor**

**MBSS is the premier competitive swimming club in Bedfordshire. Drawing directly from two feeder clubs, Biggleswade and Flitwick, MBSS was set up specifically to serve the elite swimmers of the surrounding district. The club has swimmers ranked at both regional and national level.**