



Copeland Amateur Swimming Club

Registered Charity Number: 1103769

Five young Copeland ASC swimmers were in completion at Sunderland Aquatics Centre over the weekend of 2/3 July in the annual Sunderland ASC summer graded gala. The five swimmers pictured from left to right, are Chloe Carr (12), Adam Metcalf (9), Samantha Kellett (12), Jack Kellett (9) & Ellinor Southward (9). For Sam, Adam & Jack, this was their first experience of a 50m pool and all did very well.

The two older girls, Sam & Chloe were competing in a very strong and large 12 year old age group and they did themselves proud. Sam achieved 4 new personal best times and coped admirably with the new experience. Head coach Alan Burns said: 'Sam came into competitive swimming rather later than many swimmers, but she works hard and continues to show improvements in her development. I'm pleased she enjoyed the experience and I hope her achievements this weekend continue to feed her desire for the sport. She's a really nice girl and she deserves the successes she had this weekend.'

Chloe Carr has been with Copeland ASC for some years and while she admits to having difficulty in planning her races in a 50m pool she still managed to come away from Sunderland with 2 new personal best times, a medal for a 6th place in the 100m Breaststroke and six other top 10 finishes. Head Coach Alan Burns said: 'Chloe is a great swimmer to have in a squad. Her training ethic is exemplary and she nearly always has a smile. This weekend's results show me that all she needs is an increased opportunity to gain long course experience and she will improve her long course times for sure.'

The weekend at Sunderland was completely stolen by the Copeland 9 year old trio of Adam Metcalf, Jack Kellett and Ellinor Southward. Adam & Jack had never been in a 50m pool before Saturday morning's warm-up session and could easily have been overawed by the occasion, but instead they made their way through two grueling days of competition like veterans. Jack won one medal for a fourth place in the 200m Backstroke, a Bronze medal for the 50m backstroke, three silver medals (200m Freestyle, 50m Breaststroke & 50m Freestyle) and one Gold medal in the 50m Butterfly. His times in the 50m Freestyle (36.87) & 50m Butterfly (40.95) were also new personal best times. Jack's overall performance put him in third place overall in the 9 year old 'best boy' competition.

Adam Metcalf also had a remarkable first outing in long course competition, achieving three bronze medals (200m Freestyle, 200m Backstroke & 50m Butterfly), one Silver medal in the 50m Backstroke and an impressive three Gold medals (50m Freestyle, 50m Breaststroke & 200m Breaststroke). He managed new personal best times in the 50m Freestyle (35.92), 50m Backstroke (43.33) & 50m Butterfly (43.72) and most impressive of all he won the 9 year old 'best boy' competition by 5 points from second placed Adam Wilson from Tynemouth and by 9 points from team-mate Jack Kellett in third place. An excellent first attempt at along course event.



Copeland Amateur Swimming Club

Registered Charity Number: 1103769

Ellinor Southward is no stranger to the Sunderland pool and this may have been to her advantage as she won the 'best 9 year old girl' competition by a massive 28 points. Ellie's impressive performance saw her make a clean sweep in her events, taking the Gold medal in all 8 of them. She recorded four new personal best times in the 50m Freestyle, 200m Butterfly, 200m Freestyle & 200m Breaststroke. Her time in the 50m Freestyle broke her own Cumbria age group record; a record she has now broken four times. Ellinor has her tenth birthday later this month, so it is to the relief of many 9 year old swimmers that this was her last competition in the nine year old category.

Head Coach Alan Burns said of his trio of nine year olds: 'What an excellent weekend both for the three individual swimmers personally and for Copeland ASC. We didn't quite know how the boys would take to the long course pool, but I guess we have the answer now! Ellie has had an excellent first competitive year and has brought it to a close in style. I look forward to steering both Ellie and the boys through many more competitive swimming years. I'm very proud of all five swimmers and their performances this weekend. They were excellent ambassadors for Copeland ASC and represented the club amazingly well.'