



Copeland Amateur Swimming Club

Registered Charity Number: 1103769

Copeland ASC swimmer Ellinor Southward was in action at Sunderland Aquatics Centre on 21 & 22 May at a level 1 long course (50m pool) open meet. The 9 year old from Seascale was one of only three 9 year old girls to enter with qualifying times in the 11yr/under category. Ellie swam very well making two top ten finishes overall and recording three new Personal Best Times in the 50m Butterfly, 200m Backstroke and 200m Individual Medley. Her 50m Long Course Butterfly time of 38.00 is also a new Cumbria 9Yr old girls Age group record. The times she swam at Sunderland in the 50m backstroke , 200m backstroke and 200m Individual Medley are currently recorded on the ASA database as the second fastest for the events by a 9 year old girl in a long course pool so far this year.

Copeland ASC Head Coach Alan Burns said: 'Ellie is a good prospect for the future. She has been with us since the age of 6 and has progressed through to B squad where she now trains 10 hours each week. She is testament to what can be achieved by starting young , having the right self discipline, determination and the right coaching.' Alan went on to say 'Copeland ASC has a history of developing swimmers from a young age to produce some good quality competitive swimmers and as a competitive swimming club this is one of our key goals. We have a number of young swimmers at Copeland right now who have a lot of potential and it is our job and to nurture them and prepare them for competition.'

From Learn to swim for beginners to development and main squad swimming, free assessments are held on the first Wednesday of each month at Copeland Pool at 6:45 p.m. Swimmers of all abilities are welcome to come along.

Ellie is pictured in action in the 50m Butterfly at Sunderland Aquatics Centre.