

Copeland Amateur Swimming Club

Copeland ASC Griffin Gala

Copeland ASC hosted its annual Griffin Gala on Saturday 7 May. The Griffin Gala is very popular event in the Cumbrian swimming calendar and is a fast moving graded sprint gala for swimmers between the ages of 9 and 12 years old. This year Copeland Swimmers recorded a total of 69 Personal Best times and one Cumbria Age Group record. That record was swum by 9 Year old Ellinor Southward in the 9 year old girls 50m Backstroke, breaking the old record set in 2002. Ellinor's new record time of 37.02 also appears on the ASA rankings database as the fastest time swum in this event by a 9 year old girl in the UK so far this year and sits at 7th in the 'all time' rankings for that age group & event.

Picture 1 : Ellinor Southward with the 'Best 9Yr old Girl award' at the Griffin Gala.

Copeland ASC Diddy League

Copeland Diddy League team of swimmers between the ages of 9 and 11 years was in action again on Saturday 14 May at Workington pool. Their valiant efforts resulted in a 2nd place on the day against the teams at Workington and a 4th place overall in the league. This result puts the Copeland team into the 'A' final at Kendal on 25 June.

Senior Coach Julie Walley is delighted with the team's results so far this year as it builds on last year's achievements and rewards the hard work and training these young swimmers put in each week. The team goal is to achieve a top three finish in the Grand Final in October.

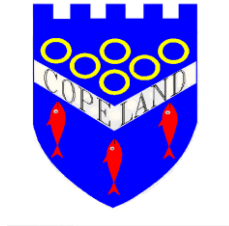
Assessments for new swimmers in the Learn to Swim Scheme or Development squad (Diddy Team swimmers) are now held on the first Wednesday of each month at 18:50 at Copeland Pool. Everyone is welcome.

Picture2: Copeland ASC Diddy Team at Workington.

Becky Walley Regionals

Becky Walley represented Copeland ASC at the Swim North West regional youths championships at Liverpool on the 30th April and 1st May 2011. Becky swam at the lower end of her age group; being only 14 she competed in the 14/15 year age group.

Becky competed really well achieving personal best times in the 200m and 100m freestyle in times of 2.17.65 & 1.04.90 respectively, setting a new Copeland ASC club record with her 200m freestyle time. She also had a personal best in the 50m front crawl in a time of 30.63.



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Becky also competed well in the 200m individual medley recording a time of 2.41.26 and the 200m breast stroke recording a time of 3.12.64.

Picture 3: Becky Walley of Copeland ASC