



# East Midlands Regional Championships 2023

## Head Coach Report

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### What an exciting three full weekends we have had with our swimmers at the East Midlands Regional Championships!

Gala 1 and 3 for the 14 and under age groups, were held at Corby 50m swimming pool.

**Boys** – Robbie Duff, Jacob Gifford, Jacob Hegg, Jack Hicks, James Huckle, Lucas Newbould, Oliver Jones and Oliver Wilkinson.

**Girls** – Brooke Hemmings (RO x 1), Emily Talkes, Isla Scott (RO x 1), Karolina Parkinson, Lucy Davis (RO x 2) and Megan Lamb.

Gala two was for the 15 and over age groups and was held at the new 50m complex, Moorways Sports Village, in Derby.

**Boys** – Ben Derby (RO x 1) Dominik Washbrook, Evan Noopuri, Hayden Potts, and Jack Hughes.

**Girls** – Liv Spencer and Mia Copping.

All swimmers competed in various individual and team events across the weekends. The competition was very tough; our swimmers showed outstanding drive and commitment to their swims and have trained very hard to be at this highly ranked competition, a huge congratulations goes to them. I also need to say a huge well done to those swimmers, who although they worked so hard and achieved the Tier 2 Regional times, unfortunately due to numbers, did not manage to get to attend the events, well done to you.

### Across all weekends there were –

97 x individual swims

68 x personal bests at a Long Course competition

6 x relay swims – 1 x 4th place for 14 and under 4 x 50fc team

23 x finals, with 10 more personal bests achieved in the finals

4 x Bronze individual medals

5 x Silver individual medals

**9 medals in total.**



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In the 14 and under age group we entered boys and girls relay teams in the 4 x 50 freestyle and 4 x 50 medley.

For the 15 and over, we entered a boys 4 x 100 freestyle and 4 x 100 medley team. All swimmers swam so well with the boys 14 and under freestyle team just missing out on a Bronze medal, coming fourth place with what was a very exciting race.

I'd like to thank Gemma Lamb for being my support at all three weekends, helping each weekend run very smoothly. The club officials who travelled to the meets to help officiate, without whom the events would not take place. Our parents for taking the swimmers, some for one race a day on some days and the swimmers, for all their hard work and commitment.

Our swimmers, in the short period of time I have been with the club, have made huge progress. Some swimmers did not achieve a 2023 County time but have trained so hard that they have achieved the Tier 2 Regional Qualifying times, hard work and persistence does pay off! Well done to you.

I look forward to working with you all again at our upcoming meets.

(RO x 1 or 2 indicates swimmers who swam for the relays only).

Regards

**Pauline Gourley**  
Lincoln Vulcans Head Coach

