

On Sunday 19<sup>th</sup> March a small contingent of Leicester Penguins Masters attended the Calverton and Bingham Swimming Club Masters Open Meet. On the day Leicestershire swimmers won a total of 31 1<sup>st</sup> places, 21 2<sup>nd</sup> places and 16 3<sup>rd</sup> places.

Penguins swimmers coming away with 14 of the 1<sup>st</sup>, 9 of the 2<sup>nd</sup> and 6 of the 3<sup>rd</sup> places.

To say we are proud of their achievements is an understatement and testament to the hard work that they put in at training sessions, and the clubs commitment to growing Masters swimmers within the club. Fantastic role models for all younger swimmers. Full meet report below.

First up was Nicola Burdett in the 200 Free, Winning her age group comfortably with 26 seconds to spare in 2:25:07. Lydianne Lock followed, who despite being ill and not training all week before the event swam a remarkable 2:26:38 finishing second in her age group. Emma Prusek cruised to her first victory of the day by a comfortable 3 seconds, bang on her recent personal best, finishing in 2:21:56, coming first overall.

Sarah Brooksbank followed in event 3, 50 breaststroke, her favoured stroke, winning her age group and finishing second overall on her PB in 37:42.

Event 5 saw Lydianne swimming the 100 backstroke in 1:14:67, beating her all time record of 1:15:71 finishing 1<sup>st</sup> in her age group and 2<sup>nd</sup> overall, narrowly beaten by less than a second to 1<sup>st</sup> place by a swimmer 20 years her junior!! Fantastic effort.

Richard Stock was up next for his first race of the day in the 100 Freestyle, finishing 1<sup>st</sup> in his age group with a time of 59:95.

All 4 girls were again in action, this time swimming the 50 free, Nicola (32:07) and Lydianne (31:21) winning their age groups, Emma narrowly beaten in to 2<sup>nd</sup> place (30:19) and Sarah finishing 3<sup>rd</sup>.

Richard came 3<sup>rd</sup> in the Mens Open butterfly, touching in a time of 30:23 and shortly afterwards swimming the 100 breaststroke romped home in first position with an 8 second lead.

Event 12 saw the ladies win the 200 metre medley relay in 2:19:23.

After lunch saw Richard finish second in his age group for the 200 free in 2:18:43.

Lydianne finished 1<sup>st</sup> in the 50 backstroke in her age group and 3<sup>rd</sup> overall with a time of 34:26.

Event 18 saw Stocky finish 2<sup>nd</sup> in his age group whilst swimming the 100 backstroke touching in 1:13:14.

The 100 freestyle, event 19, again saw Nicola and Emma in action, Nicola winning her age group in a time of 1:08:33 and Emma touching 2<sup>nd</sup> in 1:07:16.

The womens 50m open butterfly saw Sarah take to the blocks, not having swam this competitively in a long time, finishing 2<sup>nd</sup> in her age group with 35:91 and only marginally 1 second over her all time personal best for the event in 2010.

Shortly afterwards saw Sarah again in action, this time swimming the 100m breaststroke, finishing 1<sup>st</sup> in her age group and 2<sup>nd</sup> overall in 1:24:74

The final event of the day saw the girls rock the blocks swimming the 200 freestyle team event, again finishing 1<sup>st</sup> in their age group, I have it on very good authority that the highlight of the day was the crème eggs given to the winners, I think the photo goes to prove that.

A very well done to the swimmers and coach.