

Heath and Matt star at Nationals and Matt and Grace star at Opens

Australian Age Championships were held in Adelaide from 8th to 13th April 2013.

There were 12 O&M swimmers representing three local clubs. Heath Macleod from Wodonga was in fine form bringing home the golden double in the 100m and 200m Breaststroke in his 12-13 year old age-group. He had 4 other top ten finishes and 2 others in the top twenty proving his versatility across multiple strokes. Fellow Wodonga swimmer Georgia Stadelmann was a finalist in the 50m Freestyle and top twenty in the 100m Freestyle in the Women's 15 year old events with 2 other swims. Zoe Deacon was a finalist in the 100m Breaststroke and top 20 in the 200m Breaststroke in the Women's 12-13 year old events. Other Wodonga representatives included Ben Bayes-Smith (4 events in the Men's 12-13 year 50m and 100m Freestyle and 100m and 200m Backstroke), James Jarrous in the 50m and 100m Freestyle for 15 year old Men and Olivia Plunkett in the 50m, 100m and 200m Freestyle for 15 year old Women.

Wangaratta's Elli Warren swam 7 events in the 15 year old Women's events scoring a top ten placing in the 200m Freestyle and top twenty swims in the 400m Freestyle, 400m IM, 800m Freestyle and 200m Fly. Other Wangaratta representatives were Kate Brown in the Women's 16 year old 100m and 200m Breaststroke, Josh Hargreaves in the 15 year old Men's 100m and 200m Breaststroke and Isabelle Renner in the Women's 14 year old 100m Breaststroke.

ANL was represented by two swimmers, Bronson Meehan making the top twenty in the Men's 12-13 year old 100m Butterfly and Romee Thwaites competing in the Women's 14 year old 100m Breaststroke.

Matthew Ward from GT Aquatics was the district's only representative at the Australian Multi-Class Age Championships held immediately after the Age Championships on 13th to 15th April 2013. Matt had a huge program bringing home silver medals in both the Men's 17-18 50m and 100m Breaststroke. He also won a bronze in the Men's 16-18 200m IM. He was just outside the medals placings in the 50m, 100m and 400m Freestyle, 50m and 100m Backstroke and 50m Butterfly.

Two Ovens and Murray District Swimmers made their way to Adelaide last week for the 2013 Energy Australia Swimming Championships, the trials for the FINA World Swimming Championships in Barcelona. With only a short break since National Age Championships, Matt Ward from GT Aquatics had a huge program of 9 events battling against the best in the Country for spots on the National team. Matt quickly becoming a "face" around the pool deck getting many people including Ellie Cole (Australia's best Paralympic female) cheering for him in every race. Matt swam 5 personal best times

in this meet which at any level is a fantastic achievement. Placing 9th 10th and 11th Ward narrowly missed out on a finals swim in several events. Grace Harmer from Wangaratta swam at her first National Championships getting to rub shoulder with previous O&M swimmers such as Belinda Hocking and Eliza Ham.

Well done to all these swimmers on their fantastic efforts.