

# 2016 Georgina Hope Foundation Australian Age Swimming Championships

Wow, what a fantastic week for some of our Ovens & Murray swimmers who made the trip to the South Australian Aquatic and Leisure Centre in Adelaide to compete at the Australian Age Championships in late March, early April.

More than 1700 swimmers representing 296 clubs from every State in Australia as well as a host of visiting swimmers, including a team from New Zealand competed at this eight- day meet.

The swimmers representing their clubs from the Ovens & Murray District were - Maggie Skewes, Bailey Clemson, Austin Shepherd, Riley Briggs, Zoe Deacon, Mackensy House, Declan Herring and Elli Warren.

12 year old Maggie swam in both the Girls 12-13 years 50m and 100m Freestyle events. The 50m Freestyle had Maggie swimming on her time and she backed this up with a personal best time of 1:00.46 for the 100metre event. Maggie came 24th out of 55 swimmers in this event and was the second fastest 12 year old indicating the potential this young swimmer has.

Bailey Clemson competed in the Boys 12-13 years 100m Backstroke swimming a personal best time of 1:08.18 which moved him up the ranks by 4 places.

Austin Shepherd competed in the Boys 14 years 50m Freestyle event, another personal best time for Austin swimming a 26.08, which moved him up the ranks by 14 places.

Riley Briggs swam the 100m Breaststroke in the Boys 15 year old event with a great swim in a time of 1:12.24.

Zoe Deacon lined up to compete in the Girls 15 years 100m Breaststroke finishing 9th in the heats with a time of 1:16.07. She shaved further time off the morning session to finish 8th in the finals with a time of 1:15.85. Event 114, the Girls 200m Breaststroke had Zoe ranked 5th going into this event - swimming a time of 2:42.66 in the heats placed her 3rd for the finals. Zoe improved on her heat time by swimming 2.08 seconds faster with a time of 2:40.58 finishing 3rd overall bringing home a silver medal as 2nd Australian - well done Zoe! She also competed in the 200m Individual Medley.

Mackensy House entered the Girls 15years 50m and 100m Freestyle events. She performed well in both her events swimming a time of 27.92 for the 50m moving her up 8 places in the ranks and a time of 1:01.27 for the 100m Free.

Declan Herring swam personal best times in both his events the Boys 17-18 years 100m and 200m Breaststroke, swimming a 1:07.27 and 2:33.03 respectably.

Elli Warren had a full week with 5 events entered in the 17-19 years age group. Her first event for the meet was the 200m Freestyle where she swam a personal best time of 2:06.42, an improvement of 2.5 seconds which saw her place 12<sup>th</sup>. Following on from this event Elli, competed in the 100m Butterfly, 200m Backstroke and 200m Butterfly swimming on her times for all three events and improving her rankings in all. The last event of the meet for Elli was the 100m Freestyle where Elli swam another personal best time of 58.94. Great results for Elli who was in her final year at this Championship.

At the same meet it was also great to see some ex-O&M swimmers who have moved to Melbourne to advance their swimming careers continuing to impress. Of particular note was Heath Macleod who came home with 3 medals after taking second place in both 100m Breast and 200m IM and third place in the 200m Breast, all in the 16 year old Boys events. Joshua Hargreaves also made the final of the 17-18 years 200m Breaststroke.

## **The 2016 Hancock Prospecting Australian Swimming Championships - Road to Rio**

Following on from the Age Championships, the best swimmers from across Australia lined up behind the blocks at the SA Aquatic & Leisure Centre, Adelaide ready to race for the chance to fulfil their dreams with selection onto the Australian Olympic and Paralympic Teams for Rio.

Amongst these swimmers were Zoe Deacon and Matthew Ward.

Zoe competed in the Open 200 metre Breaststroke. She was ranked 33 going into the event, and swam close to her time and finished 28 overall - fantastic achievement Zoe.

Matthew swam in both the MC 50m and 100m Breaststroke events. His first swim for this meet was the 50m where he swam close to his time and finished 7<sup>th</sup> overall putting him into the finals - again on his time in the finals he finished 6<sup>th</sup>. In the 100m Breast, Matt swam a personal best time in the heats by knocking a massive 3.81seconds off his seed time. This placed him 8th for the finals where he swam close to his heat time and retained this placing.

It was also great to see Belinda Hocking continue her fantastic swimming career when she won the 200m Backstroke. This gave her her 7<sup>th</sup> Australian title in this event and qualified her for her third Olympic Games. We wish her all the best in Rio!!

These meets see the end of the 2015/2016 swimming season and a huge congratulations goes out to all the swimmers who have achieved so much this year, not just at the National Level, but to everyone who trains and competes at a local and state level. Thanks also to the coaches and parents who provide the advice, support and means for all these swimmers to train and improve, and the local officials who donate their time and professionalism to make our District the success that it is.

Good luck to everyone as the Short Course Season approaches!!