



# MAKING WAVES

Issue 3 - April 2012



## Making a splash

### Chairman's Intro

Welcome to the third edition of Making Waves the IOMSA Newsletter.

Lots of things have happened since the last Newsletter in December.

We have just completed the 2012 Isle of Man Swimming Championships which have once again produced some fantastic swimming. Reports by Shirley Coop are included below.

I would like to thank all the Swimmers for their commitment and to the tens of helpers who ensure that the Championships continue to be an event for us to be proud of.

In addition, we have appointed a new National Coach – see alongside.

In the short term we are delighted to welcome back Alastair Johnson who

has returned from Singapore for the next month until Lee arrives.

We have also gained a new sponsor, AXA Wealth International who will be sponsoring the 2012 Dolphin Trophy and we welcome them and than thank them for their support.

Clive Parrish

### Douglas Swimming Club Congratulates its Newly Qualified Poolside Helpers



During January and February this year Douglas Swimming Club sponsored 13 young people to

### National Coach



We are delighted to advise that Lee Holland has been appointed as the new National Coach.

Lee has been coaching professionally for 8 years having previously coached as a volunteer for 5 years.

Lee loves swimming he had a successful career as a swimmer at Junior International and senior National level. He still swims and last season broke a British Masters Record.

As a Coach he already has had success putting 14 swimmers on to National and International Programmes.

He will be joining us from City of Chester where he is Chief Coach - in 2011 Nationals (Age and Youth) the club achieved 7 finals and 3 medals - the club's best results for 10 years.

Outside swimming Lee is a keen football fan (Liverpool!!!) and plays the guitar (badly in his words).

He will be joined on the island by his wife to be, Fay, and I am sure we will give them a warm Manx welcome when they arrive in early May.

Lee is certainly looking forward to working on the Isle of Man and building on the successes in this year's championships.

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attended an ASA Poolside Helpers Course. The course was open to 13-16 year olds and designed for young people wanting to assist on poolside in any aquatic environment, for example as volunteers in clubs.

Mark Shimmin, Head Coach at Douglas Swimming Club explained, "The Club was really pleased that so many of its young swimmers wanted to take the course and happy to sponsor their participation. From the start they were all extremely enthusiastic, they thoroughly enjoyed the course and are now regular helpers on poolside during Club nights. Their presence on poolside is invaluable in assisting the coaching team and greatly appreciated by the other swimmers who have responded well to the help and encouragement of their peers."

The course is first ASA qualification in the teaching/coaching route and designed to provide a greater understanding of pool safety, effective communication in an aquatic environment, be able to identify good practice in an aquatic environment and have a better understanding of long term athlete development.

Mark Copparelli, Douglas Club Member and also a member of the Island's Performance Squad said, "The course was really interesting and has provided a great opportunity to learn new skills and give something back to swimming. I'm really enjoying helping on poolside and I'm now considering taking my ASA Level 1 Teachers Course once I turn sixteen."

Douglas Swimming Club would like to congratulate all who took part in the ASA Poolside Helpers Course, with special thanks to Angela Katz of Southern Swimming Club who organised and ran the course.

Douglas Swimming Club currently has vacancies for new swimmers and to find out more about swimming with the Club please contact the Club Secretary at email: [dascsecretary@manx.net](mailto:dascsecretary@manx.net) or you can find out more on our Facebook page **Douglas Swimming Club IOM**.

## Channel Swim attempt by the Aspire Manx Minkes



The Aspire Manx Minkes is a team of swimmers made up of Heather Mattocks, Brandon Ellis, Jill Bunyan, Johanna Barkwith, Chrissie Howell and Silla Parnell with Mark Gorry and Beth Swaine as reserves. Between us there are 4 triathletes, 3 swimming teachers and 4 ex-county/national level swimmers. Hopefully at some point between the 7<sup>th</sup> and 14<sup>th</sup> September we will attempt to do a relay swim across the English Channel to raise money for the spinal injury charity, Aspire.

Called the "Everest of swimming", the Channel is still one of the most challenging and sought after swimming events in the World. More people have climbed Everest than have successfully swum the Channel. The shortest crossing is 22 miles, but with tides and currents the

## NEW MEMBERS

We hope that all swimmers, parents and supporters enjoy our sport.

If you do - why not help us publicise it and encourage others to join us.

All the Clubs would be delighted to welcome new swimmers - there is no doubt that the sport would then benefit from the increase in popularity - the more people involved the more we will raise the profile of swimming on the island which we hope would, in return, make the sport more attractive to sponsors.

With sponsorship we will be able to support more swimmers financially when they travel off island etc.

More importantly, we should be encouraging more people to enjoy the wonderful health benefits and life skills swimming brings.

If you have any good fun ideas for promoting new membership please let us know.

We will always need additional support for poolside help, administration and officiating at our events - so do what you can to help with all round recruitment.

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distance actually swum can be considerably longer.

Due to the extreme nature of the challenge we have all had to pass medicals and are already acclimatising ourselves by regular sea swims on top of our normal pool based training.

During the swim we will rotate swimming for an hour at a time, aiming to cover a minimum of 2 miles – wearing only a swimming costume, goggles, hat and goose fat! Whilst in the water you are not allowed to touch the support boat or another person, if you do it will not be considered an "official" Channel swim (although for charitable purposes it would still count).

Aspire are a UK registered charity (Charity no. 1075317) who assist people with Spinal Cord Injury. This can have a devastating effect on the thousands of people who become paralysed each year. Through its projects and programmes, Aspire offers practical support to the 40,000 people living with a spinal cord injury in the UK so that they can lead fulfilled and independent lives in their homes, with their families, in work places and in leisure time. Although UK registered, Aspire also offers assistance to anyone living in the Isle of Man.

## Weekend 1 Isle of Man Swimming Championships



The first events of the 2012 Island Swimming Championships took place recently, and it wasn't a question of if Charlotte Atkinson would set more Island Records, but rather by how much.

First up was the 800m freestyle and saw a very close battle between Charlotte and Mark Copparelli, with less than half a second separating them for the majority of the race. It wasn't until the last 200m that Charlotte managed to pull away to win by just over five seconds in eight minutes 51.47, taking four and a half seconds of her Senior and Junior Manx Records.

The following evening the pair were back on the blocks for the 1500m, and once again produced another spectacular race, recording exactly the same time, to a hundredth of a second, at the 550m mark. During the latter stages of the race Charlotte slowly edged ahead to win in a time of sixteen minutes 55.40, knocking over twenty seconds off her Manx Records. Mark finished just outside the seventeen minute barrier in seventeen 01.14.

These swims move Charlotte up to second in the British fifteen year olds rankings for the longer distance and third for the 800m. Both rankings are headed by Kristina Neves from Guernsey, her 800m time of eight minutes 47.98 set in last years' NatWest Island Games when she beat Charlotte to the gold medal. Second place over 800m is held by Swansea's Ellena Jones, with eight minutes 50.15, set at the NSC when she swam for Wales in last years' Commonwealth Youth Games. Neves' 1500m time of sixteen minutes 53.62 was set in the Channel Island Championships in January.

Mark's time for the 800m, an event not swum very often in the major competitions for boys, also gives him a British age group ranking of third.



## British National Champs – Olympic Trials

Douglas ASC swimmer Laura Kinley, 15 years, qualified at the end of January this year for the British National Championships – Olympic Trials, which took place the first week in March at the new London Aquatic Centre. She competed in the 100 metre breaststroke event.

### What was your first impression of the new London Aquatic Centre?

It is huge and very impressive. The competition pool is fantastic, it was the first time that it has been used for any major competition. As well as the competition pool and diving pool, there is an 8 lane 50 metre warm up pool that the spectators can't see – this is near the changing rooms and athletes lounge area.

### How did it feel to compete there?

I felt excited and a bit nervous. There were so many famous faces that I recognised but then you just have to get on with competing and do your best.

### How did you get on in your race?

My first 50m (33.15) was an IOM long course record, but I touched in 1.12.24 which was just outside my 100m pb, but I was still pleased with my performance.

### What was the highlight of the trip, other than competing?

It was great to see the whole Olympic area, the pool in right next to the Olympic Stadium. I met Rebecca Adlington & Liam Tancock at the hotel that we stayed at and I was on poolside to watch them both get their times to qualify for the GB team for the Olympics.

That's not Laura's only trip planned to London this year though, as she is lucky enough to have tickets to go to watch the swimming at the Olympics in August!

Photo attached : Laura with World record holder Liam Tancock.

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There was also some impressive swimming from the younger competitors, with Harrison Katz recording times of eleven minutes 06.24 for 800m, and twenty one minutes 08.73 for 1500m to catapult himself up to second place for ten year olds in Britain over both distances.

Twelve year old Ciara Cassidy was second female home over both distances, and her time of nineteen minutes 34.13 for the 1500m gives her sixth place on her British age group rankings.

## Weekend 2 Isle of Man Swimming Championships

The first of the two full weekends of the Isle of Man Swimming Championships saw a stunning feast of fast races, close finishes, and some new names on the Island Record sheet, along with our top swimmers consolidating and improving their British rankings.



Fifteen year old Charlotte Atkinson set new Senior and Junior figures in all of the sprint events she won, and the 200m individual medley. Particularly impressive was her time of 56.97 for the 100m freestyle, having broken the minute for the first time just two months ago, rocketing her up to sixth place in the British age group rankings. Second place Laura Kinley also dipped under the minute with 59.11. Atkinson's other record breaking wins were in the 50m butterfly (28.97), 100m backstroke (1 min 03.61 in the heats), and 200m individual medley (2 min. 19.11 in the heats). She also

won the 200m butterfly, just under a second outside her Island Records time with two min 17.14, and the 400m individual medley in four min 53.16.

Recently returned from competing in the British Olympic trials, Laura Kinley, also fifteen, was also on good form, posting a time of 32.23 to win the 50m breaststroke, giving her second place in the British rankings, although as the top spot is taken by Ruta Meilutyte, a Lithuanian competing for Plymouth Leander, she is the fastest fifteen year old Britain in this event. Meilutyte has been selected to compete for her home country in the 100m and 200m breaststroke at this year's Olympics, the 50m not being an Olympic event.

Kinley also won the 200m breaststroke to reduce her own Island Senior and Junior Records to two min. 35.57.

Whilst the senior girls' events were dominated by Atkinson and Kinley, both part of the Sport Aid programme and nominated in the Under 21 category in this week's Sports Awards, the younger age groups saw some much closer racing and the next generation of record breakers making their mark.

The eleven and under 100m freestyle was one such race, with the top three swimmers, Maisie Short, Jessica Hill and Cara Bregazzi, sharing the lead over the four length race and finishing with less than a second between them, victory ultimately going to Short in one minute 11.05. But the other headline grabber in this race was fourth place Emma Hodgson, who, at just nine years old, recorded a time of one min 17.26, to make her the second fastest in Britain in her age group for this event.

## THE DOLPHIN TROPHY 2012



The Dolphin Trophy will be held on Wednesday 18th April 2012 at the NSC.

The Association took over the running of this event two years ago and we are delighted that AXA have come on board as the sponsors of the event.

For those of you new to the island it is an event which involves all of the island's Primary Schools who compete with each other for the Dolphin Trophies - one for the small and medium schools and a separate trophy for the larger schools.

The majority of work organising the event is done by Carrie Coolil and for her continued support we are very grateful.

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The same three swimmers shared all the podium spots in the other three events in this age group with Short also winning the 50m butterfly, but having to settle for second behind Cara Bregazzi in the 50m breaststroke and 100m backstroke.

In the twelve to thirteen years events Amy Kinley followed in her big sisters footsteps to the top of the podium, but not in the 50m breaststroke, where she was beaten by Samantha Titterton. Amy's two wins came in the 100m freestyle and 100m backstroke. Twelve year old Ciara Cassidy beat her older rivals to win the 50m butterfly in 32.03, just two hundredths of a second outside the Championship record for this event.

The sixteen and over races saw two wins for Danielle Ackers, the 50m butterfly and 100m backstroke, with Lauren Jones taking the 50m breaststroke and Breesha Laing the 100m freestyle.

In the Club 200m medley relay the Douglas team, consisting of Charlotte Atkinson, Laura and Amy Kinley and Ciara Cassidy took over two seconds of the previous Junior Island Record with a time of two min. 04.17, which was also a Championship Record and just three quarters of a second outside the Senior Island Record set by Atkinson, Kinley senior, Poppy Evans and Hannah Howitt to finish fourth in last year's NatWest Island Games.

Championship Records were also set by Douglas Club in the boys thirteen and under 200m freestyle relay, with the team of Brody Hewison, Harry Peake, Euan MacMurchie and Alex Bregazzi finishing in two min. 06.44, and St Ninian's High School in the Girls 200m freestyle relay. The latter was a very close race with St Ninian's just holding off Ballakermeen with a time of one min.

54.98 compared with one min. 55.17.

In the Men's individual races records were few and far between, with just one Junior Island Record falling when fifteen year old Guy Davies took over two seconds of his time to win the 200m breaststroke in two min. 32.55. He also won his age group races over 50m breaststroke and 50m butterfly.

Also on breaststroke, Ben Kebbell set a new Championship record to win the twelve to thirteen years 50m event in 35.28. Kebbell was also a convincing winner in the three other events for his age group, the 100m freestyle, 100m backstroke and 50m butterfly.

Another youngster getting familiar with the top spot on the podium was Josh Corteen who won four the same four events as Kebbell, but in the eleven and under category.

From one of the youngest to one of the oldest, with thirty three year old former Commonwealth swimmer Dane Harrop still able to show his younger rivals a clean pair of heels. Although off his previous record breaking pace he took the top spot in the 50m and 200m butterfly and the 100m backstroke.

Zak Keig was a double winner in the 50m breaststroke and the 100m freestyle, whilst Mark Copparelli won the 200m and 400m individual medley, and in the fourteen to fifteen age group was the fastest over 100m in both freestyle and backstroke.

As usual it was the relays that set the decibel levels up to 'dangerous' in the pool hall. In addition to those mentioned above Schoill Ree Gorree won both the girls and boys 100m freestyle primary school relays from a disappointingly low number of entries, but were pushed all the way

## Weekend 1 - Results

**Results: 800m, Girls,** 1, C. Atkinson (Douglas) 8:51.47. 2, C. Cassidy (D) 10:06.18. 3, F. Keig (D) 10:19.60. 4, R. Hurst (Southern) 10:36.87. 5, S. Wignall (S) 10:48.10. 6, B. Laing (S) 10:49.88. 7, L. Jones (S) 10:50.36. 8, L. Short (Ramseian) 10:53.93. 9, I. Skillicorn (D) 11:00.25. 10, C. Bregazzi (D) 11:06.90. 11, M. Short (R) 11:08.21. 12, G. Guthrie (S) 11:41.95. **Boys,** 1, M. Copparelli (D) 8:56.49. 2, L. Guthrie (S) 9:18.45. 3, G. Davies (S) 9:21.57. 4, B. Donaldson (D) 9:35.19. 5, Z. Keig (D) 9:38.71. 6, A. Bregazzi (D) 10:09.22. 7, A. Price (D) 10:09.90. 8, C. Jaques (R) 10:20.27. 9, J. Watterson (S) 11:02.42. 10, S. Smith (D) 11:03.94. 11, H. Katz (S) 11:06.24. 12, E. MacMurchie 11:34.78. **1500m, Girls,** 1, Atkinson 16:55.40. 2, Cassidy 19:34.13. 3, Keig 19:50.56. 4, Laing 21:07.25. **Boys,** 1, Copparelli 17:01.14. 2, Keig 18:43.69. 3, Price 19:19.17. 4, A. Isaac (D) 19:26.67. 5, J. Corteen(R) 20:12.92. 6, Katz 21:08.73. 7, Watterson 21:27.20. 8, MacMurchie 22:11.38. 9, P. Allen (D) 22:15.36.

## Weekend 2 - Results

**Results. Ladies, 400m individual medley,** 1, C. Atkinson (Douglas) 4 mins. 53.16. 2, L.Kinley (D) 5:14.52.3, S. Brew (Ramseian) 5:15.81. **200m butterfly,** 1, Atkinson 2:17.14. 2, A. Kelly (Southern) 2:34.27. 3, C. Cassidy (D) 2:42.29. **200m individual medley,** 1, Atkinson 2:19.86. 2, Brew 2:27.58. 3, K. Callow (R) 2:36.84. **200m breaststroke,** 1, L. Kinley 2:35.57. 2, S. Titterton (D) 3:01.36. 3, L. Jones (S) 3:02.95. **Men's, 400m individual medley,** 1, M. Copparelli (D) 4:58.32. 2, G. Davies (S) 5:02.62. 3, B. Kebbell (S) 5:14.28. **200m individual medley,** 1, Copparelli 2:21.30. 2, Kebbell 2:28.95. 3, A. Price (D) 2:33.66. **200m breaststroke,** 1, Davies 2:32.55. 2, Copparelli 2:42.42. 3, Kebbell 2:46.04. **200m butterfly,** 1, D. Harrop (S) 2:23.33. 2, Z. Keig (D) 2:33.31. 3, R. Frize (R) 2:34.14. **16 and over, Ladies, 100m freestyle,** 1, B. Laing (S) 1:08.41. 2, D. Ackers (D) 1:13.08. **100m backstroke,** 1, Ackers 1:23.26. 2, Laing 1:24.94. **50m breaststroke,** 1, Jones 39.38. 2, R. Sharp (S) 41.72. 3, Ackers 42.08. **50m butterfly,** 1, Ackers 36.72.

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by Victoria Road in the boys race, taking victory by less than a quarter of a second. The boys from St Ninian's took inspiration from their girls relay the night before and made it a double with a win in the boys 200m freestyle relay, and Douglas Club won both the girls thirteen and under and the men's 200m freestyle relays.

## Weekend 3 - Isle of Man Swimming Championships

The final events of the 2012 Isle of Man Swimming Championships saw Charlotte Atkinson continue on her record breaking spree, with new Senior and Junior Island Records and Championship Records for 200m freestyle (two min 03.41), 50m freestyle (26.32), 50m backstroke (30.16), 100m butterfly (one min 04.08), and 100m individual medley (one min. 05.85). In addition she set Championship Records in the 400m freestyle with four min 19.12, and the 200m backstroke in two min 15.71; the latter also being a Junior Island Record.



Such is her domination that Atkinson now holds all of the Manx Senior and Junior Short Course (25m pool) Records apart from the breaststroke records, all held by Laura Kinley, and the Senior 200m backstroke which is held by former Commonwealth Games swimmers Olivia Rawlinson.

Fifteen year old Guy Davies was the other individual Isle of Man Record breaker, taking almost a second off the Junior 100m breaststroke that has stood since 1995 to Jamie Alcock, with a time of one min 10.78. This was also a new age group Championship record.

The Douglas Club team of Atkinson, Laura and Amy Kinley and Ciara Cassidy once again set new Junior Island and Championship Records, this time in the 4 x 50m freestyle relay with one min 52.88.

Laura Kinley had a five second victory in the 100m breaststroke, with her heat time of one min 11.38 setting a new Championship Record, and being just under a tenth of a second outside her Isle of Man Records. She was slightly slower in the final with one min 11.95.

Three more Championship records were set over the course of the weekend, two of them going to thirteen year old Ben Kebell in the twelve to thirteen years 100m breaststroke (one min 18.05) and 100m individual medley (one min 09.37). Kebell also won the three other events in his age group - the 50m freestyle, just a hairs breadth ahead of Alex Bregazzi, and the 50m backstroke and 100m butterfly.

The final event saw the last Championship Record fall, with the Douglas Club recording a time of three min 50.13 to take the mixed 8 x 50m freestyle relay.

Although no records were broken there was some serious competition in the men's older age groups.

2, Jones 38.74. 3, Laing 42.85. Men's, **50m breaststroke**, 1, Z. Keig (D) 32.86. 2, P. Harrison (R) 33.96. 3, R. Frize (R) 35.80. **50m butterfly**, D. Harrop (S) 28.04. 2, C. Christian (R) 28.86. 3, Keig 29.31. **100m freestyle**, 1, Keig 56.84. 2, Frize 59.24. 3, Harrison 59.58. **100m backstroke**, 1, Harrop 1:03.22. 2, Price 1:13.15. 3, A. Corkill (S) 1:13.33. **14 to 15 years, Girls, 100m freestyle**, 1, Atkinson 56.97. 2, L. Kinley 59.11. 3, Brew 1:01.82. **100m backstroke**, 1, Atkinson 1:03.92. 2, L. Kinley 1:10.24. 3, Kelly 1:11.55. **50m breaststroke**, 1, L. Kinley 32.23. 2, Brew 34.56. 3, Atkinson 37.01. **50m butterfly**, 1, Atkinson 28.97. 2, Kelly 30.68. 3, Brew 31.12. **Boys, 50m breaststroke**, 1, Davies 33.54. 2, B. Donaldson (D) 34.09. 3, Copparelli 35.04. **100m freestyle**, 1, Copparelli 57.99. 2, Davies 59.10. 3, Donaldson 59.19. **100m backstroke**, 1, Copparelli 1:04.38. 2, Donaldson 1:08.91. 3, Davies 1:12.93. **50m butterfly**, 1, Davies 30.93. 2, Copparelli 31.09. 3, Donaldson 31.61. **12 to 13 years, Girls, 50m breaststroke**, 1, Titterton 38.57. 2, A. Kinley (D) 39.36. 3, H. Ellison (D) 39.80. **100m freestyle**, 1, A. Kinley 1:04.63. 2, Titterton 1:05.84. 3, S. Fletcher (S) 1:06.10. **100m backstroke**, 1, A. Kinley 1:14.12. Fletcher 1:14.77. Cassidy 1:16.51. **50m butterfly**, 1, Cassidy 32.03. 2, Fletcher 33.31. 3, A. Kinley 33.57. **Boys, 50m breaststroke**, 1, Kebell 35.28. 2, A. Bregazzi (D) 39.73. 3, B. Hewison (D) 40.46. **100m freestyle**, 1, Kebell 59.34. 2, Bregazzi 1:01.75. 3, Hewison 1:03.05. **100m backstroke**, 1, Kebell 1:08.28. 2, Bregazzi 1:12.27. 3, Hewison 1:14.12. **50m butterfly**, 1, Kebell 30.80. 2, Bregazzi 32.53. 3, C. Jaques 33.46. **11 and under, Girls, 50m breaststroke**, 1, C. Bregazzi (D) 42.59. 2, M. Short (R) 43.32. 3, J. Hill (R) 47.15. **100m backstroke**, 1, Bregazzi 1:23.12. 2, Short 1:25.68. 3, Hill 1:27.84. **100m freestyle**, 1, Short 1:11.05. 2, Hill 1:11.27. 3, Bregazzi 1:11.91. **50m butterfly**, 1, Short 36.75. 2, Bregazzi 38.03. 3, Hill 40.00. **Boys, 50m breaststroke**, 1, J. Corteen (R) 42.59. 2, E. MacMurchie (D) 45.27. 3, P. Allen (D) 46.57. **100m backstroke**, 1, Corteen 1:21.84. 2, H. Katz 1:23.01.

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Fifteen year old Mark Copparelli won all three of the longer distance events – 200m and 400m freestyle and 200m backstroke – along with his age group 50m freestyle, 50m backstroke and 100m individual medley, but had to settle for second behind Davies in the 100m butterfly.

Zak Keig proved to be the fastest swimmer in the pool with a victory in the sixteen and over 50m freestyle in 25.97, just two hundredths of a second ahead of Connor Christian, and he also won the 100m breaststroke.

Dane Harrop won the 100m butterfly and 50m backstroke, having been pushed all the way by Luke Guthrie in the latter. Guthrie then went on to win the 100m individual medley.

Ciara Cassidy had an emphatic win in the twelve to thirteen years 100m butterfly with a six second winning margin and a time of one min 10.99. Amy Kinley was victorious in the 50m freestyle and 100m individual medley in the same age group, whilst Sophie Fletcher won the 50m backstroke and Samantha Titterton the 100m breaststroke.

In the eleven and under events Josh Corteen once again won all five events, but had to dig in deep to hold off a fast finishing Harrison Katz in the 100m butterfly.

Maisie Short had three wins and two second places in the corresponding girls' events. Her victories were all over 100m, in butterfly, breaststroke and individual medley. In the sprint races Jessica Hill won the 50m freestyle and Cara Bregazzi the 50m backstroke. Nine year old Emma Hodgson also got on the podium, with a third place in the 50m backstroke.

And last, but not least, the wins in the sixteen and over girls races were evenly shared with Lauren Jones taking the 50m freestyle and 100m breaststroke and Danielle Ackers the 50m backstroke and 100m individual medley.

St Ninians High School and Scoill Ree Gorree both won the schools medley relays for girls and boys, to match their wins in the freestyle relays from the week before. The men's 4 x 50m freestyle relay saw Douglas and Southern battle it out over the eight length race with the lead changing three times before Zak Keig, on the last leg for Douglas, overhauled Dane Harrop for Southern to win by half a second.



3, MacMurchie 1:25.56. **100m freestyle**, 1, Corteen 1:07.37.2, Katz 1:09.61. MacMurchie 1:12.91. **50m butterfly**, 1, Corteen 37.11. 2, Katz 38.48. 3, MacMurchie 39.34. **Relays. Primary Schools 100m freestyle, Girls.** 1, Schoill Ree

Gorree 1:11.35. 2, Rushen 1:13.20. 3, Victoria Road 1:33.65. **Boys**, 1, Schoill Ree Gorree 1:08.53. 2, Victoria Road 1:08.75. **Secondary Schools 200m freestyle, Girls.** 1, St Ninian's 1:54.98. 2, Ballakermeen 1:55.17. 3, Ramsey Grammar 2:00.36. **Boys**, 1, St. Ninian's 1:50.13. 2, Ramsey Grammar 1:52.08. 3, Ballakermeen 1:54.56. **Clubs, 13 and under 200m freestyle, Girls.** 1, Douglas 2:03.61. 2, Southern 2:10.48. 3, Ramseian 2:14.06. **Boys**, 1, Douglas 2:06.44. 2, Southern 2:08.58. **Open 200m medley, Girls.** 1, Douglas 2:04.17. 2, Ramseian 2:11.29. 3, Southern 2:14.26. **Boys**, 1, Douglas 1:59.42. 2, Southern 2:01.20 3, Ramseian 2:03.68.

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## Weekend 3

**Results. Open, Ladies, 200m freestyle**, 1, C. Atkinson (Douglas) 2 min 03.57. 2, L. Kinley (D) 2:10.80. 3, S. Brew (Ramseian) 2:11.39. **200m backstroke**, 1, Atkinson 2:15.71. 2, L. Kinley 2:28.40. 3, A. Kelly (Southern) 2:29.68. **400m freestyle**, 1, Atkinson 4:19.12. 2, C. Cassidy (D) 4:56.80. 3, F. Keig (D) 5:02.89. **Men, 200m freestyle**, 1, M. Copparelli (D) 2:03.18. 2, B. Kebbell (S) 2:09.84. 3, B. Donaldson (D) 2:09.94. **200m backstroke**, 1, Copparelli 2:16.49. 2, Kebbell 2:26.11. 3, Donaldson 2:26.89. **400m freestyle**, 1, Copparelli 4:19.81. 2, Z. Keig (D) 4:34.35. 3, Kebbell 4:36.53.

**16 and over, Ladies, 50m freestyle**, 1, L. Jones (S) 31.38. 2, B. Laing (S) 31.84. 3, D. Ackers (D) 32.35. **50m backstroke**, 1, Ackers 37.62. 2, Jones 38.35. 3, Laing 40.08. **100m breaststroke**, 1, Jones 1:23.36. 2, R. Sharp (S) 1:30.19. **100m individual medley**, 1, Ackers 1:19.97. 2, Jones 1:20.87. **Men, 50m freestyle**, 1, Keig 25.97. 2, C. Christian (R) 25.99. 3, L. Guthrie (S) 26.26. **50m backstroke**, 1, 1:16.23. **100m individual medley**, 1, Copparelli 1:05.12. 2, Davies 1:07.93 3, Donaldson 1:08.47.

**12 to 13 years, Girls, 50m freestyle**, 1, A. Kinley (D) 29.15. 2, S. Fletcher (S) 29.94. 3, Cassidy 30.41. **50m backstroke**, Fletcher 34.48. 2, A. Kinley 34.52. 3, I. Skillicorn (D) 35.79. **100m butterfly**, 1, Cassidy 1:10.99. 2, S. Titterton (D) 1:17.22. 3, A. Kinley 1:19.29. **100m breaststroke**, 1, Titterton 1:23.79. 2, H. Ellison 1:25.54. 3, A. Kinley 1:25.96. **100m individual medley**, 1, A. Kinley 1:14.53. 2, Titterton 1:16.52. 3, Cassidy 1:17.12. **Boys, 50m freestyle**, 1, Kebbell 27.92. 2, A. Bregazzi 28.08. 3, C. Jaques (R) 29.72. **50m backstroke**, 1, Kebbell 31.57. 2, Bregazzi 33.60. 3, B. Hewison (D) 34.05. **100m butterfly**, 1, Kebbell 1:09.51. 2, Hewison 1:14.08. 3, Bregazzi 1:14.17. **100m breaststroke**, 1, Kebbell 1:18.05. 2, Hewison 1:28.58. 3, J. Corlett (R) 1:29.93. **100m individual medley**, 1, Kebbell 1:09.37. 2, Bregazzi 1:13.21. 3, Hewison 1:13.81.

**11 and under, Girls, 50m freestyle**, 1, J. Hill (R) 32.08. 2, M. Short (D) 32.36. 3, C. Bregazzi (D) 32.77. **50m backstroke**, 1, Bregazzi 38.83. 2, Short 39.52. 3, E. Hodgson (S) 40.10. **100m butterfly**, 1, Short 1:26.54. **100m breaststroke**, 1, Short 1:33.51. 2, Bregazzi 1:33.63. 3, A. McIlraith (D) 1:42.09. **100m individual medley**, 1, Short 1:22.57. 2, Bregazzi 1:23.93. 3, Hill 1:27.87. **Boys, 50m freestyle**, 1, J. Corteen (R) 31.34. 2, H. Katz (S) 32.23. 3, E. MacMurchie (D) 33.32. **50m backstroke**, 1, Corteen 37.40. 2, Katz 38.88. 3, P. Allen (D) 40.24. **100m butterfly**, 1, Corteen 1:26.42. 2, Katz 1:26.55. 3, MacMurchie 1:28.52. **100m breaststroke**, 1, Corteen 1:35.75. 2, MacMurchie 1:39.24. 3, Allen 1:41.79. **100m individual medley**, 1, Corteen 1:19.95. 2, Katz 1:23.92. 3, MacMurchie 1:26.40

**Relays, Primary Schools 100m medley, Girls**, 1, Schoill Ree Gorree 1:22.74. 2, Victoria Road 1:56.72. **Boys**, 1, Schoill Ree Gorree 1:21.67. 2, Victoria Road 1:25.10. **Secondary Schools 200m medley, Girls**, 1, St Ninians 2:08.05. 2, Ballakermeen 2:11.57. 3, Ramsey Grammar 2:16.83. **Boys**, St Ninians 2:03.91. 2, Castle Rushen 2:09.81 3, Ballakermeen 2:10.79. **Clubs 200m freestyle, Ladies**, Douglas 1:52.88. 2, Ramseian 1:58.34. 3, Southern 1:59.69. **Mens**, Douglas 1:44.53. 2, Southern "A" 1:45.06. 3, Southern "B" 1:50.47. **Mixed 400m freestyle**, 1, Douglas 3:50.13. 2, Southern 3:57.76. 3, Ramseian 4:02.91

