



SWIM SQUAD

Time Trial Results

Age Group Dev	200IM	Junior Dev	200IM
Amy Swindells* ^{FT}	03:01.6	Liam Carey*	03:30.0
Emma White* ^{FT}	03:02.0	Holly Rooney*	03:33.8
Jessica Robb* ^{FT}	03:04.4	Daisy Poole*	03:36.5
Jasmine Gorman* ^{PT}	03:10.6	Evan McAvoy*	03:37.8
Daisy Lear* ^{PT}	03:11.8	Gabby Mazey*	03:43.7
James Wallwork* ^{PT}	03:12.0	Jake Dawber	03:46.8
Chelsea Gore* ^{PT}	03:12.8	Madaline Bailey	03:46.8
Emma Haynes	03:13.0	Isabella Robb	03:48.2
Lucy Irvine	03:13.2	April Kelly	03:52.3
Sophie Lyon	03:13.8	Finley Littlefair	03:52.0
Charlotte Edwards	03:14.1	Scarlett Hilton	03:53.3
Poppy Gorman	03:14.1	Harry Brew	03:57.6
Rebecca Booth	03:15.9	Chloe Burgess	03:57.6
Matthew Rooney	03:16.6	Emily Gaskell	04:05.8
Joseph Southern	03:17.6	Chloe Shaw	04:08.2
Jake Partington	03:18.2	Emily Davies	04:10.4
Leah Hulmes	03:24.1	Harriet Meakin	04:17.3
Elica Corteen	03:24.5	Nathan Hilton	04:25.5
Ellis Nickson	03:26.2	Joseph Quinn	04:36.9
Ella Newman	03:26.6		
Lucy Coleman	03:26.6		
Erin Leacy	03:31.5		
Ella Walker	03:32.9		
Olivia Sheehan	03:34.5		
Amelia Murray	03:40.9		
Sophie Venazza	03:44.8		

Congratulation to all the swimmers that took part in this month's time trial. It's pleasing to see that these performances having continued to improve after a fantastic County championship in March.

Junior Development

Congratulation to all the Junior Development swimmers on their 100% improvement rate. There are also a large number of new squad members that completed their first 200IM time trial with the squad this time round. We look forward to watching your development in the coming months. Leading the way with a phenomenal 27.9secs improvement was Daisy Poole, followed closely by Gabby Mazey with 24.9secs and Evan McAvoy with 23.8secs improvements. All three of these swimmers have been



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promoted to Age Group Development as well as new members Liam Carrey and Holly Rooney with two very quick times of 3:30.0 and 3:33.8 respectively.

Age Group Development

Well done to the amount of Age Group Development swimmers taking part in this month's time trial, eleven of whom had improvements in the double digits. The biggest improvements came from Joseph Southern knocking 21.4secs off his previous time trial time and Ella Newman with an improvement of 20.8secs. We also have a few new members in the group competing in their first time trial with the squad and congratulations goes out to them. We have three Age Group Development swimmers moving up to Age Group Performance full time this month. The first of which is Amy Swindells, competing in her first 200IM time trial with the squad, with a time of 3:01.6. We also have Emma White and Jessica Robb with 3:02.0 and 3:04.4 respectively. Both Emma and Jessica have been part time with Age Group Performance and will now continue their development full time. Daisy Lear and James Wallwork will take the places left by Emma and Jessica as the two new part time members of Age Group Performance, joining existing part time members Jasmine Gorman and Chelsea Gore.

Swimmers who have been offered places in the next group may commence with their new group immediately, with payments being adjusted from the 1st May.

It should be clear to everyone to gain the results in competitive swimming a regular training programme is key, swimmers do need to be doing the appropriate sessions to their ability, if not you will find the swimmers do stagnate at some point and improvement is very difficult. Also without a steady increase in session you will find the later on the jump to doing more session is too much and that you are too far behind. For more information please do not hesitate to contact your lead group coach.

Once again well done to everyone a job well done!

Rob Livesey
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Wigan Leisure & Culture Trust