



# SWIM SQUAD

## Time Trial Results

<b>Age Group Perf</b>	<b>400IM</b>
Emily Hall*PT	05:53.9
Hannah Sheehan*PT	05:56.5
Grace Taylor*PT	05:58.9
Hannah Rotherham	05:59.3
Masie Wiseman	06:09.9
Anna Wilson	06:10.0
Jennifer Green	06:11.0
Samuel Briscoe	06:11.2
Matthew Gregory	06:13.2
Amber Gower	06:14.9
Libby Ashcroft	06:15.5
Chloe Wright	06:18.3
Olivia King	06:23.6
Ayesha Brocklehurst	06:24.7
Katherine Baker	06:25.5
Ellen Senior	06:29.2
Lauren Mitchenson	06:35.4
Millie Wright	06:35.9
Ruby Cain	06:43.7
Charlotte Meakin	06:50.4

## Age Group Performance

Congratulations to all the Age Group Performance swimmers on the effort they have put in through the last phase of training which culminated in some outstanding swims at the County championships at the beginning of March. Following the championship both Niamh Murray and Imogen Bailey were offered full time places in the National group in recognition of their performances both in the training pool and in open competition. Also following the County championships and a high quality phase of training both Hannah Sheehan and Grace Taylor will join Emily Hall and Anna Hulme as part time members of the National group. Well done to Ellen Senior and Millie Wright who completed their first 400IM time trial in Age Group Performance with times of 6:29.2 and 6:35.9 respectively. The fastest time in the group came from Emily Hall who produced a 4.1secs drop from December to take her to 5:53.9. Big improvements were seen throughout the group with the largest drop coming from Hannah Rotherham with a 17.2secs improvement from her time in December to drop under the six minute mark with 5:59.3. A 14.1secs improvement was also seen by Samuel Briscoe who has shown his continued development from the Counties coming in at 6:11.2.



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**Swimmers who have been offered places in the next group may commence with their new group immediately, with payments being adjusted from the 1<sup>st</sup> 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!

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Wigan Leisure & Culture Trust