

Sandbach Sharks Hold Heads High at The Cheshires

Head Coach Carolyn Cowburn, took a team of 13 young swimmers from Sandbach Sharks to the Cheshire county swimming championships, held at Stockport and Macclesfield over two weekends in March. All the swimmers had to achieve ASA qualifying times in order to earn their place at the competition.

Many of the young swimmers were experiencing a county championship level event, and swimming in Stockport's 50-metre pool, for the first time.

All of the team achieved great results with everyone gaining personal best times in at least one of their heats.

Highlights included fantastic swims by Sam Peart, Stephanie Bell, Abigail Rowlinson & Emily Williams. They each knocked an amazing 8 seconds off their personal best times, with Steph completing the "iron man" race of the meet, having swum the 200 metre butterfly in a fantastic time of 3 minutes 13 seconds.

The highest placed Shark was 10 year old Emily Williams, who achieved 5th place in her age group for the 100m Individual Medley.

Carolyn Cowburn commented that she is incredibly proud of all her swimmers and what they achieved at the event. "I really couldn't have asked for them to do more – I am so proud of each and every one of the team".

Congratulations should also go to Sharks parents, Richard Slater and Phil Walsh, who achieved their qualification as judge 2 at the event. They are now qualified to officiate at ASA Gala's around the country.

The photograph shows Swimmers Abigail Rowlinson, Sam Peart, Emily Williams & Katie Griffin enjoying the atmosphere at Macclesfield Leisure Centre.