



East Invicta Swimming Championships 1st Weekend 2016

Well done to Ben Walker East Invicta 200m Breaststroke Champion

Well done to everyone who swam at the first weekend of the East Invicta (East Kent) swimming championships, with some very good swims considering the lack of training that has been available to swimmers and as Shepway we achieved 6 East Invicta Champions.

From Hythe Aqua our East Invicta Champion was one of our oldest swimmers Ben Walker in the 200m Breaststroke. Other finalists were Finn Wood 3rd 100m Fly, 4th 100m IM, Grace Walker 3rd 50m Back, Ben Walker 4th 100m Bk and 100m IM whilst Tristan Calvo made the 100m Fly final but was ill and had to withdraw. Sandra Vroemen made the 9/10 50m Free final in her first East Invicta's with an impressive PB.



Ben Walker 2016 200m Breaststroke Champion