



East Invicta Championships 2023 - Session 1 Saturday/Sunday  
October 28th / 29th at Dover Leisure Centre

Hythe Aqua Team Manager's report:

Hythe Aqua had 4 x swimmers competing in the 50m Freestyle event at "Session 1" for the East Invicta 2023 championships. Swimmers: Lauryn Lomax, Faye Newman, Emi Duffy and Millie Roche.

Sessions 3 & 4 had two swimmers Millie Roche and Sebastian Reid

(For those of you unaware of the process, the swimmers must have a qualifying time to enter, and the competition is strong from the larger clubs. It's a great experience for the children to participate in a professionally organised event and gain competitive experience. Any time recorded at this event can be used for entry to the National Short Course championships, and the first 5 swimmers from each age group will be selected to take part in an Olympic Training camp. More info and full results can be found here

<http://www.eastinvicta.co.uk/swimming/2023-championships> )

Lauryn, Faye and Emi were first time competitors, with Millie having previously competed at this level already. Lauryn and Faye were first up in the same heat, both starting from a dive and completing proficient tumble turns, resulting in 2 excellent personal bests. Emi was our closest to making the final, with her new personal best time putting her only 1 place away from being on the reserve list. Millie gave a strong performance in her heat, with a great technical swim also achieving a new personal best time!

Millie & Sebastian swam well on the Sunday in their 50m Free/Back & Breast races, with new PB's recorded.

Overall the children came well prepared for their races, supported each other, and enjoyed the whole process. Seeing all four swimmers achieving new personal best times is a testament to their hard work in training, and focus on the day – Well done everyone!

## Results

50m Freestyle 9 – 10yrs

Name Time Position

Emi Duffy 39:00 pb 11th

Faye Newman 48.60 pb 30th

Lauryn Lomax 48.84 pb 31st

50m Freestyle 13- 14yr

Name Time Position

Millie Roche 32.58 pb 20th

Sebastian Reid 30.79 pb 14th

50m Back 13-14yrs

Millie Roche 36.40 pb 9th

50m Breast 13-14yrs

Sebastian Reid 39.41 pb 9th

Team Managers - Lois Newman/Claire Reid