

Seven Girls and nine Boys from Hastings Seagull SC travelled to Brighton's Prince Regent Swimming Complex for the Ken Deeley Sprint Gala on Saturday 19<sup>th</sup> September. They took part in 65 individual events and achieved 32 PBs and 23 Sussex County Qualifying Times for next year's County Championships to be held in February and March over four weekends. In addition 11 year old Dan Williams won Gold in his Age Group 50m Backstroke, Chloe Benton won Silver in her Age Group 50m Backstroke and also swam four County QTs, Angus Siberry won Silver in his Age Group 50m Freestyle and also collected 3 County QTs and Jessica Fitzwarren won Bronze in her Age Group 50m Butterfly and also swam three County QTs. Three 10 year olds Emily Williams, Robbie Earl and Ben Horner each achieved two PBs and in addition Emily swam two County QTs and Ben one County QT. In the 12 year Age Group Nadia Winn achieved one PB and Aimie Moran two PBs. In the 13 year old Age Group Joanna Fitzpatrick achieved 3 PBs and Jack Parris 2 PBs. In the 14 year old Age Group Amber Thomas swam a County QT, Jack Davidson achieved two PBs and swam a County QT, Sam Moon achieved 1 PB and swam four County QTs. In the 15 year Age Group Tom Penney achieved four PBs and Courtney Mattocks achieved 3 PBs and swam four County QTs.

On Thursday evening 24<sup>th</sup> September the latest round of this year's Mini Galas took place at Summerfields with swimmers as young as 6 years old taking part in some highly competitive swimming races. There were 30 Boys and 23 Girls from Training Groups 3 to 6 competing and they achieved 85 PBs. Groups 3, 4 and 5 swam 25m Freestyle and 25m Backstroke and swimmers from Group 6 swam 50m Freestyle and 50m Backstroke. There were three Double winners, Frankie Stewart won both the Girls Group 3 25m races and Sydonie Cartlidge won both the Girls Group 6 50m races. Thomas Davis won both the Boys Group 6 50m races. Other individual winners were May Smith and Lindsey Spencer in the Girls Group 4 races, Tierney Hicks and Josephine Bone won the races in the Girls Group 5. Maurice Breneton and Jamie Hedges won their races in Boys Group 3 and Harrison Parks and Connor May won their races in Group 4 Boys, and Daniel Wimshurst and Matthew Leonard won the races in Boys Group 5.