

BSC Second 200m Open Championship

Sunday 23rd November BSC held the second of their 200m open Championship, the backstroke.

Another good evening for those taking part and especially Grace Dennis for whom record breaking is becoming a habit.

Grace's 2.35.77 took 1.2 seconds off the record set by Laura Bancroft in 2000. Everyone swam well and gained personal best times.

These times help the coaches when they are picking their teams for Galas as well as for Yorkshire qualifying.

Results 1, William Dennis, Grace Dennis; 2, Adam Morland, Shannon Fowler; 3, Sam Shepherd, Charlotte Smith; 4, Georgina Marsh; 5, Sophie Holdsworth.

Note the change from advertised - Both the breaststroke and the Butterfly will now take place at Leisure World on Sunday 14th. December.

Lets try for all coaching group competing and upgrading their personal best times.

Thank you to all the helpers and particularly John and Hilary Giles.