

Alex and Ally show early form at London Region Winter Championships

Camden Swiss Cottage swimmers faced their first big challenge of the new swim season at the 2016 London Region Winter Championships, held over the weekend at the London Aquatics Centre at the Queen Elizabeth Olympic Park.

The short course meet (using a 25m length pool) was a useful early season marker, with some of the Camden Swiss Cottage team making a return to competition following an intensive week-long swim camp in Cyprus.

Alex Borisov (15) sprinted to silver in the 16 years and under 100m Individual Medley final in a best time of 1.02.82, also finishing just off the podium in 4th in the 400m Individual Medley and making the finals in the 50m, 100m and 200m breaststroke. Alex also achieved two tough qualifying times for the National ASA Winter Championships, which will be held in Sheffield in December.

Ally Larson (16) was another of the club's top performers with a silver medal in the 16 years and under 200m Individual Medley final in a new personal best time of 2.20.70. Ally also finished 4th in the final of the 100m butterfly, as well as making finals in the 50m freestyle, 50m butterfly and 100m freestyle, breaking the magic minute barrier in the latter event for the first time with a 59.37.

Bryce Puszet (17) took second spot on the podium in the 17 years and over 200m backstroke in 2.09.23, also making finals in the 200m Individual Medley and 400m freestyle.

Olivia Halsted also claimed silver in the 17 years and over 800m freestyle in a new best time of 9.40.50. Olivia also took 6th in the 400m freestyle and 8th in the 200m freestyle, while Alexander Kapanadze (18) finished in bronze medal position in the 17 years and over 400m Individual Medley in 4.43.89.

Other finalists for Camden Swiss Cottage in a strong field were Lauren Brantley (14), Jackson Olin (14), Alex Borisov (15), Benji Moore (15), Natalia Kazmarczyk (16), Graham Brantley (16), Charlie Fraser-Allen (16), Segev Gonen-Cohen (16), Darcey Hookway (17), Maddy Hookway (17), James Costello (17), Alex Lezard (17), Juan Morales (17), Robert Dos Santos (18) and James Slade (19).

The Camden Swiss Cottage team had more swimmers racing than any other club in the London Region and there were a good number of strong performances from younger members of the squad, too.

Says Head Coach, Matt Heathcock: "I was very proud of the team's performance over the weekend. We are moving forward very positively for our main target meet which will be in Bristol in two weeks time. The swimmers showed some excellent technical skills and their team spirit was good to see."