

2016 ASPSC Qualifiers and Results

British Swimming Championships, 12th-17th April 2016, Glasgow

The meet was used to select athletes to represent TeamGB at the Olympics in Rio. Representing ASPSC were Laura McNab in 200m Freestyle, Ben Lawton in 100m Breaststroke, Daniella Whiting in 400m Individual Medley and Thomas Sinclair in 50m Freestyle.

Junior Mens Finals Results for Thomas Sinclair- 200m Freestyle 3rd place, 100m Freestyle 8th place, 100m Butterfly Junior Mens Final 5th place.

ASA South West Youth Regional Championships, Plymouth

20 ASPSC swimmers reaching 45 final places with 4 Gold, 13 Silver and 4 Bronze individual medallists and the 14/16 Girls relay team winning Silver in the 4x 100m Freestyle relay and Bronze in the 4x 200m Freestyle relay. ASA South West Age Group Regional Championships, Millfield and Hengrove

17 ASPSC swimmers with 3 Gold, 10 Silver and 10 Bronze individual medallists.

International Meet

Laura McNab and Thomas Sinclair were chosen for the Golden Bear International meet in Croatia on 16th to 21st June. Liam Wilcox, one of our coaches was invited as part of the coaching team. Thomas needed to sacrifice this opportunity to concentrate on his exams. Laura achieved a 1st position in the 200m B final, 6th in the 50m freestyle A final and 7th in 400m freestyle and gained a great deal from this international experience.

Scottish National Open Swimming Championships 30/6/16 to 3/7/16, Tollcross, Glasgow

Ethan McNeil- Two 1st places in the Under 16 category for 200m breaststroke and 400m Individual Medley

Scottish Summer Meet 2016 15/7/16 to 17/7/16, Aberdeen

Ethan McNeil- 3 GOLD MEDALS in 50m and 100m breaststroke plus 400m Individual Medley, BRONZE MEDAL in 200m Individual Medley

Hugo McNeil- BRONZE MEDAL in 200m Butterfly

British Summer Championships Sheffield 26th to 31st July

Laura McNab- age 15 Womens 50m Freestyle SILVER medal, 100m Freestyle Finalist 5th place

Thomas Sinclair- age 17/18 Mens 50m Butterfly SILVER medal, 100m butterfly Finalist 5th place, 200m Freestyle finalist 8th place

Ethan McNeil-age 13/14 Mens 200m Breaststroke BRONZE medal

Daniella Whiting- age 19/Over Womens 400IM Finals, 7th place

Henry Dixon- age 16 Mens 200m Freestyle Finals, 10th place

Swimmers qualifying in the following events: Alice Barton 200m freestyle, Stella Cookson 50m breaststroke, Henry Dixon 200m freestyle, 200m butterfly, 400m IM, Laura McNab 200m freestyle, 400m freestyle, Thomas Sinclair 50m

freestyle, 100m freestyle, 200m freestyle, 50m butterfly, 100m butterfly, Daniella Whiting 100m breaststroke, 200m breaststroke, 200m IM, Relays: Girl 14-16 4x100m freestyle, 4x 200m freestyle, 4x 100m IM

ASA Summer Meet *Sheffield 1st to 5th August*

Henry Dixon- age 16 GOLD- NATIONAL CHAMPION 1500m Freestyle

Dylan Hood –age 15 GOLD- NATIONAL CHAMPION 200m Breaststroke

Alice Barton-age 12/13 Womens 100m Freestyle Finals 6th, 50m Backstroke Finals 7th, 100m Backstroke Finals 6th, 200m IM Finals 8th

Rhiannon Bowen- age 15 Womens 50m Freestyle Finals 6th, 200m Freestyle Finals 8th, 400m Freestyle Finals 10th, 50m Butterfly Finals 5th

Stella Cookson- age 16 Womens 100m Breaststroke Finals 5th, 200m Breaststroke Finals 7th

Michael Dorsman- age 17 Mens 200m Breaststroke Finals 8th

Charlie Head- age 17 Mens 200m Breaststroke Finals 4th

Ben Lawton- age 17 Mens 50m Breaststroke Finals 7th, 100m Breaststroke Finals 4th

Laura Mcnab- age 15 Womens 100m Butterfly Finals 7th, 200m Butterfly Finals 6th

Swimmers qualifying in the following events: Florence Ball 50m freestyle, Alice Barton 400m freestyle, 200m backstroke, 200m butterfly, 400m IM, Rhiannon Bowen 200m butterfly, 200m IM, Michael Dorsman 50m breaststroke, Matthew Hardick 100m breaststroke, Charlie Head 100m breaststroke, 200m IM, Laura Mcnab 800m freestyle, Ella Veakins 50m butterfly, 100m butterfly, 200m butterfly, Daniella Whiting 50m butterfly, 100m butterfly
Swim Wales Summer Open Meet, Swansea 1/8/16 to 7/8/16

Alexander Sharman- age 14 Mens 2 GOLD MEDALS 50M Butterfly and 50m Backstroke, 100m freestyle Finals 4th, 100m Butterfly Finals 4th, 100m Backstroke Finals 4th, 200m Backstroke Finals 5th

Maia Crudgington- age 14 Womens 400m Freestyle HDW 6th, 800m Freestyle HDW 7th, 200m Butterfly Finals 8th

Amy Gordon- age 15 Womens 50m Freestyle Finals 5th, 100m Freestyle Finals 7th, 50m Breaststroke Finals 7th, 200IM Finals 6th

Jude Roberts- age 13 Womens 200m Backstroke Finals 4th

Swimmers qualifying for this meet: Hannah Croker, Samantha Hammond, Charlie Hemmens, Megan Rose, Isaac Grothier

ASA Winter SC Nationals, Sheffield, December 2016

Junior Bronze Medallist: Laura Mcnab in 50m freestyle in a time of 26.35s

Qualifiers: Rhiannon Bowen: 100m IM, 200m IM, 400m IM, 100m Fly, 200m Fly, 400m free, Stella Cookson: 50m breast, 100m breast Michael Dorsman: 100m IM Dylan Hood: 100m Breast, 200m Breast, 400IM Misty Marshall-Welling: 400m Free, 800m Free Ethan McNeil: 200m breast Laura Mcnab: 50m Free, 100m Free, 200m Free, 400m Free Daniella Whiting: 100m IM, 200m IM, 100m Fly