

25th ANNUAL ALBERT DOCK OPEN WATER SWIMMING CHAMPIONSHIPS

On 7th August Lucy Gale swam in the 2 mile Open Water Competition held at Albert Dock in Liverpool. At 15 this was her last year as a junior and she was returning to defend the Champion's position which she attained last year. Although overcast the weather was warm with the water temperature of 17 degrees.

This year the competition was very stiff and well before the completion of the first mile a race had developed between Lucy Gale and Lucy Hale, yes the names are correct, for the third place. After the best part of half an hour's head to head racing with the girls swimming stroke

for stroke they were both credited with the same time of 40 minutes and 49 seconds and with equal third place. This represents an almost 2 minute personal best by Lucy Gale.

To put this into context it means that swimming at the same pace in the pool she would not only have bettered her personal best time for 1500 metres she would have taken almost 30 seconds off the girls 15 years club record. A massive achievement!

Any disappointment in not retaining the Championship was completely offset by times achieved.

By Dave Marsh

