

## **Coaches Report – Lancashire County Championships**

**28<sup>th</sup> February and 1<sup>st</sup> March – Liverpool**

**21<sup>st</sup> and 22<sup>nd</sup> March – Manchester**

Well done to everyone who swam for Flixton Swim Team

Stephanie Austin, Lucy Cooke, Max Martin, Catherine Podmore, Lucie Simpson,  
Callum Holmes, Renzo Szkwarok, Aedan Baker

And a well done for Flixton swimmers that swam as part of Trafford's performance squad – Swim Trafford

Jasmine Stockton, Lily Macfarlane, Megan Valentine, Georgia Plant, Alisdair Stout

I was away for the first weekend with family, but spent a good proportion of my time off checking my phone for the results, and was never disappointed. If anyone has been lucky enough to attend any form of swimming championships, you will be aware of how long the days seem, despite this, the swimmers were well prepared with good food and hydration and were able to entertain themselves whilst getting into the minimal amount of trouble.

There was a wealth of new personal best times across the two weekends, as well as several medals. Hopefully next year the club can produce more swimmers that can help raise the high standard set out in the championships.

I'd like to thank James Stanard and Win for looking after the Flixton Swimmers and I'd like to thank the swimmers themselves for working hard enough in the past 9 months to be able to qualify for one of the toughest county events in the country.

Apologies for not typing up a list of medalist and a personal best list but one will be put on the website soon.

### **Flixton's Swimmer of the championships**

This could have gone to any of the swimmers mentioned above, but I'd like to award it to....

Lily Mac – Who in my opinion had some of the best underwater swimming that I watched all weekend. Particularly whilst doing her 200m Fc, she went 15m off the dive and went well past the flags after every turn

Alisdair – An amazing talent at swim Trafford, and if he continues to train hard and stay uninjured could possibly set his sights on swimming at Rio in 500 days time!!!!

**Please keep your eyes open for the team sheet for the next Team Galas in April**