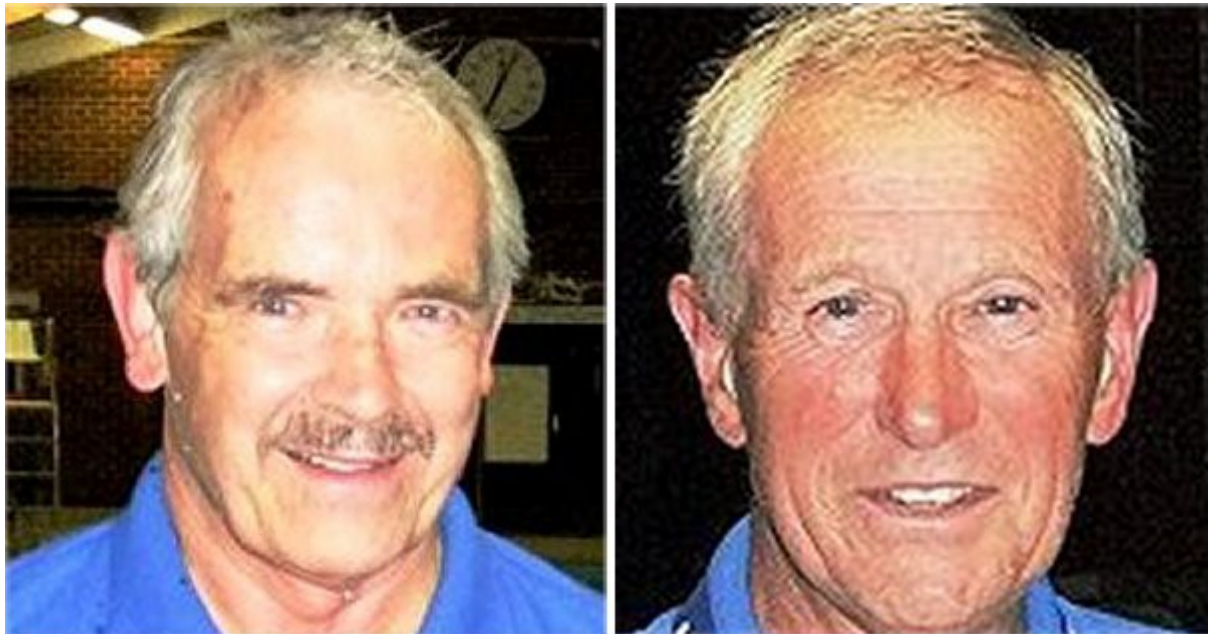


REPORT ON RECENT HYTHE AQUA MASTERS ACTIVITIES

July 2019

A small team from Hythe Aqua contested the sprint events of the Kent Masters Championships at the end of June and returned with 19 medals including 9 golds. Together with the points scored by the team a month earlier at the distance events the team came top of the East Kent clubs competing at the championships. The highlight was the 240 year mixed freestyle relay team of Helen Oakes, Donna Wickens, Graham Ling & David Staveley coming a good second in both of their events. Individual wins were also recorded for Maureen Fakley (2), Donna Wickens (2), Graham Ling (1) & David Staveley (4). A good measure of performance excellence was to have a 'Top 10' placing where all the competitors in an event have their finish times 'age adjusted'. These were achieved by Donna, Helen & David in some of their events.

Earlier in the month Graham Ling swam in the British Masters Long Course Championships in Swansea and gained medals in the 75 – 79 year age group. His excellent freestyle swimming gained him a second in the 100 metres and a third in the 200m.



Hythe Master swimmers are also planning to compete in Open Water events across the summer and we wish them success in these challenging competitions.

David Staveley.