

### **AGM Head Coaches Report**

The 2016-17 season was highly successful. Stockport Metro's swimmers performed outstanding at all age groups from our Junior Swimmers finishing 4<sup>th</sup> in the National Junior league final to Our senior swimmers competing in World championship finals.

The season saw Stockport Metro retain the title of County champions and Regional champions at Senior and Junior level.

I would like it to show for the record my thanks to the Committee members and all the sub-committee members of the open meet and Mini Meet competitions. Without your help the club would be no were as successful as it is your time and expertise is extremely appreciated.

### **New Coaching Staff**

The club has welcomed 2 new staff to the team this year. Jack Hepburn returns to the club in the club after a spell completing his degree in the capacity of the Academy 3 and Regional Age Coach. Marc Heath has joined the coaching team in the capacity as the County squad coach. Both coaches bring a wealth of enthusiasm and expertise to their roles and responsibilities.

### **World Championships**

Holly Hibbott followed in the footsteps of past Stockport Metro distance swimmers Graeme Smith, Cassie Pattern and Keri-Anne Payne to represented Great Britain at the World Championships in Budapest. Holly swam a lifetime best in the Heat of the 800 Freestyle to make the final of the 800 freestyle in her 1<sup>st</sup> senior international.

Holly achieved the following results

8<sup>th</sup>                    800 freestyle

15<sup>th</sup>                  400 Freestyle

### **World Junior Championships**

Harrison Coulter represented Great Britain at the World Junior Championships in Indianapolis, this is the premier Junior meet in the world. This was Harrison's 1<sup>st</sup> international selection.

Harrison achieved the following results

12<sup>th</sup>                  400 Freestyle

10<sup>th</sup>                  800 Freestyle

16<sup>th</sup>                  1500 Freestyle

### **European Juniors**

Two more swimmers from Stockport Metro made their international debut, Lizzie Harris and Oliver Crosby represented Great Britain in Israel at the European Junior Championships.

The swimmers achieved the following results.

Oliver

Bronze	4 x 100 Mixed Medley relay
5 <sup>th</sup>	4 x 100 Men's Medley relay
7 <sup>th</sup>	50 Breaststroke
10 <sup>th</sup>	100 Breaststroke
16 <sup>th</sup>	200 Breaststroke

Lizzie

6 <sup>th</sup>	4 x 100 Freestyle relay
7 <sup>th</sup>	4 x 200 Freestyle relay
13 <sup>th</sup>	200 Freestyle
21 <sup>st</sup>	100 Freestyle

**Commonwealth Youth Games**

Lizzie Harris competed in her 2<sup>nd</sup> international meet of the season to represent team England in the Bahamas at the Commonwealth games.

Lizzie achieved the following results.

Silver	4 x 100 Mixed Freestyle relay
Silver	4 x 200 Mixed Freestyle relay
4 <sup>th</sup>	100 Freestyle
4 <sup>th</sup>	200 Freestyle
7 <sup>th</sup>	50 Freestyle
7 <sup>th</sup>	400 Freestyle

**British Championships 2017 18-23<sup>rd</sup> April 2017**



The British Championships 2017 in Sheffield was the trials for a culmination of International meets; World Championships (Budapest), World Junior Championships (Indianapolis) and European Junior Championships (Israel).

The team of 16 that competed in Sheffield made Stockport Metro Lifeleisure one of the largest team to compete in Sheffield albeit one of the youngest squads also.

### Day 1

The team started extremely well on the 1<sup>st</sup> day with a huge amount of Personal Best times, 7 in total across the junior and Senior categories.

The team made a huge amount of finals on the 1<sup>st</sup> day, 6 in total and qualified for 2 International teams.

Finalist were

**Harrison Coulter** in the Men's 400m Freestyle Junior Final where he came 2<sup>nd</sup> *smashing his life time best which Qualified him for British team selection to the World Youth Championships Indianapolis.*

**Elizabeth Harris** in the Women's 200m Freestyle Junior final where she came 4<sup>th</sup> which qualified her for British Team Selection to the European Junior Championships in Israel.

**Holly Hibbott** in the Women's 200 freestyle Target Tokyo final where she swam a life time best to finish 1<sup>st</sup> giving her confidence to take on the seniors in her favored events.

**Oliver Crosby** in the Men's 100 Breaststroke Junior Final where he finished 4<sup>th</sup> in a life time best which qualified him for British Team Selection to the European Junior Championships in Israel.

**Lucy McKenzie** in the Women's 400 I.M Senior Final where she finished 8<sup>th</sup>

**Megan Sheard** in the Women's 400 I.M Junior Final swam her 2<sup>nd</sup> life time best of the day where she finished 6<sup>th</sup>

On day 1 the team had an 83.3% improvement rate of swimmers swimming quicker in finals stepping up to make a total of 3 British team selections.

### Day 2

On Day 2 the team continued to perform outstanding with a further 7 life time best making 5 finals/top 8 finished.

**Finalist where**

**Alisha Hawkins** in the Women's Junior 800 Freestyle swam a huge 8 second life time best to place 6<sup>th</sup> in the Junior Category

**Holly Hibbott** in the Women's Senior 800 Freestyle took on the Double Olympic silver medalist narrowly missing out on gold securing her a Senior Silver medal giving her confidence she could beat the best in world.

**Katie Matts** in the Women's 200 Breaststroke Senior Final swam a lifetime best of 2:25.51 this made her the 17<sup>th</sup> fastest female in the World after all the big swimming nations have had their trials. This time was good enough for 4<sup>th</sup> in an event where Britain have 3 other females inside the top 6 in the world. Katie Looks forward to the challenge of being top 2 with the knowledge that when she is she will be in the top 5 in the World and ready to achieve on a senior level.

**Ciara Standing** in the Women's 50 Butterfly Tokyo Target Final swam a life time best to finish 5<sup>th</sup>

**Oliver Crosby** in the Men's 50 Breaststroke Junior Final swam a life time best just 19 100ths of a second off breaking the Junior British record to place 3<sup>rd</sup> just 12 100<sup>th</sup> of a second off winning. This qualified Oliver to compete in this events at the European Junior Championships in Israel.

On day 2 the team had a 100% improvement rate from heats to finals showing the strength of the team.

**Day 3**

Day 3 saw the team perform 2 life time best swims qualifying for 1 final and 2 top 8 finishes.

Top 8 finishes

**Harrison Coulter** with the swim of the day in the Men's Junior 1500 Freestyle smashed his life time best by a huge 19 seconds swimming a time of 15:37.66 place him 2<sup>nd</sup> Junior and 7<sup>th</sup> Senior to qualify him to compete in this event at the World Junior Championships.

Finalist was

**Holly Hibbott** in the Women's 200 Butterfly Senior Final was 8<sup>th</sup>

On day 3 the team qualified for one extra event at the World Junior championships with a 0% improvement from heats to finals.

**Day 4**

Day 4 was Stockport's quietist day with a lot of the team having a training day. The team still swam 3 life time bests and qualified for 1 final.

Finalist where

**Elizabeth Harris** in the Women's 100 Freestyle junior final where in the heats Elizabeth improved her rankings from 22<sup>nd</sup> to 2<sup>nd</sup> with a huge life time best. Another life time best of 56.75 was good enough for 3<sup>rd</sup> and the ability to swim this event at the European Junior team that she qualified for earlier in the week.

On Day 4 the team had a 100% improvement from Heats to finals to qualify in one more event on the British European Junior team.

## Day 5

As the meet gets into the latter stages opportunities present themselves for the teams most prepared for competing over a 6 day meet, the fatigue of competing over 6 days is significant but on day 5 the Stockport team was getting stronger and stronger. The team swam a total of 6 life time best to make 5 finals.

Finalist where

**Alisha Hawkins** Women's 400 Freestyle Junior final swimming a huge life time best of 5 seconds to improve her rankings from 28<sup>th</sup> to 7<sup>th</sup>.

**Elizabeth Harris** also in the Women's 400 Freestyle Junior final saw Stockport girls take up 25% of the final places showing our strength in depth. Elizabeth placed 5<sup>th</sup> narrowly missing out on the top 3

**Holly Hibbott** in the Women's 400 Freestyle Senior Final swam. Bridging the gap from Junior to senior success is a hard one, particularly with British swimming the most improved Swimming Nation in the world and even more so when you are Tasked with having to Beat the Double Olympic medalist to qualify for your 1<sup>st</sup> Senior International team.

With a closely guarded race Strategy that Stockport have developed

### OPEN FINAL 1st GOLD **BRITISH CHAMPION** SM CLUB RECORD

Open Holly Hibbott 4:12.49 heats

17 yrs

Elizabeth Harris 4:23.41 heats

16 yrs

Alisha Hawkins 4:23.90 heats

16 yrs

Megan Sheard 4:31.26 heats

### MENS 200m INDIVIDUAL MEDLEY

18 yrs Oliver Crosby 2:10.77 heats

### LADIES 200m INDIVIDUAL MEDLEY

19 yrs **Katie Matts** 2:14.07 **OPEN FINAL 4th=**

SM CLUB RECORD (18yrs)

Katie Matts 2:16.35 heats

20 yrs **Lucy McKenzie** 2:18.31 **TARGET TOKYO FINAL 4th**

BRITISH CHAMPS 2017 Sheffield 18-23 April 2017 Long Course 50m pool



2017 British Championships – Sheffield 50m  
DAY 1 (Tue 18th Apr)  
REPORT

Full results for Stockport Metro qualifiers:

MENS 400m FREESTYLE

18 yrs **Harrison Coulter** 3:54.43 **JUNIOR FINAL 2nd** SM CLUB RECORD (17yrs)  
Harrison Coulter 3:55.73 heats

LADIES 200m FREESTYLE

18 yrs **Holly Hibbott** 2:00.58 **TARGET TOKYO FINAL 1st**  
Holly Hibbott 2:02.17 heats

17 yrs **Elizabeth Harris** 2:03.15 **JUNIOR FINAL 4th**  
Elizabeth Harris 2:04.37 heats

17 yrs Madeleine Crompton 2:06.07 heats

MENS 100m BREASTSTROKE

18 yrs **Oliver Crosby** 1:03.87 **JUNIOR FINAL 4th** SM CLUB RECORD (17yrs)  
Oliver Crosby 1:04.22 heats

LADIES 400m INDIVIDUAL MEDLEY

20 yrs **Lucy McKenzie** 4:50.01 **OPEN FINAL 8th**  
Lucy McKenzie 4:49.64 heats

16 yrs **Megan Sheard** 4:56.93 **JUNIOR FINAL 6th**  
Megan Sheard 4:56.97 heats

16 yrs Kiera Henley 5:06.37 heats

MENS 50m BACKSTROKE

22 yrs Ciaran Beard-Jones 27.24 heats

---

2017 British Championships – Sheffield 50m  
DAY 2 (Wed 19th April)  
REPORT

Full results for Stockport Metro qualifiers:

LADIES 100m BACKSTROKE

16 yrs Katelyn Bergin 1:04.38 heats SM CLUB RECORD (15yrs)

MENS 200m BUTTERFLY

18 yrs Harrison Coulter 2:07.63 heats

LADIES 200m BREASTSTROKE

19 yrs **Katie Matts** 2:25.51 **OPEN FINAL 4th** SM CLUB RECORD (Open & 18yrs)  
Katie Matts 2:27.24 heats

13 yrs Olivia Herron 2:38.64 heats

MENS 100m BACKSTROKE

22 yrs Ciaran Beard-Jones 58.68 heats

LADIES 50m BUTTERFLY

18 yrs **Ciara Standing** 27.80 **TOKYO TARGET FINAL 5th**  
Ciara Standing 28.00 heats  
17 yrs Elizabeth Harris 28.94 heats  
15 yrs Rebecca Pearson 29.17 heats

MENS 50m BREASTSTROKE

18 yrs **Oliver Crosby** 29.17 **JUNIOR FINAL 3rd**  
Oliver Crosby 29.65 heats

LADIES 800m FREESTYLE

18 yrs **Holly Hibbott** 8:31.78 **HDW OPEN 2nd BRITISH SILVER MEDALLIST**  
16 yrs **Alisha Hawkins** 9:02.97 **HDW JUNIOR 6th**

---

2017 British Championships – Sheffield 50m  
DAY 3 (Thurs 20th April)  
REPORT

Full results for Stockport Metro qualifiers:

MENS 1500m FREESTYLE

18 yrs **Harrison Coulter** 15:37.66 **HDW JUNIOR 2nd HDW OPEN 7th SM CLUB RECORD (17yrs)**

LADIES 200m BUTTERFLY

18yrs **Holly Hibbott** 2:13.69 **OPEN FINAL 8th**  
Holly Hibbott 2:13.11 heats  
17 yrs Elizabeth Harris 2:19.20 heats  
16 yrs Katelyn Bergin 2:21.93 heats  
17 yrs Emma Rowson 2:24.18 heats

---

2017 British Championships – Sheffield 50m  
DAY 4 (Fri 21st April)  
REPORT

Full results for Stockport Metro qualifiers:

MENS 200m BREASTSTROKE

18 yrs Oliver Crosby 2:22.04 heats

LADIES 100m FREESTYLE

17 yrs **Elizabeth Harris** 56.75 **JUNIOR FINAL 3rd**  
Elizabeth Harris 57.04 heats  
17 yrs Madeleine Crompton 58.29 heats

LADIES 200m BACKSTROKE

16 yrs Katelyn Bergin 2:19.50 heats  
17 yrs Emma Rowson 2:22.81 heats

---

2017 British Championships – Sheffield 50m

DAY 5 (Sat 22nd April)

REPORT

Full results for Stockport Metro qualifiers:

LADIES 400m FREESTYLE

18yrs **Holly Hibbott** 4:06.37 **OPEN FINAL 1st GOLD** **BRITISH CHAMPION** SM CLUB RECORD  
Holly Hibbott 4:12.49 heats (Open &

17yrs)

17 yrs **Elizabeth Harris** 4:20.16 **JUNIOR FINAL 5th**  
Elizabeth Harris 4:23.41 heats

16 yrs **Alisha Hawkins** 4:25.10 **JUNIOR FINAL 7th**  
Alisha Hawkins 4:23.90 heats

16 yrs Megan Sheard 4:31.26 heats

MENS 200m INDIVIDUAL MEDLEY

18 yrs Oliver Crosby 2:10.77 heats

LADIES 200m INDIVIDUAL MEDLEY

19 yrs **Katie Matts** 2:14.07 **OPEN FINAL 4th=** SM CLUB RECORD (18yrs)  
Katie Matts 2:16.35 heats

20 yrs **Lucy McKenzie** 2:18.31 **TARGET TOKYO FINAL 4th**  
Lucy McKenzie 2:19.84 heats

16 yrs Katelyn Bergin 2:22.54 heats

16 yrs Kiera Henley 2:23.16 heats

16 yrs Megan Sheard 4:25.43 heats

MENS 50m FREESTYLE

17 yrs Jake Clappison 24.24 heats

LADIES 50m BACKSTROKE

16 yrs Katelyn Bergin 30.16 heats SM CLUB RECORD (15yrs)

2017 British Championships – Sheffield 50m

DAY 6 (Sun 23rd April)

REPORT

Full results for Stockport Metro qualifiers:

MENS 200m FREESTYLE

18 yrs **Harrison Coulter** 1:51.08 **JUNIOR FINAL 3rd** SM CLUB RECORD (17yrs)  
Harrison Coulter 1:51.13 heats

LADIES 100m BREASTSTROKE

19 yrs **Katie Matts** 1:09.12 **TARGET TOKYO FINAL 1st** SM CLUB RECORD (18yrs)  
Katie Matts 1:09.78 heats

13 yrs Olivia Herron 1:14.15 heats SM CLUB RECORD (13yrs)

LADIES 100m BUTTERFLY

18yrs **Holly Hibbott** 1:01.53 **TARGET TOKYO FINAL 4th**  
Holly Hibbott 1:01.93 heats

16 yrs Katelyn Bergin 1:03.04 heats



17 yrs Elizabeth Harris 1:03.49 heats  
15 yrs Rebecca Pearson 1:03.76 heats  
17 yrs Emma Rowson 1:03.80 heats

**British Nationals**

BRITISH SUMMER CHAMPS 2017 Sheffield 50m 10 lane pool, 25 -30 JULY

2017 British Summer Championships – Sheffield 50m  
DAY 1 (Tue 25th July)

Full results for Stockport Metro qualifiers:

MENS 400m FREESTYLE

13/14 yrs **Joseph Deighan** (Stockport Metro) 4:17.16 **FINAL 6th**  
Joseph Deighan (Stockport Metro) 4:19.57 heats (7th)  
15 yrs **Benjamin Foster** (Stockport Metro) 4:17.43 **FINAL 9th**  
Benjamin Foster (Stockport Metro) 4:15.25 heats (6th)  
17/18 yrs **Harrison Coulter** (Stockport Metro) 3:54.26 **FINAL 1st GOLD BRITISH CHAMPION**  
Harrison Coulter (Stockport Metro) 3:52.79 heats (1st)

LADIES 200m FREESTYLE

16 yrs **Alisha Hawkins** (Stockport Metro) 2:04.85 **FINAL 6th**  
Alisha Hawkins (Stockport Metro) 2:05.03 heats (4th)  
16 yrs Kiera Henley (Stockport Metro) 2:08.24 heats 12th  
17/18 yrs **Madeleine Crompton** (Stockport Metro) 2:06.19 **FINAL 8th**  
Madeleine Crompton (Stockport Metro) 2:03.98 heats (5th)

MENS 100m BREASTSTROKE

15 yrs Benjamin Foster (Stockport Metro) 1:13.52 heats 21st  
17/18 yrs **Oliver Crosby** (Stockport Metro) 1:02.63 **FINAL 1st GOLD BRITISH CHAMPION**  
Oliver Crosby (Stockport Metro) 1:03.51 heats (1st)

LADIES 400m INDIVIDUAL MEDLEY

13/14 yrs **Amy West** (Stockport Metro) 5:04.43 **FINAL 8th**  
Amy West (Stockport Metro) 5:04.44 heats (5th)  
13/14 yrs Olivia Herron (Stockport Metro) 5:10.45 heats 12th  
16 yrs **Megan Sheard** (Stockport Metro) 4:59.69 **FINAL 5th**  
Megan Sheard (Stockport Metro) 5:01.26 heats (4th)  
16 yrs **Katelyn Bergin** (Stockport Metro) 5:00.23 **FINAL 6th**  
Katelyn Bergin (Stockport Metro) 5:02.02 heats (5th)  
19 yrs/ov **Katie Matts** (Stockport Metro) 4:44.35 **FINAL 1st GOLD BRITISH CHAMPION**  
Katie Matts (Stockport Metro) 4:53.13 heats (3rd)

MENS 50m BACKSTROKE

19 yrs/ov Ciaran Beard-Jones (Stockport Metro) 27.06 heats 16th

LADIES 50m BREASTSTROKE

13/14 yrs **Olivia Herron** (Stockport Metro) 33.39 **FINAL 4th**  
Olivia Herron (Stockport Metro) 33.85 heats (4th)  
16 yrs Kiera Henley (Stockport Metro) 34.48 heats 14th

---

2017 British Summer Championships – Sheffield 50m  
DAY 2 (Wed 26th July)

Full results for Stockport Metro qualifiers:

LADIES 100m BACKSTROKE

15 yrs Kate Butler (Stockport Metro) 1:06.91 heats 13th  
16 yrs **Katelyn Bergin** (Stockport Metro) 1:03.98 **FINAL 5th**  
Katelyn Bergin (Stockport Metro) 1:04.36 heats (4th)

MENS 200m BUTTERFLY

13/14 yrs Jolan Bennett (Stockport Metro) 2:18.52 heats 13th  
16 yrs Harrison Brown (Stockport Metro) 2:15.82 heats 20th  
17/18 yrs **Harrison Coulter** (Stockport Metro) 2:04.23 **FINAL 5th**

LADIES 200m BREASTSTROKE

13/14 yrs **Olivia Herron** (Stockport Metro) 2:37.87 **FINAL 3rd BRONZE**  
Olivia Herron (Stockport Metro) 2:39.86 heats (3rd)  
13/14 yrs **Amy West** (Stockport Metro) 2:43.23 **FINAL 9th**  
Amy West (Stockport Metro) 2:45.08 heats (9th)  
19 yrs/ov **Katie Matts** (Stockport Metro) 2:26.54 **FINAL 1st GOLD BRITISH CHAMPION**  
Katie Matts (Stockport Metro) 2:29.35 heats (1st)

MENS 100m BACKSTROKE

13/14 yrs Jolan Bennett (Stockport Metro) 1:05.99 heats 21st  
16 yrs **Harvey Jones** (Stockport Metro) 59.89 **FINAL 9th**  
Harvey Jones (Stockport Metro) 1:00.43 heats (11th)

LADIES 50m BUTTERFLY

13/14 yrs Olivia Herron (Stockport Metro) 30.02 heats 21st  
15 yrs **Rebecca Pearson** (Stockport Metro) 28.40 **FINAL 3rd BRONZE**  
Rebecca Pearson (Stockport Metro) 28.62 heats (2nd)  
17/18 yrs **Ciara Standing** (Stockport Metro) 27.91 **FINAL 3rd BRONZE**  
Ciara Standing (Stockport Metro) 28.23 heats (5th)

MENS 50m BREASTSTROKE

17/18 yrs **Oliver Crosby** (Stockport Metro) 28.53 **FINAL 1st GOLD BRITISH CHAMPION**  
Oliver Crosby (Stockport Metro) 28.78 heats (1st)

LADIES 800m FREESTYLE

16 yrs **Alisha Hawkins** (Stockport Metro) 9:04.54 **HDW 5th**

---

2017 British Summer Championships – Sheffield 50m  
DAY 3 (Thur 27th July)

Full results for Stockport Metro qualifiers:

MENS 1500m FREESTYLE

13/14 yrs **Joseph Deighan** (Stockport Metro) 17:01.16 **HDW 7th**  
15 yrs **Benjamin Foster** (Stockport Metro) 16:48.01 **HDW 7th**  
15 yrs Joel Donald (Stockport Metro) 17:30.51 HDW 15th  
17/18 yrs **Harrison Coulter** (Stockport Metro) 15:59.45 **HDW 5th**

LADIES 200m BUTTERFLY

13/14 yrs **Amy West** (Stockport Metro) 2:22.47 **FINAL 7th**  
Amy West (Stockport Metro) 2:25.77 heats (8th)  
13/14 yrs **Olivia Herron** (Stockport Metro) 2:23.70 **FINAL 9th**  
Olivia Herron (Stockport Metro) 2:24.55 heats (7th)  
15 yrs Rebecca Pearson (Stockport Metro) 2:29.70 heats 21st  
16 yrs **Katelyn Bergin** (Stockport Metro) 2:19.63 **FINAL 6th**  
Katelyn Bergin (Stockport Metro) 2:20.95 heats (5th)  
16 yrs Megan Sheard (Stockport Metro) 2:23.99 heats 12th  
17/18 yrs **Emma Rowson** (Stockport Metro) 2:20.78 **FINAL 9th**  
Emma Rowson (Stockport Metro) 2:20.67 heats (9th)

MENS 100m FREESTYLE

no swimmers qualified

LADIES 50m FREESTYLE

no swimmers qualified

MENS 400m INDIVIDUAL MEDLEY

13/14 yrs **Jolan Bennett** (Stockport Metro) 4:52.49 **FINAL 8th**  
Jolan Bennett (Stockport Metro) 4:53.80 heats (7th)  
16 yrs Harvey Jones (Stockport Metro) 4:52.40 heats 16th

LADIES 4 x 200m FREESTYLE TEAM RELAY

14-16 yrs **Stockport Metro 8:32.05 FINAL 4th**  
(Alisha Hawkins 2:06.33, Katelyn Bergin 2:09.49, Kiera Henley 2:06.75, Megan Sheard 2:09.58)  
Stockport Metro 8:31.78 heats (2nd)  
(Alisha Hawkins 2:06.25, Kiera Henley 2:07.12, Katelyn Bergin 2:08.75, Megan Sheard 2:09.66)

-----  
2017 British Summer Championships – Sheffield 50m

DAY 4 (Fri 28th July)

Full results for Stockport Metro qualifiers:

MENS 200m BREASTSTROKE

15 yrs Benjamin Foster (Stockport Metro) 2:36.75 heats 16th  
17/18 yrs **Oliver Crosby** (Stockport Metro) 2:20.70 **FINAL 6th**  
Oliver Crosby (Stockport Metro) 2:22.33 heats (7th)

LADIES 100m FREESTYLE

16 yrs Alisha Hawkins (Stockport Metro) 59.13 heats 11th  
17/18 yrs **Madeleine Crompton** (Stockport Metro) 57.81 **FINAL 7th**  
Madeleine Crompton (Stockport Metro) 58.53 heats (9th)

MENS 100m BUTTERFLY

13/14 yrs Jolan Bennett (Stockport Metro) 1:02.77 heats 22nd

LADIES 200m BACKSTROKE

13/14yrs Lucy Aherne (Stockport Metro) 2:27.94 heats 19th

15 yrs **Kate Butler** (Stockport Metro) 2:24.34 **FINAL 10th**

Kate Butler (Stockport Metro) 2:23.69 heats (6th)

16 yrs Katelyn Bergin (Stockport Metro) 2:24.25 heats 14th

MENS 4 x 200m FREESTYLE TEAM RELAYS

14-16yrs no team qualified

MENS 4 x 200m FREESTYLE TEAM RELAYS

17yrs/ov no team qualified

---

2017 British Summer Championships – Sheffield 50m

DAY 5 (Sat 29 July)

Full results for Stockport Metro qualifiers:

LADIES 400m FREESTYLE

16 yrs **Alisha Hawkins** (Stockport Metro) 4:24.13 **FINAL 5th**

Alisha Hawkins (Stockport Metro) 4:25.53 heats (3rd)

16 yrs Megan Sheard (Stockport Metro) 4:34.17 heats 15th

MENS 200m INDIVIDUAL MEDLEY

13/14 yrs Jolan Bennett (Stockport Metro) 2:21.01 heats 18th

16 yrs Harvey Jones (Stockport Metro) 2:15.62 heats 19th

17/18 yrs Oliver Crosby (Stockport Metro) 2:11.79 heats 12th

LADIES 200m INDIVIDUAL MEDLEY

13/14 yrs **Amy West** (Stockport Metro) 2:23.05 **FINAL 5th**

Amy West (Stockport Metro) 2:24.74 heats (3rd)

16 yrs **Katelyn Bergin** (Stockport Metro) 2:22.27 **FINAL 4th**

Katelyn Bergin (Stockport Metro) 2:23.76 heats (7th)

16 yrs **Kiera Henley** (Stockport Metro) 2:24.14 **FINAL 8th**

Kiera Henley (Stockport Metro) 2:24.03 heats (8th)

16 yrs Megan Sheard (Stockport Metro) 2:28.40 heats 15th

19 yrs/ov **Katie Matts** (Stockport Metro) 2:13.24 **FINAL 1st GOLD BRITISH CHAMPION**

Katie Matts (Stockport Metro) 2:15.52 heats (1st)

MENS 50m FREESTYLE

17/18 yrs Jake Clappison (Stockport Metro) 24.75 heats 22nd

LADIES 50m BACKSTROKE

15 yrs Kate Butler (Stockport Metro) 31.45 heats 18th

16 yrs **Katelyn Bergin** (Stockport Metro) 30.43 **FINAL 9th**

Katelyn Bergin (Stockport Metro) 30.67 heats (10th)

MENS 4 x 100m FREESTYLE TEAM RELAY

14-16yrs no team qualified

MENS 4 x 100m FREESTYLE TEAM RELAY  
17yrs/ov no team qualified

LADIES 4 x 100m FREESTYLE TEAM RELAY  
14-16yrs **Stockport Metro 4.01.21 FINAL 9th**  
(Alisha Hawkins 1.00.69, Katelyn Bergin 59.87, Kiera Henley 58.75, Megan Sheard 1.01.90)  
Stockport Metro 3.59.72 heats (7th)  
(Alisha Hawkins 59.60, Katelyn Bergin 59.89, Kiera Henley 58.56, Megan Sheard 1.01.67)

LADIES 4 x 100m FREESTYLE TEAM RELAY  
17yrs/ov no team qualified

---

2017 British Summer Championships – Sheffield 50m  
DAY 6 (Sun 30 July)

Full results for Stockport Metro qualifiers:

MENS 200m FREESTYLE

13/14 yrs Joseph Deighan (Stockport Metro) 2:06.23 heats 19th

LADIES 100m BREASTSTROKE

13/14 yrs **Olivia Herron** (Stockport Metro) 1:13.05 **FINAL 5th**  
Olivia Herron (Stockport Metro) 1:14.83 heats (6th)

13/14 yrs Amy West (Stockport Metro) 1:18.12 heats 20th

15 yrs Charlotte Hulme (Stockport Metro) 1:15.58 heats 12th

16 yrs Kiera Henley (Stockport Metro) 1:17.86 heats 11th

19 yrs/ov **Katie Matts** (Stockport Metro) 1:09.32 **FINAL 3rd BRONZE**  
Katie Matts (Stockport Metro) 1:10.67 heats (5th)

MENS 200m BACKSTROKE

13/14 yrs Jolan Bennett (Stockport Metro) 2:22.13 heats 19th

13/14 yrs Joseph Deighan (Stockport Metro) 2:22.31 heats 23rd

16 yrs **Harvey Jones** (Stockport Metro) 2:11.46 **FINAL 10th**  
Harvey Jones (Stockport Metro) 2:09.57 heats (4th)

LADIES 100m BUTTERFLY

13/14 yrs Amy West (Stockport Metro) 1:05.91 heats 17th

13/14 yrs Olivia Herron (Stockport Metro) 1:06.61 heats 19th

15 yrs **Rebecca Pearson** (Stockport Metro) 1:03.78 **FINAL 6th**  
Rebecca Pearson (Stockport Metro) 1:04.18 heats (6th)

16 yrs **Katelyn Bergin** (Stockport Metro) 1:03.30 **FINAL 7th**  
Katelyn Bergin (Stockport Metro) 1:03.65 heats (6th)

16 yrs Megan Sheard (Stockport Metro) 1:07.91 heats 21st

17/18 yrs **Ciara Standing** (Stockport Metro) 1:02.40 **FINAL 5th**  
Ciara Standing (Stockport Metro) 1:02.51 heats (4th)

17/18yrs **Emma Rowson** (Stockport Metro) 1:04.01 **FINAL 9th**  
Emma Rowson (Stockport Metro) 1:03.96 heats (9th)

MENS 50m BUTTERFLY

no swimmers qualified



LADIES 4 x 100m MEDLEY TEAM RELAYS  
 14-16yrs **Stockport Metro 4:22.14 FINAL 6th**  
 (Katelyn Bergin 1:04.39, Charlotte Hulme 1:14.91, Rebecca Pearson 1:03.18, Alisha Hawkins 59.66)  
 Stockport Metro 4:22.63 heats (3rd)  
 (Katelyn Bergin 1:05.00, Charlotte Hulme 1:15.30, Rebecca Pearson 1:03.67, Alisha Hawkins 58.66)

LADIES 4 x 100m MEDLEY TEAM RELAYS  
 17yrs/ov no team qualified

MENS 4 x 100m MEDLEY TEAM RELAYS  
 14-16yrs no team qualified

MENS 4 x 100m MEDLEY TEAM RELAYS  
 17yrs/ov no team qualified

## 2017 BRITISH SUMMER CHAMPIONSHOPS – Sheffield 50m - July 25-30

### SUMMARY

### CHESHIRE OVERALL MEDALS, FINALISTS & QUALIFYING SWIMS

Cheshire clubs	G	S	B	Medals	Finalists	TOTAL	Qual Swims
	6	3	6	15	51	66	116
Crewe Flyers	0	0	0	0	0	0	1
Satellite	0	0	0	0	0	0	2
Stockport Metro	6	0	4	10	38	48	83
Trafford Metro	0	0	0	0	0	0	2
Warriors of Warrington	0	3	2	5	5	10	15
Winsford	0	0	0	0	3	3	4
Wirral Metro	0	0	0	0	5	5	9

### STOCKPORT METRO MEDALLISTS (10 swimmers)

#### **GOLD (6 medals)**

**Katie Matts** (Stockport Metro) LADIES 200m BREASTSTROKE 19yrs/ov 1st 2:26.54  
**Katie Matts** (Stockport Metro) LADIES 200m IND MEDLEY 19yrs/ov 1st 2:13.24  
**Katie Matts** (Stockport Metro) LADIES 400m IND MEDLEY 19yrs/ov 1st 4:44.35

**Oliver Crosby** (Stockport Metro) MENS 50m BREASTSTROKE 17/18yrs 1st 28.53  
**Oliver Crosby** (Stockport Metro) MENS 100m BREASTSTROKE 17/18yrs 1st 1:02.63  
**Harrison Coulter** (Stockport Metro) MENS 400m FREESTYLE 17/18yrs 1st 3:52.79

#### **SILVER (0 medals)**

#### **BRONZE (4 medals)**

**Olivia Herron** (Stockport Metro) LADIES 200m BREASTSTROKE 13/14yrs 3rd 2:37.87  
**Rebecca Pearson** (Stockport Metro) LADIES 50m BUTTERFLY 15yrs 3rd 28.40  
**Ciara Standing** (Stockport Metro) LADIES 50m BUTTERFLY 17/18yrs 3rd 27.91  
**Katie Matts** (Stockport Metro) LADIES 100m BREASTSTROKE 19yrs/ov 3rd 1:09.32

## STOCKPORT METRO FINALISTS/TOP 10 (48 swimmers)

Olivia Herron (Stockport Metro)	LADIES 50m BREASTSTROKE	<u>13</u> /14yrs	4th	33.39
Olivia Herron (Stockport Metro)	LADIES 100m BREASTSTROKE	<u>13</u> /14yrs	5th	1:13.05
Olivia Herron (Stockport Metro)	LADIES 200m BREASTSTROKE	<u>13</u> /14yrs	3rd	2:37.87
Olivia Herron (Stockport Metro)	LADIES 200m BUTTERFLY	<u>13</u> /14yrs	9th	2:23.70
Amy West (Stockport Metro)	LADIES 200m BREASTSTROKE	<u>13</u> /14yrs	9th	2:43.23
Amy West (Stockport Metro)	LADIES 200m BUTTERFLY	<u>13</u> /14yrs	7th	2:22.47
Amy West (Stockport Metro)	LADIES 200m IND MEDLEY	<u>13</u> /14yrs	5th	2:23.05
Amy West (Stockport Metro)	LADIES 400m IND MEDLEY	<u>13</u> /14yrs	8th	5:04.43
Jolan Bennett (Stockport Metro)	MENS 400m IND MEDLEY	13/ <u>14</u> yrs	8th	4:52.49
Joseph Deighan (Stockport Metro)	MENS 400m FREESTYLE	13/ <u>14</u> yrs	6th	4:17.16
Joseph Deighan (Stockport Metro)	MENS 1500m FREESTYLE	13/ <u>14</u> yrs	7th	17:01.16
Kate Butler (Stockport Metro)	LADIES 200m BACKSTROKE	15yrs	10th	2:23.69
Rebecca Pearson (Stockport Metro)	LADIES 50m BUTTERFLY	15yrs	3rd	28.40
Rebecca Pearson (Stockport Metro)	LADIES 100m BUTTERFLY	15yrs	6th	1:03.78
Benjamin Foster (Stockport Metro)	MENS 400m FREESTYLE	15yrs	9th	4:15.25
Benjamin Foster (Stockport Metro)	MENS 1500m FREESTYLE	15yrs	7th	16:48.01
Katelyn Bergin (Stockport Metro)	LADIES 50m BACKSTROKE	16yrs	9th	30.43
Katelyn Bergin (Stockport Metro)	LADIES 100m BACKSTROKE	16yrs	5th	1:03.98
Katelyn Bergin (Stockport Metro)	LADIES 100m BUTTERFLY	16yrs	7th	1:03.30
Katelyn Bergin (Stockport Metro)	LADIES 200m BUTTERFLY	16yrs	6th	2:19.63
Katelyn Bergin (Stockport Metro)	LADIES 200m IND MEDLEY	16yrs	4th	2:22.27
Katelyn Bergin (Stockport Metro)	LADIES 400m IND MEDLEY	16yrs	6th	5:00.23
Alisha Hawkins (Stockport Metro)	LADIES 200m FREESTYLE	16yrs	6th	2:04.85
Alisha Hawkins (Stockport Metro)	LADIES 400m FREESTYLE	16yrs	5th	4:24.13
Alisha Hawkins (Stockport Metro)	LADIES 800m FREESTYLE	16yrs	6th	9:04.54
Kiera Henley (Stockport Metro)	LADIES 200m IND MEDLEY	16yrs	8th	2:24.03
Megan Sheard (Stockport Metro)	LADIES 400m IND MEDLEY	16yrs	5th	4:59.69
Harvey Jones (Stockport Metro)	MENS 100m BACKSTROKE	16yrs	9th	59.89
Harvey Jones (Stockport Metro)	MENS 200m BACKSTROKE	16yrs	10th	2:09.57
Stockport Metro Relay Team	LADIES 4 x 100m FREESTYLE	14-16yrs	9th	3:59.72
Stockport Metro Relay Team	LADIES 4 x 200m FREESTYLE	14-16yrs	4th	8:31.78
Stockport Metro Relay Team	LADIES 4 x 100m MEDLEY	14-16yrs	6th	4:22.14
Madeleine Crompton (Stockport Metro)	LADIES 100m FREESTYLE	<u>17</u> /18yrs	7th	57.81
Madeleine Crompton (Stockport Metro)	LADIES 200m FREESTYLE	<u>17</u> /18yrs	8th	2:03.98
Emma Rowson (Stockport Metro)	LADIES 100m BUTTERFLY	<u>17</u> /18yrs	9th	1:03.96
Emma Rowson (Stockport Metro)	LADIES 200m BUTTERFLY	<u>17</u> /18yrs	9th	2:20.67
Ciara Standing (Stockport Metro)	LADIES 50m BUTTERFLY	17/ <u>18</u> yrs	3rd	27.91
Ciara Standing (Stockport Metro)	LADIES 100m BUTTERFLY	17/ <u>18</u> yrs	5th	1:02.40
Harrison Coulter (Stockport Metro)	MENS 400m FREESTYLE	17/ <u>18</u> yrs	1st	3:52.79
Harrison Coulter (Stockport Metro)	MENS 1500m FREESTYLE	17/ <u>18</u> yrs	5th	15:59.45

		liveFITNESS	liveSPORT	liveLIFE
Harrison Coulter (Stockport Metro)	MENS 200m BUTTERFLY 17/18yrs	5th	2:04.23	
Oliver Crosby (Stockport Metro)	MENS 50m BREASTSTROKE	17/18yrs	1st	28.53
Oliver Crosby (Stockport Metro)	MENS 100m BREASTSTROKE	17/18yrs	1st	1:02.63
Oliver Crosby (Stockport Metro)	MENS 200m BREASTSTROKE	17/18yrs	6th	2:20.70
Katie Matts (Stockport Metro)	LADIES 100m BREASTSTROKE	19yrs/ov	3rd	1:09.32
Katie Matts (Stockport Metro)	LADIES 200m BREASTSTROKE	19yrs/ov	1st	2:26.54
Katie Matts (Stockport Metro)	LADIES 200m IND MEDLEY	19yrs/ov	1st	2:13.24
Katie Matts (Stockport Metro)	LADIES 400m IND MEDLEY	19yrs/ov	1st	4:44.35

English and British Nationals are all but organised, we have received 11 payments for accommodation and hopefully these this be all received before the events take place.  
 23 swimmers qualified for British National (Holly Hibbott, Harrison Coulter, Lizzie Harris will not compete or only part compete due to international representation)  
 27 swimmers qualified with some swimmers crossing over between the 2 meets

### English Nationals

2017 SWIM ENGLAND NATIONAL SUMMER CHAMPIONSHIPS, SHEFFIELD 10 Lane 50m pool, 2-6 AUGUST

2017 Swim England National Summer Championships – Sheffield 50m  
 DAY 1 (Wed 2nd August)

Full results for Stockport Metro qualifiers:

BOYS 100m BREASTSTROKE  
 no swimmers

GIRLS 100m BREASTSTROKE  
 15 yrs Rebecca Pearson (Stockport Metro) 1:20.27 heats 16th

BOYS 200m FREESTYLE  
 no swimmers

GIRLS 200m FREESTYLE  
 12/13 yrs **Amy West** (Stockport Metro) 2:11.15 **FINAL 7th**  
 Amy West (Stockport Metro) 2:11.21 heats (4th)

BOYS 400m INDIVIDUAL MEDLEY  
 13/14 yrs **Joseph Deighan** (Stockport Metro) 4:51.54 **FINAL 2nd SILVER**  
 Joseph Deighan (Stockport Metro) 4:56.38 heats (3rd)

GIRLS 400m INDIVIDUAL MEDLEY  
 12/13 yrs Madelaine Parkinson (Stockport Metro) DQ heats

-----  
 2017 Swim England National Summer Championships – Sheffield 50m  
 DAY 2 (Thur 3rd August)

Full results for Stockport Metro qualifiers:

BOYS 50m FREESTYLE  
 no swimmers

GIRLS 50m FREESTYLE

No swimmers

BOYS 100m BUTTERFLY

16 yrs **Harrison Brown** (Stockport Metro) 59.76 **FINAL 4th**  
Harrison Brown (Stockport Metro) 1:00.75 heats 6th  
18 yrs/ov **Harry Lewis-Mitchell** (Stockport Metro) 57.13 **FINAL 7th**  
Harry Lewis-Mitchell (Stockport Metro) 56.98 heats (6th)

GIRLS 100m BUTTERFLY

14 yrs **Leia King** (Stockport Metro) 1:06.64 **FINAL =7th**  
Leia King (Stockport Metro) 1:07.11 heats (3rd)

BOYS 200m BREASTSTROKE

no swimmers

GIRLS 200m BREASTSTROKE

15 yrs **Charlotte Hulme** (Stockport Metro) 2:40.27 **FINAL 2nd SILVER**  
Charlotte Hulme (Stockport Metro) 2:44.40 heats (2nd)

BOYS 1500m FREESTYLE

no swimmers

-----  
2017 Swim England National Summer Championships – Sheffield 50m  
DAY 3 (Fri 4th August)

Full results for Stockport Metro qualifiers:

BOYS 100m FREESTYLE  
no swimmers

GIRLS 400m FREESTYLE

12/13 yrs **Amy West** (Stockport Metro) 4:29.34 **FINAL 1st GOLD ENGLISH CHAMPION**  
Amy West (Stockport Metro) 4:35.81 heats (1st)  
12/13 yrs Madelaine Parkinson (Stockport Metro) 4:54.15 heats 20th  
15 yrs Charlotte Kennedy (Stockport Metro) 4:47.05 heats 17th

BOYS 50m BACKSTROKE

no swimmers

GIRLS 50m BACKSTROKE

17 yrs/ov **Ciara Standing** (Stockport Metro) 30.39 **FINAL 4th**  
Ciara Standing (Stockport Metro) 30.66 heats (2nd)

BOYS 200m INDIVIDUAL MEDLEY

15 yrs **Benjamin Foster** (Stockport Metro) 2:17.17 **FINAL 5th**  
Benjamin Foster (Stockport Metro) 2:19.38 heats (8th)

GIRLS 200m INDIVIDUAL MEDLEY

12/13 yrs **Olivia Herron** (Stockport Metro) 2:24.11 **FINAL 1st GOLD ENGLISH CHAMPION**  
Olivia Herron (Stockport Metro) 2:25.89 heats (1st)

---

2017 Swim England National Summer Championships – Sheffield 50m  
DAY 4 (Sat 5th August)

Full results for Stockport Metro qualifiers:

BOYS 200m BUTTERFLY

15 yrs Sean Penter (Stockport Metro) 2:22.01 heats 12th  
18yrs/ov **Harry Lewis-Mitchell** (Stockport Metro) 2:06.03 **FINAL 4th**  
Harry Lewis-Mitchell (Stockport Metro) 2:07.94 heats (4th)

GIRLS 200m BUTTERFLY

12/13 yrs Madelaine Parkinson (Stockport Metro) 2:36.69 heats 15th  
14 yrs Leia King (Stockport Metro) 2:35.61 heats 12th

BOYS 50m BREASTSTROKE

17 yrs **Daniel New** (Stockport Metro) 30.53 **FINAL 6th**  
Daniel New (Stockport Metro) 30.68 heats (2nd)

GIRLS 50m BREASTSTROKE

12/13 yrs **Amy West** (Stockport Metro) 35.27 **FINAL 8th**  
Amy West (Stockport Metro) 35.20 heats (4th)  
15 yrs **Charlotte Hulme** (Stockport Metro) 34.71 **FINAL 2nd SILVER**  
Charlotte Hulme (Stockport Metro) 34.77 heats (1st)  
17yrs/ov Kate Roodhouse (Stockport Metro) 35.31 heats 12th

BOYS 100m BACKSTROKE

18yrs/ov **Ciaran Beard-Jones** (Stockport Metro) 57.54 **FINAL 2nd SILVER**  
Ciaran Beard-Jones (Stockport Metro) 57.68 heats (1st)

GIRLS 100m BACKSTROKE

14 yrs Lucy Aherne (Stockport Metro) 1:09.92 heats 12th  
17yrs/ov **Emma Rowson** (Stockport Metro) 1:04.72 **FINAL 3rd BRONZE**  
Emma Rowson (Stockport Metro) 1:05.25 heats (2nd)

BOYS 400m FREESTYLE

13/14 yrs **Jolan Bennett** (Stockport Metro) 4:23.34 **FINAL 3rd BRONZE**  
Jolan Bennett (Stockport Metro) 4:26.28 heats (5th)  
15 yrs Joel Donald (Stockport Metro) 4:24.90 heats 12th

GIRLS 100m FREESTYLE

12/13 yrs **Amy West** (Stockport Metro) 59.65 **FINAL 2nd SILVER**  
Amy West (Stockport Metro) 1:00.17 heats (1st)

---

2017 Swim England National Summer Championships – Sheffield 50m  
DAY 5 (Sun 6th August)

Full results for Stockport Metro qualifiers:

BOYS 200m BACKSTROKE

15 yrs **Benjamin Foster** (Stockport Metro) 2:15.88 **FINAL 4th**  
Benjamin Foster (Stockport Metro) 2:17.78 heats (5th)  
15 yrs **David Pugh** (Stockport Metro) 2:18.00 **FINAL 8th**



David Pugh (Stockport Metro) 2:18.69 heats (7th)

GIRLS 200m BACKSTROKE

12/13 yrs **Amy West** (Stockport Metro) 2:26.90 **FINAL 6th**

Amy West (Stockport Metro) 2:27.62 heats (3rd)

17 yrs/ov **Emma Rowson** (Stockport Metro) 2:21.65 **FINAL 5th**

Emma Rowson (Stockport Metro) 2:22.59 heats (4th)

BOYS 50m BUTTERFLY

no swimmers

GIRLS 50m BUTTERFLY

12/13 yrs **Amy West** (Stockport Metro) 30.31 **FINAL 8th**

Amy West (Stockport Metro) 30.44 heats (8th)

16 yrs **Scarlet Peacock** (Stockport Metro) 30.41 heats 13th

GIRLS 800m FREESTYLE

15 yrs **Charlotte Kennedy** (Stockport Metro) 9:39.44 **HDW 9th**

2017 Swim England National Summer Championships, Sheffield 50m, 2-6 Aug  
SUMMARY

STOCKPORT METRO OVERALL MEDALS, FINALISTS & QUALIFYING SWIMS

Cheshire clubs	G	S	B	Medals	Finalists	TOTAL	Qual Swims
	7	4	18	35	53	83	
Crewe Flyers	0	0	0	0	1	1	4
Satellite	0	1	0	1	2	3	3
Stalybridge	0	0	0	0	1	1	1
Stockport Metro	2	5	2	9	15	24	35
Trafford Metro	0	0	0	0	1	1	2
Warriors of Warrington	2	1	2	5	5	10	18
Winsford	3	0	0	3	3	6	9
Wirral Metro	0	0	0	0	7	7	11

**CHESHIRE MEDALLISTS (18 swimmers)**

**GOLD (2 medals)**

**Olivia Herron** (Stockport Metro)

GIRLS 200m IND MEDLEY 12/13yrs 1st 2:24.11

**Amy West** (Stockport Metro)

GIRLS 400m FREESTYLE 12/13yrs 1st 4:29.34

**SILVER (5 medals)**

**Charlotte Hulme** (Stockport Metro)

GIRLS 50m BREASTSTROKE 15yrs 2nd 34.71

**Charlotte Hulme** (Stockport Metro)

GIRLS 200m BREASTSTROKE 15yrs 2nd 2:40.27

**Amy West** (Stockport Metro)

GIRLS 100m FREESTYLE 12/13yrs 2nd 59.65

**Ciaran Beard-Jones** (Stockport Metro)

BOYS 100m BACKSTROKE 18yrs/ov 2nd 57.54

<b>Joseph Deighan</b> (Stockport Metro)	BOYS 400m IND MEDLEY	13/14yrs	2nd	4:51.54
<b>BRONZE (2 medals)</b> <b>Emma Rowson</b> (Stockport Metro)	GIRLS 100m BACKSTROKE	17yrs/ov	3rd	1:04.72
<b>Jolan Bennett</b> (Stockport Metro)	BOYS 400m FREESTYLE	13/14yrs	3rd	4:23.34

### Arena League Final

Stockport have qualified for the A final in 4th position

### Winter Nationals

Winter Nationals was a very successful meet with a mixture of our Youth and Senior swimmers competing side by side

Stockport swimmers won 13 medals in total

Medallists where

<b>Bronze</b>	4x 100 Medley relay (Katelyn Bergin, Katie Matts, Holly Hibbott, Emma Gage)
<b>Silver</b>	4x 100 Freestyle relay (Lizzie Harris, Katie Matts, Holly Hibbott, Emma Gage)
<b>Silver</b>	4 x 200 Freestyle relay (Lizzie Harris, Katie Matts, Holly Hibbott, Emma Gage)
<b>Silver</b>	Katie Matts 200 Breaststroke
<b>2 x Gold</b>	Holly Hibbott 400 Free 800 Free
<b>5 x Gold</b>	Katelyn Bergin 50-100 Back 50-100 fly 1 00 1.M
<b>2 x Silver</b>	200 1.M- 400 1.M

### Arena League

Stockport Metro qualified for the National A final where we competed without many swimmers that where well into their preparation for British Championships. All the swimmers that competed swam outstandingly well to place the team 5<sup>th</sup>.

Place	Team	Points
1.	Millfield	402
2.	Plymouth Lea	338
3.	Co Cardiff	319
4.	Guildford Ct	318
5.	Stockport Mo	312
6.	Co Oxford	265
7.	Wycombe Dist	259
8.	teamipswich	215

**Junior League**

<b>Grand Final Result 2016</b>		
1st	Guildford	303
2nd	City of Leeds	282
3rd	Plymouth Leander	251
4th	Stockport Metro	221
5th	Gateshead & Whickham	192
6th	City of Norwich	187
7th	City of Derby	176
8th	Northampton	145

The junior league swimmers kept up their impressive run of qualifying for the National final to place a valiant 4<sup>th</sup> place.

**Regional Championships**

The club was crowned North West Regional champions with the club having a strong Age group, Youth and Senior meet using the meet to gain race experience or qualifying for British and English Nationals

**SUMMARY**

42 gold medals  
 29 silver medals  
 17 bronze medals

-----  
 88 total medals

-----  
 57 other finalists (4<sup>th</sup> -8<sup>th</sup> places)

-----  
 145 total finalists

**County Championships**

The Club was once again crowned County champions with the following results

**CHAMPIONSHIP MEDALS**

**GIRLS**

Senior Gold (7)  
 Senior Silver (12)  
 Senior Bronze (6)

Junior Gold (13)  
 Junior Silver (10)  
 Junior Bronze (5)

**BOYS**

Senior Gold (2)  
 Senior Silver (5)  
 Senior Bronze (4)

Junior Gold (7)  
 Junior Silver (8)  
 Junior Bronze (5)

**AGE GROUP MEDALS (16yrs/under)**

**GIRLS**

Age Group Gold (42)  
Age Group Silver (27)  
Age Group Bronze (21)

**BOYS**

Age Group Gold (35)  
Age Group Silver (30)  
Age Group Bronze (33)

**OVERALL AGGREGATE POINTS**

**Wallace Championship Trophy (Senior/Junior events)**

1st	Stockport Metro	946
2nd	Warrington Warriors	584
3rd	Winsford	292

**HughLaughland Age Group Trophy (ages 16 yrs/under)**

1st	Stockport Metro	2114
2nd	Warrington Warriors	1700
3rd	Winsford	1207.5