

## UYSWC unstoppable at BUCS long course



15 new club records and a host of PBs underlined an incredible weekend for UYSWC's swimmers at their long course gala in Sheffield.

The weekend started with Hannah Howitt setting a new club record in the women's 800m freestyle. The women's 4x100m freestyle relay team of Fiona Whiting, Annie Russell, Beth Richards and Hannah Howitt then swam an impressive 4:23.50 in what for many of the girls was their first long course competition. Peter Schlichter, Victor Amara, Ryan Conway and Bill Timpany then set a new club record of 3:44.00 in their relay to qualify for the finals.

Saturday started with a PB for Fiona Whiting in the women's 200m freestyle followed by a new club record for Bill Timpany in the men's event. Up next was the women's 50m backstroke and a 34.77 for Annie Russell and 36.67 for women's captain Grace Gilmour. Jacob Mortlock Williams then set a 32.94 before Tom Langford came agonisingly close to setting a new record with his own effort of 30.31.

Jemima Beaumont, enthusiastic as ever on poolside, had her 50m breaststroke next and recorded 45.60 for her first attempt in the long course event, before Fiona Whiting smashed a 40.00 in her heat. Sam Timpany then swam a 33.00 after UYSWC veteran Chris Unsworth set a new club record of 31.73 in his heat. UYSWC President Beth Richards was the women's only entrant in the 100m fly and she didn't disappoint with a 1:12.34, then Bill Timpany and Simon Duston stepped up to produce times of 59.16 and 1:02.67 in the men's event. The last event before the midpoint interval was the 400m individual medley and Peter Schlichter continued his dominant form by setting a new club record of 5:09.00, over 14 seconds quicker than the old record.

The first event of the afternoon was the 200m backstroke, a 2:28.81 for men's captain Ryan Conway and a second new club record of the meet for Peter Schlichter with his time of 2:25.99. This was followed by the 50m freestyle, 35.55 for Jemima Beaumont and an impressive 30.82 for Sarah Peacop who beat her anticipated time. The men's entrants were Jacob Mortlock Williams and Simon Duston who posted times of 27.07 and 25.84 respectively.

The medley relays were the last heats of the day and the women's team of Annie Russell on backstroke, Fiona Whiting on breaststroke, Beth Richards on fly and Becky Mott on freestyle finished in a great time of 5:02.04. The men's team had looked unstoppable all day and they continued to dominate, the relay of Ryan Conway, Chris Unsworth, Bill Timpany and Peter Schlichter smashing out a new club record of 4:12.98 and qualifying for another final in emphatic style. The day was rounded off with the men's 4x100m freestyle final and they came from behind to finish a hugely impressive 6<sup>th</sup> place in the B final.

Sunday started with the eagerly anticipated men's 200m fly event and Bill Timpany's attempt to break multiple club records in a single race. Arguably UYSWC's most successful male swimmer in recent memory he didn't disappoint, breaking the 50m fly record in the first length and setting another new club record of 2:21.35 overall. The next event was the 100m freestyle; a 1:10.31 for Annie Russell and a huge personal best time of 1:10.31 for Becky Mott. Victor Amara was the men's only entrant but he stepped up and was rewarded with his first individual club record with a time of 55.57. Jemima Beaumont was unlucky not to win her 100m breaststroke heat with her 1:38.27 followed up by a 1:35.35 for Grace Gilmour, an admirable effort with her two broken fingers. The men's event promised to be a tight one with both Sam Timpany and Chris Unsworth competing in the same heat. They were neck and neck at the halfway point but the latter broke away on the last length to set his second individual club record of the meet with a 1:11.54.

Fiona Whiting was the only UYSWC representative in the women's 200m individual medley event and despite a problematic turn was still able to make up the time and record a PB of 3:04.54. Peter Schlichter was up next and, as expected, delivered another record breaking swim of 2:23.69 to cement his reputation as the men's strongest IM swimmer in years.

Next up was the 50m fly and the women's entrants of Sarah Peacop and Beth Richards, often better known for their water polo prowess, powered through their heats in excellent times of 35.81 and 32.71. Laurence McLellan Bastidas and Victor Amara both had the newly set 50m fly record in their sights but fell just short with times of 28.05 and 27.45 respectively. The final individual event of the meet was the 100m backstroke. Grace Gilmour and Annie Russell set impressive times of 1:22.08 and 1:15.99 before an exciting men's heat that saw Tom Langford unfortunately disqualified for submerging on the finish after posting a 1:08.28 and Ryan Conway finally clinching a new club record with a 1:06.51.

The meet was rounded off with the men's medley final, with the new line up of Ryan Conway, Chris Unsworth, Bill Timpany and Victor Amara led by some eye catching dancing up to the blocks by the ever flamboyant captain. Ryan Conway set the pace by breaking his own club record set just minutes beforehand in the backstroke leg, followed by Chris Unsworth making up places with a strong breaststroke leg. Bill Timpany flew through his fly leg, significantly quicker than his competition, before Victor Amara brought the team home to 3<sup>rd</sup> place in a nail biting finish.

Captain's picks – Becky Mott & Chris Unsworth