

2 Silver Medals for Harriet West!

Harriet West had a fantastic 2010 British Gas National Age Groups Championship at Ponds Forge. She Won two silver medals and set two personal bests in 100m and 200m Butterfly. This is a fantastic result for her-well done from Braunstone Swimming club.

Her times:

100m Butterfly 1.06.33 – 2nd

200m Butterfly 2.27.01 – 2nd

Harriet also reached the age group finals in 3 other strokes, which is also a great achievement.

Her times:

400m Medley-Heat's - 5.21.08

200m Medley-6th in the Final – 2.31.67 PB

200m Backstroke-8th in the Final – 2.31.22 PB

Harriet also took part in the 4x100m Freestyle relay along with Alex Henson and their team finished 4th.

Also Well done to Elliot Tointon for Finishing 9th in his 13 Years 200m Backstroke in a time of 2.20.94 and after achieving a PB in his heats of 2.20.55.

Elliot and Jake Spicer also took part in the 4x200m Freestyle relay and their team finished 8th.

Well done to you all.