

### Deventio Excel February Festival

Three Retford Club swimmers were in action at the Deventio Excel February Festival Level 1 Meet at Ponds Forge in Sheffield over the weekend 4<sup>th</sup>/5<sup>th</sup> February.

Owen ROBERTS

100m Freestyle: 59.44 – 9<sup>th</sup> in age group, 100m Backstroke: 1:11.94.

Corey MEAD

100m Freestyle 57.59, 100m Backstroke 1:06.73.

Elizabeth DAVIES

400m IM 5:09.05 (PB) - 4<sup>th</sup> overall. 200m Freestyle 2:11.39 – 8<sup>th</sup> in age group. 100m Freestyle 1:02.08 – 9<sup>th</sup> in age group. 200m IM Comp.No 129 2:26.68 (PB) – 4<sup>th</sup> in age group.

Beth has now qualified to swim the 400m Individual Medley for the National Championships, to be held at Ponds Forge in July this year.

### West Midlands Time Trial

Joshua STEPHENSON-GANNER swam at the West Midlands Time Trial at Corby on 4<sup>th</sup> February in a 1500m. He finished 2<sup>nd</sup> in his age group (3<sup>rd</sup> overall) in a time of 16:49.59, which is a qualifying time for the National Swimming Championships due to be held in July this year.