

## **2016-17 NSW 13-18 Years State Age Championships – Day 4**

15 December 2016

Day 4 of State saw a continuation of the good performances shown by our swimmers over the first three days of the meet with 3 gold, 4 silver and 2 bronze medals collected by our swimmers.

James Hanson (QT Swimming) was 6<sup>th</sup> in the 17-18 years 100m fly (event 78).

David Tabke (QT Swimming) was back in action tonight competing in two finals. In event 82 (14 years 50m freestyle) he came 4<sup>th</sup> and backed up in event 90 (14 years 400m freestyle) with a 7<sup>th</sup> place.

Abbey Webb (Ginninderra) added to her medal tally picking up silver in event 83 (15 years 100m back) with Claire Molineux (QT Swimming) coming in 6<sup>th</sup> in that event.

Kayla Hardy (Ginninderra) picked up another gold medal with her first place finish in event 85 (13 years 200m butterfly). She backed up in event 95 (13 years 100m freestyle) with a silver.

Bec Cross (Ginninderra) put in a good performance in event 87 (17-18 years 200m IM). She took a narrow lead in the backstroke leg going on to win the event.

Liam Brodrick (Ginninderra) going one better than his bronze from day 2 with a silver in event 88 (17-18 200m IM).

Event 89 (14 years 400m freestyle) saw three of our swimmers competing in the final. Sophie Groves (Canberra) added a silver to medal haul while Anna Varela (Ginninderra) picked up a bronze. Casey Abel (QT Swimming) came in 8<sup>th</sup>. Well done girls!

Ethan Ledbrook (Tuggeranong Vikings) competed along with David Tabke, event 90 (14 years 400m freestyle) coming in just behind David in 8<sup>th</sup> place.

Rachel Crawford (Burley Griffin) narrowly missed a medal in event 91 (16 years 200m breaststroke) when she came in 4<sup>th</sup>.

Andrew Catchpole (Ginninderra) was back in the water again tonight. He placed 8<sup>th</sup> in event 92 (16 years 200m breaststroke).

Event 93 (15 years 400m IM) saw another local triple swim off in the finals. Jacinta Essam (Tuggeranong Vikings) added another gold to medal collection with Claire Molineux, competing in her second final of the night, 5<sup>th</sup> and Sarah Cullen (Cruiz) 7<sup>th</sup>.

Event 94 (15 years 400m IM) saw two Woden swimmers in action. Jarrod Lee came in 4<sup>th</sup> just ahead of his club mate Ethan Lowey.

Meg Senior (Ginninderra) also swam in event 95 (13 years 100m freestyle) coming in 7<sup>th</sup>.

The final medal of the night went to Justin Lacey (Tuggeranong) when he picked up a bronze in event 98 (14 years 100m breaststroke).

Along with the great performances of our swimmers in the finals tonight there were also some fabulous swims by our swimmers in the heats with quite a few good PBs.

Well done to everyone who swam today.

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