

## Traralgon Wins Country Swim Title for 9<sup>th</sup> Time

The Traralgon Swimming Club have won their 9<sup>th</sup> title in 10 years at the Victorian Country Swimming Championships held at Sale recently. A dominant score of 2,743 points followed by Geelong on 1126 and Kings Mornington 3<sup>rd</sup> on 879 saw the local Club take home the major shields for Men, Women and Combined as well as winning the Australia Day Trophy for highest point score on the day.



Traralgon Head Coach, Brian Ford, was full of praise for the team – “Countries is the best swim meet of the year and to have our swimmers, parents, coaches and supporters embrace the challenge of winning number 9 was very special.. The team was outstanding in every way competing with 176 finalists winning 44 Gold, 26 Silver, 27 Bronze medals, breaking 3 Victorian Country, 25 Event and 39 Gippsland Records. A great effort.”

Traralgon also excelled in the individual awards on offer at the meet. 19 year old Jeremy Saunders won the Bruce Carter trophy for the Most Outstanding Swimmer with his performance in winning 5 Gold, 7 Silver, 1 Bronze Medal and breaking 4 Event records.

11 year old Georgia Tsebelis won the Rob Godfrey trophy for the Best Performed 14 years and under swimmer winning 4 Gold, 1 Silver and breaking 1 Victorian Country and 2 Event Records. Georgia also took out the Australia Day Medal together with 17 year old Jeremy Meyer for the best performances on Australia Day. She broke a 20 year record in winning the 11 years 50 metre Breaststroke in the time of 37.93, breaking the old mark by 0.01. Jeremy broke 2 Event

records on the day completing a wonderful meet of 6 Gold, 3 Silver, 1 Bronze and 5 Event records

In total 22 members of the 55 individual swimmers won medals. 17 year old Dylan Wyatt showed some terrific form after competing at the Olympic Youth Festival in Sydney winning 5 Gold, 4 Silver, 1 Bronze and breaking 5 Event records. 27 year old Ben Geard was again the dominant sprinter in the 18 years and over events winning 3 Gold, 1 Silver, 3 Bronze and 1 Event record. 21 year old Andrew O'Connor was in great form after a solid training period winning 1 Gold, 3 Silver, 2 Bronze and breaking 1 Event record.

Traralgon's Girls were also well represented in the medal count. 16 year old Stephanie Morgan cleaned up her Age Group and Open Butterfly events winning all 3 on offer plus 2 Bronze and 2 Event records. 17 year old Kirsten Lieshout was the premier female Breaststroker at the meet with 2 Gold and a Silver and 15 year old sister Alice equally so in the Backstroke events winning 2 Gold. 22 year old Abbie Stockdale making a comeback this year won the 18 years and over 50 metre Backstroke and then caused the upset of the Meet in winning the Open 100 metre event by 0.07 in 1.09.54. 21 year old Caitie Mitchell again had a successful Countries with 1 Gold, Silver and Bronze.

Other medal winners for the Club were Jye Thompson (17) ( 1 Silver, 1 Bronze); Brayden Waltham (16) (4 Bronze); Sarah Berryman (16) (1 Silver, 3 Bronze); Sven Eriksson (20) (2 Bronze); Lachlan Wyatt (15) (1 Silver); Maggie O'Keefe (11) ( 1 Bronze); Erin Roberts (10) (1 Bronze); Ashley DiCiero (12) (1 Silver); Mitchell Jones (12) (1 Bronze), Elliot Shaw (14) (1 Bronze) and Brenton Ford (21) ( 1 Silver).

Traralgon Relay teams were once again at the forefront winning 10 Gold, 10 Silver and 3 Bronze medals breaking 2 Country and 4 Event records. The Boys and Girls 17 years and over teams were dominant with both teams coming first and second in the Freestyle and Medley events. Country records were established by Sven Eriksson, Matt Dinsmore, Ben Geard and Jeremy Saunders in 4 x 50m Freestyle in 1.37.13, by over 5 seconds with the B team of Dale Mitchell, Dylan Wyatt, Andrew O'Connor and Jye Thompson coming second also breaking the existing record. A similar story in the Medley with both teams breaking the current Country record – the combination of Andrew O'Connor, Jeremy Meyer, Jye Thompson and Jeremy Saunders winning in the time of 1.51.19 and the team of Ben Geard, Sven Eriksson, Dylan Wyatt and Matt Dinsmore finishing only 0.24 behind. In the Girls 17/Over Freestyle relay the team of Kristie Smith, Kirsten Lieshout, Alyce Milkins and Charley Askew won in 2.12.18 with Traralgon's second team only 0.35 behind (Abbie Stockdale, Caitie Mitchell, Elizabeth Bacchetti, Melissa Hopley).

Traralgon Men won the Open 4 x 100 Medley in a new event record of 4.01.99 and they backed with a Gold and Silver in the 4 x 100 Freestyle again in Event record time. The Women's team of Alice Lieshout, Kirsten Lieshout, Stephanie Morgan, and Charley Askew won the Open Medley with the B team finishing 3<sup>rd</sup> and in the Open Freestyle the Traralgon combination finished second.

Further success was had in the younger relay age groups. In the Girls 16 years and under 4 x 50 Freestyle and Medley events the swimmers, Alice Lieshout,

Sarah Berryman, Stephanie Morgan and Stephanie Spehar won Gold in both. The 14 years and under Boys combination of Leigh Jones, Matt Norwood, Elliot Shaw and Daniel Golcic were successful in the 4 x 50 Medley and finished 2<sup>nd</sup> in the Freestyle. The Boys 16 years and under team of Brayden Waltham, Lachlan Wyatt, Elliot Shaw and Leigh Jones won Bronze in the Medley relay and the Boys 12 years and under team of Mitchell Jones, Ashley DiCiero, Alexander Spehar and Jacob Lampitt gained bronze in the Freestyle and went one better in the Medley being joined by Daniel Gill in the Breaststroke leg. The Girls 12 years and under relays were made up of 11 and 10 year olds with Georgia Tsebelis, Erin Roberts, Maggie O'Keefe, Jessica Norwood and Taylah Da Ros combining to win silver in the Medley and Freestyle events.



The Club now turns its sights to the State Sprints meet later this month in Melbourne with 4 swimmers – Jeremy Saunders, Jeremy Meyer, Dylan Wyatt and Kirsten Lieshout part of the Victorian 2010 Target Squad competing at the Open NSW Championships the same weekend.