

British Gas - National Youth Championships 2010 Ponds Forge, Sheffield.

Competing for the final time in the British Gas National Youth Championship Holly Lynch went home on the last day of the championships with a big smile wearing her 100m Backstroke (16/17) silver medal.

After qualifying easily from the heats to the semi-finals, wearing the colours of City of Birmingham, she then set personal best by 0.70 seconds, a Boldmere club record (CR) of 1.03.36 to qualify with the fastest time for the final the following day. In a nail biting final Holly lowered her pb yet again down to 1.02.85, breaking the Warwickshire record that has stood since 1998, but painfully missed the gold medal by just 0.17 seconds! On the first two days of the champs, which are spread over four days, Holly managed a 5th placing in the 200m Backstroke.

Freestyle specialist Joey Stanger met the qualifying entry times for both the 50 and 100m (15/16) events. In the shorter sprint he set a new PB and CR of 25.51 while in the 100 event he set another PB and CR of 54.47 in his heat to qualify for the semi's where he placed 20th.

In the same age group Phil Hewitt set a 50m Butterfly CR with his split time in the 100m event where he finished 31st while in the 50m Freestyle he set another PB nad CR to progress to the semi's where finished in 20th best in the country.

Jenny Fowler competed in both 200 and 400m Individual Medleys (16/17) finishing with two top 40 placings and setting a PB and CR record with her starting 50m Fly split during the shorter of the two events. In the younger 14/15 age group Kristie Hackett also competed in the 400IM as did Alix Swinhoe in the 14/15 100 and 200m Breaststroke and finally championship debutant Katrina Holmes in the 16/17 50m Freestyle.

