

# News Shopper

## Youngsters come good at Medway gala 4:45pm Tuesday 9th February 2010

GRAVESEND & Northfleet Swimming Club members took part in the 2010 Medway gala on Saturday.

The series of events runs until October with five separate galas, where competitors swim in one age group race, as well as in an open race in which any age group can enter.

Sam Jones (50m backstroke), aged nine, and 12-year-old Connor Lowry (100m individual medley) both swam personal bests to reach the finals of their age group events and each received a medal.

Nicole Parish, 11, won gold in the 100m butterfly and also finished second in the junior 200m Individual Medley.

Emma Bannister, 13, finished second in her age group's 100m freestyle race and also won the junior 200m individual medley trophy.

Close behind Bannister was 13-year-old Kelsy Simmonds, who finished fourth in the 100m freestyle and fourth in the junior 200m individual medley.

Gravesend & Northfleet's girls' relay team of Jasmine Jones, Nikki Reid, Bannister and Simmonds swam well to finish third in the 4x50m freestyle relay.

Other swimmers who attended all swam well with some big personal bests being achieved.



L-R: Connor Lowry, Nicole Parish, Emma Bannister and Sam Jones