

PRESS RELEASE

RUGBY ARTISTIC SWIMMING CLUB



TRIPLE MEDAL SUCCESS FOR RUGBY'S ARTISTIC MASTERS SWIMMERS

Rugby Artistic Swimming Club is again celebrating triple medal success after competing in the virtual Swim England Artistic Swimming National Senior and Masters Championships for swimmers aged 18 and over - including some former international level swimmers and current European and World Masters' medallists.

The Club was represented in all 4 categories across the age groups by 11 swimmers - winning gold in the Technical Team (50-64 years) category represented by Ruth Macallum Cathy Reekie, Alison Richardson and Joyce Williams for their Eurythmics medley routine. Ruth and Joyce also competed in the Technical Duet for their age group winning silver for their routine to the classic song "A Couple of Swells".

There was a fantastic fourth place finish for Rugby's Technical Team (35-49 years category represented by Sandra Anstruther, Julie Bowler-Smith, Emily Kay, Anna Kempson, Annette Parker and Meredith Whiting; with Sandra and Julie also competing in the Technical Duet for their age group winning bronze for their "Alice in Wonderland" themed routine.

Rugby was also represented in the Technical Solo (18-24 years) category by Nayana Walker who came fifth.

This is a phenomenal achievement against tough competition in extremely challenging circumstances from these swimmers who only returned to the pool in the Summer of 2021 after an 18-month break from training due to coronavirus restrictions.

To stay fit and motivated during that time, the swimmers concentrated on their land training. Sandra Anstruther said "it helped that we are all good friends, but we also had an amazing coach, Dawn Broad, who supported us and worked so hard to keep us focussed. We couldn't have done it without her".

Additionally, the event itself was held virtually for the very first time, which posed its own challenges. The competition is a highlight for the swimmers who balance training with work and other day to day commitments and so to not be able to compete against others face-to-face was disappointing.

Now they are back in the pool, the swimmers have their sights firmly set on the Midlands Regional Championships in April 2022, which will hopefully provide a return to face-to-face competition for them; and the European Championships, in Rome in August 2022.

Accompanying Image



Back row (left to right) – Anna Kempson, Meredith Whiting, Sandra Anstruther, Ruth MacCallum. Front row (left to right) – Cathy Reekie, Annette Parker, Joyce Williams, Alison Richardson.