

# St.Helens Swimming Club

Affiliated to the ASA NW Region, Lancashire County SWPA



## Bolton & Manchester Age Group Championships 2010

Held at the Manchester Aquatic Centre

9<sup>th</sup> & 10<sup>th</sup> January 2010

Alice Harrison and Courtney Dodson put in excellent performances in the first weekend of the Bolton & Manchester Age Group Championships. The Manchester Aquatic Centre is a world class venue, and the performances by both our swimmers was top class.

In the 50m Freestyle Courtney Dodson won a Bronze Medal in a time of 32.17 seconds.

Alice Harrison achieved a Lancashire qualifying time of 38.47 seconds in the 50m Fly.

The times for both swimmers are:

	<b>Alice Harrison</b>	<b>Courtney Dodson</b>
50m Freestyle	33:87secs	<b>32:17secs</b> (Bronze)
100m Freestyle	1min 15:65secs	1min 13:90secs
100m Backstroke	1min 27:90secs	1min 32:02secs
200m Backstroke	-	3min 05:78secs
50m Fly	<b>38:47secs</b>	38:64secs
200m Individual Medley	-	3min 02:52secs

