

St.Helens Swimming Club

Affiliated to the ASA NW Region, Lancashire County SWPA



Career best performance by Tom Coates

Tom (The Legend) Coates produced a fantastic performance at the recent Tadpole League at Everton Park on Friday 17th Sept 2010.

He achieved a career best time of 47.06 seconds in the boys 50m Fly which was enough to win a 3rd place pennant.

Tom competing in his first individual gala said it was down to all his hard work at club and now looks forward to the rest of the Tadpole league and other competitions in the future.

Well done Tom



Tom Coates with his 3rd place pennant