



Pictured are FST swimmers who competed at the Annual British Gas North West Regional Age Group Championships 2011: Clockwise top left - Tommy Humphries, Thomas Manning, Charlotte Grogan, Ciara Barcock, Shona McGreevy, Hannah Roe and Will Eccleston.

Always a tough competition bringing together the very best swimmers from within the region, our FST swimmers all competed extremely well with some fantastic swims and new PB's.

Three FST swimmers competed in finals over the two weekends, so congratulations to Tommy Humphries, Hannah Roe and Thomas Manning.

Thomas Manning also came away with three podium finishes from these finals with a Silver in the 100m Freestyle, Bronze in the 400m Freestyle and Bronze in the 200M Backstroke. He was also second in the BAGCAT awards for his age group.

An excellent effort from these FST swimmers in what in one of the toughest competitions entered.