

# Norfolk County Amateur Swimming Association - AGM 2016 Reports

## Trophy Officer/ Gala Helpers/Stock Controller

We continue to give awards for places 1 to 6 in the Championships, Age Groups and Challenge Gala events, and individual first place trophies for the Age group winners. For the top swimmers, open water and masters awards 1<sup>st</sup> to 3<sup>rd</sup> are presented.

When representing their county the swimmers now look very distinctive in the new black and gold polo shirts which have been introduced this year.

My thanks to everyone that has helped at events this year. Although this is improving we could still do with all clubs helping out with back of house jobs at all county events.

*Dianne Barrett (22/11/2016)*



## County Records

Individual county records were broken on 13 occasions by 6 swimmers in 2016.  
(3 further claims await approval)

The individual record breakers were:-

Free	50m	LC	S	Jessica-Jane Applegate	UEA, CoN	F	<b>27.33</b>
Breast	200m	LC	S	Natalie Coogans	WN	F	<b>2.34.21</b>
IM	400m	LC	S	Nathan Wells	WN	M	<b>4.32.98</b>
Free	800m	LC	S	Nathan Wells	WN	M	<b>8.32.94</b>
Breast	200m	LC	S	Natalie Coogans	WN	F	<b>2.34.09</b>
Breast	100m	LC	J	Samuel Peck	WN	M	<b>1.07.69</b>
Breast	200m	LC	J	Samuel Peck	WN	M	<b>2.25.34</b>
Breast	50m	LC	J	Samuel Peck	WN	M	<b>31.31</b>
Free	800m	SC	S	Nathan Wells	WN	M	<b>8.14.92</b>
Fly	50m	LC	J	Megan Pye	UEA, CoN	F	<b>29.01</b>
Breast	50m	SC	J	Keira Frosdick	WN	F	<b>33.33</b>
Breast	50m	SC	S	Keira Frosdick	WN	F	<b>33.33</b>
Free	50m	SC	S	Jessica-Jane Applegate	UEA, CoN	F	<b>29.92</b>

*Robin Barrett (22/11/2016)*