

East Region Masters Gala, Newmarket, Suffolk

Saturday 5th October 2013

On Saturday 5th October, Basildon and Phoenix Swimming Club Masters swimmers entered the East Region Masters Gala.

Masters swimmers can be competitive swimmers, triathletes, open water swimmers or swimmers who just want to keep fit and swim with like minded people.

The Gala in Newmarket catered for ages 18 to 80+ with both individual and relay races. Distances from 50m to 400m, with all four strokes on offer to competitors.

Basildon came away with 16 medals including Gold's from Jessica Ford, Samantha Mullender, Katrina Fawell, Abi Newell and Joe Wennall.

If you're interested in joining Masters and coming along for a free trial please see our website <http://www.phoenixbasildonsc.org> or contact Rachel Gray on 07553 955440

Sue Humphries
Masters Coach