



Pentaqua creates waves at Ponds Forge

Ponds Forge in Sheffield and the Rotherham Metro Open Meet saw City of Lincoln Pentaqua Swimming Club's team bring home some impressive results in spite of strong competition from other clubs from around the UK.

Recent revisions to the training routine paid dividends for many team members with 168 of the 209 races that Pentaqua took part in resulting in new PBs for the swimmers – a far higher percentage than achieved in the previous trip to Sheffield in July!

116 swims also resulted in County Qualifying times, and Pentaqua swimmers achieved more than 25 finishes in the top six in the A Grade results and a staggering more than 40 in the top six of the B Grade.

The top boy of the event was a promising Pentaqua swimmer, Liam Noonan who was cheered on by his team mates.

Luke Ruffle, Team Coach commented, 'For some of the team this was their first experience of competition in such an amazing venue. I was proud of the way they conducted themselves and of the results that they achieved. We have a lot of talent in our club which we will continue to encourage and develop to produce great results.'

The team were grateful to the support of the parents whose shouts and cheers were clearly heard around the pool area, as well as the poolside team of Luke Ruffle, Anne Aitchison and Charles Davidson who made sure that all the swimmers were focussed, warmed up and ready to swim.

For more information on Pentaqua and opportunities to swim with the club at both learn to swim (children and adults), and competitive levels visit www.pentaqua.org or telephone 07952 552090.