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McKeon's Swimmers Shine at Country Champs

3 March 2011

Local swimmers from Wests Illawarra Aquatic Swim Club achieved some exceptional results at the NSW Country Swimming Championships recently.

The Club placed 5th in the overall Pointscore, trailing only several powerhouse clubs from the Central Coast / Newcastle area.

The Championships started with a bang for Wests, scoring a trifecta in the Men's 15 Years & Over 400m freestyle. David McKeon won gold with teammates Ryan Hanson and Jarrod Poort filling the minor placings.

McKeon was a force to be reckoned with in the freestyle events, also claiming a silver medal in the 200m freestyle and a bronze medal in the 100m freestyle. Ryan Hanson also added to his medal haul, finishing 3rd in the 200m freestyle.

Zoe Elkerton showed her versatility in the Women's 15 Years & Over events, winning four medals. She was 1st in the 400m Individual Medley, 2nd in the 200m Individual Medley and 400m freestyle, and 3rd in the 200m backstroke.

Emily Rosskelly set the Girls 11-12 Years age group alight, winning the 50m and 100m freestyle sprint double. She was also a silver medalist in the 200m backstroke and performed strongly in a number of other events.

Alexis Mastro, in the 15 Years & Over 200 backstroke, and Emma McKeon, in the 15 & Over 50m butterfly, also won gold medals.

Kiera Eady, Isobel Humphreys and Jordan Chyra also bagged individual medals.

Additionally, Wests won an impressive four medals in relays. The Girls 12/Under teams were particularly successful. Caitlin Smith, Isobel Humphreys, Abbey Dawson and Emily Rosskelly teamed up to win gold in the 4x50m medley relay. Smith, Dawson and Rosskelly were joined by Holly Haine in the 4x50m freestyle relay which finished second

The 15 Years & Over Men's 4x100m freestyle relay team of Ryan Hanson, Jarrod Poort, Jordan Chyra and David McKeon claimed a well deserved silver medal. The corresponding Women's team of Zoe Elkerton, Alexis Mastro, Lisa Jurak and Emma McKeon also won silver.

Club coaches Ron McKeon and James Greathead were understandably pleased with the efforts of their swimmers.

"Sharing our love of water"

McKeon's SwimSchool

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“It was especially satisfying to see many of our junior squad swimmers step up and swim fast at a championship meet. Their results were just reward for James and his swimmers. Their performances show that the future is bright for swimming in the Illawarra”, McKeon said.

“Our older swimmers are now looking forward to the National Open and National Age Championships next month,” he concluded.

Wests Illawarra swimmers are trained by coaches from McKeon's Swim School.



Wests Illawarra Aquatic's victorious Girls 12/Under 4x50m medley relay team: (L-R) Isobel Humphreys, Emily Rosskelly, Caitlin Smith and Abbey Dawson

“Sharing our love of water”