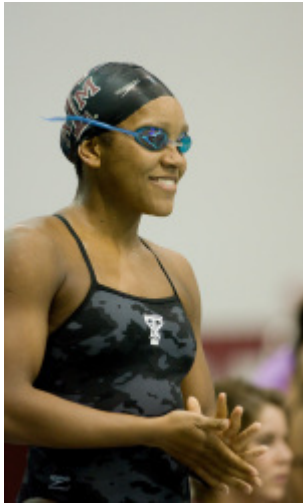


ATKINSON MINES GOLD AND SILVER ON DAY TWO OF TEXAS SENIOR CIRCUIT



(Alia Atkinson)

Jamaica's reigning CAC 100 metre breastroke champion helped her Aggie Swim Team to gold in the 400 metre medley relay in a time of 4:23.73. Alia opened up a three second lead on her breastroke leg which her teammates extended to over 5 seconds to their nearest rivals First Colony Swim Team who stopped the clock in 4:29.06.

Atkinson picked up silver in the individual 100 metre breastroke. She trailed seventeen year old Melissa Cooper at the halfway mark 34.12 to 34.24. Atkinson out split Cooper on the last lap 38.33 to 38.40 but the twenty one year old Jamaican left it too late and was nipped at the finish by .05 of a second 1:12.52 to 1:12.57. The time is just a bit slower than her winning time at the 2006 CAC Games of 1:12.41.

Fellow Aggie teammate, Bajan international Shawn Clarke took another solid swim when he placed second in the consolation finals of the 100 metre butterfly. He was placed second to Aggie teammate Balazs Makany 57.67 to 58.09 .This time is significantly faster than his 2006 preliminary time of 1:04.57 posted at the CAC Games. That CAC swim was well off his silver medal winning time at the 2006 CARIFTA of 57.12 in the 15-17 age group.

Contributed by Anthony Morrison-Vincent

Texas Senior Circuit Day 2 results

<http://www.swimmingworldmagazine.com/results/published/8773.asp>

CARIFTA 2006 Day 2 results

<http://www.bahamasswimmingfederation.com/results/results/2006%20Carifta/Carifta%202006%20Session2.pdf>

CAC 2006 Women 100 metre breastroke finals

http://www.swimjamaica.com/MeetResults/MeetResults2006/2006%20CAC%20Games/NAT_Ev_13_100m%20Breast_Women_Final.pdf

CAC 2006 Men 100 metre butterfly preliminaries

http://www.swimjamaica.com/MeetResults/MeetResults2006/2006%20CAC%20Games/NAT_Ev_30_100m%20Fly_Men-Prelim.pdf