

## TEN GOLD MEDALS FOR SIDRELL



Photos courtesy of Lynval Lowe

Sidrell Williams

Seventeen year old Y Speedos swimmer, Sidrell Williams, had a great showing at the recently concluded Age Group Championships at the National Aquatic Centre from February 27 to March 2. Competing in 13 events he won ten gold medals and 3 silvers. En route to his massive medal haul he took down four meet records.

On Thursday he lowered his own 50 metre butterfly record in the 15 and over category from 26.79 seconds to 26.56 seconds. Friday afternoon he erased the 35 year old mark of 1984 Olympian Andrew Phillips in the 200 metre freestyle, from 2:02.10 to 2:01.56. He was at it again on Saturday afternoon when he lowered his own record of 54.47 in the 100 metre freestyle to 53.67 seconds.

It was to be the former Wolmerian's last race and his last record of the Championships that had the crowd on its feet. This as he yet again lowered his 50 free record from 24.27 to a sizzling **23.99** seconds.

<http://www.youtube.com/watch?v=kq9EvZrFtqo&feature=youtu.be>

Video by Rory Alveranga

By breaching the 24 second barrier he has become one of the few swimmers locally to have ever swum that fast. He has also posted a time that few at the regional age group level have done and in doing so threatened the 15-17 record of local superstar Brad Hamilton. Hamilton holds the age group mark at 23.97 seconds set August 8 at the 2005 CCCAN championships. Swimmers that have breached the 24 second barrier are national record Holder and two time Olympian Jevon Atkinson, 1996 Olympian Sion Brinn and World Championships representative Brad Hamilton

Williams who represents St Andrew Swimming when in the United states which is based in Boca Raton Florida had the following thoughts about his performances at the championships “It's was a good meet because I got to know what I needed to improve in and how ready I am not just for Carifta but for other championship meets ahead”.

With the recent performances by Sidrell Williams and Jevon Atkinson, the Association looks closer to achieving the goal of having both male and female teams that will be competitive at the upcoming Commonwealth and CAC Games

### **Gold Medals**

1.	400 freestyle	4:27.61
2.	50 butterfly	26.56
3.	200 freestyle	2:01.56
4.	200 breaststroke	2:44.63
5.	100 freestyle	53.67
6.	50 backstroke	30.30
7.	100 butterfly	59.32
8.	200 butterfly	2:19.85
9.	50 freestyle	23.99
10.	200 IM	2:23.25

## **Silver Medals**

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| 1. | 200 backstroke | 2:28.74 |
| 2. | 400 IM         | 5:08.87 |
| 3. | 100 backstroke | 1:08.62 |

Contributed by

**Anthony Morrison-Vincent**