

Swimming

Local swimmers make a splash at events in Adelaide

■ NATHAN TAYLOR

Local teenage swim star Sarah Keenahan did the Nepean Aquatic Centre Swim Club incredibly proud last week after performing valiantly in the Paralympic Games selection trials in Adelaide.

The 15-year-old Leonay resident took part in a number of events in the S6 category including the 50m, 100m and 400m freestyle as well as the 50m and 100m backstroke.

Needing to finish first or second in each of her events' finals to make the cut for Rio, Sarah wasn't quite fast enough to make this year's Australian Paralympic team despite enjoying a number of personal best times.

Nepean Aquatic Centre Swim Club head coach Jackie Barck said Sarah learned plenty of valuable lessons during the national competition.

"Sarah enjoyed the experience of her first Australian team selection event and is using the experience to learn what is needed to be the best in her classification," she said.

The lessons learned will be put to good use, according to Ms Barck.

"Sarah learned to race hard and recover

well between each event, plus all the things that need to be in place to support an athlete, like sacrifices and work ethic required, to make the cut," she said.

Meanwhile, fellow swimmers from Nepean Aquatic Centre Swim Club are also celebrating after holding their own against strong competition at the Australian Age National Swimming Championships in Adelaide earlier this month.

13-year-old Mulgoa swimmer Jack Benson surpassed all expectations by making the finals of both the 50m and 100m U13 freestyle events, and placing fourth and fifth in the country respectively.

12-year-old teammate Kody Stark-Szarbo placed 12th in the same age group in the 50m freestyle, with both boys posting strong personal best times.

The local club's female swimmers also did themselves proud with outstanding results by 16-year-old Glenmore Park swimmer Abbi Williams, 15-year-old Winmalee resident Arizona Staley and 13-year-old Glenmore Park local Lauren Wolsey.

Do you have a sports achievement or story you'd like to share? Send an email to Nathan.Taylor@westernweekender.com.au, call us on 4722 2998 or Tweet us @wpenrith.



Sarah Keenahan in Adelaide recently