**2018 Victorian Country Short Course Championships**

Seven swimmers from the Yarrawonga/Mulwala Swimming Club competed in a total of 23 events at the 2018 Victorian Country Short Course Swimming Championships in Wangaratta over the 18 and 19 August 2018.

Amongst fierce competition, nerves and following a solid preparation the seven swimmers came away with a total of 17 personal best times with the smallest improvement being 0.11 seconds by Chelsea Kerr in her 50m Butterfly and the biggest improvement being 8.38 seconds by Hugh Mullins in his 200m Freestyle.

‘These are fantastic results that have demonstrated that the changes in technique and training components have started to take effect’ stated Lyndon Hart (Head Coach). Lyndon went on to say that those swimmers that did not qualify can take a positive from these results that improvement in their times will occur.

Results were as follows:

Paige Benjamin: Womens Open 200m Breaststroke 3:07.51

 Womens Open 200m Freestyle 2:29.53

 14-15yrs 100m Individual Medley 1:18.24

 14-15yrs 100m Freestyle 1:06.48

 Womens Open 200m Individual Medley 2:48.59

 14-15yrs 100m Breaststroke 1:25.81

Hugh Mullins: Mens Open 200m Freestyle 2:19.40

14-15yrs 100m Individual Medley 1:10.72

 14-15yrs 100m Breaststroke 1:19.59

Torah Duffy: 12-13yrs 100m Individual Medley 1:23.07

Chelsea Kerr: 11 & Under 50m Butterfly 40.71

Eliza Shiels: 16-17yrs 100m Backstroke 1:15.78

Nicole Shiels: 16-17yrs 100m Freestyle 1:08.55

 Womens Open 200m Breaststroke 2:59.33

16-17yrs 100m Individual Medley 1:17.36

16-17yrs 100m Butterfly 1:18.25

16-17yrs 100m Backstroke 1:16.97

Womens Open 200m Individual Medley 2:48.02

 16-17yrs 100m Breaststroke 1:23.69

Philip Shiels: 18 & Over 50m Freestyle 27.36

 18 & Over 50m Breaststroke 35.72

 18 & Over 50m Butterfly 30.55

 18 & Over 50m Breaststroke 33.67