



Press release : Luton Swimming Club

Medal success at the International Paralympic Committee European Swimming Championships, October 2009, Reykjavik



Luton swimmers **Emma Cattle** & **Lauren Hobbins** were in the thick of the action for Great Britain last week at the **International Paralympic Committee European Swimming Championships** in Reykjavik, Iceland both winning a silver &

bronze medal each as Great Britain topped the medal table leaving the rest of Europe trailing in their wake.

Emma, who is based at the High Performance Centre in Manchester, took silver in the 100m Backstroke on Friday (in the S10 category) having again, broken the European Record in the heats (as she did in Beijing last summer), to set a new lifetime best of 1.13.68 only to see her Spanish rival, Esther Morales, edge her out of gold in the final by a finger tip in the closest of finishes. Earlier in the week though Emma had come out ahead in an equally close finish in the 400m Freestyle as she pipped team mate Eleni Papadopoulos by 0.2 seconds to take the Bronze medal with a 5 second lifetime best time of 5.05.06

This rounded off an excellent week for the 21 year old Luton Swimming Club member, as she also recorded new life time bests in both the 200m Individual Medley (2.45.99) & the 50m Freestyle (31.34 seconds) finish 4th & 6th respectively. Afterwards she said "I couldn't have asked for more than lifetime bests in every event & I'm now heading back to a hard winter's training as I focus on qualification for next Summer's World Championships in Holland"

14 year old **Lauren Hobbins** was making her international debut & showed beyond any doubt that she's not phased by the big stage. She began her week of competition (in the S13 category) with two lifetime bests, as firstly she knocked an amazing 16 seconds off her previous best time for the 400m Freestyle taking 5th place in a time of 5.03.81. In the 100m Breaststroke she lopped an equally impressive 2 seconds of her personal best clocking 1.30.91 but the best was yet to come from Lauren as she powered her way to a Silver medal in the 100m Freestyle with a 3 second life time best of 1.06.47. Yet another new best mark by 2 seconds in the 100m Backstroke saw her take Bronze in a time of 1.16.08.

Lauren declared herself "delighted with my performances" adding that she had "thoroughly enjoyed the experience" & like her team mate was heading back to the UK to put in a hard winter's work ahead of the 2010 season

GB Head Coach **Lars Humer** commented on his team's performance throughout the competition: "This has been a great result for all of us and it was down to a real team effort. What was really pleasing is that we had a crop of youngsters that stood up here and did a good job but we also saw good performances from some of our other athletes too. We achieved the medal target that was agreed with UK Sport and that is down to the support we receive from them and our other partners. We are aware that the whole of Europe is moving on but we finished on the top of the medal table which shows that we are keeping ahead of the developments. Looking forward we need to make sure that our rate of improvement is as good as everyone else".

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