



Press Release

18TH November 2009

SOPHIE DRAKE WIN'S ASA OUTSTANDING PERFORMANCE TROPHY

Sophie Drake of Canvey Island Swimming Club was personally invited to attend this Year's Essex ASA Dinner & Dance.

The ceremony was held at the elegant Orsett Hall in Thurrock for an evening of fine dining and presentations.

Essex ASA President Alex Morgan hosted the Ceremony, which included awarding Sophie with the Plaistow Swimming Trophy, in recognition of her outstanding performances during 2009. The highlight of which was representing Great Britain at this years European Junior Championships in Prague.

Competing in the 50m and 100m backstroke, Sophie made the semi-finals in the 100m and finally finished 13th in Europe.

Sophie explained "Swimming for my Country has been the ultimate experience for any swimmer, knowing that you are competing with the best in Europe makes you very nervous when standing on the blocks"

Following her award, Sophie travelled north to Norwich the next morning to compete in this years East region Winter Championships; she continued her high level of performance by winning the 50m and 100m backstroke and lifting both the Ron Berryman Cup and the 100 year old Challenge Cup.

Sophie competed in 5 events and finished among the medals in every one. To add to the two Gold medals Sophie also picked up Silver in the 200m backstroke and the 100m free and Bronze in the 50m free in a new County record time of 25.53 seconds.

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