

News Archive May 2012

New National Times Achieved at Crystal Palace

26th/27th May 2012. ESS swimmers had an excellent weekend at the Crystal Palace Beacon Open Meet.

Swim of the Day on Saturday was **Matt Bayliss's** 100m Butterfly. Matt swam the event in an awe-inspiring time of 58.82, achieving his **National Qualifying Time**. He will be competing in the 100m Fly at the National Youth in Sheffield in July, alongside Harry Jenner, who obtained his NQT earlier in the season.



Jen Budden was the star of the second day of the meet. Jen achieved her 200m Backstroke **National Qualifying Time** at Crystal Palace on Sunday, swimming the event in a time of 2:22.26, earning her a Gold medal. We look forward to Jen competing at Ponds Forge in July.

Well done to all our swimmers, who set many new PBs and have done ESS proud, especially all those who had their very first attempt at long course racing. The Club took home a total of **9 Gold**, **10 Silver** and **9 Bronze** medals over the weekend. Congratulations to our medal winners!

[See full report and result on website](#)



Some of our Beacon Swimmers

M11 Division 2 Second Round

Well done to the M11 Division 2 Team who fought a hard battle at Braintree pool on Sunday, 20th May, to finish in 6th position. Coaches Bonnie and Olivia praised our swimmers' mature attitude to their races and their excellent

sportsmanship. Due to sickness in both the A- and B-Teams, many of the younger swimmers were covering races in older age groups, still managing to achieve good finishing positions. A big thank you to all the swimmers who slotted in at the last minute!



A special mention must go to **Isobel McCartney**, who in-between swimming races in and out of her age group was our official cheerleader 'ESS'-ing all afternoon!

Thank you to Bonnie, Olivia, Hilde, Debbie, Richard and Dominic for running the team and officiating at the gala.

Well done, Team!

***Our swimmers:** Isobel Holt, Olive Fry, Nikhita Chouthi, Millie Flannagan, Amelia Stone, Michael Dewhirst, Ieysten Granger, Sebastian Flemming, Mia Newbury, Riya Shah, Eleanor Stromberg, Megan Molloy, Aigboje Dudu-Orumen, Viren Halil, William Metcalfe, Wesley Onwugbolu, William Douglas, Mia Crammond Brown, Isobel McCartney, Isidora Fairhurst, Justin Houpt, Fintan O'riordan, Deniz Erensoy, Daniel Gallo, Caroline Dewhirst, Nicole Jordanou, Sahil Shah, Nicholas Kahwati, Joshua Williams*

M11 Division 1 Team Achieves Second Place



Congratulations to our M11 Division 1 Team who achieved a fantastic result at the second gala of the league on Sunday, 20th May at Blackshots Pool. ESS came second overall, only beaten by Thurrock by 12 points. ESS swimmers pushed hard all evening to get those extra points that got us into 2nd place. There were lots of very exciting finishes, and it was our swimmers who always seemed to come out on top.

Special mention must be made of **Athena** who swam a fantastic final freestyle leg in the relay to hold on to 2nd place, **Sam** who flew past the two boys ahead of him to bring his relay team home first, **Yasemin** who swam superbly

in the 50m Fly and 50m Free, and finally **Denis** who stepped in very late as a replacement and gave us those extra points that guaranteed 2nd place. **Maya** also put in an outstanding effort swimming in her own age group as well as swimming up, showing us some fierce performances. Well done all!

See full report on website.

Middlesex Masters and Senior Age Group Competition

ESS Masters were successful in the Middlesex Masters Championships on Sunday, 20th May at Barnet Copthall. The overall medal haul of our six participating swimmers was impressive: a total of 27 medals were taken home and the team achieved 4th place out of 12 male teams, beaten only by Otter, Barnet and Camden. Despite particularly tough competition in his age group which prevented any medal winning, **Dervish Dervish's** performance stood out: he set three new PBs, including a fantastic improvement on his 50m Butterfly. Well done, Dervish!

Congratulations also to our triumphant medal winners **Martin Chandler, Clive Dean, Marcus Gallo, Matthew Holden** and **Wojtek Wozniak**.

Essex League Division 3 Victory



Congratulations to Phoenix House who were victorious in round 3 of the Essex League at Walthamstow Pool on Saturday 19th May. It was an extremely close fought and exciting competition with our team pulling out a huge haul of personal best swims to take the win.

After the first 24 events Phoenix were in 3rd place so it took a determined effort from the squad to climb up to the winning position. Coach Rob gave swim of the night to **Lara Eyre** who smashed her 100m FS PB by 3 seconds to record a time of 1:06.67.

Well done to all the team and thanks to all those who were helping on poolside.

New National Qualifying Times at Ponds Forge

19 May 2012. Congratulations to [Meghan Byrne](#) and [Elliot Bertram](#) who both set new **National Qualifying Times** at the Rotherham Metro Meet in Sheffield today. 11 year-old Meghan qualified in the 11/12 category in the 100m Freestyle in a time of 1:03.58. Elliot added another NQT for 200m Freestyle to his impressive portfolio of national times at Ponds Forge this evening.

20th May 2012. Congratulations to [Meghan Byrne](#) who has come away from the meet as the winner of her age group, collecting £15 prize money. Meghan took home a total of **6 Gold** medals (100m Free, 200m IM, 200m Breast, 100m Back, 100 Breast, 50m Free and 100 Breast), as well as **1 Silver** (200m Free) and **1 Bronze** (400m Free).

Further medalists were 13-year-old [Mia Hawkes](#) who won **Gold** in the 100m Freestyle event in the 13/14 age group and [Elliot Bertram](#) who took the **Bronze** medal for his 200m Breaststroke. [Matt Bayliss](#) swam a fantastic PB in 100m Butterfly, fast approaching another NQT for ESS. He also set a new PB for his 50m Freestyle, confidently swimming under 26 seconds.

Beckenham International Open Meet

13 May 2012. A small but successful ESS team participated in the Beckenham International Open Meet at Crystal Palace this weekend.



On Saturday, [Meghan Byrne](#) took **3 Silver** medals in the 100m Breaststroke, the 200m Freestyle, as well as the 200m Breaststroke, where she swam an impressive PB. She further took **Gold** for her 50m Freestyle in the 11 year-old age group. Also successful in the 50m Freestyle were [Hannah Thomas](#), who came away with the **Silver** medal, as well as [Joseph and Emily Haimes](#) who both swam PBs in the same event. [Tom Newman](#) shone with an impressive 100m Breaststroke PB. [Elliot Bertram](#) swam a PB narrowly missing the National Qualifying Time in the 200m Freestyle. [Ellen Blane](#) just missed out on a medal making 4th place in 200m Backstroke in the 14-15 years age group.

On Sunday, [Elliot](#) kick-started the morning session winning the **Gold** medal in the 14-15 years age group for his 400m Freestyle. [Mia Hawkes](#) proceeded to take the **Gold** medal for her 100m Freestyle with an excellent PB, setting a new **Open Club Record** for the event. [Lena Soulas](#) took the **Silver** medal for the same event and age group, confirming her NQT previously obtained in a short course event. Also in the 100m Freestyle, [Jessie Montague](#) was able to set an impressive new long course personal best time as the fastest 12 year-old at the meet. [Joseph Haimes](#) also set a new personal best time in the boys' event, narrowly missing his Regional Qualifying Time. [Ross McCarthy](#) was on

excellent form on Sunday afternoon, swimming a 10 second PB in the 200m Individual Medley. Finally, **Mia Hawkes** won the **Bronze** medal in the 100m Backstroke, closing in on the NQT for 13 year-olds.

Our swimmers: Tom Newman, Joseph & Emily Haines, Hannah Thomas, Ellen Blane, Meghan Byrne, Elliot Bertram, Emma & Jessie Montague, Alex & Toby Pasmore, Ross McCarthy, Mia Hawkes and Lena Soulas.

London Region Youth Championships



Congratulations to the following swimmers who qualified for the London Region Youths (swimmers aged 15+) and competed over the bank holiday weekend at Crystal Palace: **Harry Jenner, Toby and Alex Pasmore, Zach and Louis Kirlew, Matthew Bayliss, Ryan McCarthy, Emma Tunstall, Megan Holder, Hannah Thomas, Fiona Westcough and Charlotte Newman.**

Our team achieved some fantastic results, **Megan Holder** won **silver** medals in the 17 & Over 200m, 100m & 50m breast and was placed 4th in the 200m IM, **Harry Jenner** romped home to win **double gold** in the 15/16 yrs 50m and 100m Fly, **silver** in the 50m FS and took 4th spot in the 15/16 yrs 100 and 200m FS. **Emma Tunstall** took **silver** in the 400m FS, **Fiona Westcough** and **Hannah Thomas** were 6th and 7th respectively in the 15yrs 400m FS. **Fiona** also achieved 7th position in the 200m FS and **Hannah** was placed 5th in the 15yrs 50m fly. **Charlotte Newman** was 4th in the 15yrs 200m IM & 200m FS, 4th in the 15/16 100m back final and 6th in the 15/16 50m breast final. **Toby Pasmore** was 2nd in the 15yrs 200m Breast and 200m IM and 4th in the 15/16 yrs 100m breast final. **Matthew Bayliss** was 5th in the 17 & over 100m Fly final and **Ryan McCarthy** was 5th in the 15/16 yrs 50m back final. Our girls 4 x 100m FS team of **Charlotte, Hannah, Fiona and Megan** took 5th place and the boys medley team of **Ryan, Toby, Matt and Harry** claimed 4th spot.

Well done all!