

London Youth Games - Swimming

30th June 2012. Congratulations to **Team Enfield**, who made **second place** overall in the Swimming event in the London Youth Games at Crystal Palace today. ESS Swimmers **Michael Tunstall, Ryan McCarthy, Matt Bayliss, Toby Pasmore, Charlotte Newman, Hannah Thomas, Beth Hassan, Fiona Westcough, Sara Khadraoui, Jack Ryan, Michael Welch, Tom Newman, Ross McCarthy, Jessie Montague, Meghan Byrne, Mia Hawkes and Lena Soulas** were joined by Enfield resident and ex-Griffins swimmer **Joe Zlotnik** from Barnet Copthall on the team.



*London Youth Games 2012
Enfield Swimming Team*

The Junior Team kick-started the day by winning four medals: **Lena** won **Gold** in the 50m Freestyle event, as did **Mia** in the 50m Backstroke. The four Junior girls (**Mia, Jessie, Meghan and Lena**) then took **Bronze** for their Medley Relay, followed by **Gold** in the Freestyle Relay, smashing their opposition. **Jessie** and **Meghan** achieved top 10 placings in their individual events and **Michael, Jack** and **Ross** also set PBs. The Junior Boys achieved top ten finishes in the Individual Butterfly and Freestyle Relay.

This afternoon, the Senior Team took more medals: **Matt** won **Gold** in the Boys Butterfly, **Michael** made fourth place in the Freestyle, with **Ryan** and **Toby** both achieving further top ten

finishing positions. The team of senior boys went on to win double **Silver** in the Medley and Freestyle Relays.

The Senior Girls also brought home medals from their events: **Hannah** won **Silver** in Freestyle, **Charlotte** took **Bronze** in Backstroke and both were joined by **Beth** and **Fiona** to take another **Bronze** medal in the Freestyle Relay, with **Sara** taking the breaststroke leg for a top ten finish for their Medley Relay. Fantastic result!

The Barnet Swimming Team was joined by ESS Swimmer **Daniel Santosh** who made his long course debut at Crystal Palace today and promptly delivered a 50m Backstroke PB. Well done!

London Youth Games - Mini Games

28th June 2012. Congratulations to a team of ESS swimmers who were selected to represent the Borough of Enfield at the London Youth Games (Mini Games) in the mini swimming event.



*London Youth Games 2012
Mini Swimming Team*

Primary school age swimmers **Callum Dodds**, **Deniz Erensoy**, **Daniel Gallo**, **Sam Pereira**, **Oskar Soulas**, **Chloe Howe**, **Maya Kirlew**, **Caitlin McCabe**, **Meghan Byrne** and **Emma Montague** achieved a fantastic 8th place (out of 33 participating London boroughs), with **Meghan** winning double **Gold** in the Freestyle and Breaststroke events, both the boys and girls Freestyle relay teams

achieving fifth place, as well as a further four top ten finishes for our swimmers. Well done, Enfield Team!

We look forward to seeing the Enfield Borough senior teams compete in the Games this weekend.

M11 Junior League Final Rounds

The ESS Juniors swam their last galas of the M11 League yesterday, 24th June. The Division 1 Team were amongst M11 finalists and fought a tough battle against the best of the league, finishing in an excellent 5th position overall in Division 1.



Our Division 2 Team achieved a fantastic third place overall in gala 2 of the division, helped by a second place finish in the last round yesterday.



Well done to all swimmers – we look forward to next season's league!

Sports Person of the Year

June 2012. Congratulations to Mia Hawkes, who was recently awarded the U21 Elite Performer of the Year Award by the St Albans and District Schools Sports Partnership. The organisation promotes sport for both able bodied and disability athletes in St Albans, where Mia goes to school.



Mia was nominated by her school for her committed dedication and success in swimming over the last year, which has seen her compete at the Olympic Trials, achieve a high national ranking in the 50m and 100m Freestyle and qualify to swim at the forthcoming National Age Group Championships. Well done!

ESS Junior Club Championships

16th June 2012. Well done to all swimmers who participated in the ESS Junior Club Championships. The gala had a great atmosphere and swimmers and spectators alike enjoyed the fast-paced racing.



Congratulations to our age group **Club Champions:**
Clem Fry, Sam Cornish, Joe Overton, Tai Oyama, Jamie Parsons,

Samuel Pereira, Melissa Byrne, Rosie Whiting, Grace Lennon, Maya Kirlew and Meghan Byrne.

Thank you to all who gave up their Saturday evening and helped on and off poolside. It was particularly nice to see so many of our senior swimmers volunteer their services to help run the gala for their young teammates.

ESS Relay Team Qualifies for Nationals



11th June 2012. Congratulations to our **Girls 11/14 4 x 100m Freestyle Relay Team** who have qualified to compete at the National BAGCAT Championships at Ponds Forge in July.

Jessie, Mia, Meghan and Lena were amongst the qualifying teams announced by the ASA today. Their qualification was achieved at the recent London Region Age Group Championships.

London Region Age Group Awards for ESS

10th June 2012. ESS had another good start to the day with Elliot Bertram winning the **Bronze** medal for his 400m Individual Medley. Meghan Byrne took **Silver** in the 100m Breaststroke and was the fastest 11-year-old participant in the 800m Freestyle event.

The day ended with some fast relay racing and good finishing positions for our young 4x50m Medley and Freestyle Relay Teams: well done, Josh, Beng, Sam, Joe, Meghan, Maya, Caitlin and Emma!



Very special congratulations today go to Meghan Byrne, Elliot Bertram and Maya Kirlew, who were all awarded trophies for their overall finishing positions in the competition, based on FINA points achieved in their heat races:

Meghan achieved **second** place in the region in her age group, totalling 2007 BAGCAT

points (2104 including times achieved in finals), 5 Gold, 3 Silver and 2 Bronze medals, and 3 regional records.

Elliot took **third** place in the region in his age group, with a BAGCAT point total of 2150, 2 Gold, 1 Silver and 1 Bronze medal, as well as a regional record.

Maya (10) participated in the competition for the first time, having had to achieve tough 11-year-old qualifying times. Maya was awarded a trophy for a fantastic **5th** finishing position in her age group category.



Well done to all ESS swimmers who qualified and competed:

James Whiting, Jack Ryan, Samuel Pereira, Ross McCarthy, Elliot Bertram, Josh Kirlaw, Ellen Blane, Mia Hawkes, Lena Soulas, Beth Holder, Meghan Byrne, Jessie Montague, Maya Kirlaw and Chloe Welch.

Third Day at London Region BAGCATs



9th June 2012. Swim of the day today belonged to **Elliot Bertram** who won the **Gold** medal in the 14-year-old boys 1500m Freestyle, setting a new personal best of 16:37.85 (an improvement of 9 seconds on his previous best time and almost 2 minutes faster than the runner-up in the event), as well as a new **regional record**.

Ross McCarthy had also qualified for 1500m Freestyle and swam his first long course race of the event, achieving an excellent 8th place.

Meghan Byrne won **Silver** in the 400m Individual Medley, with **Maya Kirlaw** achieving the third fastest 10-year-old time in the event. **Meghan** proceeded to take another **Silver** Medal in 100m Backstroke. **Mia Hawkes** and **Lena Soulas** were also amongst the finalists in the same event, with **Mia** winning **Bronze**. **Ellen Blane** also swam an excellent new PB in the 100m Backstroke, narrowly missing out on a place in the 14-year-old final by only 0.55 seconds.

In the afternoon, both **Meghan Byrne** and **Jessie Montague** reached finals in the 200m Freestyle in their respective age groups, with **Meghan** winning **Gold** and setting a new **regional record** of 2:18.06, smashing the previous record by 1.5 seconds.

Freestyle Successes for ESS

3rd June 2012. **Meghan Byrne** took an additional two **Gold** medals today (100m Freestyle and 200m IM) at the London Region Age Group Championships, as well as winning **Bronze** in 200m Backstroke and setting new **regional records** for her age group in the 100m Freestyle and 200m IM events. **Elliot Bertram** also won **Gold** in 400m Freestyle, as did **Jessie Montague** in 100m Freestyle. **Jessie** has dominated the event in her age group (12 years) in the London Region for the third consecutive year. **Mia Hawkes** took **Bronze** in the same event in the strong age group of 13-year-old girls (beating the previous age group record), followed by **Lena Soulas** who made fourth place in the final.

Our successful 100m Freestylers (**Meghan, Jessie, Mia** and **Lena**) went on to compete in the Girls 11/14 400m Freestyle Relay event where the team won **Silver** medals, beaten only by last year's regional champions Ealing SC.

Congratulations to all!



We look forward to more London Region racing next weekend.

Another National Time Achieved at London Region



2nd June 2012. Congratulations to **Mia Hawkes** who achieved her **100m Backstroke National Qualifying Time** in the London Region Age Group Championships at Crystal Palace today. Mia undercut the NQT by over 1 second, swimming an awesome time of 1:08.81 in the first leg of the Girls 10/14 Medley Relay.

Meghan Byrne took two **Gold** medals today (200m Breast, 400m Free), as well as a **Bronze** for 100m Fly. Elliot Bertram won **Silver** in the 200m IM this afternoon at Crystal Palace. Josh Kirlew made finals in the 100m Freestyle and 200m IM, achieving a fantastic 4th place in both. Maya Kirlew came 4th in the 400m Freestyle this morning. Sam Pereira set an awesome new personal best undercutting his best short course time by 5 seconds in his 100m Freestyle. **Well done all!**

The competition continues tomorrow - ESS wishes all competitors good luck!

Live Results can be viewed [here](#).