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ESSA National Relay Finals

24th November. ESS swimmer Fiona Westcough represented St Albans High School for Girls at the English Schools Swimming Association National Relay Finals held in Coventry. Having finished third in the East Division qualification round at Woodside, Garston, back in October, the school's intermediate (years 10 & 11) freestyle team qualified for the finals (top 16 teams nationwide) in 11th spot. Fiona anchored the team to 4th place in their semi final (team time of 1:59.45) and 8th in the final. The girls had the privilege of competing against the Olympic 100m Breaststroke Champion Ruta Meilutyte, who unsurprisingly helped Plymouth College to Gold, setting a new schools record.

New NQTs Set at 'Not So Early Bird' in Crawley

19th November. A small but successful Enfield Swim Squad team returned with a clutch of medals from the 'Not So Early Bird' Level 1 Meet held on 17th and 18th November in Crawley, as well as two newly acquired National Qualifying Times achieved by 12-year-old Meghan Byrne.

Ross McCarthy was swimmer of the day on Saturday, setting fantastic new long course PBs in both 100m and 200m Backstroke, as well as 200m Freestyle. An impressive 2:25.42 in the 200m Backstroke earned Ross a Bronze medal.

Meghan Byrne impressed on day 2 of the meet, setting two new national times in quick succession. First up was the 200m Freestyle, which Meghan completed in a new long course personal best time of 2:16.65, undercutting the NQT for 12-year-olds by

over one second and earning her a Gold medal. Meghan went on to qualify for Nationals in the 100m Freestyle (1:03.45), winning Bronze. She brought home two further medals from the meet (200m Breast, Bronze, and 200m IM, Gold).
Elliot Bertram, Mia Hawkes, Harry Jenner, Toby Pasmore and Lena Soulas also contributed to ESS medal success. The team brought home a total of 6 Gold, 5 Silver and 6 Bronze medals from this tough level 1 gala.

Swimmers Exceed Speed Limits at Middlesex Development

19 November. 48 ESS swimmers participated in the weekend's Middlesex Winter Development Meet at Southbury Leisure Centre. The meet was a fantastic opportunity for our younger swimmers to obtain some County Qualifying Times or simply to gain some valuable racing experience. Other swimmers enjoyed a chance of attempting events which may not usually be part of their regular competition schedule.
The meet was graded, with swimmers exceeding the upper speed limits (usually County QTs) being awarded Speeding Tickets and those remaining below those limits enjoying the chance of competing for medals. While a huge number of our swimmers put in top personal performances to earn medals, ESS also collected an impressive number of speeding tickets, with many swimmers earning multiple awards. Congratulations to all!

Speeding Ticket awards (in order of programme) went to:
Justin Houpt, Lily Tiernan, Viren Halai, Leanne Potter, Millie Flannagan, Oskar Soulas, Joseph Haimes, Ben Howe, George Bullock, Beng Ren Siew, Emily Haimes, Nora Khadraoui, Anna Ryan, Adam Demeter, Chloe Howe, Beth Holder, Athena Andreou, Tamir Smith and Ted Winfield.

National Arena League Round 2

Congratulations to both our Arena Teams who swam in the second round of the league on Saturday, 10th November.

The Division 1 team faced another tough draw in the second round of the National Arena League at the Hertfordshire Sports Village in Hatfield and made an honourable 6th place overall. Congratulations to Mia Hawkes who achieved our only first place in the Girls 13/U 100m Freestyle. Mia made second place in the 100m Backstroke of the same age group. Harry Jenner (Open, 100m Butterfly) and Lena Soulas (15/U 100m Freestyle) also both achieved second place finishes, as did the Open Girls Freestyle Relay (Hannah, Charlotte, Fiona, Emma, Mia and Lena). Congratulations also go to those who achieved third places: Meghan Byrne (13/U 100m Breast), Joe Glazebrook (15/U 100m Backstroke), Jessie Montague (13/U 100m Fly), Josh Kirlew (13/U 100m Fly) and our 13/U Girls Freestyle Relay (Meghan, Mia, Jessie and Lara). Well done to all who swam:

Emily Haimes, Emma Montague, Maya Kirlew, Chloe Howe, Tai Oyama, Jamie Parsons, Oskar Soulas, George Bullock, Mia Hawkes, Meghan Byrne, Jessie Montague, Lara Eyre, James Whiting, Josh Kirlew, Beng Ren Siew, Callum Dodds, Ellen Blane, Beth Hassan, Lena Soulas, Fiona Westcough, Beth Holder, Joe Glazebrook, Elliot Bertram, Michael Welch, Dylan Williams, Charlotte Newman, Megan Holder, Hannah Thomas, Emma Tunstall, Louis Kirlew, David O'Toole, Harry Jenner, Toby Pasmore, Michael Tunstall

Our Division 3 team put in a fine performance at Clissold pool and were just pipped into third place by Barking and Dagenham having been neck and neck from the start of the first round of relays.

Special congratulations go to Chloe Welch who took our only individual win of the night in the U14 100m FS and also posted PB's in the 100m back and 50m relay splits. Top relay team award goes to the 11 & U girls, Nora Khadraoui, Lily Tiernan, Alice Comerford and Grace Lennon who stormed to victory in both the both the FS and Medley relays. Many of our team were swimming out of age group and pushed hard to achieve a huge number of PB's. Relay teams displayed strength and depth taking a number of 2nd, 3rd and 4th places contributing to the final points tally. Special thanks go to Emily Prior who stepped in at the very last minute to swim a cracking backstroke leg in the Girls 13&U Medley Relay.
Individual second places were achieved by Zach Kirlew (Open 200m IM & Open 100m FS), Emily Whale (U14 Breaststroke), Jessica Prior (Open Backstroke), Ryan McCarthy (Open Backstroke), Lily Tiernan (U12 Fly), Alice Comerford (U12 Breaststroke), Caroline Dunnett (U 16 100m FS), Grace Lennon (U12 50m FS) and Ross McCarthy (U16 100 Back). Ross also smashed his PB to take 3rd spot in the U16 100m FS, with Ben Howe (U16 100m Fly) and Aigboje Dudo-Orumen (U12 50m Breaststroke) and Abbie Castricone (U16 100m Breaststroke) also achieving 3rd places.

The evening ended with an exciting Men's Open 6 x 50m FS relay with our team of Alex Pasmore, Jordan Jordanou, Zach Kirlew, Ross and Ryan McCarthy and Daniel Williams taking a convincing win and bringing the ESS supporters to their feet! Well done to all swimmers and a big thank you to Linda Newman who has spent many hours behind the scenes and on the night managing both the A and B team's. We look forward to the final round on 8th December, venues/times TBA.

Our Division 3 swimmers:
Lily Tiernan, Grace Lennon, Alice Comerford, Nora Khadraoui, Matthew Whale, Aigboje Dudu-Orumen, William McLennaghan, Chris Yiannitsarou, Chloe Welch, Emily Whale, Alice Monteforte, Yasemin Baytas, Emily Prior, Finton O'Riordan, Sam Pereira, Sahil Shah, Joe Haimes, Jade Mehmet-Ali, Leanne Potter, Abbie Castricone, Yasemin Erensoy, Caroline Dunnett, Ross McCarthy, Ben Howe, Tom Newman, Josh Branch, Jessica Prior, Ryan McCarthy, Jordan Jordanou, Alex Pasmore, Zach Kirlew, Daniel Williams

LBESA Open - Day 2

ESS had another highly successful weekend at the second installment of the LBESA Open on Saturday, 3rd November 2012. Although it is still early in the season and our senior swimmers in particular are in a phase of hard training and ensuing fatigue, nearly all our swimmers managed to set new PBs and many of the medals won at the meet were taken home by ESS members.

Special congratulations go to Hannah Thomas and Toby Pasmore, who both won the prize money awarded to the Top Performer in the 14 and over Girls and Boys categories.

For more details on our swimmers' performances, read the full report on the ESS website.