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London Region Youth Championships

7th May. Well done to Alex Pasmore, Andrew Bartha, Charlotte Newman, Ellen Blane, Elliot Bertram, Fiona Westcough, Hannah Thomas, Harry Jenner, Jessica Prior, Joe Glazebrook, Megan Holder, Michael Tunstall, Toby Pasmore and Sean Leahy, who all qualified for and competed in the London Region Youth Championships at the weekend.

The team had a successful meet and returned to Enfield with a clutch of medals:
Elliot Bertram: 2x Gold, 1500 and 400 Free; Sean Leahy: Gold, 200 Free; Megan Holder: Silver, 200 Breast and 2x Bronze, 50 and 100 Breast; Charlotte Newman: Silver, 50 Back; Harry Jenner: Silver, 100 Fly; Hannah Thomas: Bronze, 50 Free.

Toby Pasmore just missed out on a medal, making fourth place in the 50m Freestyle, just a smidgen off the national time, as did Charlotte Newman who also came fourth in the same event. Further finalists included Michael Tunstall (50 free) and Toby Pasmore (100 Breast). Although not medaling at the Champs, the boys' team of Harry Jenner, Elliot Bertram, Toby Pasmore and Michael Tunstall swam a fantastic Freestyle relay in a very fast field, completing the 4x100m in a time of 3:44.69, and are now waiting to find out whether their time may have qualified them for Nationals. Good luck!
Watch the Video on the Website

A Solid ESS Performance at Beckenham

Well done to all ESS swimmers who participated in the Beckenham International Open at Crystal Palace on 11th and 12th May 2013. Our swimmers gave a solid performance, putting Enfield on the map at the meet.
Congratulations to Meghan Byrne for achieving her ninth National Qualifying Time in 100m

Breaststroke at the meet, as well as Ted Winfield (100 Fly), Ben Howe (100 Fly) and Megan Molloy (200 IM), who all achieved last minute Regional Times.

Our medal winners at the meet were: Meghan Byrne (2x Gold, 100 free and 100 breast; 1x Silver, 50 free; 1x Bronze, 5 Back), Mia Hawkes (1x Gold, 400 Free; 2x Silver, 50 and 200 Free; 1x Bronze, 100 Free), Lily Tiernan (1x Gold, 50 Breast; 1x Silver, 400 IM), Lena Soulas (1x Silver, 100 Free; 2x Bronze, 50 and 200 free), Hannah Thomas (1x Silver, 50 Free; Bronze, 100 Free) and Megan Holder (1x Bronze, 50 Breast).

Elliot Selected for Team GB

Congratulations to ESS member Elliot Bertram who was selected to be part of Team GB representing Great Britain in the Portuguese National Open Water Championships on Saturday, 18th May.

Elliot took part in the 10km event in gruelling conditions, at a water temperature of 16 degrees. Well done!

Rotherham Metro Long Course Meet

Well done to swimmers who travelled to the Rotherham Metro Level 1 Long Course Open, which took place on 18th and 19th May at Ponds Forge in Sheffield. Participating swimmers were Toby Pasmore, Ross McCarthy, Joshua Branch, Oskar Soulas, Richard Farthing, Megan Holder, Hannah Thomas, Lena Soulas, Mia Hawkes and Meghan Byrne.
Special mention must be made of Richard Farthing (10), who travelled to Sheffield to take part in his first long course meet and promptly delivered new personal best times in both of his events (50m and 200m freestyle).
Medalists were Meghan Byrne (4x Gold: 50 free, 100 free, 200 free and 200 IM; 1x Bronze: 200 back), Lena Soulas (4x Silver: 50 free, 100 free, 200 free and 50 back) and Mia Hawkes (1x Silver: 100

back; 2x Bronze: 50 free and 100 free).
Top three BAGCAT places were achieved by Meghan (1st) and Lena (3rd). Both girls came away from the meet with prize money.

Essex League Team Smashes Competition in Final Round

Saturday, 18th May, was a night to remember for our Essex League team, who absolutely smashed the competition in the last round of the league at Harlow Leisure Zone. Congratulations on a fantastic team performance and, yet again, the great team spirit displayed by all who swam. The U11 girls got the night going with our first win of the evening in their freestyle relay. This was followed by 23 (out of 49) first places and an overall gala victory. Awesome swimming from every swimmer that took part, from individuals to relays!

First places for individual swims went to: Beth Hassan, James Winfield, Abbie Castricone, Andrew Bartha (x2), Deniz Erensoy, Michael Tunstall, Nora Khadraoui, Ollie Bertram and Yasemin Erensoy.

Victory for M11 A-Team

With a number of swimmers missing from the M11 Division 1 team in the second round of the league on Sunday, 19th May, at Southbury, swimmers still performed very well, despite some having to "swim up" an age group. Many new personal best times were achieved. Out of a total of 49 events, ESS had 16 first and 11

second place finishes, followed by an overall first place for the team in this round of the gala.

All swimmers swam really well; some outstanding performances came from Tyrese (12, breast), Maya (11, back and fly), Grace (10, free) and Misha (9, breast).

The gala victory came as a perfect birthday present for coach Sarah, who spent her birthday at the pool. Happy birthday, Sarah, and well done to all participating swimmers!

Special thanks go to all helpers on our terrific hosting team for a fantastic job.

Tough Opposition for M11 B-Team

The ESS B-team performed superbly against some very tough opposition in the second round of the M11 league at Bexleyheath on Sunday, 19th May. Most of the team swam personal best times with especially good performances from Deniz Erensoy and Callum Dodds. However, the outstanding swim of the evening came from Luke Bransby who won the 9 year boys butterfly. Well done everyone!

ESS Swimmers Enjoy Training Day with Mark Foster

28th May. 23 ESS swimmers had a fantastic time at a training camp run by the Mark Foster Swimming Academy at Southbury Road today.

The day included a land training session, a race preparation and mindset talk, as well as a pool session, during which swimmers had the opportunity to learn from (and race against!) the experienced team of Mark Foster, Katy Sexton and Damian Lo Cascio. Both Mark and Katy shared the experience of their inspiring journey to becoming World Champions with our swimmers. Thank you to the whole MFSA team for a great day!