



Portsmouth Sees ESS National Qualifier

Well done to a team of 20 ESS swimmers who attended the Portsmouth Level 1 New Year Meet on the weekend of 11th and 12th January. The competition at the gala was fierce, with many of the major London and Southern clubs in attendance. Nevertheless, our swimmers performed well and managed to scoop up a good number of medals and top 5 finishes, as well as newly achieved qualifying and personal best times.



Congratulations go to [Lena Soulas](#), whose 100m Freestyle finish qualified her for ASA Nationals 2014. Lena touched home in 59.66 seconds, taking her own long course club record. New regional times were achieved by [Megan Molloy](#) (800m Freestyle) and [Sam Pereira](#) (200m Freestyle) – well done!

Further congratulations go to our medalists: [Mia Hawkes](#) (Gold 50 Free and 100 Free), [Oskar Soulas](#) (Gold 50 Free), [Megan Molloy](#) (Silver 800 and 400 Free), [Josh Kirlew](#) (Silver 400 Free and Bronze 200 IM), [Caitlin McCabe](#) (Bronze 800 Free), [George Bullock](#) (Bronze 1500 Free) and [Lena Soulas](#) (Bronze 200 Free).

Qualifying times and medals aside, a good number of our swimmers surpassed their previous performances and achieved new PBs:

[Josh Kirlew](#) crossed the 60-second threshold for his 100 Free for the first time in a long course meet and set two further PBs (100 Fly and 200 IM). [Michael Welch](#) undercut 59 seconds in the same event and swam another two lifetime bests (50 and 400 Free).

[Caitlin McCabe](#) (who had only recently achieved a sizeable drop in her 800 Free long course time at the Regional Winter Champs) and [Megan Molloy](#) both set outstanding fresh PBs in their distance events (800m and 400m Freestyle), with Megan dropping her times by as much as 18 and 20 seconds respectively. [George Bullock's](#) 1500m Freestyle time also dropped by 38 seconds to below the 22-minute mark.

[Emily Haines](#) had a successful 100m Backstroke race, improving her time by more than 3 seconds, while [Elliot Bertram](#) set a new PB in the 200m Individual Medley and dropped his 100m Freestyle time to below 58 seconds. [Sam Pereira](#) improved his long course times in both his events (100 and 200 Free) by 2 and 3 seconds. [Chloe Howe](#) achieved a PB in her 200m Breaststroke, dropping over 15 seconds off her previous long course time from the same meet in 2013.



Further long course lifetime bests were achieved by [Joe Haimes](#) (100 Free), [Deniz Erensoy](#) (100 Free and 100 Breast), [Ben Howe](#) (100 Free) and [Lena Soulas](#) (100, 200 and 400 Free).

Well done to all who travelled the distance to Portsmouth and competed:
[Elliot Betram](#), [George Bullock](#), [Deniz Erensoy](#), [Emily Haimes](#), [Joe Haimes](#), [Mia Hawkes](#), [Ben Howe](#), [Chloe Howe](#), [Josh Kirlew](#), [Maya Kirlew](#), [Caitlin McCabe](#), [Megan Molloy](#), [Toby Pasmore](#), [Sam Pereira](#), [Beng Ren Siew](#), [Lena Soulas](#), [Oskar Soulas](#), [Hannah Thomas](#), [Lily Tiernan](#) and [Michael Welch](#).



Although the swimming competition was of course the main object of the trip, Barry, Rob and the team were left in no doubt over the seaside location of the gala: Special thanks go to scientifically minded [Josh Kirlew](#) for brightening the mood on Saturday by introducing a live crab he had collected during the day to the poolside.