



## Middlesex BAGCAT & Youth – week 2

ESS swimmers had another highly successful weekend at the Middlesex BAGCAT and Youth competition on 15<sup>th</sup> and 16<sup>th</sup> March.

The competition kicked off with the 9-11 girls 400m Freestyle with some cracking PBs from all our young ESS girls, which culminated in [Megan Molloy](#) taking the Silver medal in a sub-5 minute time, just over half a second shy of the Gold medal. [Millie Flannagan](#) finished 6 seconds away from a medal in the same event and made 5<sup>th</sup> place in her age group.

Further PBs were set in the 50 Breaststroke. [Sam Pereira](#) finished in medaling position (3<sup>rd</sup>), setting a new age group club record.

[Mia Hawkes](#) and [Hannah Thomas](#) both 'splashed & dashed' to Bronze in the 50m Freestyle, with [Lena Soulas](#) in 4<sup>th</sup> place. [Jessie Montague](#) made a great comeback in the 50m Freestyle after a long break from swimming, completing the distance in a sub-30 time.

[Josh Kirlew](#), [Sam Pereira](#), [Tamir Smith](#) and [Konstantin Kapanadze](#) made finals in the 12-14 100m IM, with both Sam (5<sup>th</sup> place) and Josh (4<sup>th</sup> place) setting new age group club records in the event. Tamir improved his previous best time by an impressive 7 seconds.

[Chloe Howe](#) was the biggest improver in the girls 100m Butterfly event, also beating her own best time by 7 seconds. Well-deserved finalists in the event included [Megan Molloy](#) and [Grace Lennon](#). Chloe went on to set a 10-second PB in the 200m Breaststroke in the afternoon session on Saturday, while Megan and Grace both took part in 100m Freestyle finals, where Megan dominated her competition, adding further Gold to her impressive collection of County medals so far. [Emily Haimes](#) also had a fantastic swim in the 100m Freestyle heats, making her time for 2014 London Region Age Group Championships.

Our senior boys impressed in the 200m Butterfly: brothers [Alex and George Kapanadze](#) both took home Silver, while [Elliot Bertram](#) finished in 3<sup>rd</sup> place, just 5/100 of a second behind George. Both broke the previous 16-year-old club record. ESS Youth boys were also well represented in the 100m IM, with the three successful flyers being joined in finals by [Ross McCarthy](#) and [Toby Pasmore](#).

Big PBs were also clocked by our 9 and 10 year-old boys **Sam Cornish**, **Joe Overton** and **Lewis Japal** in session 2 in their 200m Backstroke. Joe set a new age group club record in the event.

**Ross McCarthy** swam a breathtaking time (1:02.31) in his 100m Backstroke final, making 4<sup>th</sup> place, as did **George Kapanadze**. **Joe Glazebrook** and **Alex Kapanadze** also made the final.

While **Oskar Soulas** and **Josh Kirlew** were our medalists in the 400m Freestyle, both winning Bronze (Oskar setting a regional qualifying time with a 20-second PB), the outstanding swim in this event came from **Sam Pereira**, who made his first national qualification, just undercutting the required tough short course NQT in a time of 4:26.61. **George Bullock** and **Tamir Smith** had a fantastic neck and neck race in their heat, both setting sizeable fresh PBs.



**Beth Holder** nicely finished off heat events of the afternoon, by winning another Bronze medal for ESS in the 200m Breaststroke.



ESS had a strong presence in the relay sessions at Crystal Palace on Sunday, where spectators saw our purple-hatted teams in almost every heat. The teams performed well, bringing home a total of 5 relay medals.

Our 10-year-old girls' team of **Ellisia**, **Millie**, **Ella** and **Natasha** had some awesome swims and won Silver in their Medley relay, as well as Bronze in their Freestyle relay. 11-year-old girls **Grace**, **Maya**, **Megan** and **Alice**



won Bronze, while the senior girls team of **Mia**, **Hannah**, **Charlotte** and **Lena** also made second place and brought home Silver. The most successful boys' team was one of our BAGCAT teams: **Sam**, **Beng Ren**, **Joe** and **Josh** won the age group Bronze medal, with Sam setting a second national time in the process, swimming the lead leg of the 4x100m Freestyle relay. Sam clocked a time of 58.15 seconds at the finish. The boys are ESS hopefuls for 2014 national BAGCAT relays.

**Oskar Soulas** and **George Bullock** had swum a strong 1500m Freestyle in the morning, both setting sizeable new PBs in the event, with Oskar finishing 4<sup>th</sup> in his age group and just missing out on a medal.

In the evening session, another fabulous performance in the distance events came from **Megan Molloy**, who won Gold for her 800m Freestyle, clocking a time of 10:05.33 and finishing just 3 seconds shy of the national qualifying time. **Caitlin McCabe** also had an awesome swim in the same event, undercutting the 10-minute mark with a PB of 44 seconds.

Congratulations to all – ESS is proud of you!

The following top 5 individual places were achieved by our swimmers in their events:

<b>Swimmer</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>4th place</b>	<b>5th place</b>
Molloy, Megan	100 Free 800 Free	400 Free		100 Fly	
Kapanadze, Alex		200 Fly	200 Back	100 IM	
Kapanadze, George		200 Fly		100 Back	
Pereira, Sam			50 Breast	400 Free	100 IM
Kirlew, Josh			400 Free	100 IM	
Soulas, Oskar			400 Free	1500 Free	
Bertram, Elliot			200 Fly		100 IM
Hawkes, Mia			50 Free		
Thomas, Hannah			50 Free		
Holder, Beth			200 Breast		
McCarthy, Ross				100 Back	
Soulas, Lena				50 Free	
Lennon, Grace					400 Free 100 Free
Flannagan, Millie					400 Free