



ESS Medal Haul in Sheffield – May 2014

Once again George Bullock (12), Richard (11) & Megan Farthing (9) went on their travels, this time to the Ponds Forge International sports centre in Sheffield over the weekend of 10th & 11th May to compete in the Lincoln Vulcans LC Open Meet.

The boys were first up in the 200M back on Saturday morning where they both set new PB's over the long course.



After the girls 100M breaststroke George and Richard were up again, this time in the 50M back. Swimming in the same heat the purple of ESS was very noticeable, though both were just outside their PB's and Richard secured bronze.



Having to wait around all morning for a swim, Megan was now up in the final event of the morning session, her favourite race, the girls 50M breaststroke.

With the bit between her teeth, she set a new LC PB time by 0.93 of a second to score Gold.

Refuelled and raring to go again after the interval, George returned for the 200IM, a first for him over the LC, swimming well he completed in 2.59.38 a great PB over his SC conversion entry time.

Both boys were then up again in the 100M breaststroke swimming in yet another heat together. George smashed his time by some 10 seconds and narrowly missed out on a medal by just 0.50 of a second whilst Richard PB'd outside the medals.

Only 20 minutes or so later the boys were getting wet again, in the 100M freestyle. Richard finished in an amazing 1.14.54 setting himself over 8 second PB on SC conversion entry time whilst George was just outside his time by only 0.40 second.

Megan was now in action in the 50M backstroke, this time a slim PB and no rostrum position, a valiant effort.





The day finished with the boys up against each other in the 50M breast, George had the measure of Richard on this event for sure and set a PB and won Bronze for his efforts. The latter was slightly outside his PB but was awarded Silver – a great end to a brilliant day.

Sunday saw Megan in action in the last event of the morning session, 50M freestyle. Yet another PB set over this gruelling course for a little one.

The lads were up in the afternoon, first was George in the 200M breaststroke and Richard in the 200M freestyle; they both rallied hard to improve on their entry times swimming on the pace in the first 2 lengths though for both the third length must have been like climbing a mountain. Ritchie finished 0.19 second outside the medals. After finishing they just about managed to pull themselves from the pool, to the marshalling area for the 50M free.



Just before the boys 50M free, Megan PB'd in the 50M fly swimming this event over long course for the first time and battled hard to keep the stroke going to the touch.

For the finale it was ESS in lanes 1 and 3, both lads must have been exhausted but put in brave swims to finish extremely close to their PB's with a final Gold medal for Richard in his age group.

Having used every drop of energy, the swimmers refuelled with a treat... which didn't last long!!