

Eric Penwill Trophy Remains in Enfield



Spectators in a packed gallery at Southbury pool were treated to a great team gala on Sunday, 2nd February. The somewhat dim lighting only added to the atmosphere, as did the occasional indoor rain shower. All ESS swimmers performed magnificently and the victory belongs to both teams, as it is only because we have such a great second squad that A-squad members have to be at their very best to make the team.

The under 10 & 11 boys in Vicki's team put in a huge effort and demonstrated fantastic team spirit, swimming up an age group on more than one occasion, never complaining and taking on additional swims without question. Special mention must be made of [Dylan Parsons](#), who often barely had the time to catch his breath before being asked to race in yet another event! Well done also to [Isaac Ruzs](#), who successfully fought swimmers either side of his team in a nerve-wrecking tussle for the final touch in the U10 breaststroke relay.



Emily & Oskar collect the trophy



It was a very close competition that came down to the last few races and the enthusiastic support of our parents helped ESS pick up those few extra points that took us over the victory line. Luckily, Coach Rob had learned from the experience of the Tape Trophy last week and came prepared with a change of clothes this time. There is no escaping the adrenaline of a winning team!

...and Rob goes in again.

Congratulations, ESS swimmers!

Thank you to all attending teams, our on & off poolside helpers, officials and team managers. Special thanks to 13-year-old ESS member [Caitlin McCabe](#), who found the best way of spending her Sunday was to support her younger teammates. Caitlin did a sterling job assisting the team managers by taking charge of the team at the shallow end.

ESS Storm to 3rd in Essex League Round 2

On Saturday, 1st February, ESS hosted round 2 of the Essex League at Walthamstow Pool & Track. From the first round, the team knew that it would take a massive effort to catch Halstead in 3rd place who were 22 points ahead. However, with an outstanding collective effort ESS gained enough points to narrowly squeeze Halstead out by 7 points and take third place! The ESS swimmers and parents created an incredible atmosphere on the night as round 2 proved to be a huge success. In one week, some ESS swimmers managed to make further personal best times or improve on their times from the previous round.



Special mentions go to [Beth Hassan](#) who swam 2 seconds faster than in the first round for 100m butterfly, [Emily Whale](#) who

celebrated the first win on the night with a blistering 100m breaststroke and **Lara Eyre** who swam a p.b. and grabbed second place in the U16 girls. Further mentions go to **William Metcalfe**, who swam brilliant 50m times for the U12 boys (including a third place finish in his 50m backstroke), **Josh Branch**, who put in a brave U16 100m freestyle and **Ross McCarthy**, who brought home another 1st place finish in the U16 100m backstroke. Another great performance came from the U12 girls team of **Jessie, Ella, Nicole and Athena**, who made third place in their freestyle relay. These are just to mention a few, however, all swimmers in the team should be proud to have contributed to our fantastic points tally and to have improved on our round 1 overall position.

Our round 2 swimmers:

Wesley Onwugbolu, William Metcalfe, Iestyn Granger, Robbie Parsons, Ella Coleman, Jessie Mullee, Athena Andreou, Nicole Tidiman, Jamie Parsons, Callum Dodds, Justin Houpt, Daniel Turan, Molly Leizer, Andrea Demeter, Jessica Minton, Nicole Jordanou, Ben Keelan, Josh Branch, Adam Demeter, Ross McCarthy, Lara Eyre, Courtney O'Connor, Yasemin Erensoy, Emily Whale, Caroline Dunnett, Beth Hassan, Ellen Blane, Abbie Castricone, Andrew Bartha, Adrian Nicol, Dylan Williams and Jewel Williams.

Thank you to all our helpers on the fantastic hosting team!

ESS Swimmers at Prestigious International Meet

Well done to **Sean Leahy** and **Mia Hawkes** who represented Middlesex County ASA at the Luxembourg Euro Meet in a tough international field from 7th to 9th February.

Mia had an excellent swim in the 100m Freestyle event, completing the distance

in a sub-60 season best time. She further competed in 50m



Sean (3rd from left) on the podium in Luxembourg

Freestyle and swam another season best time in the 200m Freestyle event.

Also competing in three individual events (200 free, 100 Free and 200 IM), Sean swam season best times in both 200m Freestyle (where he was a finalist) and 100m Freestyle and helped his Mixed Medley Relay Team to Silver. The successful Middlesex team was beaten by not much more than a fingernail by the Swimming Federation of Belarus.

Ealing County Qualifier

A group of dedicated ESS Swimmers took part in the Ealing County Qualifier during the weekend of 8th and 9th February. Although the team was small in numbers, our swimmers ensured the ESS presence was noticed at the meet through their achievements: **Josh Branch** won two Gold medals (50 Fly and 100 Free). **Nicholas Kahwati** also took Gold (50 Breast), as well as Bronze (100 Breast). **Sam Cornish** and **Justin Houpt** both came away from the gala with additional County QTs, while **Joe Overton** achieved Silver and County times in 400 Free and 200 IM, as well as an additional County QT (50 Breast). Joe further used the opportunity to set a new age group (9) short course club record with his performance in the 200m Butterfly event.

Well done to all who swam:

Joe Overton, Nicholas Kahwati, Justin Houpt, Sam Cornish, Richard Farthing, Josh Branch and Caitlin McCabe.

Harrow's John Basford Memorial Trophy

A team of 16 ESS swimmers competed at the Borough of Harrow SC John Basford Memorial Trophy at Barnet Copthall on the weekend of 22nd and 23rd February. The whole team performed exceptionally well, clocking a huge number of personal best times and amassing 40 age group medals between them.

Well done to all swimmers: **Lily Carroll, Danielle Clarke, Mia Crammond-Browne, Lucy Di, Nicole Di, Kitty Hanrahan, Molly Leizer, Ariana Pira, Riya Shah, Eleanor Stromberg, Justin Houpt, Lewis Japal, Ben Keelan, Matthew Metcalfe, William Metcalfe and Daniel Turan.**