

News Archive January 2012

City of Cambridge SC Open Meet

The weekend started with an excellent 400 free from Lily Tiernan and was followed up by some great swims from our small and enthusiastic team at Cambridge. Maya and Zach Kirlew achieved excellent PBs as did Ben Howe. Oskar and Lena Soulas took the long trip from Portsmouth on the Saturday to Cambridge on the Sunday and both set new best times. Fiona Westcough had a heavy schedule of swims on the Saturday and managed consistently good performances all day. A special mention for Megan and Bethan Holder who were at Cambridge all weekend and maintained the high level of swimming we now expect of ESS swimmers.

Our medalists: [Megan Holder](#), Gold 200 Breast and Silver 200 IM, [Maya Kirlew](#), 2x Silver 100 Fly and 200 IM, [Josh Kirlew](#), Bronze 100 Fly, [Lena Soulas](#), 2x Gold 100 Free and 50 Free, [Oskar Soulas](#), Silver 200 Fly.

[Results link](#)

Portsmouth SC Open Meet

[Congratulations to Elliot Bertram who secured his 3rd NQT in the 400m IM in Portsmouth.](#)

Well done to [Meghan Byrne](#) (11) who took 4 GOLDS in the 50m, 100M, 200M and 400m FS and to [Mia Hawkes](#) (12) 4 GOLDS in 50m, 100M and 200 M FS & FS 100m back and [Lena Soulas](#) (13) who took GOLD in 50m FS at Portsmouth Open Meet on 14/15 January. [Elliot Bertram](#) (14) took 4GOLDS in the 200IM & 400IM and 200m & 400 FS.

Results [here](#).

Essex League Round 2

Congratulations to our team for a runaway victory at Braintree Swimming Centre on 14th January. We pulled clear of Clacton, Leyton and Harwich after the first few events to secure a convincing victory.



EPSC Level 3 Winter Sprints

Well done to all our swimmers who competed at the Winter Sprints at Southbury on 21st January. There were some fantastic performances, especially from our younger swimmers. A big thank you to Gill and Phil Pasmore for organising the event and to all of the poolside helpers and officials. Well done also to visiting clubs, we hope you enjoyed the gala.

Click here for [results](#).

Lena Soulas Makes British Champs Time

Congratulations to **Lena Soulas** who has qualified for the British Champs in March to be held at the Aquatics Centre. Lena hit the time at the Zonal Meet at Millfield School. Lena will be competing in the 50m FS along with **Mia Hawkes** who had already qualified and they will be mixing with Olympic hopefuls. Well done girls.



ASA Southern Zonals 28/29 January 2012

Well done to *Elliot Bertram, Harry Jenner, Mia Hawkes, Toby Pasmore, Lena Soulas, Hannah Thomas and Ryan McCarthy* who competed against the best in the South of England (London, South East and South West Swimming Regions). Congratulations to **Harry Jenner** who took silver in the Junior 100m Butterfly. **Results**