

News Archive July/August 2012

Elliot Takes Silver for ESS at Nationals

It's been a fantastic couple of weeks at Ponds Forge, the highlight being [Elliot Bertram's](#) silver medal in the 1500m Freestyle and places in the finals for [Harry Jenner](#), [Lena Soulas](#) and [Mia Hawkes](#). [Jen Budden](#), competing for her university club Manchester Aquatics, took a bronze medal in the 200m backstroke.



Full Nationals 2012 Report in "Gala Reports".

Nationals 2012

16th July 2012. Good luck to [Charlotte Newman](#), [Hannah Thomas](#), [Matt Bayliss](#), [Harry Jenner](#), [Elliot Bertram](#), [Mia Hawkes](#), [Jessie Montague](#), [Lena Soulas](#) and [Ellen Blane](#), who will be competing at the National Youth and Age Group Championships in Sheffield over the next two weeks starting tomorrow.



Injury-stricken [Meghan Byrne](#) has also qualified, but will sadly be unable to compete this year. We wish her a speedy recovery and the best of luck to [Ellen Blane](#), who has agreed to take Meghan's place in the Girls 4 x 100m Freestyle Relay, alongside [Lena](#), [Mia](#) and [Jessie](#).

Congratulations to [Meghan](#), who has retrospectively been awarded [Age Group Winner of the London Region BAGCATs](#). [Meghan](#) had originally been ranked second in the age group, due to an error which has now been rectified.

Intermediate Squad Parents Meetings

Thank you to all the parents who took the time to attend our Intermediate Squad Parents Meetings on 15 and 16 July.

For more detailed information on how to support your children in their swimming, the Long Term Athlete Development Path, the Intermediate Squad Structure and information on the types of galas available to your children, please visit the following pages:

- [Parenting your Athlete](#)
- [Long Term Athlete Development](#)
- [Galas Explained](#)
- [Intermediate Squad](#)

"Like" us on Facebook and "follow" us on Twitter - from time to time we share articles and information of interest, which may help you further to understand swimmer development.

Fun Gala Saturday 14th July

Well done to all swimmers who took part in the fun gala, demonstrating some fantastic racing skills and brilliant team spirit.



Thank you to Sue Thomas for a great job organising and running the gala, as well as to all our young poolside helpers. Congratulations to the Sealions, who were our winning team tonight.

Huge Medal Haul at the First ESS Open

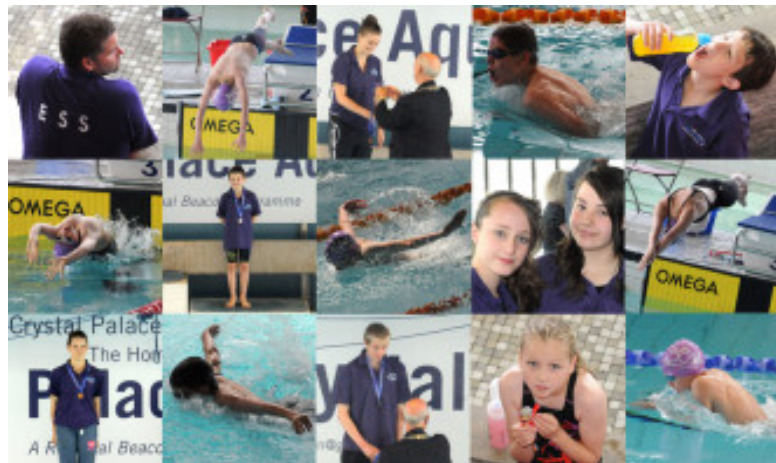


Enfield Swim Squad's first Open Meet on Sunday, 8th July, was a great success. Excellent performances by our swimmers and a great number of PBs led to a whopping **184 medals** collected by our team, despite some strong competition from visiting clubs. Well done, ESS Swimmers!

Thank you to Gill and Phil Pasmore for the flawless organisation of the gala and the countless hours spent preparing for the first ESS Open Meet.

London Region Sprints

7th July 2012. A small team of competitors represented ESS at the London Region 50m Sprint Meet at Crystal Palace today. Swimmers included **Megan Holder**, **Alex** and



Toby Pasmore, **Tom Newman**, **Ben** and **Chloe Howe**, **Leanne Potter**, **Chloe Welch**, **Samuel Pereira**, **Ted Winfield**, **Deniz Erensoy**, **Tyrese Haughton-Locker** and **Lena** and **Oskar Soulas**.

The team performed well and collected a number of new PBs and medals. **Toby Pasmore** was medalist of the day, with two **Silver** (Free and Breast) and a **Bronze** medal (Back). **Megan Holder** won **Silver** in the 50m Breaststroke and **Bronze** in the 50m Freestyle. **Ted Winfield** swam a fantastic PB in the Butterfly event, winning **Bronze**. **Lena Soulas** won **Gold** in the 50m Backstroke. **Tyrese Haughton-Locker** had an outstanding swim in the Breaststroke event, setting a new PB of over 2 seconds and **Deniz Erensoy** swam an excellent Freestyle event, also setting a great new PB. Well done to all our swimmers at the meet, who once again, were a credit to Enfield Swim Squad.

ESSA Inter-Divisional Championships



1 July 2012. Congratulations to [Elliot Bertram](#) and [Harry Jenner](#) who were selected to represent London Schools in the English Schools Swimming Association's Inter-Divisional Championships, which took place last weekend in Liverpool. Harry took **Silver** for London in the 100m Butterfly event and Elliot helped the London Boys' Freestyle Team win a **Bronze** medal.

Enfield Victorious in London Youth Games Aquathlon



1st July 2012. Congratulations to the Team Enfield Aquathlon Team who have returned victorious from the London Youth Games. The team was made up entirely of ESS swimmers: [Ryan McCarthy](#), [Annabel Andreou](#), [Charlotte Newman](#), [Fiona Westcough](#), [Jack Ryan](#), [Ross McCarthy](#), [Caroline Dunnett](#), [Despina Aslam](#), [Ben Howe](#), [Tom Newman](#), [Mia Hawkes](#), [Jessie Montague](#), [Lena Soulas](#), [Rebecca Andreou](#), [Ted Winfield](#), [Harry Cox](#), [Anna Ryan](#) and [Andrea Demeter](#) all competed in the event at Crystal Palace today.

One **Gold** medal ([Caroline](#)), three **Silvers** ([Ryan](#), [Charlotte](#) and [Mia](#)), two **Bronze** medals ([Jack](#) and [Jessie](#)), four more top ten finishes and brilliant allround performances from all involved contributed to the Team achieving first place overall and bringing the event's trophy home to Enfield for the first time since 1995. Well done to all!

Also well done to ESS swimmers [Jessica Minton](#) and [George Stewart](#) who both completed the LYG Aquathlon for the Borough of Barnet.

Watford Alternative Nationals



1st July 2012. ESS swimmers had a fantastic weekend at the Watford Alternative Nationals Meet. Personal best times were beaten time and time again, as our swimmers picked up a huge haul of medals. **Emma Tunstall** had a very busy first day that culminated with her qualification for the Medley Skins. After a long day during which she won the first four of her **seven Golds** in total, she won the final of the Medley skins as the clock ticked round to 9pm.

Day two started as day one ended with **Maya Kirlew** taking Gold in the 10 year 200m Backstroke in a **new club record** time. Medals or not, all our swimmers should be congratulated on consistently beating personal best times and conducting themselves in a first class manner throughout the event.

Our medalists: **Emma Tunstall** 7 golds and 1 silver, **Josh Kirlew** 4 Golds and 3 Silver, **Joseph Haines** 2 bronze, **Chloe Welch** 1 gold, 2 silver and 2 bronze, **Fintan O'Riordan** 1 silver, **Emily Haines** 2 bronze, **Danielle Clarke** 2 bronze, **Ben Howe** 1 gold, **Luke Shuttleworth** 2 silver and 2 bronze, **Megan Molloy** 2 silver and 1 bronze, **James Whiting** 1 bronze, **Beth Hassan** 2 bronze, **Ben Keelan** 1 bronze, **Adam Demeter** 1 gold and 1 bronze, **Chloe Howe** 1 silver.