

News Archive October 2012

LBESA Open - Day 1

Well done to ESS swimmers who took part in the first installment of the LBESA Open 2012 on Saturday, 27th October 2012. Medalist of the day was [Michael Welch](#), who came away from the gala with five Gold medals. [Aigboje Dudu-Orumen](#) achieved some outstanding PBs and was the most improved swimmer of the day. Read the full report on day 1 of the meet for more details of our swimmers' performances on the website.

National County Team Championships

Congratulations to [Charlotte Newman](#), [Harry Jenner](#), [Mia Hawkes](#) and [Lena Soulas](#) who competed for Middlesex ASA in the British Gas National County Team Championships at Ponds Forge in Sheffield on Sunday, 21st October 2012. All four swimmers achieved new PBs and contributed to the County achieving an honourable 4th place out of 20 counties



competing in Division 1 of the competition. Coach Barry Thomas had also been selected to accompany the team as a Middlesex County Coach.

'Dutch' Gala

Swimmers had a fantastic time at our [Anglo-Dutch friendly meet](#) on Wednesday, 17th October 2012. Some fast racing ensured swimmers and spectators alike were able to enjoy themselves. More importantly, our swimmers continued to have a great time at the buffet after the gala, where every opportunity was taken to mix with the friendly Dutch team. Swimming hats and medals were exchanged and swimmers from both teams will no doubt continue to socialise with their new friends via social media.

Thank you to [Vicki McCarthy](#) for all her hard work in organising the meet, ESS

parents for putting together a fantastic buffet and to [De Columbiaan](#) for their great team spirit. We hope to see you again soon!



De Columbiaan have posted some photos from the evening on their London travel blog, which you can view at:

<http://columbiaan.reismee.nl/fotos/130935/op-naar-de-wedstrijd/>

National Arena League Round 1

Well done to the [ESS Arena League Division 3 team](#), who achieved a fourth place finish in the first round of the league on Saturday, 13th October at Clissold Leisure Centre.

[Zach Kirlew](#) started the evening with a win of the Men's 200m Individual Medley. In the second half of the gala, Zach went on to win the Men's 100m Freestyle event. Also finishing in first place were [Louis Kirlew](#) (100m Back)



and [Jade Mehmet-Ali](#) (100m Free), as well as the Men's and Ladies' Open Medley Relays and the Men's 6x50m Freestyle Relay.

Second places were achieved by [Alice Comerford](#) (50m Breast), [Chloe Welch](#) (100m Free) and [Leanne Potter](#) (100m Fly), as well as 5 of the team's relay races.

[Alice Monteforte](#), [Ross McCarthy](#), [Chloe Welch](#), [Jessica Prior](#), [Aigboje Dudu-Orumen](#), [Grace Lennon](#), [Tom Newman](#), [Hannah Merry](#), as well as two further relay teams all made third places. Congratulations to all swimmers!

Well done also to our [Division 1 team](#), who achieved a 6th place finish in the first round of the league on Saturday evening at Southbury. A tough first round draw meant the team was facing competition from the region's strongest clubs.



Special congratulations to [Mia Hawkes](#) who won the 100m Freestyle in her age group, as well as [Harry Jenner](#) who finished second in the 100m Fly.

[Maya Kirlew](#) (50m Fly), [Elliot Bertram](#) (100m Fly and 100m Breast) and [Mia Hawkes](#) (100m Backstroke) all finished third, as did our 13/u Girls in their Medley relay, the 15/u Boys in their Freestyle relay, as well as both the Ladies' and Mens' 6x50m Open Freestyle relays. Well done, team!

ESS Wins Prestigious Trophies at Middlesex Champs



8th October 2012. Enfield Swim Squad was a strong contender at the Middlesex Short Course Championships in Northolt last weekend. Our swimmers swam PBs, won medals, made open finals on numerous occasions and brought home prestigious trophies. Our relay teams were on fire, winning 5 times Gold and returning to Enfield with 4 sought after Middlesex trophies, as well as 2 individual trophies won by [Harry](#) and [Toby](#).

New National Time Achieved

8th October 2012. Well done to [Meghan Byrne](#), who achieved her [400m Freestyle National Qualifying Time](#) early in the season at the Middlesex Short Course competition on Sunday. Meghan completed the 400m in a fantastic time of 4:38.72, undercutting the short course NQT for 12 year-old girls by 2 seconds. Congratulations!



ESS Club Shop Online



The Enfield Swim Squad Club Shop has gone live! Click on the shop logo to order any training kit, ESS club shirts/hoodies or sports drink via our new shop page.

NEW - Download Your Swimmer's Nutrition Manual

Nutrition Advisor to the Great Britain Swimming Team in the 1990s, [Swimming Nutritionist Peggy Jameson](#) continues to help many young swimmers get their nutrition on track as part of various ASA talent programmes. Peggy recently produced a nutrition manual for the 2012 [West London Beacon Programme](#) (part of the wider England Talent Development Programme) and has kindly agreed to make this manual available to ESS for the benefit of all our swimmers. All 9 sections of the document, which offers excellent nutritional advice for both competition and training, are available to download from the ESS website.

