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ASA Zonal Meet

Despite the small number of ESS participants due to the high qualifying standards, our swimmers put Enfield on the map at the ASA Zonal Meet South at the K2 in Crawley on Saturday, 26th and Sunday, 27th January 2013.

Congratulations must go to [Meghan Byrne](#) who achieved her 5th [National Time](#) at the meet. Meghan swam 100m Backstroke in a time of 1:11.37, nearly 1.5 seconds faster than the qualifying threshold.

Congratulations also to [medal winners Harry Jenner](#) (50 & 100m Butterfly), [Lena Soulas](#) (100m Freestyle) and [Elliot Bertram](#) (1500m Freestyle), who all brought home Bronze medals to Enfield.

Well done to [Charlotte Newman](#), who set a new PB for 50m Backstroke, going into the final in a time of 31.74. Charlotte further improved her time in the final (31.60) and finished in fourth place (15/over), narrowly missing a Bronze medal (by only 2/100) and setting a new long course [open club record](#).

Further excellent [fourth places](#) in a fast 14/under field were achieved by [Mia Hawkes](#) (100m Freestyle), [Lena Soulas](#) (50m Freestyle) and [Meghan Byrne](#) (400m Freestyle).

Well done to all who qualified and swam:

Elliot Bertram, Meghan Byrne, Mia Hawkes, Harry Jenner, Charlotte Newman, Toby Pasmore and Lena Soulas.

Catalonia Open Swimming Championships



Congratulations to [Mia Hawkes](#) and [Lena Soulas](#), who were part of a team of swimmers selected by London Region ASA to represent the region at the Catalonia Open Swimming Championships in Barcelona from 18-20 January 2013. Mia clocked a number of new PBs at the meet and made 100m Freestyle

Open Finals. Both girls also helped the London Swimming B-team achieve top ten places in their relays and were fortunate enough to meet [Hannah Miley](#) who was one of the stars at the Open.

Portsmouth Northsea Level 1 Open Meet



14th January. ESS Swimmers performed well at the Portsmouth Northsea Level 1 Open at the weekend and brought home a total of 18 Gold, 14 Silver and 6 Bronze medals. Well done to all who swam! *Full report on website.*

LBESA 50/200/400 Borough Championships

6th January. Two evenings of fantastic racing were enjoyed by spectators in a packed gallery and swimmers on poolside at Southbury this weekend. Many of our swimmers achieved outstanding PBs as well as County times. Well done to all who participated!

New Gala Entry System

In order to make the the ESS gala entry system more efficient, we have made some changes to the process. Gala entries must now be submitted using our revised online Gala Entry Form. Please note entries will not be accepted after the club closing date for a gala, or without payment. Once you have submitted a gala entry, **you must check your entry has been recorded correctly on our Gala Entry Summary.** You will no longer receive an acknowledgement email - it is your responsibility to verify your entries after submission of your form. You will find links for both the Gala Entry Form and the Gala Entry Summary on our Fixtures Page.