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Middlesex BAGCAT Presentations

Middlesex BAGCAT Awards were presented to ESS winners on Wednesday, 3rd July, at Southbury Leisure Centre.

Andy Woska, President of Middlesex County ASA, presented [Meghan Byrne](#) and [Megan Molloy](#) with their Age Group Winner Awards (12 and 10). Meghan Byrne went on to receive the prestigious Wilkinson Senior Sword (overall competition winner on points).

[Lena Soulas](#) made third place in her age group (14).

Well done, girls!



London Youth Games Mini Swimming



Congratulations to ESS swimmers [Arun Dodds](#), [George Bullock](#), [Richard Farthing](#), [Aigboje Dudu-Orumen](#), [Jamie Parsons](#), [Lily Tiernan](#), [Megan Molloy](#), [Alice Comerford](#) and [Grace Lennon](#) who were joined by Barnet swimmer [Emilia Zlotnick](#) to represent the London Borough of Enfield in the swimming competition of the London Mini Youth Games on Thursday, 4th July.

The team took on 32 other boroughs at the gala and achieved a fantastic 6th place overall, although team member Lily was prevented from active participation due to injury. Thank you to Rob Howe for coaching the team to success, as well as Duncan and Liz who accompanied the team as Team Managers on the day, and Laura for organising the team behind the scenes.



Well done also to ESS swimmers **Tai Oyama**, **Ella Coleman** and **Misha Schofield**, who were selected to represent the London Borough of Barnet in the same competition.

Tai helped his relay team achieve a Bronze medal. Overall the Barnet team made 9th place out of the 33 participating boroughs.

Well done to all who swam!

London Youth Games Swimming

21 ESS swimmers were selected to take part in the London Youth Games swimming event on Saturday, 6th July.



Representing the London Borough of Enfield were **Ross McCarthy**, **Toby Pasmore**, **Harry Jenner**, **Elliot Bertram**, **Joe Glazebrook**, **Charlotte Newman**, **Hannah Thomas**, **Jade Mehmet-Ali**, **Fiona**

Westcough, Tom Newman, Ben Howe, Michael Welch, Mia Hawkes, Jessie Montague, Meghan Byrne and Lena Soulas, as well as Barnet swimmer Joe Zlotnick. Overall, the girls' team made third place out of the 33 participating boroughs, while the boys finished in fifth place.

Medal winners for Enfield were Lena Soulas (Gold, 50 Free), Hannah Thomas (Gold, 50 free), the junior girls freestyle relay team of Mia Hawkes, Meghan Byrne, Jessie Montague and Lena Soulas (Gold), Joe Zlotnick (Bronze, 50 back), Mia Hawkes (Bronze, 50 back), Meghan Byrne (Bronze, 50 breast), Harry Jenner (Bronze, 50 fly), the junior boys freestyle and medley relay team of Ben Howe, Michael Welch, Tom Newman and Joe Zlotnick (2x Bronze). 4th places went to Charlotte Newman (50 back) and Ben Howe (50 fly), as well as junior girls Mia, Meghan, Jessie and Lena for their medley relay.

ESS swimmers Fintan O'Riordan, Daniel Santosh, Molly Leizer, Ben Keelan and Jewel Williams were selected to represent the London Borough of Barnet in the Games. All five swam well and set new PBs.

Well done to all swimmers and thank you to ESS members Vicki and Linda for running the Enfield team.

ESS Athletes Enjoy More London Youth Games Success

Congratulations to the Enfield Team Aquathlon, who achieved a fantastic overall third place out of 29 participating London boroughs at the London Youth Games on Sunday, 7th July.



The team of Charlotte Newman, Fiona Westcough, Jake Callis, Ross McCarthy, Caroline Dunnett, Despina Aslam, Tom Newman, Ben Howe, Rebecca Andreou, Mia Hawkes, Jessie Montague, Lena Soulas, Ted Winfield, Andrea Demeter, Sam Pereira, Callum Dodds, Emma Montague, Meghan Byrne and Emily Prior took on the gruelling challenge of swimming and running the required distances in searing temperatures and were rewarded with team bronze medals, as well as a number of individual age group medals and a total of 12 top ten places. Only one point separated the team from winning this year's trophy.



Special congratulations to individual medalists [Caroline Dunnett](#) (yr 10, Gold), [Emma Montague](#) (yr 7, Silver), [Charlotte Newman](#) (yr 11, Silver) and [Rebecca Andreou](#) (yr 9, Bronze). Medals were awarded by diver and Olympic medalist Pete Waterfield (pictured below with the team).

Thank you to Vicki, Brian, Nick and Linda for organising and coaching the team to success.

Well done also to ESS swimmers [Fintan O'Riordan](#), [Daniel Santosh](#), [Mia Crammond-Browne](#) and [Molly Leizer](#) who took part in the same competition representing the Borough of Barnet.

ESS Fun Gala



Well done to our young ESS squad swimmers, as well as advanced learners from teaching houses Edmonton Phoenix and Griffins who took part in the ESS Fun Gala on Saturday, 6th July at Southbury. Despite scorching temperatures on poolside and in the gallery, swimmers, spectators and volunteers kept going with great enthusiasm.

Congratulations to the high scoring team **Sea Horses** (131 points). In second place were the **Sea Lions** (124 points), followed by **Otters** (91 points). Special mention must be made of Team **Killer Whales**, who were missing 7 swimmers on the day and whose advanced learners fought some tough battles against squad swimmers from other teams.

A huge thank you to Sue for organising the gala, as well as all the parent and ESS swimmer volunteers who helped.

ESS Club Championships

Saturday, 13th July, saw the second instalment of the ESS Club Championships at Southbury Road Pool. The gala had a fantastic turnout with nearly 200 competitors entered and a busy gallery.



ESS Club Champs 11/Under Winners

Well done to all swimmers, especially to our youngsters participating in their first gala, as well as to all our wonderful volunteers who did a sterling job on and around poolside despite the hot weather.

Special congratulations go to our age group winners: Kaitlin Bransby, Melissa Byrne, Jean-Luc Van Mellaerts, Ellisia Baxter, Sam Cornish, Grace Lennon, Richard Farthing, Megan Molloy, Jamie Parsons, Molly Leizer, Deniz Erensoy, Samuel Pereira, Chloe Welch, Joe Haines, Rebecca Andreou, Emily Whale, Ross McCarthy, Jade Mehmet-Ali, Adam Demeter, Fiona Westcough and Toby Pasmore.



ESS Club Champs 12/Over Winners

Further Gold medallists on the day included Caitlin McCabe, Ishvari Kataria, Ted Winfield, Ben Howe, Matt Bayliss, Joe Overton, Emily Haines, Jessie Montague, Charlotte Newman, Beng Ren Siew, Andrew Bartha, Ezgi Erensoy, Nora Khadraoui, Emma Montague, Lara Eyre and Michael Welch.

London Region 50m Sprint Meet

Well done to 16 ESS swimmers who all braved the heat at Crystal Palace on Sunday, 14th July, to participate in the London Region Sprints competition.

Congratulations to medallist of the day Sam Pereira, who touched home in 28.65 seconds for 50m Freestyle, winning Gold. A second medal was missed by only 5 hundredth of a second by our Mixed 4x200m 10-12 years



Freestyle Relay team of Oskar, Caitlin, Emily and Sam, who finished in 4th place.

Top 8 finishers were awarded London Region Ribbons: well done, Megan, Emily, Chloe W, Jamie, Oskar, Deniz, Beng, Ben and Josh.

Our swimmers: Jamie Parsons, Sam Pereira, Oskar Soulas, Deniz Erensoy, Beng Ren Siew, Joe Haimes, Ben Howe, Josh Branch, Megan Molloy, Nora Khadraoui, Emily Haimes, Chloe Howe, Caitlin McCabe, Molly Leizer, Courtney O'Connor, Chloe Welch.



Good luck to our national swimmers!

National Age Group Championships 2013

Congratulations to our team of BAGCAT National Swimmers who competed in the BG ASA National Age Group Championships from 24th to 27th July 2013 at Ponds Forge in Sheffield. The team of Michael Welch, Ross McCarthy, Ben Howe, Josh Kirlew, Mia Hawkes,



Lena Soulas and Jessie Montague (pictured left to right) were joined by ESS swimmer Caitlin McCabe in the 4x200m Freestyle Relay on the final day of ESS participation in the Championships. Ex-ESS swimmer Meghan Byrne (now Barnet Copthall) had joined Mia, Jessie and Lena in the 4x100m Freestyle relay earlier in the week.

In addition to some respectable results achieved, our swimmers must be congratulated on displaying fantastic team spirit on and off poolside throughout the competition. Well done all! [Read more.](#)

Good luck to Elliot Bertram, Harry Jenner, Charlotte Newman and Hannah Thomas who will be competing in the ASA National Youth Championships next week, as well as to Sean Leahy, who has been selected to represent Ireland in the US Open Swimming Championships in California. **Go ESS!**

Everyone Meet Haylie



Well Done to ESS Coach Gemma who introduces her new baby daughter:
"Hi I'm Haylie and was born 29 July at 11:16pm weighed 8.10."

Congratulations.

National Open Water Championships

Congratulations to ESS's first national open water swimmer: Elliot Bertram qualified for and competed in this year's National Open Water Championships which were held in the Rother Valley Country Park on Monday, 29th July. Elliot was the 8th fastest 15-year-old completing the 2k distance, finishing in 23:51.20. A fantastic achievement! Elliot is now trying to recover in time for his 1500m Freestyle race at Nationals on Saturday.



National Youth Championships



Congratulations to our team of National Youth Swimmers who competed in the British Gas National Youth Championships 2013 from 30th July to 4th August at Ponds Forge Sheffield. The team of Elliot Bertram, Charlotte Newman, Hannah Thomas and Harry Jenner

(pictured left to right) swam their best on the day with Harry making the semi finals of the 100m Butterfly setting a Personal Best in the process. Well done to the four of them, the Club is very proud of their achievements.