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ESS Retains Eric Eady Trophy

Well done to our teams for a fab performance at the first gala of the season, the Eric Eady Trophy Gala, which took place on Saturday, 21st September, at Southbury. Many of our younger participants started their season by setting new PBs, while senior swimmers could once again be relied upon to deliver all-round solid performances, demonstrating their readiness to take on the tough opposition in the upcoming first round of the Arena League.



Jen Budden, Megan Molloy, Mia Hawkes, Ross McCarthy, Charlotte Newman, Tai Oyama, Jessie Montague, Josh Kirlew, George Bullock, Maya Kirlew, Lena Soulas, Michael Welch, Megan Holder, Sean Leahy, Grace Lennon, Caitlin McCabe and Hannah Thomas all achieved first places in individual races. Those, combined with 13 individual second places as well as 10 third places and fantastic relay performances across both ESS teams (13x 1st, 3x 2nd, 5x 3rd) clocked up sufficient team points to keep the trophy in Enfield for yet another year.

However, the outstanding swim of the evening came from Hannah Thomas, who crossed the 60-second threshold in her 100m Freestyle individual race for the first time. Josh Kirlew also surpassed all early season expectations by taking a leap to set sizeable new PBs in both his individual races.

Thank you to attending teams Potters Bar, Haringey Aquatics, Hackney Aquatics, Anaconda, Bethnal Green and Ware for their great sporting spirit.

Congratulations to all ESS swimmers!

94 ESS Medals at Juveniles



Well done to our youngest ESS squad swimmers who participated in the LBESA Juveniles Gala yesterday, 28th September. Parents were able to witness

some fantastic swimming from their seats in the gallery. Our youngsters set numerous new PBs and took home 94 out of the 116 medals that were up for grabs.

Special congratulations go to our top scorers: “best boy” **Richard Farthing** (10), and joint “best girl” **Grace Lennon** (10) and **Ellisia Baxter** (9).

Further Gold medalists include **Freya Nice**, **Megan Molloy**, **Joe Overton**, **Tianna Schofield**, **Alice Comerford**, **Jean-Luc Van Mellaerts**, **Josiah Roberts-White**, **George Lead**, **Megan Farthing**, **Lewis Japal**.

Intermediate Squad Dry Land Training

Land training sessions with Adam for **Intermediate West Squad** have started and will take place on poolside every week before Wednesday and Friday evening swim sessions, unless advised otherwise:



- *Wednesday, 7.30-8pm, Southbury*
- *Friday, 6.30-7pm, Albany*

The aim of these sessions is to develop swimmers' general flexibility, core stability, stability of joints, shoulders and elbows, as well as to improve specific muscular strength and endurance.

Rob holds land training sessions for **Intermediate East Squad** on the following days:

- *Tuesday, 7.30-8pm, Edmonton*
- *Friday, 6.30-7pm, Albany*
- *Sunday, 10.15-11am, Southbury (running session, West swimmers welcome)*

Middlesex Short Course 2013



Well done to ESS swimmers who participated in the Middlesex Short Course Competition on 5th and 6th October 2013. ESS was well represented at the meet. Our swimmers made open finals and came away with a number of medals and PBs.

Congratulations to medalists Elliot Bertram, Sean Leahy, Alex Kapanadze, George Kapanadze, Lena Soulas, Konstantin Kapanadze, Mia Hawkes, Megan Molloy, George Bullock, Charlotte Newman, Toby Pasmore, Hannah Thomas and Josh Kirlew.

ESS Swimmers Impress at Crawley K2

Well done to ESS swimmers who travelled to Crawley on Sunday, 6th October, to take part in the Lis Hartley Long Course Opportunity Meet. Our swimmers performed impressively, taking home a total of 38 well deserved medals, and many young swimmers set early season PBs.



Deniz Erensoy obtained his first regional time at the meet (100m Breaststroke) - well done! Further Gold medal winners included: Caitlin McCabe, Maya Kirlew, Sam Pereira, Josh Kirlew, Ellisia Baxter, Michael Welch, Joe Haines, Joe Overton, Maya Gaga and Emily Haines.

Congratulations to all who swam!

National Arena League Round 1



ESS Premier Division Team

Well done to both ESS Arena League teams for a great performance in their respective divisions in Basildon and Harlow on Saturday evening, 12th October. The competition was tough for both teams, but swimmers achieved very honourable 4th (Division 1) and 5th (Premier Division) places in their galas. Congratulations to all who swam!



ESS Division One Team

Intercounties 2013



Congratulations to [Charlotte Newman](#), who was selected to be part of a team representing Middlesex County in the annual National County Championships, which took place on Sunday, 20th October, at Ponds Forge in Sheffield.

Also dubbed 'Intercounties', the gala is a prestigious event in which 39 British county teams of 12-17 year-old swimmers compete against each other. Charlotte, who was awarded the honour of serving as Team Captain for Middlesex at the competition, helped her county team achieve a fantastic 3rd place this year, behind Britain's strongest counties of Lancashire and Yorkshire.

Well done, Charlotte, well done, Middlesex!

ESS Autumn Open Meet - Day 1



Congratulations to all ESS swimmers who entered the first day of our Autumn Open Meet, which took place on Saturday, 26th October 2013, at Southbury. You have yet again shown us some fantastic swimming, as well as impeccable conduct around the poolside. You are a credit to ESS!

This week's Gold medalists were (in order of programme):

Jacquelyne Robinson, Megan Molloy, Maya Kirlew, Phoebe Jackson-Virk, Mia Hawkes, Caroline Dunnett, Ellen Blane, Sam Cornish, Sam Pereira, Josh Kirlew, Elliot Bertram, George Kapanadze, Ellisia Baxter, Grace Lennon, Courtney O'Connor, Chloe Welch, Hannah Thomas, George Bullock, Beng Ren Siew, Michael Welch, Alex Kapanadze, Tamir Smith, Deniz Erensoy, Lena Soulas, Arun Dodds, Chloe Howe, Emily Whale, Ross McCarthy, Beth Holder, Oskar Soulas.

Well done to all who set new PBs or took home medals. We would also like to say a huge "thank you" to all parents and non-parents

who offered to help - we cannot run events on this scale without you. If any of you are available to help next week, please contact Gill.

We look forward to day 2 of the Open!