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ESS Autumn Open Meet - Day 2



Well done to all who competed in the second half of the ESS Open Meet at Southbury on Saturday, 2nd November 2013. New PBs were plentiful and ESS swimmers came away with multiple medals.

Congratulations to this week's Gold medalists (in order of programme):

Sam Cornish, Josh Kirlew, Elliot Bertram, Ellisia Baxter, Grace Lennon, Caitlin McCabe, Joe Overton, Oskar Soulas, Beng Ren Siew, Michael Welch, Josh Kirlew, Ross McCarthy, Toby Pasmore, Hannah Thomas, Lewis Japal, Alex Kapanadze, Ryan McCarthy, Maya Kirlew, Lola Pearce, Chloe Welch, Deniz Erensoy, Phoebe Jackson-Virk, Lena Soulas, Beth Holder, Tamir Smith, Chloe Howe, Lara Eyre, George Bullock, Sam Pereira, Tom Newman, Ellen Blane.

ESS Consolidate Position in Arena Premier Division

Well done to the [ESS Arena Premier Division Team](#) for an all-round respectable performance in Round 2 of the League on Saturday, 9th November, at Hertfordshire Sports Village. The calibre of swimmers at the gala was of the finest in the Region, but ESS swimmers stood their ground against the tough competition, finishing in a good fifth position, and are well on their way to cementing the Club's place in the top division of the National Arena Swimming League for 2014.

Stand-out performances were those of Deniz Erensoy, Mia Hawkes, Alex Kapanadze, Josh Kirlew, Michael Welch, Sam Pereira, Hannah Thomas and Tai Oyama. Sean Leahy earned the team valuable points by achieving two second places. Special thanks go to Lena Soulas who stepped in at the last minute to cover the Ladies Open 100m Butterfly, as well as Louis Kirlew and Andrew Bartha, who joined the team to strengthen the Men's Freestyle Relay.

A huge thank you also to our team of volunteers who helped us to host the gala for the League.

Solid Performances by ESS Division 1 Team at Becontree



ESS had a solid second round in Division 1 of the National Arena League on Saturday, 9th November 2013 at Becontree. Our team had to face tough competition from some strong London Region clubs, but demonstrated once again great team spirit in the battle. Well done to Fiona Westcough, who earned the team maximum points by winning the Ladies Open 100m Freestyle event. Overall, ESS finished the gala in a very respectable fifth place. Congratulations to all swimmers!

ESS Swimmers Rewarded for Speeding

Well done to all ESS swimmers who competed in the Middlesex Winter Development competition on 17th and 18th November at Southbury.



The gala saw some outstanding performances by the ESS Team and personal best times were achieved time and time again. Lots of Gold, Silver and Bronze medals were won by our swimmers, many of whom went home with speeding tickets instead of a medal: they had exceeded the upper speed limits of the competition, thereby achieving the county qualifying time in the event for their current age group. Congratulations, if you got the medal you wanted or achieved the qualifying time you needed!

Stand out performances came from [Sam Pereira](#) in his 400m Freestyle, [Fintan O'Riordan](#) in the 200m Backstroke, [Joe Overton](#) in the 200m Butterfly, [Neil Chowtie](#) in the 400m Individual Medley, [Ella Coleman](#) in the 400m Freestyle, [Nicole Tidiman](#) in the 50m Breaststroke and [Emily Haimes](#) in her 100m Breaststroke.

County QTs were achieved by [Emily Haimes](#), [Ted Winfield](#), [Neil Chowtie](#), [Joe Overton](#), [Tamir Smith](#), [Fintan O'Riordan](#), [Millie Flannagan](#), [Harry Cox](#), [Adam Demeter](#), [Ella Coleman](#), [Grace Lennon](#), [Jamie Parsons](#), [Beng Ren Siew](#), [Joe Haimes](#), [Sam Pereira](#) and [Justin Houpt](#). Sam and Joe H also both achieved regional times. Congratulations!

National Time Achieved at 'Not So Early Bird'



A small team of ESS swimmers put Enfield on the map at the 'Not So Early Bird' Level 1 Meet at the K2 in Crawley during the weekend of 17th-18th November 2013. Special congratulations go to [Mia Hawkes](#), who is first to qualify from ESS for 2014 Nationals. Mia's time of 27.99 for 50m Freestyle means she will be competing at Ponds Forge in Sheffield at the ASA National Youth competition.

The rest of the team also achieved good results at the high level Crawley competition. Medal winners included:

Lena Soulas (Gold 100 free and 200 free, Bronze 50 free), **Jen Budden** (Gold 200 back, Silver 50 back and 100 back), **Mia Hawkes** (Gold 50 free, Silver 100 free), **Elliot Bertram** (Gold 400 free, Silver 400 IM), **Phoebe Jackson-Virk** (Bronze 400 free), **Alex Kapanadze** (Bronze 200 back), **Megan Molloy** (Bronze 400 free). Well done!

Also competing for the team were: **Josh Branch**, **Joe Glazebrook**, **Ben Howe**, **George Kapanadze**, **Konstantin Kapanadze**, **Caitlin McCabe**, **Ross McCarthy**, **Toby Pasmore**, **Oskar Soulas**, **Hannah Thomas**, **Michael Welch** and **Fiona Westcough**.

Gala Entries

Swimmers, please ensure that entry conditions of galas are respected before submitting any entries. Particularly for Level 1 competitions, **it is essential that qualifying times have actually been achieved** and are not "made up". The same goes for all county and region events. You can check your times [here](#).

You should also discuss the suitability of any gala entries with your coach before submitting any entries online.

ESSA Relay Finals

Congratulations to ESS swimmer **Fiona Westcough**, who represented St Albans High School for Girls at the English Schools Swimming Association Relay Finals held at Crystal Palace on Saturday, 23rd November.

The school's senior relay team (years 12 & 13) swam well in the freestyle relay finishing 14th, equalling the short course qualification time they achieved in the East Division qualification round at Woodside, Garston in October, despite one original team member being unavailable due to a recent operation. They also swam in the medley relay finishing 16th.



The competition was fierce in their age group with Olympic 100m Breaststroke Champion Ruta Meilutyte competing for Plymouth College, who set new schools records in both events. Whilst not at the same level of achievement as Ruta, Fiona has now represented her school at the ESSA relay finals in each of the 3 age group categories (junior, intermediate and senior) over the past four years.

Good Luck to Brendan and Welcome to Matt



ESS wishes to extend a warm welcome to new Middlesex Squad Coach **Matt Barnes**. After a swimming career of numerous years with Griffins SC in Enfield, Matt is now pleased to be back on the coaching side.

We would also like to say goodbye, good luck and a huge thank you to **Brendan Hughes**, who has now left us to pursue a new life in Mauritius with his family. Brendan will be missed!



LBESA Masters 2013

Well done to our Masters **Claire and Hannah Massey, Dervish Dervish, Wojtek Wozniac and Clive Dean**, who represented ESS in the LBESA Masters Competition on 24th November at Southbury. Congratulations to all on a great performance!

ESS Success at Harlow Penguins Gala



Well done to a group of 16 ESS swimmers, who participated in the Harlow Penguins Winter Open Meet held at Harlow Leisure Zone on Saturday, 30th November. Our swimmers performed well, dominating many races and collecting a total of 32 medals between them.

Congratulations to our medal winners:

Megan Molloy, Josh Kirlew, Oskar Soulas, Maya Kirlew, Deniz Erensoy, Beth Holder, Caitlin McCabe, Millie Flannagan, Molly Leizer, Caroline Dunnett, Lily Tiernan, Justin Houpt and Natasha Welch.