

## News Archive January 2014

### Successful First Gala of 2014

A huge number of ESS swimmers took part in the first competition of 2014 over the weekend of 4th and 5th January, the [LBESA 50/100 Borough Championships](#). Many set new PBs, gained new County qualifying times or walked away with medals. Well done to all who participated, but especially to our youngest swimmers, many of whom swam their very first gala over the weekend.

### Portsmouth Sees ESS National Qualifier

Well done to a team of 20 ESS swimmers who attended the Portsmouth Level 1 New Year Meet on the weekend of 11th and 12th January. The competition at the gala was fierce, with many of the major London and Southern clubs in attendance. Nevertheless, our swimmers performed well and managed to scoop up a good number of medals and top 5 finishes, as well as newly achieved qualifying and personal best times.

Congratulations go to [Lena Soulas](#), whose 100m Freestyle finish qualified her for ASA Nationals 2014. Lena touched home in 59.66 seconds, taking her own long course club record. New regional times were achieved by [Megan Molloy](#) (800m Freestyle) and [Sam Pereira](#) (200m Freestyle) – well done!

Further congratulations go to our medalists: [Mia Hawkes](#) (Gold 50 Free and 100 Free), [Oskar Soulas](#) (Gold 50 Free), [Megan Molloy](#) (Silver 800 and 400 Free), [Josh Kirlaw](#) (Silver 400 Free and Bronze 200 IM), [Caitlin McCabe](#) (Bronze 800 Free), [George Bullock](#) (Bronze 1500 Free) and [Lena Soulas](#) (Bronze 200 Free).

Special thanks go to scientifically minded [Josh Kirlaw](#) for brightening the mood on Saturday by introducing a live crab he had collected during the day to the poolside.



### 200/400 LBESA Borough Champs

95 ESS swimmers entered the LBESA 200/400 Borough Championships on the weekend of 18th and 19th January and provided spectators with a fantastic show of local talent and fast swimming. ESS swimmers took home the vast majority of age group medals and many used the opportunity to improve their personal best times. Well done!

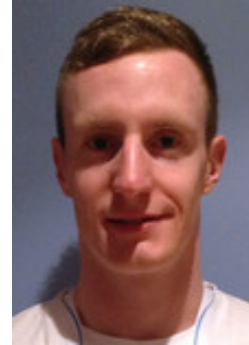


The gala also provided a last chance for many to qualify for the forthcoming county championships. An outstanding 38 brand new Middlesex qualifying times were achieved by [Rosie Whiting](#), [Alice Comerford](#), [Nora Khadraoui](#), [Louis Nicholas](#), [Jamie Parsons](#), [Ted Winfield](#), [Justin Houpt](#), [Josh Branch](#), [Tamir Smith](#), [Sam Pereira](#), [Deniz Erensoy](#), [Fintan O'Riordan](#), [Tom Newman](#), [Harry Cox](#), [Jacquelyne Robinson](#), [Maya Gaga](#), [Jessie Mullee](#), [Lewis Japal](#),

Richard Farthing, Ella Coleman, Grace Lennon, Konstantin Kapanadze, Ross McCarthy and Caitlin McCabe.  
Congratulations to all!

## ESS Swimmer Represents London in Barcelona

Congratulations to ESS swimmer **Sean Leahy** who represented the London Region in a team of selected senior swimmers at the Catalan Championships in Barcelona last weekend, from 17th to 19th January. Competing against the elite of Spanish swimming, Sean made finals in 200m and 100m Freestyle, 100m Breaststroke and 200m Individual Medley. He also anchored the 4 x 100m and 4 x 200m Freestyle relay team from London into medalling position (Bronze and Silver). Well done, Sean!



## ESS Junior Team Brings Potters Bar Tape Trophy to Enfield



ESS young swimmers competed against teams from Potters Bar, Cheshunt, Watford and Hoddesdon in the Tape Trophy gala on Saturday, 25th January. From race one it became clear the team were in with a great chance of taking the trophy and we didn't look back all evening. Our swimmers finished first or second in almost every race. By the end we were clear winners and the trophy was collected by two of our winning team, Nora and Jamie. Well done to all who swam!



Coach Rob failed to escape winning team tradition and was made to take an involuntary dip at the end of the evening.

Remember to bring a change of clothes next time, Rob!

## ESS Success at Zonal Champs



Congratulations to [Mia Hawkes](#) and [Lena Soulas](#) who travelled to the BG ASA South Zonal Championships in Somerset at the weekend of 25th and 26th January, to compete against top swimmers of the Southern half of the country. Mia made a clean sweep in the Junior (14/u) category, collecting Gold in both her events (50m and 100m Freestyle) and achieving a new open club record and [British Championships qualifying time](#) in the process (50 free). Lena, competing in the Open (15/o) category, came away from the meet with Bronze, also beating her open club record (100 free), and adding an additional [National qualifying time](#) (50 free). Well done, girls!

## ESS Battle to 4th in Essex League Division 1

Newly promoted ESS competed against tough opposition - Romford Town, Newham, Leyton, Witham and Halstead - in what proved to be a testing opening encounter of the Division 1 of the Essex Swimming League 2014 on Saturday, 25th January. However, with some gutsy swims across every age group, a scattering of PBs and a fantastic team spirit on the night, ESS swimmers swam and cheered their way to a valiant fourth place overall finish.



Special mentions go to [Max Mansfield](#), [Michael Delaney](#) and [Nicole Tidiman](#) who were selected to compete for ESS for the first time, and delivered impressive opening swims. Well done also to [Nicole Jordanou](#) who showed great determination to complete all of her events after suffering an eye injury. Other congratulations must go to [Deniz Erensoy](#) who stormed the pool to take the first ESS 1st place finish of the campaign, closely followed by [Beth Hassan](#), [Ryan McCarthy](#) and the Girls U16 relay swimmers ([Rebecca](#), [Yasemin](#), [Andrea](#) and [Caroline](#)), who all secured impressive 2nd place finishes. Well done to the whole team in representing yourselves and ESS fantastically well!

Our round 1 swimmers:

[Wesley Onwugbolu](#), [Michael Delaney](#), [Iestyn Granger](#), [Max Mansfield](#), [Ella Coleman](#), [Jessie Mullee](#), [Athena Andreou](#), [Nicole Tidiman](#), [Deniz Erensoy](#), [Callum Dodds](#), [Justin Houpt](#), [Daniel Turan](#), [Molly Leizer](#), [Lily Carroll](#), [Mia Crammond-Brown](#), [Nicole Jordanou](#), [Ben Keelan](#), [Josh Branch](#), [Adam](#)

Demeter, Joe Haines, Lara Eyre, Rebecca Andreou, Yasemin Erensoy, Caroline Dunnett, Andrea Demeter, Beth Hassan, Emma Castricone, Abbie Castricone, Andrew Bartha, Ed Cunningham, Jowel Williams, Ryan McCarthy.