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Middlesex Days 1 & 2



ESS Swimmers had a successful first weekend of Middlesex County Championships on the weekend of 1st and 2nd March. Despite poor visibility for swimmers in the water during their races on Saturday, a staggering 103 PBs (improvement on entry times) were achieved and 20 medals collected by our swimmers over the weekend.

Medal winners included: [Megan Molloy](#) (3x Gold, 1x Silver, 1x Bronze), [Ellisia Baxter](#) (1x Gold, 1x Silver), [Lena Soulas](#) (1x Gold, 1x Bronze), [Sean Leahy](#) (1x Gold, 1x Bronze), [Elliot Bertram](#) (1x Gold), [Alex Kapanadze](#) (1x Silver, 1x Bronze), [George Kapanadze](#) (1x Silver), [Jen Budden](#) (2x Bronze), [Josh Kirlew](#) (1x Bronze), [Mia Hawkes](#) (1x Bronze), [Joe Overton](#) (1x Bronze). Additional 100m finalists included [Tom Newman](#), [Konstantin Kapanadze](#), [Tai Oyama](#), [Tamir Smith](#) and [Oskar Soulas](#).

Congratulations to all who competed! Days 3 & 4 promise some more great racing, including an exciting relay day at Crystal Palace, where ESS is unlikely to go unnoticed: an unprecedented number of ESS swimmers (60) have been selected to take part.

ESS Has New National Qualifier



Congratulations to **Sam Pereira** who has qualified to swim at ASA National Age Groups at Ponds Forge in Sheffield in July in two events. Sam had a fantastic 400m Freestyle on Saturday, 15th March, undercutting the required tough short course NQT in a finishing time of 4:26.61. On Sunday, Sam made the national time in the 100m Freestyle, swimming the lead leg in the 4x100m Freestyle relay in an awesome time of 58.15 seconds.

Middlesex Days 3 & 4



Medalling Girls Relay Teams

ESS swimmers had another highly successful weekend at the Middlesex BAGCAT and Youth competition on 15th and 16th March, swimming a multitude of PBs, setting national and regional times, breaking club records, making finals and winning medals.

Well done to all who competed! [Full Report on Website.](#)

Congratulations to medal winners **Megan Molloy, Alex and George Kapanadze, Sam Pereira, Josh Kirlew, Oskar Soulas, Elliot Bertram, Mia Hawkes, Hannah Thomas and Beth Holder.**

Relay medals went to 10-year-old girls **Ellisia, Millie, Ella and Natasha**, 11-year-old girls **Grace, Maya, Megan and Alice**, BAGCAT boys **Sam, Beng Ren, Joe and Josh** and senior girls **Mia, Hannah, Charlotte and Lena.**

ESS Awarded in Wales

Three young ESS swimmers had a successful medal haul at the Tiger Bay Open Meet in Cardiff at the weekend just gone. **George Bullock**



(12), Megan (9) & Richard Farthing (11) made the 7-hour round trip to the Welsh capital to take part in the City of Cardiff Swimming Club's Long Course Open Meet on Saturday and Sunday, 22nd & 23rd March. The three ESS swimmers competed in a total of 14 races and came away with an amazing 10 awards.

Middlesex Days 5 & 6



ESS swimmers had a fantastic final two days at the Middlesex County Championships during the weekend of 22nd and 23rd March, collecting another 20 County medals to make up the total number of ESS medals over the competition to an impressive 58.

Congratulations to Sam Pereira, who achieved his third National time during the weekend (200 Free) and is now set to be in Sheffield for the duration of the National BAGCATs in July.

Further congratulations go to medal winners Megan Molloy (2x Gold, 1x Silver), Sam Pereira (1x Gold, 1x Silver, 1x Bronze), Lena Soulas (1x Gold, 1x Silver), George Kapanadze (1x Silver, 1x Bronze), Alex Kapanadze (1x Silver), Elliot Bertram (1x Silver), Jen Budden (3x Bronze), Josh Kirlew (2x Bronze), Ross McCarthy (1x Bronze), Mia Hawkes (1x Bronze) and Oskar Soulas (1x Bronze).

ESS Swimmer's Solitary Challenge

Well done to ESS swimmers, who participated in the Sport Relief Swimathon over the weekend of 21-23 March. Jessica and Judy Prior, Francois Evans and Caitlin McCooles all completed 5k for Sport relief, while 9-year-old Isaac Rusz and dad Nick swam 2.5k for charity.

10-year-old Caitlin McCooles, unaware of a last minute change of venue for the Swimathon, completed the gruelling 5k on her own in a deserted Southbury pool after the County Champs, in a time of 1hr 50min. Caitlin managed to raise £1,175 for charity. Congratulations!

Results for ESS participants at a different venue are yet to be confirmed.

