

SWIMMERS FOCUS ON SKILLS AT WYCOMBE AND RUSHMOOR

Camden Swiss Cottage Swimmers headed to two meets over the weekend of 15th and 16th October; Elite, Top and JAGS headed to Wycombe District Swimming Club's new pool for their Inaugural Short Course Premier Meet while SAGS' venue was Aldershot's Garrison Pool for the Rushmoor Royals Autumn/Winter Championships Qualifier.

The swimmers treated the meets as 'swim through' events, with no relaxation of the heavy winter training programme before the weekend. They didn't wear racing suits and the focus was on skills and the process of racing.

Robert Dos Santos (18) performed well, taking gold medals in the 50m and 200m backstroke and 400m IM, silver in the 400m freestyle and bronze in the 200m freestyle and 200m IM.

Lauren Brantley (14) focused well to win in the 200m IM, finishing second in the 50m butterfly and third in both the 100m butterfly and 100m IM. Lauren also qualified for the junior final of the 100m freestyle where she finished third, and also the junior final of the 50m fly where she touched in fourth.

Alex Borisov (15) clinched gold in the 200m breaststroke, adding bronze in the 100m event. Alex also finished just outside the medals with a fourth place in the 400m IM.

Jackson Olin (14) took silver in both the 200m backstroke and 400m IM, and bronze in the 100m backstroke and 100m butterfly. He then stepped up in the junior final of the 100m butterfly to take gold, adding a silver in the junior final of the 100m backstroke. He also reached the junior final of the 100m freestyle, where he sprinted to fifth.

Ally Larson (16) clinched gold in the 100m butterfly as well as taking second place in the 100m breaststroke and 50m butterfly, and third in the 50m freestyle and 100m IM. Ally made the senior final of the 50m freestyle, touching fourth, and the 100m breaststroke finishing seventh.

Maddie Hookway (16) took the victory in her age group 100m breaststroke and went on to finish third in the senior final of the same event.

Alex Lezard (17) achieved four silver medal finishes – in the 200m freestyle, 100m and 200m IM and 100m butterfly – as well as a third position in the 100m freestyle.

Ella McEver (11) swam a strong 200m breaststroke to finish second, while Olivia Halsted (17) touched in bronze medal position in both the 100m breaststroke and 400m freestyle, as did Bryce Puszet (17) in the 100m and 200m backstroke, and Ann Schmitt (16) in the 100m backstroke.

Alex Chen (12) continued his good progress with three fourth place finishes in the 50m, 100m and 200m breaststroke, while Lyelle Kahaner (12) also touched just outside the podium in fourth spot in her 50m breaststroke.

At Rushmoor, Alexis Lambropoulos (12) executed some powerful skills over the weekend to take six golds – in the 50m, 100m, 200m, 400m freestyle, 100m and 200m IM, alongside silver in the 50m butterfly.

Gabriele Giavannoni (12) swam some tough races, taking silver in the 200m and 400m freestyle and 200m backstroke and bronze in the 100m freestyle and 100m IM.

Brandon Biss (11) claimed silver in the 100m backstroke, swimming with an age group a year above him, while Nikita Markov (10) also touched for silver in the 400m freestyle and bronze in the 100m freestyle. Nathalie Lustig (12) claimed bronze in the 100m butterfly.

Outside the medals but making top six finishers in a high quality field were Nikita Markov (10), Brandon Biss (11), Nathalie Lustig (12), Gabriele Giavannoni (12), Yasmin Biss (13) and Drew Dill (14).

Says Head Coach Matt: “Overall the busy weekend of racing was very positive. The aim of both these meets was to take the athletes out of their comfort zones, and think more about the process of the race and skills being executed. I was pleased with how they focused on this.”