



# National Championships 2022 Gala Report

Congratulations to everyone who swam in this year Home Nations National Championships.  
We had swimmers at English and Welsh Nationals.

## **Amy Hempenstall – Welsh Nationals (Swansea)**

- 200m Backstroke – 5<sup>th</sup> - 2.32.96 with a 7.10 second PB
- 100m Freestyle – 8<sup>th</sup> - 1.04.34 with a 1.82 second PB
  - 50m Freestyle – 16<sup>th</sup> - 30.50
- 100m Backstroke – 3<sup>rd</sup> - 1.10.73 with a 3.25 second PB and a BRONZE MEDAL!
- 200 Individual Medley – 6<sup>th</sup> - 2.38.05 with a 7.69 second PB
- 50m Backstroke – 10<sup>th</sup> - 34.67 with a 0.42 second PB

Amy qualified for 5 finals, got a bronze medal, and had a collective 20.28 seconds of PBs in her events combined. Well done, Amy!

## **Aquiles Bello – English Summer Nationals**

50m Backstroke – 9<sup>th</sup> - 28.99 with a 1.77 second PB  
100m Backstroke – 1<sup>st</sup> - 1.02.69 with a 3.97 second PB and a GOLD MEDAL  
200m Backstroke – 2<sup>nd</sup> - 2.15.65 with a 8.67 second PB and a SILVER MEDAL

Aquiles qualified for all 3 finals, and he got 2 National medals. (1<sup>st</sup> and 2<sup>nd</sup>)  
A fantastic week for Aquiles. well done!

## **Annabelle Pilgrim – English Summer Nationals**

100m Butterfly – 10<sup>th</sup> - 1.06.37  
50m Butterfly – 4<sup>th</sup> - 29.14 with a 0.27 second PB

Annie qualified for both finals and swam 2 PBs in one day for her 50m Fly, amazing job. Well done, Annie!

## **Calvin Georgescu-Spiers – English Summer Nationals**

100m Backstroke – 5<sup>th</sup> – 1.01.77 with a 0.76 second PB

## **Rohan Shearer – English Summer Nationals**

50m Freestyle – 12<sup>th</sup> – 25.42 with a 0.02 second PB  
50m Backstroke – 7<sup>th</sup> – 28.76 with a 0.23 second PB

100m Backstroke – 12<sup>th</sup> – 1.03.16 which is equal to his Commonwealth Games PB

Rohan had a fantastic meet; he swam in The Commonwealth Games one week beforehand for The Turks and Caicos Islands. To be able to compete for 3 weeks in a row without break is a truly remarkable thing. Well done, Rohan!

**Darcey Arnold – National Age Group Open Water Championships**

Darcey swam in the National OW Championships in Rotherham. She competed in the Girls 2000M. Her time of 28.23.65 put her in the lead by 5 whole seconds and she came away with a GOLD MEDAL. Well done, Darcey!