

SOUTH EAST REGIONAL CHAMPIONSHIPS 2019

15 & OVER AGE GROUPS
3rd-6th MAY 2019
HIGH WYCOMBE



Another swimming year, another 15 & Over Regionals at High Wycombe! This year Elmbridge had 6 individual qualifiers for these championships – Emily Pilgrim, Eve Perry, Niamh Kennedy, Maddie Harris, Matthew O’Sullivan & Rory Burdin. We had also entered a Men’s 17 & Over 4 X 100M Freestyle Relay team following on from their success as Surrey 2019 champions. The team consisted of Seb Leather, Morgan Portat, Glen Melson & Rory Burdin.

The number of swimmers that Swim England South East allowed to qualify this year for each event was very small for the 15 & Over age groups. The Boys 16 year olds numbers were 18

for 50M events, 13 for 100 & 200M events, 9 for 400M events and 8 for 800M & 1500M events. The girls were 24 for 50M events, 17 for 100 & 200M events, 12 for 400m & 800M events and 10 for 1500M events. So with 88 clubs from the South East to compete against – a huge congratulations to our 15 & over swimmers just for qualifying this year!

Swim England South East – Swimming Championships 2019		Competing Clubs	
ABIS	Abingdon Vale	HSMS	Haslemere
ALTS	Alton and District	HVWS	Havant and Waterlooville
AMES	Amersham	IOWS	Isle of Wight
ATLS	Atlantis	JERS	Jersey
AYBS	Aylesbury	KAGS	Kidlington and Gosford
BAES	Bletchley and District	KSCS	Kings School Canterbury
BBFS	Basingstoke Bluefins	KWSS	Kent Weald
BCCS	Bicester Blue Fins	LARS	Larkfield
BCNS	Beacon	LCSS	Lancing College
BEAS	Beau Sejour	LETS	Leatherhead
BLAS	Black Lion	LITS	Littlehampton
BORS	Bourne End	MADS	Maidenhead
BRIS	Brighton	MAIS	Maidstone
BRKS	Bracknell and Wokingham	MAXS	Maxwell
CANS	City of Canterbury	MSMS	Mid Sussex Marins
CHAS	Chalfont Otters	NEWS	Newbury
CHIS	Chichester (Cormorant)	NPGS	Newport Pagnell
CHMS	Chesham	OXFS	City of Oxford
CMKS	City of Milton Keynes	PORS	Portsmouth Northsea
COSS	City of Southampton	REAS	Reading
CRAS	Cranleigh	RERS	Redhill and Reigate
CRWS	Crawley	RMYS	Romsey and Totton
DABS	Didcot and Barramundi	RTWS	RTW Monson
DARS	Dartford District	RURS	Rushmoor Royals
DORS	Dorking	SEVS	Sevenoaks
EAGS	East Grinstead	SHIS	Shiverers
EASS	Eastbourne	STAS	Staines
EATS	Eastleigh	SUNS	University of Surrey
EDPS	Edenbridge Piranhas	TAMS	Thame
EEWS	Electric Eels of Windsor	TENS	1066 Swimmers
EIES	East Invicta eXcel	THAS	Thanet
ELMS	Elmbridge Phoenix	TIGS	Tigers (Jersey)
EPSS	Epsom District	TILS	Tilehurst
FANS	Fareham Nomads	TONS	Tonbridge
FARS	Farnham	WCPS	Winchester City Penguins
FRSS	4 Shires	WHIS	White Oak
GODS	Godalming	WINS	Windsor
GOSS	Gosport Dolphins	WITS	Witney and District
GRAS	Gravesend and Northfleet	WOKS	Woking
GUES	Guernsey	WORS	Worthing
GUJS	Guildford City	WWAS	Wildern Waves
HAIS	Hailsham	WWWS	Wantage White Horses
HAQS	Hamble Aquatics	WYCS	Wycombe District
HARS	Hart		
HSGS	Hastings Seagull		



Emily, Maddie, Eve, Niamh, Matthew!

16 Year Olds

Emily Pilgrim

Emily qualified for 5 events this year at SE Regionals.

Saturday saw her race in the 100M freestyle and 50M backstroke. Although off her PB in both events, her great underwater skills in the 100M Free earned her a reserve place for the final with a 1.02.08.

Sunday saw her race the 50M freestyle and 100M backstroke. A great start and underwater, followed by a solid length saw her gain a LC PB of 28.54 in the 50 free and 1st reserve for the final in 9th place. The 100 back saw Emily swim a 1.11.78 – not a PB on this occasion but nevertheless a great performance at a regional event.

Monday saw Emily race in the 200M freestyle. A similar time to her entry time of 2.13.66 saw her win a place in the final as 7th fastest qualifier.

The final saw her swim a good first 100M but then she was slightly slower in the back 100M and came a very respectable 7th place in the South East.

Maddie Harris

Maddie had qualified for 5 Multi-Classification events. The multi-class events are heat declared winners and they do not have finals.

As a para-swimmer, Maddie's classification is different for varying events.

In the freestyle and backstroke events Maddie is classified as an S9 and in the Breaststroke she is SB8. Maddie started these championships well and in the 100M freestyle she strongly kicked her way to a long course PB of 1.22.49 and a **Bronze** medal!

The 100M breaststroke was next and Maddie achieved a 2.03.39 and another **Bronze** medal.

In the 50M freestyle, although slightly off her PB she managed to win her third **Bronze** medal of the weekend with a 36.54.

The 100M backstroke on Sunday also saw Maddie kick hard and pull hard with her arms to achieve her 4th **Bronze** medal with a 1.40.33.

Without much rest, Maddie was racing again in the 400M freestyle. A solid swim saw Maddie achieve yet another **Bronze** medal even though she was outside her PB on this occasion! A solid performance by Maddie all weekend, saw her come away with 5 Bronze medals in total. An excellent result!



Niamh Kennedy

Niamh qualified for 4 events this year.

Her 3 races on Saturday were the 50M Fly, 100M Free and 50M back. The fly event saw Niamh fast off the blocks and with a great underwater she swam a 30.60 - just 0.09 off her PB and 0.20 secs off gaining a finals place.

Her 100M Freestyle saw her trademark strong underwaters gain her a place in the final as 4th fastest with a 1.00.46.

In the final, Niamh had a tough race against some of the best 16 year olds in the country! Although she didn't quite PB, again there was less than a second splitting 1st to 6th place. An excellent 6th place was earned with 1.00.74!

The 50M backstroke saw Niamh touch for a 32.99 but not quite fast enough for the final but an 11th place overall.

Sunday saw Niamh race her final event, the 50M freestyle. A great heat time of 27.83 saw her qualify for her second final of the weekend as 4th fastest. In the final, she couldn't quite pull off another PB and came 6th with 28.15. The winning time was 26.84, so a very high standard of 16 year old girls!

Matthew O'Sullivan

Matthew qualified for 6 events this year.

On Saturday Matt raced 3 events and reached 3 finals. He was actually the first swimmer for Elmbridge in the water at this year's championships! In the 50M breaststroke, he swam a solid race and touched in with a 32.18 and a place in the final as 7th fastest qualifier. He swam a great final with a PB of 31.98. However, with a second splitting 1st to 7th place it was a tight race. Matt achieved a well deserved 5th place in the South East!

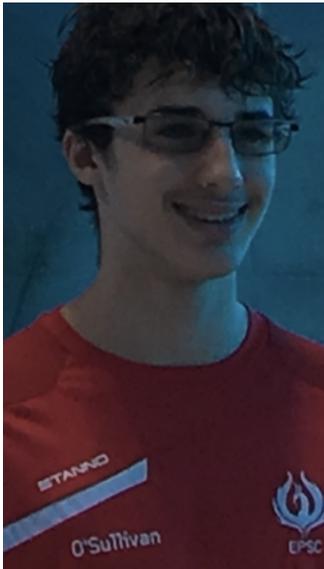
His 50M freestyle event saw him produce a brilliant heat with a great start, hard kicking and a good touch finish to gain a place in the final as 4th fastest qualifier on a 25.11. A great PB too! In the final Matt racing against some super fast 16 year olds boys! A fantastic start and tight race saw him pipped at the touch to 4th place by 0.07secs. A PB with an amazing time of 25.04! The winning time was 24.71 – so 0.33 seconds split 1st to 4th place.

In the 100M breaststroke Matthew was up against some more touch opposition in the South East. He swam a 1.10.93 and gained a place in another final as 8th fastest qualifier. The final saw Matt produce a good turn at 50M which helped him to touch in with a 1.12.20 and 6th place in the South East!

Sunday saw Matt race again in the 50M fly and the 200IM. His fly was strong throughout the whole length and he touched in with an amazing PB of 27.35. This however, was 0.06 secs off qualifying for the final and he came 9th overall.

The 200IM saw Matt swim a great LC time of 2.20.48, a 4 second PB and 10th place. Matt's final event, the 100M Butterfly, saw him turn on 28.49 which helped him with a 1.5 second LC PB of 1.01.12. He made yet another final and swam another fabulous PB of 1.00.83 to come 8th in the region.

Matt has had a fabulous season to date, and from the 6 regional events he swam, he managed PB's in 5 of these, plus 4 finals and 4 top 8 finishes! Brilliant results!



17 & Overs

Eve Perry

Eve qualified for 3 events this year and was racing with the 17 & Overs for the first time. Her first event was the 100M freestyle. Although slightly off her PB, she still swam a steady 1.01.03 and also made 1st reserve for the final. Unfortunately, no one pulled out of the final and Eve came 9th in the South East overall.

Eve's second event of the weekend was the 50M freestyle. A good start and strong length with minimal breathing produced a heat time of 27.94. This was a LC PB and the 5th fastest qualifying time for the final. An exciting final, saw Eve PB again with 27.91 and earn a pleasing 7th place overall. Only 0.46 seconds split 2nd to 8th place and a sub 27secs was needed to win! So a close race amongst the best swimmers in SE England.

Eve's final event on bank holiday Monday was the 200M Freestyle. She swam a strong race and a similar time to her entry time with 2.12.49.

Rory Burdin

Rory qualified for 2 events – the 50M and 100M freestyle.

He swam a fabulous race in the 50M. His propeller arms speeding him into the touch with a 23.94 and a 3rd place in the heats. Unfortunately, Rory did not swim the final.

The 100M freestyle also saw Rory on form. A comfortable 53.61 with a first 50M of 25.62 saw him sit in a comfortable 3rd place going into the final.

An exciting final ensued and Rory turned at 50M in 3rd place on 25.77, with 0.29 seconds between him and first place. A determined second length, with so much splash from all the boys, saw Rory touch in first place by 0.03 seconds on 52.77. Even, slightly off his PB, Rory had a **Gold** medal and a smile on this occasion!



Mens's Relay

The 4X100M Freestyle relay team had our four Elmbridge big guns – Seb, Morgan, Glen and Rory racing to try and build on their Surrey 2019 Gold in this event! Seb swam a 56.55, Morgan a 55.75, Glen a 53.42 and Rory a 53.25. Unfortunately, the finish time of 3.39.00 only managed 7th place at this competition. Not quite as quick a time as their Surreys win, but nevertheless 7th fastest team in the South East is still an accomplishment for our small club and there is always next year.....!

The following weekend, saw our younger swimmers compete:

SOUTH EAST REGIONALS

Weekend 1: 14 & UNDER AGE GROUPS

11-12th MAY 2019

K2, CRAWLEY.

The 14 & Under SE Regional competition saw Elmbridge send a record number of swimmers to the event for 2019. Last year we had 7 qualifiers, 4 finalists and one swimmer achieve 2 medals. With 4 more swimmers qualifying this year, the coaches were expecting bigger things from our 11 swimmers!

This year's event also saw 88 clubs from SE England compete! So just to qualify was a huge achievement in itself as the competition is so high in this region! The South East region also has the fastest qualifying times compared to the other regions of England.



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Saturday 11th May

An early start at the K2 Crawley, saw **Rafael Fente-Damers, Sara Fente- Damers, Annabel Pilgrim & Eleanor White** get the racing started in the first session.



Girls 800M Freestyle

Annabel was in the first event, the girls 800M freestyle. Only the top 8 in the South East qualified for this event. Although she didn't PB on this occasion, she still kicked off these championships with a **Bronze** medal for Elmbridge Phoenix in the 13 year old age group!



Boys 1500M Freestyle

Next up was **Raf** in the boys 1500M freestyle. Again, only the top 8 in the 13 year old age group qualify for this event. 30 lengths of the 50M pool is not an easy race! Raf swam a very strong 18.43.11 and achieved 5th place in the South East.

Girls 200IM

Sara and **Ellie** were next to swim in the girls 200IM. Ellie swam a good 2.47.73 in the 11/12 year old age group.

Sara swam a strong race in all the strokes in the 14 year old category and earned herself a place in the evening's final as 8th fastest with 2.35.28.

The 2nd session saw the arrival of some more Elmbridge swimmers, Rohan Shearer, Nick Moylan, Kyarra Steele & Louisa Cipolleta.

Boys 50M Backstroke

Rohan started in the 50M backstroke. He was unfortunate in his feet slipping off the backstroke block at the start which meant he never quite caught up to his PB. Still a great swim and swimming at his first SE regional competition he came a respectable 13th with a 33.06.



Girls 50M Freestyle

The girls 50 freestyle saw **Annabel, Ellie, Kyarra, Louisa and Sara** race.

Ellie (11/12 years) swam steadily with an identical time to her entry time 31.26!

Louisa, also in the 11/12 year age group, swam a phenomenal heat and broke 30 seconds for her first time with a 29.81 and the 3rd fastest qualifying time into the evening finals.

Annabel and **Kyarra** were next up in the same heat for the 13 year olds. Kyarra swam a steady 29.91 and Annabel swam a 28.77 to gain 4th fastest qualifier into the final.

Sara (14 years) likewise achieved a finals place with a PB of 28.56 and 5th fastest qualifier.

Girls 200M Butterfly

Louisa was our only racer in this event. Not a popular event at the best of times, so Louisa should be praised for entering it! Although slightly off her PB, a 3.04.53 is a pleasing result.

Boys 100M Freestyle

Raf and **Nick** both qualified for this event. Raf (13 years) was first to race and achieved a similar time to his PB with a 1.01.89 which gave him a reserve place for the evening's final.

Nick (14 years) swam a brilliant 2 lengths with a 1.00.00 time! The standard in this race was very high and a time sub 58 secs was needed to qualify for the final.

Girls 100M Backstroke

Annabel (13 years) was racing again and swam a good PB of 1.13.42 and missed the final by less than a second.

FINALS

Girls 200 IM

Sara Fente-Damers swam a great fly leg to get started in the IM. However, she swam a similar time to her heat 2.35 and came 8th. The standard in the 14 year olds was very high with the winning time a 2.24!

Girls 50M Freestyle

Louisa Cipolletta was up first in the 11/12 year old final. A great start off the blocks saw her in contention from the beginning. Louisa and the eventual winner were ahead of the pack the whole length. Louisa touched in for a **Silver** medal with another PB of 29.59. A determined swim and great start and finish earned her this well deserved regional medal.



Next up was **Annabel** in the 13 year old final. A tight, exciting race from start to finish saw 0.7 seconds between 2nd and 6th place. Annabel thundered into the finish, taking only one breath in the whole length and touched in to win her second **Bronze** medal of the day with a PB of 28.46.



Finally **Sara** raced in the 14 year old final. Again a very close, electric final saw 0.5 seconds split 2nd to 7th place. It was all on the touch yet again. Sara was unlucky not to medal and touched in with a great time of 28.57 and 5th place.

Elmbridge 14 & Under swimmers had already achieved 2.5 times more medals in the first day than last year's whole SE championships. There were still 3 racing days left to go!

Sunday 12th May

Another early start at 8.30am on Sunday got underway with **Ellie White, Emily Shaw, Nick Moylan, Theo Pavlou, Raf Fente-Damers, Sara Fente-Damers and Louisa Cipolletta** in the 1st session.

Girls 50M Breaststroke

Representing Elmbridge in this event were breaststroke swimmers **Ellie White** and **Emily Shaw**. Ellie swam a strong length and touched in with a 38.96 and 10th place in the 11/12 year old age group. Emily swam a long course PB of over a second with 38.33 to come 17th in the 13 year old age group.

Boys 50M Butterfly

Nick and **Theo** were both in the 14 year old age group. Both had good swims but were marginally off their entry times – Nick with a 30.12 and Theo with a 30.35.



Boys 200M Freestyle

Raf swam a great heat, turning at 100M on 1.03.50 and then holding it to touch in with a 2 second PB of 2.10.64 and the 2nd fastest 13 year old in the heats for a place in the final.

Nick raced in the 14 year old category and with a small PB of 2.11.39 he came a very respectable 18th in an event where the top 14 year old boys in the SE are top National swimmers as well with times of 2.03.00 !

Girls 100M Butterfly

Louisa swam a strong heat with a 1.15.02 and came a solid 10th place in the 11/12 year old age group.

Sara raced a great heat turning on 31.02 and then swimming a PB of 1.08.72 to earn a place in the final as 4th fastest qualifier.

FINALS

Boys 200M Freestyle

Raf was given lane 5 as 2nd fastest qualifier for the final. A great start and first 50 saw him turn on 30.07 in 3rd place. At the 100M turn he was in 4th place. By 150M he had pulled back into 3rd place turning on 1.37.11. A final 50M of 32.75 saw him pull back but narrowly

missed a 2nd place by 0.18 seconds. However, a **Bronze** medal and a PB of 2.09.86 was a fabulous achievement!



Girls 100M Butterfly

Sara also swam a fabulous 100 fly final. A strong start and great first 50m saw her touch first at the turn with a 31.19. Unfortunately she was beaten over the second 50m and came in 6th place with a 1.08.81. Still a remarkable time!

Girls 400M Freestyle

The final session of the day saw **Annabel, Sara & Cerys Howells** race the 400M freestyle.

Cerys was first to race in the 14 year old age group. Although marginally off her PB with a 4.53.05, Cerys swam a strong race.



Sara achieved a 4.46.01 in the 14 year old age group and 8th place.

Annabel won her 3rd **Bronze** medal of the weekend in the 13 year old age group with a 4.41.40, just missing silver by 0.04 secs!

WEEKEND 2: 14 & UNDER AGE GROUPS
25TH-26TH MAY 2019
K2, CRAWLEY



Annabel, Loiusa, Emily, Ellie, Sara, Raf, Rohan, Theo & Nick!

Saturday 25th May

Girls 1500M Freestyle

The final weekend of the SE Regionals got underway with the girls 1500M freestyle. **Annabel** (13 years) was seeded into the final heat with all the top 14 year old swimmers. This is a long race which involves good pacing over 30 lengths and the arduous pacing work at training with Glen & Stuart paid off! Annabel achieved a huge 20 second PB and came in with an 18.37.81. She was 24 seconds ahead of her nearest 13 year old rival and became the SE Regional Champion with a well deserved **Gold** medal!



Boys 200M

Raf raced in the 13 year old category and swam a strong first length of fly in 31.13. His freestyle 4th length also pulled him back with an overall PB by 3 secs with 2.31.77. This gained him a place in the final as 8th fastest qualifier.

Nick also raced in the 14 year old age group. He got off to a good start with the first length of fly in 29.82. A good backstroke length in 36.93 also helped his overall time of 2.26.61 – very similar to his entry time. A good 12th place achieved and a reserve place for the final.

Girls 50M Backstroke

Sara raced a good length in 33.11. Slightly off her PB but a solid 13th place at regionals was achieved!

Boys 50M Freestyle

Raf, Theo and **Nick** were our Elmbidge entries for this ever popular race!



Raf swam a good race in 28.81 but 28.43 or less was required for the final in the 13 year old age group. A 27.09 was the eventual winning time!

Theo and **Nick** both raced in the 14 year old category. Both boys achieved PB's swimming under 28 secs, Theo with 27.61 and Nick with 27.99. However, in this highly competitive region, a 26.94 or below gave you a place in the final and the eventual winning time was 25.56!

Girls 200M Breaststroke

Emily swam a steady race and although off her PB still achieved a top 20 finish in the South East!

Boys 200M Butterfly

Nick swam a strong race and although marginally off his PB with a 2.22.71, he secured a place in the final as 5th fastest qualifier.

Girls 100 Freestyle

Ellie (11/12 years) swam a good PB of 1.06.22 and came 11th place overall.

Louisa (11/12 years) swam a similar time to her PB in 1.07.38 and came 20th place.

Annabel (13 years) swam a 1.02.31 and although off her PB by a second still secured a place in the final as 4th fastest qualifier.

Sara (14 years) swam a great race and managed a second PB with a 1.01.76. She came in 10th place overall.

Boys 100M Backstroke

Rohan (13 years) had a great swim and was 1 sec off his PB with a 1.12.64. He came in 16th place overall.

Nick swam a steady 1.11.53 in the 14 year old category but with tough competition a 1.07 or faster was needed to qualify for the final.

FINALS

Boys 200IM

Raf Fente-Damers went into the final as 8th fastest qualifier for the 13 year olds. A brilliant first length of fly in 31.11 saw him turn in 2nd place. He was caught up on the backstroke but still turned in 4th place at the 100M mark. The breaststroke leg tends to be the decider in IM events and the strength of the top swimmer in this final saw him swim a sub 30 sec length! The next two also swam in 32 seconds! Raf turned in 8th place at the 150M turn but a fantastic final length of freestyle saw him claw his way back into 5th place overall in the South East. He swam the fastest freestyle length out of the 8 finalists coming in on a 32.28. A performance to be proud of and a good time of 2.32.53 achieved!

Nick Moylan was lucky enough to gain a place in the final after several swimmers pulled out. As a reserve, he went into the final as 8th fastest. However, after swimming heats in the 200IM, 50 Free, 200 Fly and 100 back before the final, it was going to be a tough race for him! A good solid performance and a 2.32.12 saw him come in 7th place in the South East.

Boys 200 FLY

Nick was in the water again, this time in the 200 Fly final! A good first length saw him turn in 3rd place with a first 50M time of 30.82. However, from then on he was held into 6th place by some very strong fly swimmers. The winning time of 2.16.29 shows the strength of this 14 year old age group in the South East and Nick swam into a very respectable 6th place with 2.26.76.

Girls 100 Freestyle

Annabel Pilgrim swam a great final. She turned in 3rd place on a 29.76. However, the second 50 was very exciting between 2nd and 6th place and only the scoreboard could tell them apart at the touch! A PB of 1.01.45 even after swimming a 1500M race earlier, gave Annabel a well earned 4th place in the South East.

SUNDAY 26TH MAY



The final day of the regionals was upon us and Louisa Cipolletta was first in the pool for Elmbridge!

Girls 50M Butterfly

Louisa (11/12 years) had a great start and underwater to get her going in this race. She swam a similar time to her entry time in 32.18 and gained 7th fastest qualifier in the later final.

Sara (14 years) also swam a great 50 Fly and managed a PB of 31.23. This was not quite enough to gain a place in the final but a solid 11th place in the South East is excellent!

Boys 200M Backstroke

Nick Moylan was back in the pool for yet another race! A strong first 100M in 1.12 put him in contention for a finals place. However, the endurance and strength of the top swimmers in the 14 year old category saw the second 100M decide the finalists! 2.18.00 being the fastest qualifying time and 2.23 or faster to gain a finals place. Nick managed a good 2.34.06 and probably slightly off his PB due to the number of races he had qualified for and raced all weekend!

Girls 200M Freestyle

Annabel was back in the pool with a vengeance after being beaten on the touch to a medal the day before! A solid heat of 2.13.41, just marginally off her PB, saw her qualify as the fastest 13 year old for the final.

Sara was also on a mission in the 200 Freestyle! A phenomenal 4 second PB in her heat with a 2.11.74 saw her also qualify as 2nd fastest for the final in the 14 year old age group.

Boys 100M Butterfly

Nick Moylan swam a solid heat turning on 30.22 and managing a PB of 1.03.74 and 6th fastest qualifier for the boys 14 years final.

Girls 100M Breaststroke

Emily Shaw gave a solid performance in her heat, touching in on 2.26.40 and although not quite fast enough for the final, she did well to qualify for all the breaststroke events at regionals this year!

FINALS

Girls 50M Butterfly

Louisa Cipolletta managed a great start off the blocks and swam a fabulous length of fly in an identical time to her heat of 32.18! A well deserved 5th place at SE regionals! The winning time in this 11/12 year old age group was 28.79 which again shows the strength of the competition in this region!

Girls 200M Freestyle

Annabel Pilgrim took the lead at the start from lane 4. She turned in 1st place at 50M on 30.40 and again at 100M with 1.03.87. However, lanes 3 and 5 were not giving up the race without a fight! They started coming back in the 3rd length and although Annabel turned

again in 1st place at the final turn, the gap had narrowed and there was only 0.67 seconds between 1st and 3rd place. An exciting final length showdown saw lane 5 edging into the lead with 10M to go. Annabel dug deep at the end and pulled out a superb PB of 1.11.94 to become SE Regional Champion in the 13 year old category and another **Gold** Medal!

Another exciting final ensued! **Sara Fente-Damers** was next up in the 14 year olds. Having pulled off a 4 second PB in the heats, could Sara repeat this in the final? The answer was yes! A fantastic start and underwater gave her a huge advantage. At 50M she turned in 2nd place on 30.52. However, at this stage there was only 0.49 seconds between 1st and 5th place! It was all for the taking! At the halfway stage and 100M, Sara was back into 4th place on 1.03.58 . However, she never gave up and at 150M she came back and turned in 2nd place. A great turn then saw her sprint the final length and hold off the 3rd placed swimmer to earn her yet another 2 second PB with 2.09.79 and a very well deserved **Silver** medal!



Boys 100M Butterfly

Nick was in his 3rd 14 year old final of the weekend! He had a great start and turned at 50M in 4th place. However, he was beaten into 6th place on the second 50M but a 1.03.75, almost identical to his heat time, was nevertheless a PB at regionals!

The final session of the 2019 regionals was then upon us! 2 more races left for Elmbridge. The boys 400 freestyle and the girls 400IM.

Boys 400M Freestyle

Nick and **Raf** were racing again. At this distance there are no finals just heat declared winners.

Raf was going to need a PB to have a chance of medalling in this event. The 13 year old swimmers were fast and strong, the winner achieving 4.26.52! Raf gave a solid performance

and managed to keep himself in the running for a medal. A PB of 4 seconds and a 4.35.01 earned Raf his second **Bronze** medal of the championships!



Nick was up against some fierce competition! Racing in his 10th event of the regionals, a steady swim of 4.44.88 was something to be proud of! The standard of the eventual winner in 2.16.11 meant Nick would have needed a 20+ second PB!

Girls 400M IM

Ellie White flew the flag as the only Elmbridge qualifier in this event and also the last race of the 2019 Championships! A great 100M fly of 1.18.74 saw Ellie start well. A solid performance in her back and breast also put her in a good position for a PB. She came back strongly in her 100M free with a 1.19 split and an overall 50 second PB of 5.50.52. A great performance and a good 10th place in the South East!

Overall, an exciting, exhilarating and awesome two weekends of swimming by all 11 of our 14 and under swimmers who had qualified for regionals! They surpassed the previous year with a record number of PB's, finals and medals!

2018 saw:

- 7 qualifiers
- 4 finalists
- 2 medals – 1 Silver, 1 Bronze.

2019 saw:

- 11 qualifiers – over 1.5X more qualifiers from 2018.
- 14 finals between them – 3.5X as many finalists from 2018.
- 9 medals - 2 Gold (and SE Champion), 2 Silver, 5 Bronze! 4.5X the number of medals from 2018!

OVERALL RESULTS FOR EPSC

QUALIFIERS

11/12 Years

Ellie White

Louisa Cipolletta

13 Years

Annabel Pilgrim

Emily Shaw

Kyarra Steele

Raf Fente-Damers

Rohan Shearer

14 Years

Cerys Howells

Nick Moylan

Sara Fente-Damers

Theo Pavlou

16 Years

Emily Pilgrim

Maddie Harris

Matthew O'Sullivan

Niamh Kennedy

17 Years & Over

Eve Perry

Rory Burdin

Top 8 Finishes



Gold/South East Regional Champion x3

Annabel Pilgrim – 200M Freestyle & 1500M Freestyle
Rory Burdin – 100M Freestyle

Silver x2

Louisa Cipolletta – 50M Freestyle
Sara Fente-Damers – 200M Freestyle

Bronze x10

Annabel Pilgrim – 50M Freestyle, 400M Freestyle & 800M Freestyle.
Maddie Harris – 50M Freestyle, 100M Freestyle, 400M Freestyle 100M Breaststroke, 100M Backstroke.
Raf Fente-Damers – 200M Freestyle & 400M Freestyle.

4th Place x2

Annabel Pilgrim – 100M Freestyle
Matthew O’Sullivan – 50M Freestyle

5th Place x 5

Louisa Cipolletta – 50M Fly
Matthew O’Sullivan – 50M Breaststroke
Raf Fente-Damers – 200IM & 1500M Freestyle
Sara Fente-Damers – 50M Freestyle

6th Place X 6

Matthew O'Sullivan – 100M Breaststroke
Niamh Kennedy – 50M Freestyle & 100M Freestyle
Nick Moylan – 100M Fly & 200M Fly
Sara Fente-Damers – 100M Fly

7th Place X4

Emily Pilgrim – 200M Freestyle
Eve Perry – 50M Freestyle
Nick Moylan – 200IM
4X100M Men's Relay Team

8th Place X3

Matthew O'Sullivan – 100M Butterfly
Sara Fente-Damers – 200IM & 400M Freestyle

A big thank you to Glen and Stuart who between them coached the 3 weekends! Due to the success of our swimmers making so many finals, the days were very long!

Head Coach Stuart Donald said, "Well done to all our regional competitors this year! Some fantastic swims with lots of PB's, finals and medals – more than ever before. A great team effort!"



Glen Melson, Assistant Head Coach added, " I am extremely proud of the achievements of all the Elmbriidge swimmers at regionals. They all did amazing and should be really pleased with how they competed. I can't wait to see how they progress towards the end of the season, with some racing in their first nationals!"



Following on from Regionals, a huge congratulations to our swimmers who have now qualified for **Nationals** in July – **Annabel Pilgrim, Cerys Howells, Maddie Harris, Matthew O'Sullivan, Niamh Kennedy, Nick Moylan, Rory Burdin & Sara Fente-Damers!** The season is not over yet with more dedication, hard work and training to come!

Finally, there was some sad news on 29th May, that a stalwart of the swimming world, Brian Harrison had passed away. Brian was the current President of Hampshire ASA and the Swim England South East Region's Trophy Manager. He was in attendance for the regionals at K2 this year, supporting swimmers and even distributing medals on the final day (26th May), including to Annabel and Sara from Elmbridge. He was a selfless individual who was generous with his time and knowledge and worked hard supporting the development of swimming within Hampshire and the South East. He gave a huge service to the swimming world – with Basingstoke Bluefins, Hampshire ASA, South East Swimming and the National Arena League. Volunteers like Brian are the backbone of swimming development and events. Sympathy and condolences are sent from Elmbridge Phoenix SC to Brian's family and friends at this sad time.

