

Gala Report

Surrey County Championships 2019

Weekend 1 @ Surrey Sports Park (Long Course 50m Pool)

26th-27th January

A year comes around quickly in the swimming world! Could EPSC achieve any gold medals at the 1st weekend of Surreys this year? At the County Championships medals are given for 1st to 3rd place and county ribbons for 4th to 8th place in all the individual events. The 50m and 100m events all have finals, after taking the fastest 8 swimmers from the heats. The longer distances (200, 400, 800 & 1500m events) all have heat declared winners but the top 8 from the entry time seedings for each age group are put into “super-seeded” heats so they are racing the fastest in their age groups for these distances.

An early start at Surrey Sports Park for weekend number 1 of Surrey County Champs 2019, got underway on Saturday with the **Boys 400m freestyle**. Oli Flack was our first racer and came in with a respectable 5.39.41 in the 12 year old category. Nick Moylan gained a 6 second PB and came 6th in the 14th year old age group. But Rafael Fente-Damers achieved a 4.42.74 in the 13 year old category to bring the 1st **Gold** medal back to Elmbridge – 7 secs ahead of the 2nd placed swimmer! A fantastic result!



Session 2 started with two of our **girls** Emily Pilgrim (16 years) and Gracie Moylan (17 & over) in the **200 backstroke**. Both swam well and came 5th and 6th respectively.

Matthew O’Sullivan, Nick and Rafael were next up in the **Boys 200 IM**. Matt (16 years) and Nick (14 years) came 6th and 12th respectively. Rafael swam in with a 3s PB and claimed his second **Gold** medal of the day in the 13 year old age group!

Next up were the **girls** in their **200m freestyle** event. Genevieve White competing at her 1st Surrey’s was first to go in the 10-11 age group. She swam a good 2.48.76 and came 13th. Next up was older sister Ellie White (12 years) who swam a 2.31.61 and gained 10th place. The 13 year old category saw Annabel Pilgrim swim a PB of 2.14.87 and win **Gold** with a 3 second margin from the second placed swimmer. Kyarra Steele (13 years) also PB’d by 4.78 seconds and gained 5th place with a 2.22.85. Sara Fente-Damers (14 years) had a great race and won a **Bronze** medal with a 2.15.73 and Cerys Howells also 14 years, came in 13th.



The afternoon session saw our female breaststroke swimmers out in force! The **100m breaststroke** started with Katie Shaw qualifying as 6th fastest for the final in the 10-11 age group. Eleanor White and Sarah Soloman both came joint 8th in the heats of the 12 year olds with 1.32.34 each! As there are only 8 lane finals they had to compete in a “swim-off” in order to see who took the last lane for the final. A very exciting swim-off



ensued with all the EPSC swimmers and coaches shouting “Come on Elmbridge!” leaning over the barriers at the end of lanes 4 and 5! At 50m the girls touched at the wall together and the second length saw them side by side in synchronization! However, Sarah just pipped Ellie on the final touch. An enthralling race which saw both girls PB in their quest for the final!

The 13 year old category saw Emily Shaw reach the final as 6th fastest qualifier and Kyarra Steele took 10th place. Ella Young (16 years) also qualified as 6th fastest for the final with a 2 second Long Course PB of

1.24.46.

Maddie Harris (16 years) took **Silver** in the Multi-Classification 100 breaststroke event.

Next up were the **100m freestyle boys** heats. Rafael and Yiannis Scotiniadis swam in the 13 year old age group. Yiannis achieved a long course PB of 1.10.22 and Rafael was the fastest qualifier for the final giving him the advantageous Lane 4 for the later finals. Nick achieved 12th place in the 14 year old category and Matt (16 years) qualified for the final in 8th place.

The **girls 200m butterfly** saw Louisa Cippoletta (12 years) and Annabel Pilgrim (13 years) both compete. Both girls came 7th in their age groups with Long Course PB’s.

Finals

Girls 100M Breaststroke

Katie Shaw gained 2 seconds and a 5th place in 10-11 age group with a 1.34.48.

Sarah Soloman (12 years) swimming her 3rd 100m breaststroke race of the day came 8th

Emily Shaw (13 years) came 6th with a 1.24.72.

Ella Young came 6th in 16 year old age group with 1.24.66.



Boys 100M Freestyle

The boys 100m free final saw Matthew O’Sullivan (16 years) achieve a 7th place with a 58.17 and Rafael Fente-Damers (13 years) achieve his hattrick of **Gold** medals for the day with a 1.01.83 and touching out 0.23 seconds ahead of the second placed swimmer!

Day 2 Sunday

Another early start but this time for the **girls** in the **400M freestyle**. Genevieve, Ellie, Sarah, Annabel, Maddie, Emily P, Grace and Ellen Portat all swam well in this event.

Genevieve White came 12th (10-11 years)

Ellie White 9th & Sarah Soloman 19th (12 years)
Emily Pilgrim(16 years) & Grace Moylan(17 & over) both came 7th.
Ellen Portat came 14th in the 17 & over age group.
Maddie Harris took her first **Gold** medal in the multi-classification event.
Annabel Pilgrim also took her second **Gold** of the weekend in the 13 year old super-seeded heat, touching 5 seconds clear of the next swimmer!

Next session saw Nick Moylan (14 years) and Josh Huxtable (15 years) compete in the **boys 200M backstroke**. Nick achieved 12th place with a 2.40.01 and Josh a 14th place with 2.37.49.

The **girls** were back in the pool again for the **200 IM**



12 Years

Ellie White swam a 2 second PB of 2.45.99 and came 6th.
Louisa Cipolletta came 16th.

13 Years

Kyarra Steele swam a good 2.47.77 and came 11th.

14 Years

Sara Fente-Damers swam a good race and came 4th with a 2.34.63 just missing out on a medal by 0.25secs!

16 Years

Emily Pilgrim achieved 11th place.
Maddie Harris took **Silver** in the multi-class event with a huge long course PB of 19 seconds with 3.43.77.

The **boys 200M Freestyle** followed and Nick Moylan came 6th in 14 year old age group with a 2.5 second PB of 2.14.34.

Rafael Fente-Damers smashed up the pool again in the 13 year old age group and won his 4th **Gold** of the weekend with a PB of 2.12.16 and 4 seconds clear of the competition. A phenomenal achievement!

The final session of the weekend saw the boys 100M breast, girls 100M free and the boys 200M fly.

Matthew O'Sullivan flew the flag for Elmbridge in the **boys 100 breast** and comfortably qualified for the final in 6th place.

The **girls 100M freestyle** heats were exciting. Louisa Cipolletta (12 years) was up first and swam a huge PB with a 1.07.92 and a 5th place into the later final, plus an automatic South East Regionals Qualifying Time!

Eleanor White managed a small PB with 1.08.49 in her heat, but again came joint 8th with an identical time with one of the 12 year old Woking SC girls! This meant for the second day running, Ellie was going to have to compete in a “swim off”. “Statistically unbelievable!” said her Mum!

Sarah Soliman came 19th in the 12 year old age group.

The 13 year old category had Annabel and Kyarra chasing a place in the final. Kyarra qualified in 6th place for the final with 1.05.30 and Annabel took fastest qualifier with 1.03.08 to also swim in the later final.

The 16 year old age group had Niamh Kennedy and Emily Pilgrim racing. Niamh qualified in 4th place with a 1.01.29 and Emily just missed out a finals place coming 10th.

Eve Perry (17 & Over) also swam into the finals with 4th fastest heat time of 1.01.28.



Maddie Harris swam a brilliant long course PB of 1.23.96 and took **Gold** in the multi-class event.

Nick Moylan (14 years) was the only Elmbridge swimmer in the boys **200M butterfly**. He looked strong and swam a fabulous race and won a **Silver** medal with a PB of 2.28.86.

Eleanor White's **swim-off** against the Woking swimmer was another exciting race. Nothing was splitting the two girls at the 50M turn and they swam side by side until the end, when Ellie was just beaten on the touch for the 2nd time in a swim-off. Upset as she was, she should be proud of her swim as she swam a fabulous PB of 1.06.9 and gained an automatic regional qualifying time! This time would also have been good enough for 3rd place in the ensuing final!

Finals

Girls 100M Freestyle

These finals saw more Pb's from the Elmbridge girls.

Louisa Cipolletta dropped another 0.65 secs to 1.07.27 to gain 5th place in the 12 year old age group.

Annabel and Kyarra were in the 13 year old final. Kyarra managed a PB with a 1.05.26 and 5th place, but Annabel thundered her way to the finish with a PB of 1.02.14 to win her a third **Gold** medal of the weekend!

Sara Fente-Damers was up next in the 14 year old final. She also PB'd with a 1.02.57 and gained 5th place.

Niamh was unlucky not to medal in the 16 year old final. A fabulous turn and underwater put her in the running at the 50M turn. However, she came 4th with a 1.01.12.

Finally, Eve swam in the 17 & Over final. She also just missed out on a medal with a 4th place 1.01.23.

Boys 100M Breaststroke

The last swim of the day for Elmbridge saw Club Captain Matthew O'Sullivan race in the 16 year old 100 Breast final. He came 6th with a 1.14.62.

All in all it was a great weekend of swimming for Elmbridge! Well done to all the swimmers who qualified – which is an achievement in itself!



Head Coach Stuart Donald said, "I am very proud of our EPSC swimmers this weekend, some great swims, PB's and medals. The camaraderie and team spirit was fantastic!"

A special mention to Rafael and Annabel who both dominated the 100M, 200M and 400M freestyle events in the 13 year old boys and girls categories with 6 golds

between them. Their determination and will to win was good to watch! Rafael also won a 4th gold in the 200 IM. Fantastic results!

Big thanks to coaches Glen and Stuart -poolside for nearly 12 hours a day for 2 days in a row!

Elmbridge sits in 8th place in the Surrey Club's Results Table after the first weekend. A great achievement when we are competing against some much larger clubs!

Onwards and upwards and plenty of time for more dedicated training before the next Surrey weekend on 9th/10th Feb at London Aquatic Centre! Good Luck to all those who have qualified for this weekend too! It kicks off with the 1500M freestyle – 30 lengths of the 50M pool!

Summary of Medals and Ribbons from Weekend 1

Gold Medals - x9

Annabel Pilgrim x3

Maddie Harris x2

Rafael Fente-Damers x4

Silver Medals - x3

Maddie Haris x2

Nick Moylan x1

Bronze Medals - x1

Sara Fente-Damers x1

4th Ribbon – x4

Eve Perry x1

Niamh Kennedy x1

Sara Fente-Damers x2

5th Ribbon - x6

Emily Pilgrim x1

Katie Shaw x1

Kyarra Steele x2

Louisa Cipolletta x1

Sara Fente-Damers x1

6th Ribbon - x6

Eleanor White x1

Ella Young x1

Emily Shaw x1

Grace Moylan x2

Nick Moylan x1

7th Ribbon – x4

Annabel Pilgrim x1

Emily Pilgrim x1

Grace Moylan x1

Loiusa Cipolletta x1

8th Ribbon - x3

Eve Perry x1

Sara Fente-Damers x1

Sarah Soliman x1

Total = 36 top 8 finishers!