

SOUTH EAST REGIONAL CHAMPIONSHIPS, PORTSMOUTH 6TH/7TH NOVEMBER

The above Championships were the first competitive outing of the season for a number of Gold & Silver squad members & I was greatly impressed by a number of performances.

Jennifer Hussey

Fantastic meet for Jenny who smashed all her Pb's starting with a 5 second improvement on the 200 Free dropping down to 2.07.90. She then improved again in the 100 Fly (1.06.27) & followed this up with a 3 second drop for the 200 IM (2.26.28). To round off her first day she demolished her 800 Free by over 20 seconds when she just missed out on a medal with 9.07.51.

Day 2 saw Jenny start where she left off on Saturday with another chunk off the 400 IM improving by 7 seconds to 5.04.76 then returned to the water in the 100 Free knocking 2 seconds off for 1.01.27 & the 100 IM in 1.11.51.

The afternoon saw Jenny wipe off 5 seconds in the 400 Free with 4.27.32 but it was in the 200 Fly where Jenny finally collected her well deserved medal winning Silver in a brilliant new PB of 2.18.85 where she not only went out in the first 100 in a new PB (1.06.19) but posted a time which ranks her 3rd in the National Rankings. Well done Jenny.

Mollie Vincent

Despite a heavy schedule Mollie posted some great swims which augur's well for the rest of the season, as well as adding more silverware to her collection.

A very solid 100 Breast of 1.15.41 was followed by a PB & Silver (Senior & Junior) in the 100 Fly with 1.03.12 which was just 2 tenths behind the winner. Mollie then followed this up with a 15 second improvement in the 800 Free (9.12.78) which impressed me as a real gutsy swim as when it got tough she refused to give in & kept going, well done Mollie.

Day 2 for Mollie started with a bang when she broke the 60 second barrier in the 100 Free for the first time with 59.65. this was followed up with Silver (Senior & Junior) in the 400 IM in a more than respectable 4.56.88. a excellent controlled 200 Fly then followed in 2.20.01 before a new PB in the 200 Breast in a swift 2.39.78 which gave her the Bronze (Senior & Junior) medal. A heavy race program which brought some great swims Mollie.

Trudie – Anne Hewitson

Despite the hectic workload Trudie has of College & part time work she showed her true class with several PB's (100 Free 1.02.44, 100 IM 1.10.13, 100 Back 1.05.39) with Bronze in the 50 Back (30.52), the icing on the cake. Good job Trudie.



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Georgia Churchill – Wright

Competing in her first SER's Seniors Georgia got her season off to a great start. Despite just recovering from a leg muscle injury which occurred in a school PE lesson & had affected the 3 previous weeks training Georgia took 34 seconds off her short course best time with 9.38.85 & followed this with 21 seconds off the 400 IM 5.27.94 before finally taking 3 seconds off in the 400 Free in 4.45.43. Now injury free I look forward to Georgia progressing even more over the season.

Alex Cameron Calvo

Superb weekend of racing from Alex who is really starting to shine. Starting with 2 seconds off in the 200 Fly (2.16.67) where he placed 4th junior he then took a second off in the 50 in 28.13 where a slightly poor finish stopped him from going under 28. He then concluded his competition with a excellent 3 second improvement for the 100 Fly in 1.01.57. Onwards & upwards now Alex.

Thomas Mills

Good weekend from our little penguin friend with PB's in abundance (good job by Kevin Terry, Thomas's main coach at Winchester). Thomas started in the 100 Free (54.90) with 4th in the 100 Back (60.56) before picking up the Bronze in the 400 Free with a 3 second PB in 4.08.74. This was followed by 6th in the 200 Free in another best time of 1.57.68 before rounding off with the 1500 in another PB of 16.57.47 for 6th place. Thomas also had some great relay swims for the team, well done.

Thomas Gregson

I was delighted with Thomas who last season had been put on a reduced program for various reasons which then affected his performances. However both he & his parents showed great understanding & on his part maturity in dealing with the situation & now he has started to reap the rewards of this with PB's & can now look forward to moving forward. A 4 second improvement in the 400 IM got the ball rolling (5.03.46) & this was followed by 4 seconds off in the 200 Fly (2.25.79) before finally finishing with a 24 seconds off in the 1500 which he controlled really well in 17.24.15. Let's keep it going now Tom.

Alexander Goodman

Despite having to combine a busy University course with his training Alex produced some excellent PB's which his coach Richard was really impressed with. Alex started off with a 5.34.93 in the 400 Free & then went on to do another PB in the 50 Fly in 39.63. Well done Alex



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William Stanhope

William produced two excellent distance swims over the weekend starting with a 14 second improvement in the 800 Free where he set new PB's at the 200 (2.11.69), 400 (4.30.58) marks before coming home in 9.08.76. Day 2 saw the 1500 where he swam the first part of the race more controlled before finishing in another PB in 17.30.05. Good job Will.

Jake Howes

Having picked up a injury in the recent AASE Camp in Cyprus it was felt best not to continue with the weekend after Jake had swam a decent 100 Free in the individual & team relay. However we look forward to our Club Captain returning to full health in the next few weeks where I expect him to have another great season.

Pierre Ainscow

Pierre has joined us from Holland this year & looks to be an excellent addition to the team. Having only just obtained a car to enable him to attend training sessions as well as just returning back to training Pierre performed really well qualifying for the 50 Fly final in 26.86 before finishing in the dreaded 4th position in 26.97 in the final. Pierre also did some great swims for the relay teams. Good first start for the club Pierre.

Elliot Bilsland

Another competition, another round of PB's for Elliot who started with 7 seconds off in the 400 IM in 4.40.50 to come 4th & then placed 5th in the 100 IM in 1.03.13. A 1 second improvement in the 50 Fly (26.99) was followed by the Bronze medal & 2 second PB in the 200 Fly (2.07.49). Bronze then followed in the 100 (58.65) & yes another PB before he finished the weekend off with 4th in the 200 IM in a PB of 2.13.88. Nice one Elliot.

Joshua Fowler

Good start to the season for Joshua who had a solid 400 IM in 4.40.72 for 5th then went straight into the 100 Back final for a 1.02.48. To help his Medley this season we have decided to have Josh race more events on the form strokes & to this end he competed in the 200 Breast with a PB in 2.39.43. He then followed this up with a negative split in the 200 Free (1.58.81). Josh then swam a great well paced swim in the 1500 where he came from 5th to win the Silver in 16.38.16 for his fastest time in 2 years at this event. Well done Josh.



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Neil Redman

Last but not least Neil had an excellent weekend where his hard work really paid off with PB's in every event. First came the 50 Breast where he broke the 31 second mark for the first time in 30.92 winning the Junior Bronze then followed 9 seconds off in the 400 IM in 4.40.96 & the Junior Silver. In the 200 Breast Neil set another PB in 2.23.99 but then in the final he suffered severe cramp which resulted in him having to be helped from the pool but still had the consolation of the Junior Silver medal. Another PB in the 100 (1.07.18) where this time Neil had to settle for the Junior Bronze. Finally the last event of the 200 IM saw he come away with another PB & the Junior Silver in 2.14.97. Fantastic swimming Neil.

I was really pleased with the team this weekend & yes there are still some things that need to be worked on (as there always will be) but great start guy's now let's maintain this momentum & push on for the rest of the season.

Paul Hogg
Head Coach