

## Sunderland National Qualifier 2017

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Over forty members (making up two thirds of Ellesmere College Titans Elite Swimming Squads) competed in the Sunderland Premier 'National Qualifier' meet recently recording some outstanding performances.

The Titans came away victorious with Top Team award, a wealth of lifetime best times, meet records, West Midland's records topped off with a British Age group record for British swimming's latest star.

With the Titans' swimmers, the West Midland's top swimming club, winning 153 medals (73 golds) beating their nearest rivals the East Midland's top club Nova Centurian recording 107 medals (33 golds) there was no doubting the premier club on the day.

This has followed a period of intensive training with the aim of trying to set yet more qualifying times both for the forthcoming British Summer Champs in July but also in preparation for the imminent British Championships/Junior Trials to be held in Sheffield Ponds Forge from 18<sup>th</sup> April.

**British Trials Qualifying Times....** The senior and junior trials will be used for selection to the World Swimming Championships, World Junior Championships, European Junior Championships and European Youth Olympics. Together with selection for England, other Home Nations and Commonwealth countries also coming up for the Commonwealth Youth Games in the Bahamas during the summer there was a lot to play for.

The Titans have proudly passed the first test by having sixteen swimmers qualifying for the British Champs/Trials competing in fifty two events (actually qualifying for over sixty).

### Medals Table top ten clubs

Place	Team	G	S	B
1	Ellesmere Titans	73	43	37
2	Nova Cent'n	33	39	35
3	York City	22	9	15
4	Derwentside	16	11	13
5	Co Manch Aq	15	27	23
6	Tynemouth	8	17	15
7	Harrogate	8	11	9
8	Chester Le S	7	14	10
9	Co Sund'land	7	6	4
10	Kendal	6	3	3

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### Age Development squad

**Katie Hale** (11) continuing her great form to be placed, even at such a young age, 29th overall in the Top Girl rankings on 2010pts. She was the highest place member of the Age Development squad hauling in 7 Medals in total (1 Gold, 3 Silver and 3 Bronze). Her achievements means she has now qualified for her first Swim England National Event at the Open Water National Age Group Championships in July. As if that wasn't enough she now also holds the top position for her age in all 5 Freestyle West Midland Regional Rankings.

**Henrietta D'Amassa** (11) took to the blocks for her 100m Butterfly event comfortably winning the heat. Her performance earned her a place in the 14-and-under final where she finished 3rd setting a personal best of 1:10.00. Success continued throughout the weekend with more personal bests in the 200m, 400m & 800m Freestyle and 100m Backstroke.

**Archie Neaves** (11), **Carter Lockley** (12) & **Harrison Aspinall** (12) are all Sunderland veterans having been twice before and returned to the North East for another weekend of racing. Archie posted 7 personal bests. He was really pleased to have completed his first ever 1500m Freestyle in a Long Course pool. Out of 7 races Carter posted 5 personal bests in the 50m, 200m, 400m Freestyle, 100m Backstroke and 200m Breaststroke. Harrison also posted 7 personal bests whilst also qualifying for the 14-and-under final of the 50m Butterfly.

**Prue Noss** (10) Since competing in her first 400m Long Course event in Cardiff, has continued to build on her success. Sunderland was no different with Prue now placed in top position in the UK rankings and subject to confirmation the Titans record holder in her age group. Throughout the weekend several more PBs followed plus 2 West Midlands qualifying times in the 50m Freestyle and the 200m Backstroke.

**Asha Turner-Tarr** (11) PB'd in 7 out of her 9 races resulting in her British Rankings across these 7 events to soar to between 1<sup>st</sup> and 4<sup>th</sup> positions in her 11 year Age Category. Notably, her 100m Fly and 100m Free PB times have gained her Number 1 British Rankings in her age group coupled with 15 Titans Records (LC & SC) during the season, has put her in a good position to experience the challenges of West Midlands Regionals later this month swimming in the younger category of the combined 11/12 Age Groups. Asha always enjoys the Sunderland Meet as it is not only exciting but has a great atmosphere which motivates her greatly to swim well and gain more 50m pool experience.

**Top five 14/under year Best 4 event Category (by FINA Points) (out of 207 in total !!!)**

Place	Name	Club	Best 4	Total
1	Sophie Negrine	Ellesmere Co	2538	2538
2	Mollie-Jo Garratt	York City	2369	2369
3	Ella Cowan	York City	2322	2322
4	Gerda Vasiliauskaite	Ellesmere Co	2305	2305
5	Emma Erskine	Nova Cent'n	2259	2259

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Meanwhile **The Titans Age Performance Squad** amassed an impressive 49 medals including 21 gold, 11 silver and 17 bronze medals helping the club to achieve top visiting club whilst several of the squad achieved a number of qualifying times for the trials outlined above as well as setting new personal best times on 60% of their swims.

**Pia Murray** had already achieved trials times in the 100m backstroke (1:05.49) and 200m butterfly (2:21.76) times to add to the 50m butterfly, 100m butterfly and 50m backstroke she already has, **Anna Smail** achieved the 100m and 400m freestyle times to add to the 200m she already has and **Kyo Tanner** attained his first qualifying time in the 50m freestyle. In addition **Sophie Negrine** already has the 400m freestyle qualifying time. All four swimmers will be competing to gain selection to represent Great Britain in the European Youth Olympics in Hungary later this year.

**Gold Medallists** were made up of **Sophie Negrine** swimming in the 14 year old girls' age group was rewarded with top 14 and under girl winning five gold medals in 100m (1:01.35), 200m (2:12.01), 400m (4:38.24) and 800m freestyle (9:15.94) and 200m individual medley (2:29.62) as well as two bronze medals in 100m (1:11.85) and 200m back (2:30.39).

**Anna Smail** swimming in the 15 year old girls won six gold medals in the 100m (58.71), 200m (2:07.09) and 400m freestyle (4:28.09), 200m individual medley (2:25.30), 200m backstroke (2:23.96) and 100m butterfly (1:06.07) whilst **Jess McDonough** in the same age group secured two gold medals in the 400m individual medley (5:15.05) and in the

800m freestyle (9:15.95), three silvers in the 100m butterfly (1:06.30), 200m butterfly (2:27.82) and 200m backstroke (2:25.85) and one bronze in 400m free (4:35.40).

**Kyo Tanner** swimming in the 15 year old boys dominated the sprint freestyle events taking gold in the 50m freestyle (24.64) and the 100m freestyle (54.21) and added three silvers to his collection in the 200m freestyle (2:01.82), 200m individual medley (2:18.58) and the 400m freestyle (4:23.16). **Dante Des Rosier** swimming in the same age group won gold in the 1500m free (17:06.29) and the 400m free (4:21.05), silver in the 200m fly (2:20.85) and two bronzes in the 200m backstroke (2:18.63) and the 400m individual medley (5:02.58).

**Gerda Vasiliauskaite** swimming in the 14 year old girls shone in the backstroke events taking gold in the 100m backstroke (1:09.69) and the 200m backstroke (2:27.22) whilst securing silver in the 200m individual medley (2:34.19).

**Huw Hilson** swimming in the 15 year old boys won a gold in the 50m backstroke (29.57) and a silver in the 100m back (1:03.05) and **Hannah Shakeshaft** swimming in 15 year old girls won gold in the 100m back (1:08.72) and two bronzes in 50m free (28.48) and 200m back (2:27.43).

**Silver Medallists** came in the form of **Abagael Walmesley** swimming in the girl's 15 year old age group won silver in the 50m butterfly (29.60) and bronze in the 100m butterfly (1:06.44) and **Alexander Rosser-Barnett** swimming in the boys 14 year old age group came away with a silver in the 200m individual medley (2:25.06) and a bronze in the 200m Breaststroke (2:48.62).

**Bronze Medalists** **Lola Oke** swimming in the 13 year old girls secured three bronzes in 100m butterfly (1:12.14), 200m butterfly (2:45.13) and 400m individual medley (5:36.11), **Eleanor Bainbridge** swimming in the 14 year old girls won two bronzes in 100m (1:11.30) and the 200m (2:42.63) butterfly, **Shannon Dalligan** (16) swimming in the tough 16 and over girls came away with two bronze medals in the 800m (9:22.53) and the 400m (4:33.41) freestyle and **Alexander Rees** swimming in the 15 year old boys' age group won bronze in the 100m backstroke (1:05.98).

**Other Top Ten finishers....Rosie Holland** (16) swimming in the 16 and over girls had top ten finishes in the 400m and 800m freestyle, 200m butterfly and 400m individual medley whilst her brother **Benjamin Holland** swimming in the 14 year old boys had top ten finishes in the 100m and 200m butterfly, the 100m and 400m free and the 200m and 400m Individual Medley.

Swimming in the girls 14 year old age group, **Imogen Rhodes** had top ten finishes in the 50m, 100m and 200m backstroke, the 200m freestyle, the 50m butterfly and the 200m individual medley whilst **Kian Dalligan** swimming in the boys' 14 year old age group had top ten finishes in the 100m backstroke and 200m individual medley. **Age Performance coach Marc Foster said** "There were some outstanding performances and best times over the weekend. These performance show that if you work hard, make the right choices and keep believing in what we are doing and the little steps will add up to some very special results. We are all working hard and looking forward to our next meets in Leeds and Sheffield mid April".

**The Titans Elite Sprint Squad** were represented by five swimmers who competed in 30 events in the open age group and managed to win three medals, make eleven open finals and record lifetime best times in over 85% of their swims.

**Max Dalziel** (20) swimming in the men's open age group recorded personal best times in all of his 6 events, made four open finals and came away with a gold and two silver medals. In the 50m free, Max recorded a new best time of 24.37 in the heats then went on to take gold in the open final in a slightly faster time of 24.30. Max also won two silvers in the 100m free (53.34) and the 200m freestyle (1:57.26), made the open final in 50m fly (27.50) and 50m breast (34.01) and finished 9<sup>th</sup> in the 200m backstroke (2:17.11).

**Chris Hooper** (16) competed in 8 events in the men's open age group gaining personal best times in seven of the events and making two open finals. In the 50m backstroke Chris finished 5<sup>th</sup> in the open final recording a new best time of 28.69 and in the 50m freestyle he came 6<sup>th</sup> in the open final in a new best time of 25.28. Other top ten finishes in his age were 100m back (1:02.73) and 50m breaststroke (34.28) and he also recorded best times in 100m free (57.16), 50m fly (28.79) and 200m free (2:07.97).

**Alice Smail** (17) competing in the women's open age group recorded six personal best times and made three open finals finishing 5<sup>th</sup> in 50m butterfly (29.30), 8<sup>th</sup> in the 100m butterfly (1:06.44) and 10<sup>th</sup> in the 50m backstroke (32.19). She also had top ten finishes in her age in 50m free (28.87) and 100m free (1:01.66) and recorded a new best times in the 200m free (2:15.00).

**Ruth Hadley** (19) competing in the women's open age group recorded six personal best times and made the open final of the 100m backstroke where she finished 6<sup>th</sup> in new best time of 1:08.83. She also had a top ten finish in her age in 200m back (2:26.24) and recorded best times in 50m free (28.95), 50m back (32.66), 100m free (1:03.36) and 200m free (2:17.88). **Catherine Brown** (17) competing in the women's open age group made it into the open 50m breast stroke final where she finished 6<sup>th</sup> in a personal best time of 34.65 and was 4<sup>th</sup> in her own age group.

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**NATIONAL SQUAD** ..... were represented by 13 members with Open water specialist **Phoebe Griffiths** the first to setting a lifetime best of 8:57.19 in the 800 freestyle gaining a silver in the 16 yrs and over category. **Hector Pardoe** was up next winning silver with a lifetime best time of 16:32.15.

On the Saturday the National squad girls showed their skills in the 200 freestyle heats with **Tazmin Pugh** getting Silver in a time of 2.05.38 despite injury and gaining another time for the British Champs/Trial, and **Phoebe Griffiths** and **Cassie Wild** both setting down lifetime bests with 2.06.49 and 2.19.12 respectively. The boys stepped up in the 200 backstroke with 15 year old **Charlie Hutchison** claiming Gold with a time of 2.06.74, a massive 2 second PB which bodes well for the forthcoming British Championships and also claimed him a West Midlands Junior record. Joseph Small came away with silver in the 16yr and over category and distance swimmer Hector Pardoe touched home with a PB of 2.15.41 knocking a massive 3 seconds off his entry time. Max Dalziel touched home in a time of 2.17.11.

Next up was the women's 200IM – with the Titans showing their strength in the 16yrs and over category – **Ellinor Southward** showed her versatility knocking 2 seconds off her PB to get Gold, and **Olivia Gardner** brought home Silver with a lifetime best of 2.20.79.

Next up the men's 400 free with Titans dominating the finish with Gold, Silver and Bronze -**Gordon Mason** winning Gold with a PB of 4.08.44, Silver went to **Nathan Wells** with **Hector Pardoe** gaining bronze and a PB with **Jack Shillinglaw** also setting down a personal best time.

Saturday's morning finals started with **Adam Metcalf** and Jacob Jackson winning gold and silver respectively in the 50 fly with **Nathan Wells** also winning finals places.

A successful morning for **Ellie Southward** was topped off with Gold in the 100 fly final which secured her a British Championships qualification time.

Saturday afternoon saw Adam Metcalf get bronze in the 200 breaststroke and again Ellinor Southward showing her strength with Silver in the 200 fly with yet another personal best time of 2.21.11, again a time that would qualify her for the up-coming British Championships.

The 400m men's IM next saw a strong showing with Hector Pardoe taking Silver with a personal best time of 4.49.52 and **Gordon Mason** bringing in Bronze both in the 16yrs and over category.

The afternoon's finals events saw backstroke specialist Joseph Small safely home with a gold in the 50m event and sprinter **Freya Anderson** secure Gold and an All comers meet and West Midlands senior record in the 50 freestyle with a PB time of 25.59. Still to come the Titans dominated the men's 100 freestyle 15 yrs and over final with 5 out of 10 finalists. **Adam Metcalf** powered to Gold with a strong PB of 52.93 getting him a West Midlands Junior record in the process, preparing him well for the British Championships in April. **Nathan Wells'** hard training brought him a PB of 54.58 and back stroke specialist **Jack Shillinglaw** came home with a time of 55.95.

**Top Ten GIRLS 15/Over years Best 4 event Category (by FINA Points)****(out of 125 in total !!!)**

Place	Name	Club	Best 4	Total
1	Courteney Price	Nova Cent'n	2987	2987
2	Mollie Wright	Nova Cent'n	2985	2985
3	Ellinor Southward	Ellesmere Co	2965	2965
4	Phoebe Griffiths	Ellesmere Co	2913	2913
5	Cassie Wild	Ellesmere Co	2834	2834
6	Olivia Gardner	Ellesmere Co	2828	2828
7	Anna Smail	Ellesmere Co	2754	2754
8	Katie Laybourn	Hartlepool	2731	2731
9	Kathryn Henderson	Nova Cent'n	2688	2688
10	Anna Marley	Harrogate	2641	2641

Backstroker **Cassie Wild** topped the afternoon with a meet All comers record of 1.02.34 in the 100 back, with **Elinor Southward** safely securing silver with a time of 1.04.05. Team mate **Olivia Gardner** brought home a time of 1.05.42.

Sunday morning, and 15 yr old **Charlie Hutchison** was on form scoring a massive 4 second PB with an All Comers record in the 200 freestyle, getting Gold in the 15yr category. The 16 yr plus category was populated with Titans with **Nathan Wells** winning Gold, **Adam Metcalf** getting Bronze with **Gordon Mason** coming in fourth, Jack Shillinglaw sixth, Hector Pardoe 8<sup>th</sup> and **Joseph Small** 10<sup>th</sup>.

The next event was the women's 200 back – **Ellinor Southward** clocked up yet another PB getting Silver and **Cassie Wild** brought home Bronze with **Olivia Gardner** touching home in 5<sup>th</sup> position.

It was yet another All comers record for **Charlie Hutchinson** with a time of 2.11.01 in the 200IM, getting him Gold in the 15yrs category. The 16 yr and over boys **Nathan Wells**, **Hector Pardoe** and **Jack Shillinglaw** all put in a good showing with **Hector** laying down a personal best time.

**Phoebe Griffiths** added to her PB times with a 4.21.69 in the women's 400 freestyle.

Finals time and again **Adam Metcalf** showed his skill getting a lifetime best and a West Midlands Junior record with Gold in the 50 breaststroke in a time of 30.34.

Next up the 50m butterfly brought an event All Comers Record, a West Midlands senior record and a British age group record for 16 year old **Freya Anderson** with a time of 27.12 – and team mate **Elinor Southward** proved her form with a PB time of 29.16.

Gold came again for the Titans with butterfly specialist **Jacob Jackson** winning the 15yr and over final in the 100m event with a time of 56.99 - and **Charlie Hutchison** getting bronze with a time of 57.74.

Sunday afternoon, and yet another meet record for **Charlie Hutchison** and Gold in the 200 fly with a time of 2.04.52 that puts him 1<sup>st</sup> in the GB rankings for 15 year olds and scored him his second junior West Midlands record of the meet. In the 16 yr old event **Jacob Jackson** got Silver and **Hector Pardoe** came 8<sup>th</sup>.

**Top Ten BOYS / Over years Best 4 events Category (by FINA Points)****out of 132 in total !!!!)**

Place	Name	Club	Best 4	Total
1	William Gayne	Nova Cent'n	2745	2745
2	Charlie Hutchison	Ellesmere Co	2699	2699
3	Adam Metcalf	Ellesmere Co	2637	2637
4	Joseph Small	Ellesmere Co	2622	2622
5	Gordon Mason	Ellesmere Co	2620	2620
6	Nathan Wells	Ellesmere Co	2565	2565
7	Hector Pardoe	Ellesmere Co	2533	2533
8	Jack Shillinglaw	Ellesmere Co	2526	2526
9	Maxwell Dalziel	Ellesmere Co	2518	2518
10	Henry Hickson	Loftus Dol	2512	2512

The gruelling 400IM was up next for the women and **Olivia Gardner** put in a fantastic performance getting Gold and securing herself a PB and a place in the British Championships which serves as a qualification event for the World Championships and World Junior Championships, with a time of 4.57.01.

Distance swimmer **Phoebe Griffiths** also put in a superb personal best time of 5.04.95, also a qualifying time for the British Championships.

The 50 back final secured **Cassie Wild** a Gold in her specialist event with **Elinor Southward** coming in with Silver with a lifetime best of 30.11 – setting them both up well for their up-coming performance at the British Championships. It was 1,2,3 for Titans with **Olivia Gardner** bringing home bronze with a time of 31.94.

A strong showing for the boys in the fast 50 freestyle final with **Adam Metcalf** coming a close second with Silver in a time of 24.34, again showing his form with a personal best time **and Nathan Wells also showing his speed with a personal best time of 24.86.**

The 100 free saw **Tazmin Pugh** setting another British Champs/Trials time in 58.03 with **Phoebe Griffiths** going in the final to touch home in 4<sup>th</sup> place In the final event of the day saw more medals for the Titans with **Joseph Small** hitting home with a PB in the 100 back getting Gold – and teammate **Jack Shillinglaw** getting Silver. **Hector Pardoe** brought home an impressive 3 second PB touching in 7<sup>th</sup> place.

**Club Records:** **Adam Metcalf** 50 fly 26.15 / 100 free 52.93 / 200 br 2.34.23 / 50 free 24.34 / 200 free 1.57.89 / 50 breast 30.34, **Joseph Small** 50 bk 26.97 / 100 bk 58.14, **Freya Anderson** 50 free 25.59 / 50 fly 27.12, **Ellie Southward** 100 bk 1.03.05 / 50 bk 30.11, **Charlie Hutchison** 200 bk 2.06.74 / 200 fly 2.04.89

**West Midland Records:** **Freya Anderson** Senior 50 fly 27.12 / Senior 50 Free 25.59, **Adam Metcalf** Junior 100 free 52.93 / Junior 50 breast 30.34, **Charlie Hutchison** Junior 200 bk 2.06.74 ,

**British Age Records:** **Freya Anderson** 50 Fly 27.12