Titans Go Global!
by TitansPress

Welcome back to the new season!
share with the wider Titans community.

It’s been a busy, exciting and highly successful Summer at Titans. During the Summer of 2017 Titans has been a team of truly global proportions. There have been Titans swimmers in Israel, Hungary, France, USA, and the Bahamas as well as at many National domestic competitions.

In this newsletter we hope to have captured some of that success to share with the wider Titans community.

FINA World Junior Championships
Freya, Cassie and Conor take on the world and win!

European Open Water Championships
Phoebe, Hector and Gordon are put to the test against the rest of Europe in Marseilles.

European Youth Olympic Festival
- Charlie Hutchison secures Bronze for Team GB in the 400 IM
- Pia Murray makes four finals at the EYOF.
**FINA World Junior Championships 2017**  
by TitansPress

On the 23rd-28th of August the 6th Fina World Junior Championships were held in Indianapolis, USA. A group of Titans led by Head Coach Alan Bircher travelled to this prestigious event for several days of fierce competition on the world stage.

Titans’ Freya Anderson already ranked 12th in the World from Budapest once again showed her dominance in the 100m freestyle event becoming **World Junior Champion**. Despite Japan’s Rikako Ikee qualifying faster in the heats, Freya proved to be too much in the final taking Gold in 53.88 for Great Britain and a new personal best.

Cassie Wild competed in the 100m Backstroke easily qualifying for a place in the semi-final with 6th place overall in the heats in 1:00.84. Cassie then went faster to qualify for the finals in a time of 1:00.58. After a close final Cassie finished as the top Briton ahead of Anna India Maine and 7th in the World.

Representing Titans and the Republic of Ireland was Conor Ferguson in the 200m Backstroke event. Conor finished second in his heat in 2:01.56 qualifying him in 8th place for the final. Conor then went faster in the final in 1:59.86 finishing ahead of Great Britain’s Elliott Clogg in 7th place overall.

Outstanding performance at a world-class event. Well done Freya, Cassie & Conor !!

In case you missed it – Freya’s 100m Freestyle final can be viewed at: https://www.youtube.com/watch?v=GhNCfom3bbc
Representing Wales Titans’ Joseph Small reflects on his campaign at the Commonwealth Youth Games.

The Commonwealth Youth Games was an incredible experience, and I was extremely proud to be a part of it, plus what better place to be than in the Bahamas!

Mixing with athletes from other disciplines, not just from your country, but from all over the commonwealth was a new experience. Although I have made many new friends I have also strengthened my existing relationships with my own team. ‘Teamwork makes the dream work!’

Competing out there was very strange. The heat and humidity meant that we had to stay hydrated at all times, constantly keeping at least two bottles of water with you, and staying out of the sun as much as possible prior to racing. When in the sun we had to wear loads of sun cream followed my mosquito repellent in order to prevent being eaten alive by the thousands of bugs that live over there.

However the hardest challenge was racing open air. Backstroke especially was particularly hard, as I couldn't judge where I was going. I kept hitting my arm on the lane ropes and swimming side to side on the first few days, but I got used to it as we got closer to the race. The wind was also a large issue as it kept bending your arms and if you were swimming into it, it acted as resistance. Overall I am quite pleased with how I performed getting 2 PB’s from 3 races in the open air pool, and making a final in all 3 races. My races kicked off with the 100 backstroke, where I qualified for the final in 6th place, where I ended up finishing in 5th place, just missing out on the top 3 by a few tenths of a second, and only just off my PB, improving on my heat time by over half a second.

The second day saw my best chance of hitting the top 3, in the 50m backstroke. I qualified for the final in 6th place, where I ended up finishing in 5th place, just missing out on the top 3 by a few tenths of a second, and only just off my PB, improving on my heat time by over half a second.

My final race was on the third day, the 200m backstroke. I was seeded in 14th place, and with only the top 8 making a final I wasn't really expecting much. To my surprise the heats saw me get a massive PB of over a second in a time of 2:06.9, which qualified me for my third final this time in 5th place. Unfortunately I couldn't improve on my heat time in the final, however finished in 6th place which was a massive improvement than what I was entered at.

The games have given me the opportunity to race at an international meet, whilst living in a multi-sport environment and making many new friends. I am pleased to have been given the chance.
European Youth Olympics
by TitansPress

Charlie Hutchison secures a medal and Pia Murray makes four finals at EYOF

Pia Murray was unable to compete at the British Championships as she was selected to compete for Great Britain at the European Youth Olympic Festival held in Gyor, Hungary. 15 year old Pia swimming in the 15 and under age group competed in four events; the 100m butterfly, 100m backstroke, girl’s medley relay and the mixed medley relay doing the fly leg in both relays.

Pia’s first event of the week was the 100m backstroke where she progressed to the semi-final in 11th place. Pia stepped up in the semi-final to make the final in 8th place and once again improved in the final to finish as 7th in Europe just outside her best time in 1:04.18.

The following day she competed in the mixed medley relay which is a new Olympic event. Pia did the fly leg, the team got through to the final that evening where the team finished 7th.

Later in the week Pia raced the 100 fly where she came second in her heat to comfortably make the semi-final in 6th place. Pia coming third in the semi-final made the final in 6th place and in a hard fought final managed to go one place better to finish 5th in Europe in 1:01.54.

To finish off a long week Pia raced the fly leg of the women’s medley relay and the team went through to the final in 6th and although going faster in the final, finished in 8th place.

On the fourth night of racing at the Gyor Aqua Sports Centre Charlie Hutchison claimed Team GB’s first swimming medal of the week with bronze in the 400m Individual Medley.

The 15-year-old opted for a gutsy strategy of going out hard in the first 200m, but the move paid dividends as Hutchison touched home in third with a time of 4:29.90.

“I know I’m stronger in the first half of the medley but I also know that the other guys would be good in the back half so I went out hard and thought I had nothing to lose,” said Hutchison.

“This really caps off the week but I’ve still got the 200m backstroke to come so I’ll be targeting a medal in that one as well. I’m ranked second so hopefully I can pick up another medal.”
Titans win medals and break records at School Games 2017

Adam Metcalf (15), Charlie Hutchison (15) and Anna Smail (15) were all selected to represent Central England in the School Games held at Loughborough University over the weekend of 2nd and 3rd September 2017. The School Games is a three day sporting competition between Scotland North West, Scotland South East, Ireland, Wales and four England teams - Central, East, South and North.

The three Titans were competing in the 16 and under age group as part of a team of 22 swimmers against the seven other regions and helped the team to come a fantastic 2nd place just behind England North. The competition was tough because Adam, Charlie and Anna after the summer break had not trained for 4 weeks and were up competition where many had not had the same long break so medals and personal best times seemed very unlikely.

However gold was won by Adam and Anna in the last event of the weekend in the mixed 100m freestyle relay setting a new games record of 3:47.20. Adam swam a fast first leg followed up by Matthew Richards and Alicia Dingle of the Royal Wolverhampton School with Anna clinging on for gold on the anchor leg.

Adam also won individual silver in the 100m freestyle swimming in a time only a second outside his best in 53.69 seconds and came 4th in the 50m freestyle and the 100m freestyle relay. Anna came 4th in the 200m freestyle, 4th 200m freestyle relay and 4th 100m freestyle relay.

Charlie had a very busy and tiring weekend and came 4th in the 100m freestyle relay, 5th in the 400m IM, 6th in the 200m butterfly, 7th in the 100m backstroke and 7th in the mixed medley relay.

Although not swimming their best, all three swimmers thoroughly enjoyed the weekend swimming as part of a team and are enthusiastic to start the new season.
Three Titans travelled to Marseilles in August as members of the British team to compete in the European Open Water Championships.

Phoebe Griffiths secured the best individual finish for the British team in the 7.5km event. Phoebe placed 10th in a time of 1:28:12.80 with the top 10 finishers some 2 and half minutes ahead of the rest of the field.

Gordon Mason placed 27th in the individual 10km event with a time of 1:59:37.60. He then joined Titans team-mate Phoebe Griffiths, Rose Foden (Northampton) and Max Jelfs (Hatfield) to represent Great Britain in the Under 19 5km mixed relay event. The team finished 11th overall in a time of 1:03:03.

Hector Pardoe took to the water to compete in the 7.5km individual event. Hector finished 24th in a time of 1:25:41.70.

Hector also competed in the under 14-16 category mixed relay, where he picked up a Bronze medal after the team placed 3rd close behind Hungary (Silver) and Russia (Gold).

An outstanding performance by these Titans in some of the toughest events in swimming.
British Summer Championships 2017
By Julian Rosser-Barnett

A team of 14 swimmers from the National squad travelled to Ponds Forge, Sheffield to show off their skills in the British Summer Championships in July. The top 24 ranked swimmers for each event in each age group are invited to compete in this event which is the highest level domestic competition of the year. The event was a success for the group with them bringing home 8 medals across 7 events.

Cassie Wild gets GOLD and personal best times in 100 and 200 back – preparing her well for the World Juniors in August in Indianapolis, USA

Cassie Wild secured gold in the 100 and 200 back enabling her to claim top place on the national rankings for 17 year olds, with silver in the 50 back placing her securely as 2nd fastest swimmer in the UK for this event. Cassie demonstrated excellent skills improving her times from heats to finals to secure her position.

Elinor Southward swimming in the 16 year old category demonstrated her versatility over a number of events culminating in a superb silver for her in the 100 back showing improvement from heats and a time of 1.04.12 to finals with a time of 1.03.21. Ellie’s first event was the 400IM, followed by the 50 fly and 50 back where she finished 18th and 11th. Ellie also competed at the European Junior Championships in Hungary in June.

Ellie was joined by Shannon Dalligan, Jess McDonagh and Anna Smail from the Age Performance Squad in the 4 by 200m freestyle relay and they performed well in the heats knocking 4 seconds of their entry time to progress to the final in 6th place. The girls improved on their time by 3 seconds in the final to finish 5th just 3 seconds off the bronze medal.

Olivia Gardner swimming in the open age group showed her talents again over a full schedule of events starting with the 400IM where she finished 11th in a time of 5.04.79. The 100 back saw Olivia in with a time of 1.05.99 finishing 16th against a very tough field. In the 200 back Olivia clocked a time of 2.22.92 finishing 14th.
Swim England National Summer Championships 2017
By Julian Rosser-Barnett

A team of 14 swimmers from the National, Elite and Age performance squads travelled to Ponds Forge, Sheffield to compete in the National Summer Championships between 2nd and 6th August 2017. This competition is for the next twenty ranked swimmers in each event and age group outside the British Summer Championship and is Swim England’s biggest domestic swimming event of the year.

It was an opportunity for some swimmers to take part in their first national competition, experiencing heats in the morning and finals in the evening, and was a success for the group bringing home 6 medals across 18 events, 3 Gold and 3 Bronze medals.

Day One: 2nd August 2017
Heats
Nathans Wells from the National squad was the first to swim in the 200m freestyle event, in the 18years and over age group finishing 11th in the heat and narrowly missing a place in the final.

Alex Rosser-Barnett from the Age Performance squad was up next in the 400m Individual Medley, in the 13/14 years age group, where he set a personal best time of 4.57.41 to finish 5th and qualify for the final.

Anna Smail and Shannon Dalligan from Age Performance also competed in the 400m Individual Medley in the 15years and 16years old age groups respectively with Anna qualifying 2nd for the final in a time 5.12.32, while Shannon finished 14th in age group.

Finals
In the 400IM finals Alex Rosser-Barnett set another personal best time of 4.51.69 to secure a bronze medal, while Anna Smail also set a personal best of 5.05.05 to win gold and become Swim England National Champion.

Day Two: 3rd August 2017
Heats
Chris Hooper from the Elite squad competed in the 50m freestyle and set a time of 25.51 in the heats to qualify 8th for the 16 years old age group final.

Jessica McDonough and Abagael Walmsley competed in the same heat of the 100m butterfly and both qualified for the 15 years old age group final, with times of 1.06.25 and 1.06.29 respectively.

Alex Rosser-Barnett competed in the 200m breaststroke finishing 11th in age group with a personal best time of 2.40.41. Followed by the 1500m freestyle where he finished 6th, again with a personal best time of 17.28.13, taking 13 seconds off his previous best.

Finals
In the 50m freestyle final Christopher set a personal best time of 25.26 to finish 5th, while again Jessica and Abagael went head to head in the 100m butterfly final with Abagael finishing 5th and Jessica 6th both with personal best times of 1.04.98 and 1.05.03 respectively.

Day Three: 4th August 2017
Heats
Jessica McDonough started today’s competition in the 400m freestyle qualifying 1st for the evening final with a personal best time of 4.31.30.

Kyo Tanner from the Age Performance squad competed in his first event of the
championship, 50m backstroke, finishing 12th in the 15 years age group and a personal best time of 29.58.

Alex Rosser-Barnett set a personal best time of 2.21.30 in the 200m Individual medley to qualify 5th for the 13/14 years age group final.

Sophie Negrine from the Age Performance squad also swam the 200m Individual medley to finish 16th in 14 years old age group.

Finals

In the 400m freestyle final Jessica set another personal best time of 4.28.82 to win gold and become Swim England National Champion.

In the 200IM final Alex also set another personal best time of 2.19.37 to finish 4th.

Day Four 5th August 2017

Heats

Eleanor Bainbridge from the Age Performance squad was first to compete today in the 200m butterfly finishing 13th in a time of 2.36.81

Kyo Tanner set his second personal best time of the championship with a time of 1.03.97 in the 100m backstroke to finish 12th in age group. Kyo also competed in the 400m freestyle finishing 14th with a time of 4.27.37

Chris Hooper qualified 7th for 16 years old age group final in the 100m backstroke with a time of 1.02.44

Gerda Vasiliauskaite from the Age Performance squad competed in her first event of the championship, 100m backstroke and qualified for the 14 years old age group final in fifth place with a personal best time of 1.08.40

Jack Shillinglaw from the National squad also competed in the 400m freestyle and qualified for the 18years and over age group final in 6th place with a time of 4.10.44

Finals

In the finals that evening Chris finished 7th in the 100m backstroke final with yet another personal best time of 1.01.70, while Gerda also improved on her heat time with a personal best time of 1.07.68 and finished 6th in the 100m backstroke final. While Jack knocked 2 seconds off his heat time in the 400m freestyle final to win bronze and set a personal best time of 4.08.61.

Day Five 6th August 2017

Heats

Gerda Vasiliauskaite and Ninah Strydom started the day competing in the 200m backstroke with Gerda qualifying 9th for the 14 years old age group final in a time of 2.29.74 and Ninah also qualifying 9th for the 17 years old age group final in a time of 2.26.44.

Up next was Kyo Tanner in the 50m butterfly who set a personal best time of 27.55 to qualify 6th for the 15 years old age group final.

Abagael Walmsley also competed in the 50m butterfly and set a time of 29.75 to qualify 4th for the 15 years old age group final.

In the mid-morning session both Eleanor Bainbridge and Rosie Holland competed in the 800m freestyle event with Eleanor finishing 6th in the 14 years old age group in a time of 9.35.08 and Rosie finished 7th in the 16 years old age group in a time of 9.40.57.

Finals

In the evening 200m backstroke finals both Gerda and Ninah improved on their heat times and set personal bests with Gerda finishing 6th in a time of 2.26.28 in the 14 years old age group and Ninah finishing 6th in a time of 2.22.63 in the 17 years age group.

In the boys 50m butterfly final Kyo set yet another personal best to win gold in a time of 26.88 and become Swim England National Champion in the 15 years old age group.

While in the girls 50m butterfly final Abagael also improved on
her heat time with a new personal best time of 29.43 to win bronze in the 15 years old age group.
Titans Newsletter

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