



# Titans Northampton Winter Meet 2017

TITANS AT NORTHAMPTON WINTER MEET

## Titans soar with 100+ medal haul

by TitansPress (with special thanks to Julian Rosser-Barnett, Mark Wells and Amanda Smail)

Over the weekend of 16<sup>th</sup>/17<sup>th</sup> December the Titans closed the short course season competing at the Northampton Winter Meet in Rugby. Swimmers from the Age Development, Performance and Sprint squads took to the blocks for another weekend of racing.

### Age Development

This was a chance to race fast against arguably some of the toughest competition some of our youngsters have faced this season. The Age Development squad were however missing a quarter of its swimmers (before the start of the meet) and then with Henry Walmsley injuring his finger and having to retire after the first session many would think that the medal haul would be seriously affected.

However, this wouldn't prove to be the case as the youngsters amassed 52 medals, 25 of them were Gold, demonstrating the sheer depth of quality in the squad and the drive to compete that Danny is installing in them. They also recorded 69 PBs between them an overall squad improvement of 60%, a tremendous effort, considering many of these were set under a month ago.

Now as the attention turns to the long course season and with qualification times for the West Midlands Region being recently released, it was good see the young Titans are on track. Having secured many times previously and after this weekend adding to or improving on their positions, they are looking in good shape for the next stage of the season.

### Coaches Comment

*"I think the swimmers did extremely well this weekend at Northampton showing true grit and determination, the run up to the meet was not great with injuries and illness striking as it is with the winter weather however the kids that competed did a great job swimming fast hitting both personal bests and medals.*

*With the end of the season upon us I think the group can walk away for Christmas with their heads held high and we can build on this for the start of the new year and come back even faster."*

**Danny Proffitt – Head of Age Development**

**HIGHLIGHTS**

3 events with all Titans podium finishes

60% of available Golds going to a Titans swimmer

3 events with all Titans podium finishes.

100% PB strike rate went to Jack Burston and Ellie Broughton

100% Medal return for Flynn Smith, Asha Turner-Tarr and Prue Noss

Top Girl award went to Asha Turner-Tarr in the Girls 10/11 category

Swimmer	Gold	Silver	Bronze	PB
Flynn Smith	7	1		4
Asha Turner-Tarr	6	3		6
Oliver Coville	4			6
Prue Noss	3	4	1	3
Archie Neaves	3		4	6
Henrietta D'Amassa	1	4	1	5
Millie Wells	1	1	2	7
Jack Burston		1	1	9
Eddie Luft		1	1	3
Eleanor Broughton			1	8
Keira Lee			1	4
Cici Noss				5
Elexi Povey-Abbot				1
James Raw				1
Henry Walmsley				1
<b>Total</b>	<b>25</b>	<b>15</b>	<b>12</b>	<b>69</b>



## Age Performance

The Age Performance squad amassed 66 medals including 26 gold, 17 silver and 23 bronze medals, and 54 personal best times.

**George Smith (13)** dominated his age group winning 7 races, 100m, 200m and 400m freestyle, setting new best times in 50m and 100m breaststroke 32.52 and 1:09.28 respectively, 200m IM 2:17.86 and 50m freestyle 26.70, while in the 200m breaststroke he set a time of 2:31.09 to take silver.

**Billy Wotton (14)** continued his success from the Stockport Meet and Winter Nationals with 4 gold medals in the 50m and 100m breaststroke, 200m IM and 400m IM where he set a new best time of 4:38.88. He also won two silver and one bronze medal in the 50m, 100m and 200m backstroke events setting best times of 30.49, 1:04.15 and 2:16.80 respectively.

**Luke Warren (14)** claimed gold in the 50m freestyle with a new best time of 26.83 and 4 bronze medals in the 50m (28.93) 100m and 200m butterfly and 100m freestyle.

**Alex Rosser-Barnett (14)** finished the weekend with 4 silver and 2 bronze medals while setting best times in the 50m breaststroke 33.21 and 50m freestyle 27.10.

**Jack Fairhurst (14)** won bronze medals in the 100m and 200m breaststroke and also won bronze in the 100m backstroke in a new best time of 1:05.57.

**Isaac Hall (13)** won bronze medals in the 200m freestyle and 200m breaststroke.

**Harrison Aspinall (13)** won bronze in 400m IM in a new best time of 5:20.47.



**Shannon Dalligan (16)** had a successful weekend winning 6 gold medals in the 50m, 200m and 400m freestyle and 200m IM, setting new best times in the 50m butterfly 32.39 and 100m freestyle 1:00.22, while in the 200m backstroke she set a new best time of 2:26.49 to take silver.

**Maia Hall (15)** continued her success from the Winter Nationals with 3 gold medals in the 400m IM, 200m freestyle and 100m backstroke with a new best time of 1:07.26, while in the 50m freestyle she set a time of 28.28 to take silver.

**Eleanor Bainbridge (14)** set new best times to claim gold in both the 100m breaststroke (1:16.60) and 200m butterfly (2:26.98), silver in both the 200m breaststroke (2:47.60) and 200m IM (2:28.98), while in the 400m IM she won bronze.

**Imogen Rhodes (14)** won gold in the 100m backstroke and silver in the 50m freestyle and backstroke events, while setting new best

times to win bronze in the 50m butterfly (33.24) and 200m Backstroke (2:29.57).

**Hannah Shakeshaft (15)** took gold in the 50m butterfly, silver in the 100m backstroke and bronze in 50m backstroke.

**Abagael Walmsley (15)** set a new best time of 59.59 to take gold in the 100m freestyle.

**Rosie Holland (16)** finished the weekend with 2 silver medals in the 400m freestyle and the 400m IM and four bronze medals in the 200m freestyle, backstroke, butterfly and individual medley.

**Lola Oke (13)** won silver in the 200m breaststroke and bronze medals in the 200m butterfly and 50m freestyle setting a new best time of 29.24.

Swimmer	Gold	Silver	Bronze	PB
George Smith	7	1		5
Shannon Dalligan	6	1		3
Billy Wotton	4	2	1	4
Maia Hall	3	1		2
Eleanor Bainbridge	2	2	1	4
Imogen Rhodes	1	2	2	4
Hannah Shakeshaft	1	1	1	
Luke Warren	1		4	3
Abagael Walmsley	1			2
Alex Rosser-Barnett		4	2	3
Rosie Holland		2	4	
Lola Oke		1	2	4
Jack Fairhurst			3	3
Isaac Hall			2	3
Harrison Aspinall			1	6
Carter Lockley				5
Ben Holland				2
Hannah Swift				1
<b>Total</b>	<b>26</b>	<b>17</b>	<b>23</b>	<b>54</b>

## Sprint Squad

Eight swimmers from the Titans Sprint Squad amassed a total of 37 medals including 18 golds, 11 silver and 8 bronze.

Leading the way was **Chris Hooper** swimming in the boys' 16 year old age group and won an impressive 5 gold and two silver medals. His golds came in the 50m freestyle (24.56), the 100m freestyle (53.77), the 50m backstroke (27.25), the 100m backstroke (59.01) and the 50m breaststroke (32.25). His silvers came in the 200m freestyle (1:57.18) and the 50m butterfly (28.35) and Chris also came 4<sup>th</sup> in the 200m backstroke (2:13.95).

**Huw Hillson** swimming in the boys 15 year old age group won an impressive 8 medals including gold in the 200m backstroke (2:13.36), the 200m breaststroke (2:35.96), the 200m Individual Medley (2:18.24) and the 400 Individual Medley (5:03.09), silver in the 100m freestyle

(55.93) and the 50m backstroke (28.77) and bronze in the 200m freestyle (2:07.11) and the 100m backstroke (1:02.75).

**Alice Smail** swimming in the girls 17 and over age group took gold in the 50m butterfly (29.52), the 100m butterfly (1:05.49) and the 200m freestyle (2:12.93), silver in the 50m backstroke (31.24) and the 200m backstroke (2:25.82) and bronze in the 100m freestyle (1:02.39).

**Alex Rees** swimming in the boys 15 age group claimed three golds in the 50m backstroke (28.39), the 100m backstroke (1:01.68) and the 50m butterfly (27.62), a silver in the 50m freestyle (25.75) and two bronzes in the 50m breaststroke (36.84) and the 100m freestyle (56.04). Alex also came 4<sup>th</sup> in the 200m backstroke (2:20.51) and 5<sup>th</sup> in the 200m freestyle (2:09.70).

**Joseph Niven (16)** struck gold in the 50m butterfly (27.84) and the 100 butterfly (1:02.08) and bronze in the 50m freestyle (26.62).

**Catherine Brown (17)** took gold in the 50m freestyle (29.11), silver in the 50m butterfly (31.09) and bronze in the 50m breaststroke (36.77).

**Ruth Hadley (19)** also contributed to the medal tally with 5 medals taking silver in the 50m freestyle (29.24), the 100m backstroke (1:06.39) and the 50m breaststroke (36.36) and bronze in the 50m backstroke (31.40) and 100m breaststroke (1:18.96).

<i>Swimmer</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>PB</i>
<b>Chris Hooper</b>	5	2	1	4
<b>Huw Hillson</b>	4	2	2	3
<b>Alice Smail</b>	3	2	1	
<b>Alex Rees</b>	3	1	2	5
<b>Joseph Niven</b>	2		1	
<b>Catherine Brown</b>	1	1	1	
<b>Ruth Hadley</b>		3	1	
<b>Total</b>	<b>18</b>	<b>11</b>	<b>8</b>	<b>12</b>