



# Titans

## Shropshire Counties

### 2018

TITANS AT SHROPSHIRE COUNTY CHAMPIONSHIPS

## Titans on top at County Championships

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

The Titans once again returned to Wolverhampton for 2 weekends of racing at the 2018 Shropshire County Championships. New for this year was the slightly earlier staging of the event in January and a 3rd weekend held at the Thomas Telford School for distance events.

Whilst the timing of the event didn't suit everyone the Titans continued their dominant tradition at the Counties. By the time all three weekends had passed the Titans had notched up 360 medals, 9 Titans records and 339 Personal Bests.

Such was the performance that County records and Top Boy/Girl awards were inevitable.

### National Squad

#### GIRLS

**Anna Smail** competed in 15 races winning an impressive 6 gold, and 5 silver medals. Anna also achieved 2 new personal best times in 50m Freestyle 27.63 and the 200m Backstroke 2.15.97. Anna completed a very successful championships claiming Top Girl in the Open Age category.

**Pia Murray** took part in 5 events and won 2 gold medals. She also set a new personal best in the 400m Freestyle of 4.37.05.

**Ellie Southward** competed in 8 events during the first weekend of competition and then flew to Belgium to compete in Flanders.

**Ninah Strydom** also competed in 8 events, bringing home 1 silver and 2 bronze medals. Ninah also set a new personal best time in the 100m Breaststroke of 1.18.54.

**Phoebe Griffiths** competed in 8 events winning 2 gold and 1 bronze medal. Phoebe also set a new personal best times in 200m Butterfly of 2.29.84.

**Olivia Gardner** also competed in 8 events and brought home 1 gold, 1 silver and 1 bronze medal, setting a new personal best time in the 50m Butterfly of 31.06.

**BOYS**

**Jack Shillinglaw** competed in 7 races, medaling in 6 of them. He achieved 2 gold, 2 silver and 2 bronze medals. Jack also set 4 new personal best times in 100m Butterfly 58.69, 50m Backstroke 26.58, 200m Backstroke 1.59.99 and 400m IM 4.33.10. Jack also set a new County record time for his 50m Backstroke swim.

**Joseph Small** competed in 4 events and medaled in 2. Taking home gold for 100m Backstroke and silver for 200m Backstroke

**Joel Thompson** competed in 8 events winning 1 gold and 3 silver medals. Setting 3 new personal best times in the 200m Freestyle 1.53.42, 50m Breaststroke 30.04 and 100m Backstroke 59.48.

**James Bilbao** took part in 5 events and achieved 2 personal best times. These were in 50m Freestyle 26.30 and 100m Butterfly 1.01.85.

**Billy Pettit** competed in 8 events bringing home 1 gold and 1 silver medal. Billy also set 4 personal best times in 50m Breaststroke 33.80, 100m Butterfly 1.01.03, 50m Backstroke 28.89 and 100m Backstroke 1.02.49.

**Adam Metcalf** competed in 8 events, medaling in 7 of them. Adam took 5 gold, 1 silver and 1 bronze medal, and achieved 3 new personal best times in 50m Butterfly 25.81, 200m Butterfly 2.15.17 and 200m IM 2.09.59. Adam finished 3<sup>rd</sup> in the Open Age Top Boy awards, which is particularly impressive as he only competed on 1 out of the 3 weekends.

**Charlie Hutchinson** competed in 7 events, amassing 3 gold and 1 bronze medal. Charlie also set 4 new personal best times in 50m Freestyle

25.10, 50m Breaststroke 33.13, 100m Butterfly 57.50 and 50m Backstroke 28.63. Charlie also set a new County record time for his 400m IM Swim.

**Kyo Tanner** also competed in 7 events. Kyo came home with 1 gold and 1 bronze medal. He also set 2 personal best times in the 50m Breaststroke 32.58 and 100m Backstroke 1.01.59.

National Squad					
Swimmer	Gold	Silver	Bronze	PB	Titans Record
Anna Smail	5	5		2	
Adam Metcalf	5	1	1	3	
Jack Shillingshaw	2	2	2	4	
Charlie Hutchison	2		1	4	
Phoebe Griffiths	2		1	1	
Pia Murray	2			1	
Joel Thompson	1	3		3	1
Olivia Gardner	1	1	1	1	
Joseph Small	1	1			
Nynah Styrdom		1	2	1	1
Kyo Tanner				1	2
Billy Pettit					4
James Bilbao					2
Ellie Southward					
<b>Total</b>	<b>21</b>	<b>14</b>	<b>9</b>	<b>28</b>	<b>1</b>

## Race Pace Squad

The Race Pace squad between them won a top boy/girl award, one gold medal, five silver medals, four bronze medals and made over 50 finals.

### *Awards and medals for the girls....*

**Alice Smail (18)** swimming in the open age group led the way for the squad winning a gold medal, two silvers and a bronze helping her to secure the third place overall trophy in the open girls age group. Her gold came in 50m backstroke in a winning time of 31.55. She took her silvers in the 50m butterfly in 29.11 and 100m butterfly in 1:05.50 and her bronze came in 100m backstroke in 1:07.28. She also made top 8 placings in the 50m, 100m and 200m freestyle, 100m individual medley and 200m backstroke.

**Ruth Hadley (20)** swimming in the open age secured two silver medals in the 100m back in 1:06.89 and the 50m backstroke in 32.04. She also made the final in the 50m breaststroke. **Cath Brown (18)** also in the open age group took silver in the 50m breast in 35.76 and bronze in the 50m backstroke in 32.35. Cath also made finals in the 100m individual medley and the 50m freestyle.

### *Bronze medals for the boys....*

For the boys **Stephen Taylor (17)** swimming in the open age group took bronze in the 100m in a new best time of 1:08.44. Stephen also made top 8 places in 7 other events; 50m breaststroke and 200m breaststroke, 100m and 400m freestyle, 100m and 200m individual medley and 200m butterfly whilst swimming an impressive 10 new best times.

**Kian Dalligan** swimming in the 15 year old age group took bronze in the 200m Individual Medley in a new best time of 2:26.51. He also claimed top 8 finishes in 7 other events; 100m and 200m backstroke, 50m, 100m and 400m freestyle, 50m breaststroke and 50m freestyle.

### *Many other finalists and new best times....*

**Chris Hooper (17)** finished in the top 8 in an impressive 10 events just missing medals in four of those events whilst swimming 3 new best times. His top 8 finishes came in the 50m, 100m and 200m backstroke, the 50m and 100m freestyle, the 50m and 100m breaststroke, the 100m and 200m Individual Medley and the 50m butterfly.

**Kimberley Ong (18)** made the 50m breaststroke final in the open age group whilst **Huw Hillson (16)** swam a new best time in the 50m breaststroke.

Swimmer	Race Pace			
	Gold	Silver	Bronze	PB
Alice Smail	1	2	1	1
Ruth Hadley		2		
Catherine Brown		1	1	
Stephen Taylor			1	10
Kian Dalligan			1	5
Chris Hooper				3
Alex Rees				4
Joseph Niven				1
Kimberley Ong				2
Huw Hillson				1
<b>Total</b>	<b>1</b>	<b>5</b>	<b>4</b>	<b>27</b>

**Alex Rees (16)** made top 8 placings in 400m free, 50m butterfly and the 100m and 200m individual medley whilst swimming 4 new best times.

**Joseph Niven (16)** had top 8 finishes in the 50m and 200m butterfly and the 400m freestyle.

## Age Performance Squad

### BOYS

#### 14 year old age group

**Harrison Aspinall** competed in 17 events to finish 2<sup>nd</sup> overall in age group, amassing 95 points, 7 silver medals, 3 bronze medals and an amazing 12 personal best times in the 50m Freestyle 29.88, 100m Freestyle 1:04.71, 400m Freestyle 4:37.42, 1500m Freestyle 18:36.84, 50m Breaststroke 37.44, 100m Breaststroke 1:19.41, 50m Butterfly 31.30, 100m Butterfly 1:10.28, 50m Backstroke 32.78, 100m Backstroke 1:12.21, 200m Backstroke 2:31.22 and 400IM 5:17.06.

**George Smith** finished 3<sup>rd</sup> in age group with 11 gold medals in 11 races. George also posted 6 personal best times in the 50m Freestyle 26.53, 100m Freestyle 57.82, 50m Breaststroke 31.87, 50m Butterfly 29.39, 100m Butterfly 1:05.25 and 50m Backstroke 30.44. George also achieved new County Record times with his 50m and 100m Breaststroke swims.

**Carter Lockley** set 11 personal best times over the championship, 50m Freestyle 30.16, 100m Freestyle 1:05.86, 200m Freestyle 2:22.63, 400m Freestyle 4:54.51, 50m Breaststroke 39.93, 200m Breaststroke 2:59.68, 100m Butterfly 1:19.78, 50m Backstroke 34.85, 100m Backstroke 1:14.00, 200m IM 2:41.38 and 400IM 5:39.82 and won bronze in the 1500m Freestyle.

**Isaac Hall** won silver medals in the 100m and 200m Breaststroke and bronze in the 50m Breaststroke, while setting personal best times in the 50m Freestyle 29.92 and 50m Butterfly 36.18.

#### 15 year old age group

With strong competition amongst Ellesmere team mates **Billy Wotton** won top boy for the 15 year old age group. Billy finished tied on points with Ned Sharp, however, on count back he won 8 golds to Ned's 5 and therefore topped the age group. During the championship Billy also won 3 silver and 2 bronzes and set 8 personal best times in the 50m Freestyle 26.11, 200m Freestyle 1:59.05, 50m Butterfly 28.76, 100m Butterfly 1:00.83, 200m Butterfly 2:18.68, 50m Backstroke 30.29, 100m Backstroke 1:02.86 and 200m Backstroke 2:16.44.

**Ned Sharp** finished 2<sup>nd</sup> in age group with 5 gold, 5 silver and 3 bronze medals while setting 6 personal best times in the 50m Breaststroke 32.47, 50m Butterfly 30.15, 100m Butterfly 59.01, 50m Backstroke 30.15, 1:04.80 and 200m Backstroke 2:21.55. Ned also set new County record times for both his 50m and 100m Butterfly swims.

**Alex Rosser-Barnett** completed a Titans 1-2-3 taking 3<sup>rd</sup> place in the championship with 2 gold, 3 silver and 2 bronze medals and 5 personal best times in the 50m Butterfly 29.63, 200m Butterfly 2:21.94, 50m Backstroke 32.00, 100m Backstroke 1:07.37 and 200m Backstroke 2:22.19

**Luke Warren** and **Jack Fairhurst** continued the Titans dominance in the 15 year old age group finishing 4<sup>th</sup> and 5<sup>th</sup> respectively, with Luke winning 1 silver and 2 bronze medals and setting 3 personal best times in 50m Backstroke 31.28, 100m Backstroke 1:06.38 and 400m IM 5:01.38, while Jack won 4 bronze medals.

**Ben Holland** won a silver in the 200m Butterfly and set 3 personal best times in the 50m Freestyle 28.42, 50m Butterfly 30.57 and 100m Butterfly 1:05.70.

### GIRLS

#### 14 year old age group

**Lola Oke** competed in 16 events and always finished in a medal position, amassing 1 Gold, 10 Silver and 5 bronze medals. Lola achieved 5 personal best times in the 50m Freestyle 28.72, 100m Freestyle 1:03.58, 50m Breaststroke 38.39, 100m Backstroke 1:12.38 and 400IM 5:24.58.

**Hannah Swift** set an impressive 11 personal best times competing in 16 events. Hannah won 4 silver and 6 bronze medals. Her personal bests were achieved in 50m Freestyle 29.64, 100m Freestyle 1:04.08, 800m Freestyle 9:51.86, 50m Breaststroke 40.70, 100m Breaststroke 1:28.20, 200m Breaststroke 3:07.54, 50m Backstroke 37.22, 100m Backstroke 1:15.37, 200m Backstroke 2:43.06, 200m IM 2:38.19 and 400m IM 5:33.33

#### 15 year old age group

**Angharad Evans** competed in 14 events and won 5 Gold, 2 silver and 1 bronze medal. Angharad gained 6 personal best times in 50m Freestyle 28.10, 100m Freestyle 59.85, 200m Freestyle 2:11.41, 50m Butterfly 30.86, 100m Butterfly 1:20.20 and 200m IM 2:29.57. In addition Angharad also set new County record times for her 50m and 200m Breaststroke swims.

**Ellie Bainbridge** also competed in 14 events, amassing 1 Gold, 4 silver and 5 bronze medals. Ellie achieved 5 personal best times in 50m Freestyle 29.11, 400m Freestyle 4:34.11, 50m

Breaststroke 36.94, 200m  
Breaststroke 2.47.27 and 50m  
Butterfly 31.79.

Breaststroke 2.57.89 and 200m  
Butterfly 2.33.87.

**Imogen Rhodes** also competed in 14 events, gaining 1 silver and 3 bronze medals. Imogen achieved 5 personal best times in 50m Freestyle 29.38, 800m Freestyle 9.57.28, 50m Butterfly 32.42, 50m Backstroke 32.54 and 400m IM 5.28.62.

**Gerda Vasiliauskate** competed in 6 events winning 2 Gold medals and achieving 3 personal best times. 50m Freestyle 29.23, 50m Breaststroke 38.07 and 100m Backstroke 1.04.81.

#### 16 year and older age group

**Jess McDonough** took part in 7 events and took home a bronze medal. Jess achieved 4 personal best times in 100m Freestyle 1.00.33, 100m Breaststroke 1.21.43, 200m Breaststroke 2.48.81 and 50m Butterfly 29.91.

**Maia Hall** competed in 5 events, taking the gold medal in 200m Breaststroke. Maia achieved a personal best time in 50m Butterfly 31.60. Mia also set new County record times for both her 100m and 200m Breaststroke swims.

**Hannah Shakeshaft** competed in 11 events. Hannah won a silver medal for her 50m Butterfly and came joint 3<sup>rd</sup> in bronze medal position for 50m Backstroke.

**Rosie Holland** competed in 11 events, amassing 2 gold, and 1 bronze medal. Rosie also achieved 4 personal best times in 100m Freestyle 1.02.23, 100m Butterfly 1.08.77, 50m Backstroke 32.71 and 100m Backstroke 1.08.36.

**Shannon Dalligan** competed in 7 events and won a silver and 3 bronze medals. Shannon achieved 2 personal best times in the 200m

Age Performance				
Swimmer	Gold	Silver	Bronze	PB
George Smith	11			6
Billy Wotton	8	3		8
Angharad Evans	5	2	1	3
Ned Sharp	5	5	2	6
Alex Rosser-Barnett	2	3	2	5
Rosie Holland	2		1	4
Gerda Vasiliauskate	2			3
Lola Oke	1	10	5	5
Ellie Bainbridge	1	4	5	5
Maia Hall	1			1
Harrison Aspinall		7	3	12
Hannah Swift		4	6	11
Isaac Hall		2	1	2
Imogen Rhodes		1	3	5
Luke Warren		1	2	3
Hannah Shakeshaft		1	1	
Ben Holland		1		3
Shannon Dalligan		1		2
Jack Fairhurst			4	1
Carter Lockley			1	11
Jess McDonough			1	4
<b>Total</b>	<b>38</b>	<b>45</b>	<b>38</b>	<b>100</b>

## Age Development Squad

The Age Development squad as a whole is going from strength to strength and once again didn't disappoint. Every single swimmer posted at least 5 new PB's and every single swimmer claimed a medal of some description. The girls won an amazing 48/49 available gold medals whilst the boys claimed 32/48. Titans records fell, as did County records, combining this with the overall Top Boy and Girl awards and our overall medal haul, meant our Age Development squad were clearly head and shoulders above their local rivals.

### **10/11 Year old Girls**

Millie Wells (103.5pts) topped the overall girl chart closely followed by Cici Noss (90.5pts) and Exeli Povey-Abbott (68pts) who ended up 2<sup>nd</sup> and 3<sup>rd</sup> respectively in the final standing. Millie and Cici won all bar one of the available golds between them and once again they showed there is little to choose between them finishing in a dead heat in the 200m freestyle(2.39.18)both setting a new PB in the process and sharing that particular gold. Exeli narrowly missing out on claiming gold of her own by 0.18 of a second in the 100m breaststroke final. Cici also set a Titans record in the 50m breaststroke.

### **12 Year old Girls**

Asha Turner-Tarr's (129pts) dominance of the counties continued, winning her third Top Girl award in a row however she was pushed all the way by the ever-improving Prue Noss (117pts). These girls won all the available golds and all but 2 of the available silver medals. Asha setting a new Titans record in the 100m fly, with Prue setting a new Titans record in the

800m freestyle. Eleanor Broughton (4<sup>th</sup> overall) PB'd in every event, and achieved her first regional time in the 800m freestyle.

### **13 Year old Girls**

Henrietta D'Ammassa (122pts) was Titans shining light in this particular age category taking the top award but this was only part of the story. Katie Hale (108pts), Rosie Linley (104pts) and Keira Lee (71pts) made up the rest of the top four in the overall standings and remarkably in various orders finished places 1,2,3,4 in no fewer than nine events and filling all the podium places no fewer than twelve times. Three of the girls also pushed the boundaries, setting new Titans records, Hetty in the 100m Fly, Rosie in the 50m Breast, and Katie in the 50m freestyle final (Hetty also went quicker than the previous Titans record in the closely contested final).

Swimmer	Age Development				
	Gold	Silver	Bronze	PB	Titans record
Jake Hutchinson	12		1	6	2
Asha Turner-Tarr	10	7		14	1
Oliver Covill	8	4	2	9	
Millie Wells	8	4		8	
Katie Hale	8	3	3	10	1
Prue Noss	7	7	2	15	1
Cici Noss	7	5		8	1
Henrietta D'Ammassa	6	8	3	10	1
Archie Neaves	5	8	1	8	
Rosie Linley	3	3	8	11	1
Eddie Luft	3			9	
Flynn Smith	2	4	4	5	
Jake Lee	1	8	5	12	
James Raw	1		1	7	
Exeli Povey-Abbott		3	5	12	
Eleanor Broughton			3	14	
Keira Lee			1	14	
Louie Leggett			1	12	
<b>Total</b>	<b>81</b>	<b>64</b>	<b>40</b>	<b>184</b>	<b>8</b>

### 10/11 Year old Boys

James Raw (4<sup>th</sup> overall), Eddie Luft (5<sup>th</sup>) and Louie Leggett (6<sup>th</sup>) found themselves in a tough category. Eddie however once again dominating the breaststroke (3 golds) and James claiming gold in the 400m Freestyle (17 seconds better than his last outing) were amongst the highlights. Louie PB'd in 11 out of his 12 events picking up his bronze medal in the 200m breaststroke.

### 12 Year old Boys

Jake Lee (108 pts) ended up Top Boy for the second consecutive season winning the final event to seal the award, followed closely by Jake Hutchinson (102pts) and Flynn Smith (83pts). Jake Hutchinson certainly stood out medaling in every event in which he competed whilst also taking Titans records in the 50m back and 50m free (also a county age group record) not content with one county record Jake broke the 50m fly record too. These three boys won 15 of the 17 golds available.

### 13 Year old Boys

Oliver Covill (110pts) was the winner of the Top Boy award closely followed by team mate Archie Neaves (109pts), the lads dominated the category sharing the top two steps of the podium on 9 occasions, the close points finish once again shows healthy competition between the two. This event saw both swimmers break the 30 second barrier in the 50m freestyle final. Also Archie's time in the 1500m freestyle was the fastest time recorded at these Championships by any age swimmer!

### Coaches Comment

*"The county championships are always intended as a training event for the Titans swimmers, particularly this year with them being straight off the back of the Christmas break. This championships proved a great opportunity for the swimmers to test their individual ability to be professional, self-manage and be self-reliant, to test their ability to race hard and raise their levels to do whatever it takes to win with great skills under less than ideal racing conditions and under high levels of training fatigue.*

*Over the three weekends there were some outstanding swims and well deserved best times. Particular credit and recognition must go to the Age Development squad who over the three weekends did an outstanding job with their professionalism and race preparation, something that all the older squads should take note of.*

*Overall the championships proved a positive learning experience for both swimmers and coaches and leave me with a great sense of excitement and anticipation for the meets to come.*

*Finally, I would like to thank all those parents who generously contributed to the raffle prizes over the championships, but also a huge thank you for all those parents who gave up their free time to volunteer in some way over three weekends.*

*Clubs and meets would simply not be able to go ahead without your help and for this all the coaching team are very appreciative."*

**Marc Foster - Head of Age Performance**