



Titans Sunderland National Qualifier 2018

Titans top club at Sunderland

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

On the weekend of the 24/25th March, 64 Titans made their annual visit to the North East to compete in the City of Sunderland National Qualifier. As has now become habit the Titans left the weekend as Top Club. They also claimed 2 Top Boy awards which went to George Smith (14 year and under) of the Age Performance squad and Jacob Jackson (15 year and over) from the Nationals squad.

Clearly pleased with the performance in the pool Titans Director of Swimming Alan Bircher said :

"As a club it's always a great meet and environment in Sunderland, and to walk away with top club for the fifth season running at this event is always a bonus, especially in such dominating style. I felt the older swimmers within National and National Sprint handled the arena better on this occasion and stood up to the pressures of the qualification window really well. It's a real learning curve for all and now an opportunity to move forwards in a really positive way towards the next step on the journey."

Race Pace Squad

Five Race Pace swimmers travelled to Sunderland over the weekend of 23rd to 25th March to compete in the Sunderland National Qualifier Meet at the Sunderland Aquatic Centre as part of a large Titans Squad. The Race Pace swimmers between them won a gold medal, made 5 finals and swam 11 new best times to help the team convincingly win the top team trophy. The main focus of the meet was to try to gain qualification to the British Summer Championships and English Summer Championships held at the end of the season in July.

Medals and Finals....

Alice Smail (18) swimming in the 16 and over age group broke the 29 second mark for the first time in the 50 fly heats to go fastest into the open age group final in a new best time of 28.84. In the final Alice took almost another half a second off her time to take the gold medal in 28.45.

This takes Alice to 11th on the combined 17 and 18 year olds national rankings in the window which should be enough to secure her a place in British Summer Nationals, something she hasn't achieved since she was 14. Alice also made the final in the 100m fly where she finished 8th in a time of 1:06.68.

Stephen Taylor (17) also made two open finals in the 50m and 100m breaststroke. He went into the 50m breaststroke final in fifth place after swimming a new best time of 31.63, knocking over a second off his entry time. In the final he went slightly faster and one place better to finish 4th in a new best time of 31.52. Stephen also made the final in the 100m breaststroke where he finished 7th in 1:09.01 and competed in 6 other events swimming new best times in the 200m freestyle in 2:09.64 and 50m butterfly in 28.38.

Joe Niven (17) made the open final in the 100m butterfly where he finished 8th in a time of 1:01.35 and

competed in five other events swimming a new best time in the 200m butterfly of 2:19.31 finishing 5th place in the 16 and over age group.

New Best Times....

Kian Dalligan (15) swam new best times on 4 of the 5 races he competed in. He finished 5th in the boys 15 year old age group in a time of 32.46 and went on to swim new best times in the 100m butterfly (1:09.30), the 50m butterfly (30.27) and the 100m freestyle (1:00.94).

Alex Rees (16) swimming in 7 events, swam new best times in the 50m backstroke (29.62) and the 100m freestyle (57.23). Alex's 50m backstroke time just gets him into a qualification position for the British Summer Championships in 23rd place so will be hoping to maintain that position over the next few months.

<i>Swimmer</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Finalist</i>	<i>PB</i>
Alice Smail	1			2	1
Stephen Taylor				2	3
Joseph Niven				1	1
Kian Dalligan					4
Alex Rees					2
Total	1			5	11

Age Performance Squad

BOYS

Friday evening saw Ben Holland and Alex Rosser- Barnett finish first and second in the 1500m Freestyle for the 15 year old age group, while in the 14 year old age group Harrison Aspinall set a personal best time of 19:25.26.

In the Saturday morning session Ned Sharp took first place in the 50m Butterfly in the 15 year old age group and qualified for the 15 years and over age group final, finishing 8th, while in the heats Billy Wotton set a personal best time of 28.46.

In the 100m Breaststroke both George Smith and Isaac Hall set personal best times of 1:09.42 and 1:14.01 respectively to qualify for the 14 years and under age group final, where George went onto win gold and Isaac took the bronze. Billy Wotton and Alex Rosser Barnett finished first and second in the 15 year old age group.

George Smith continued his impressive form in the 400m freestyle taking first place in a personal best time of 4:28.46.

In the afternoon session Ned Sharp finished 2nd in the 100m Freestyle while George and Isaac took 1st and 3rd in the 200m Breaststroke with George setting a personal best time of 2:30.59.

In the last event of the day Billy commandingly won the 400m Individual Medley in the 15 year old age group with Alex and Ben finishing 3rd and 4th.

Sunday morning saw the boys competing in 50m Breaststroke, with George and Isaac qualifying for the 14 years and under final, George

setting personal best times in both the heats (32.71) and final (32.25) to first finish 1st while Isaac finished 6th. Billy also set a personal best time of 32.4 to qualify for the 15 years and over where he finished 7th.

George continued his success in the 100m Butterfly to finish 2nd in the final and 3rd in the 200m Freestyle with a personal best time of 2:09.90, Ned also finished 3rd in his age group for the 200m Freestyle.

In the 200m Individual medley both Billy and George took 1st place in their age group with personal best times of 2:15.46 and 2:19.17 respectively.

Billy set a personal best time of 27.19 in the heats of the 50m Freestyle while George qualified for the 14 years and under final where he finished 3rd in a personal best time of 26.89.

Once the competition was over and the swimmers best 4 results were calculated, George Smith won Top Boy for the 14 years and under age group.

Other notable performances were from Carter Lockley and Harrison Aspinall who achieved 13 long course personal best times between them over the weekend.

GIRLS

The Age Performance girls produced some impressive results qualifying for 15 finals between them and finishing on the podium in 12 of them.

Maia Hall continued her good form in Breaststroke finishing 1st in age in the 50m event and 2nd in both the 100m and 200m events. Maia went on to finish 2nd in both the 50m and

100m Breaststroke finals in a time of 33.2 and 1:13.62 respectively.

Following great success at the TeamBath Grand Prix our Age Performance Backstrokers made their mark once again.

In the 200m Backstroke event Jess McDonough secured 2nd place in her age category in a time of 2:20.65 with team-mate Gerda Vasiliauskaite doing the same in the 15 year old age category in 2:29.54. Sophie Negrine and Imogen Rhodes also delivered commendable performances finishing 4th and 5th respectively.

Sophie Negrine took 2nd place in the 100m Backstroke in the 15 year old age category in 1:10.31 with Imogen Rhodes close behind taking 3rd in 1:12.04.

In the 200m Butterfly Ellie Bainbridge claimed 3rd in the 14 year old age category in 2:39.09.

"From a AP perspective it was pleasing to see swimmers step up and move their performances and race processes on from our last long course meet in Bristol, it showed lessons have been learnt and more work has been put into the training pool. It was also good to get National qualification swims done early on in the window for a lot of swimmers too. The meet also gave a good marker and guide to where they need to go over the next 8 weeks to gain national qualification in Manchester."

Marc Foster – Head of Age Performance

Age Development Squad

Once again our Age Development squad showed great promise and further signs of the consistent improvement that is installed within them. Across the weekend the squad as a whole gained great results culminating in a 71% PB strike rate for the meet. A great achievement considering they performed so well as a group only a month ago.

The older members of the squad led the way, between them qualifying for 9 out of the 16 junior finals over the weekend. These were very competitive finals and considering our swimmers were having to swim in the 14 and Under age category

with the oldest swimmers being only 13, it was a great effort to even qualify for the finals in the first place.

Rosie Linley (50m breast), **Oliver Covill** (50m and 100m breast), **Jake Hutchinson** (50m back), **Katie Hale** (50m back and 50m Free), **Evie Floate** (100m breast) and **Henrietta D'Ammassa** (100m free and 100m Fly) were our finalists.

Titans records being broken are becoming a regular occurrence when we attend meets and Sunderland was to prove no exception, Katie Hale 50m Free (28.93), Jake Hutchinson claiming another 2 records in the 50m fly (31.22) and 50m back (33.19) and Oliver Covill

50m Breast (35.10) adding his name to the record sheet too.

Without doubt the highlight of the weekend was Henrietta D'Ammassa competing and winning the Girls 14 and under 100m Butterfly final in a time of 1.06.14 beating her nearest rivals by over 1 second. A well-controlled and measured performance.

Sunderland proved to be a good solid showing from our Age Development swimmers before they head off to compete at the West Midlands Regionals.

Swimmer	Gold	Silver	Bronze	PB	Titans Record
Archie Neaves	6	1	1	9	
Millie Wells	5	3		7	
Jake Hutchinson	4	1	3	5	2
Oliver Covill	2	4	1	4	1
Prue Noss	2	2	2	6	
Henrietta D'Ammassa	2	1	2	4	
Cici Noss	1	3	4	7	
Katie Hale	1	2	1	3	1
Rosie Linley	1	1		5	
James Raw	1		2	8	
Louie Leggett	1			7	
Jack Burston		2	4	7	
Asha Turner-Tarr		1	1	4	
Evie Floate			2	7	
Elexi Povey-Abbott			2	7	
Eleanor Broughton			1	7	
Flynn Smith			1	5	
Keira Lee				6	
Jake Lee				3	
Total	26	21	27	111	4