



# Erith & District Swimming Club

## Presentation Evening 2011

### 1. Club Captains

Rebecca Gravell	Tommy Cowell
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### 2. Distance Championships

Rebecca Gravell	Tommy Cowell
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*Present both awards at same time. Rebecca & Tommy won 4 out of 9 events*

### 3. League Trophies

Junior	<b>Ella Vosper</b> ; <i>Although it was her first gala and obviously very nervous we found her to be enthusiastic in everything. She was very supportive of all the team members and when not racing was stood next to us at the end of the lane cheering on the swimmers - a proper team player.</i>
White Horse	<b>Daniel Wesley</b> ; <i>Enthusiasm, supports his friends, fiercely competitive, wants to improve, keeps morale high</i>
Arena	<b>Caitlin Colman</b> ; <i>Our hardest trainer, always puts in maximum effort, improved one place each of the 3 rounds in her individual event</i>
Octopus	<b>Katheryn Perkins</b> ; <i>Member of the Octopus team for many years, regular race wins, helping out on poolside especially with the younger swimmers</i>

### THE CHAMPIONS

10yrs	
Danielle Hills	Ben Middleton
Lucy Jeffery	George Hills
Jessica Clark	Alfie Rowlingson
Madison Retour	Kim Hollman

11 & Under	
Ellena Jeffery	Kamal Fruci-Oduah
Evelyn Ledwidge	Sanjay Heer
Jade Lucas	Ahmed Atolagbe
Connie Theobald	Jason Kufakwaro
Lauren Hawkins	William Wilding
Leticia De Melo	Ben Capstick
Eleanor Chapman	

13 & Under	
Emily Simmons	Ben Hughes
Olivia Fryett	George Leigh
Jade Hughes	Daniel Wesley
Olivia Maunders	Luc Legon
Amelia Dimond-Varley	Jonathan Cuthbert
Holly Verrier	Matthew Bulmer

16 & Under	
Laura Bonner	Jack Capstick
Ellie Maunders	Conor Middleton
Jessica Brock	Luke Tait
Kathryn Perkins*	Andrew Rose
<i>Present with League Trophy</i>	Christopher Ball
	Matt Bibby



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### 4. Sprint Championships

Rebecca Gravell (2.17.07 agg)	Conor Middleton (2.19.46 agg)
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### 5. Synchro – presented by Steve Surridge

The Synchro Progress Shield	Lauren Preater
Contribution & Long Term Achievement	Lizzie Kennedy Ria Surridge
Synchro Swimmer of the Year	Jade Marwood

### 6. Voluntary Recognition – presented by Paul Nicholls

Volunteer of the Year	John Burdett
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### 7. Age Groups Championships

8/u		8/u	
1	Leah Bourke 69	1	Conner Parker 100
2	Rebecca Tough 67	2	Craig Kufakwaro 46.5
3	Lauren Preater 56	3	Michael Horgan 40
9yrs		9yrs	
1	Madison Retour 97	1	Lewis Hayes 80
2	Lucy Jeffery 85	2	Ben Middleton 70
3	Amy Bentley 67	3	Henry Rogers 46
10yrs		10yrs	
1	Georgia Burdett 94	1	Joseph Leigh 91
2	Jade Lucas 62	2	George Hills 79
=3	Gabrielle de Souza Jacquet 57	3	Alexander Song 74
=3	Connie Theobald 57		
11yrs		11yrs	
1	Ellena Jeffery 80	1	James Vick 94
2	Olivia Corbett-Smith 67	2	Myles Ellis 91
3	Emily Gray 49	3	Sanjay Heer 57
12yrs		12yrs	
1	Ashton Middleton 97	1	Sam Delatouche 86
2	Olivia Fryett 86	2	Frankie Hutchinson 76
3	Leticia de Melo 47	3	George Steer 70
13yrs		13yrs	
1	Holly Fryett 95	1	Stuart Cunningham 93
2	Amelia Dimond-Varley 80	2	George Leigh 80
3	Jade Hughes 71	3	Ben Hughes 80
14yrs		14yrs	
1	Sarah-Louise Shattock-Gomez60	1	Daniel Bassett 77
2	Elizabeth Hunt 54	2	Anthony Noonan 70
3	Gemma Lucas 36	3	Jack Capstick 69
15yrs		15yrs	
1	Emily White 93	1	Tommy Cowell 93
2	Lily Osborne 49	2	Conor Middleton 87
3	Caitlin Colman 48	3	Matthew Bibby 62

16yrs+		16yrs+	
1	Emma Coppen 94	1	Barry Cusselle 74
2	Rebecca Gravell 87	2	Andrew Unwin 70
3	Joanne Ball 78	3	Matthew Tait 32

*Emma & Barry are also the overall Age Group Champions, Emma achieving a new club record in 400m IM*

## 8. Special Achievement Awards

Progress Cup	Holly Fryett (24.86 seconds) George Leigh (43.21 seconds)
Endeavour Cup	<b>Matt Bibby</b> ; <i>Always reliable for gala, regular training attendance, competed in all sprint and age group events and all but 3 of the distance events at the championships, quiet but popular amongst his peers and always works hard.</i>
Personality of the Year	<b>Frankie Hutchinson</b> ; Ever popular with swimmers across the club, he was the highlight of the Germany tour both in and out of the pool. Always enthusiastic, polite and smiling – he will always have you in hysterics, an all round Mr. Nice Guy!
Swimmer of the Year	<b>Holly Fryett</b> ; <i>Age Group Champion, 12 swims in Leagues this year always in top 3, winning twice, wrote her own Log Book, created her own Website 247swim.com, had 100% attendance in training for 6 months of last year being the top attendee in 5 others.</i> <b>Michael Cook</b> ; <i>16 League swims finished 9 times in the top 3, winning twice. Attending Arena league whilst at Uni. Developed and ran four stroke workshops during the summer. 5 medals at Kents, including 2 silvers and 5 Club Records – 100m, 200m BK, 200m FLY, 200m BR and 100m IM.</i>

*Present Holly with both awards at the same time*

## 9. Club Champions

Rebecca Gravell (184 points)	Tommy Cowell (142 points)
<i>Top 3 in every event Winning; 50m, 100m + 200m BK, 400m, 800m +1500m FREE 2 Club Records; 50m + 200m BK</i>	<i>Winning; 100m + 200m BK, 200m, 400m + 800m FREE and 400m IM</i>

## Intro – Summary of 2010

Thank ALL the club's volunteer Coaches, Officials and management Committee.

Over 1,000 pbs

8 Club Records broken

Varied League success Tudor 1<sup>st</sup>, White Horse 5<sup>th</sup>, Junior League 5<sup>th</sup> out of 16, Arena relegation and Octopus League Champions.

Masters Kents – 24 ind. Medals, 5 relays and 2 Records Tim Wilkes; 50+100m BR

Germany – 45 pbs, 42 Top 6 finishes, 1 Finalist Emily White, 1 Gold Joanne Ball

Expansion of Synchro meant more pool time, a new choreographer, more qualifications inc.

Steve Surrige Level 2 and winning medals of all colours at all ages throughout the squad, two in particular competing to National standard

Channel Relay swim; Jenny Vick, Tony Ball, John Burdett, Mark Russell, Dave Kane and Joanne Ball – 11 hours, 4 minutes and 45 seconds

Michael Cook created and ran his stroke workshops through the summer with a guest National swimmer

New Club Championships and Time Trials

New squad structure and criteria

Newly qualified teachers and officials

BBQ and Ice Skating

Kents – 43 swims / 14 medals this year 16 swimmers in 52 events