

## Erith and District Swimming Club

---

### Meet Results

**Kent County Champs 2013 17-Feb-13 to 17-Mar-13 [Ageup: 17/03/2013] SC Meters**  
**Erith and District [EDSC] Coach: Steven O'Neill**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event #101A</b> 20:08.28S	<b>Male 1500 Free</b>	<b>12-12</b> F Song, Alexander	3	---	1.37
<b>Event #204A</b> 35.55S	<b>Male 50 Breast</b>	<b>15-15</b> F Leigh, George	9	---	0.29
<b>Event #204C</b> 34.04S	<b>Male 50 Breast</b>	<b>17-18</b> F Middleton, Conor	7	---	0.69
<b>Event #205C</b> 1:15.09S	<b>Female 100 Fly</b>	<b>17-18</b> F White, Emily	34	---	0.37
<b>Event #206D</b> 3:13.06S	<b>Male 200 Breast</b>	<b>12-12</b> F Song, Alexander	9	---	-5.47
<b>Event #207C</b> 1:13.88S	<b>Female 100 Back</b>	<b>13-13</b> F Verge, Ruby	11	---	0.05
<b>Event #212A</b> 1:12.52S	<b>Male 100 Fly</b>	<b>12-12</b> F Song, Alexander	4	---	-1.90
<b>Event #216C</b> 31.72S	<b>Male 50 Free</b>	<b>11-11</b> F Hayes, Lewis	3	---	0.22
<b>Event #216D</b> 31.30S	<b>Male 50 Free</b>	<b>12-12</b> F Song, Alexander	17	---	0.10
<b>Event #304C</b> 42.34S	<b>Male 50 Breast</b>	<b>11-11</b> F Hayes, Lewis	5	---	-0.03
<b>Event #304D</b> 41.58S	<b>Male 50 Breast</b>	<b>12-12</b> F Song, Alexander	10	---	-0.34
<b>Event #307A</b> 1:07.75S	<b>Male 100 Free</b>	<b>12-12</b> F Song, Alexander	12	---	-0.11
<b>Event #311C</b> 5:09.42S	<b>Male 400 Free</b>	<b>12-12</b> F Song, Alexander	11	---	-4.30
<b>Event #315D</b> 41.04S	<b>Female 50 Breast</b>	<b>12-12</b> F Hills, Danielle	14	---	-0.72
<b>Event #315E</b> 38.53S	<b>Female 50 Breast</b>	<b>13-13</b> F Burdett, Georgia	6	---	-1.25
<b>Event #316A</b> 1:15.12S 1:19.13S	<b>Male 100 Back</b>	<b>12-12</b> F Hills, George F Song, Alexander	11 22	---	-5.60 -2.09
<b>Event #403D</b> 2:49.58S	<b>Male 200 Fly</b>	<b>12-12</b> F Song, Alexander	4	---	5.60
<b>Event #405B</b> 26.11S	<b>Male 50 Free</b>	<b>16-16</b> F Bassett, Daniel	2	---	0.60

## Erith and District Swimming Club

---

### Meet Results

**Kent County Champs 2013 17-Feb-13 to 17-Mar-13 [Ageup: 17/03/2013] SC Meters**  
**Erith and District [EDSC] Coach: Steven O'Neill**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event #407C</b>	<b>Male 50 Back</b>	<b>11-11</b>			
36.66S	F	Hayes, Lewis	3	---	-1.06
<b>Event #411A</b>	<b>Male 100 Breast</b>	<b>15-15</b>			
1:20.06S	P	Leigh, George	9	---	3.08
<b>Event #411C</b>	<b>Male 100 Breast</b>	<b>17-18</b>			
1:17.09S	P	Middleton, Conor	9	---	1.34
<b>Event #415B</b>	<b>Male 200 Free</b>	<b>16-16</b>			
2:08.19S	F	Bassett, Daniel	5	---	-0.18
<b>Event #416E</b>	<b>Female 50 Free</b>	<b>13-13</b>			
30.20S	F	Verge, Ruby	10	---	-0.43
<b>Event #502A</b>	<b>Male 200 Breast</b>	<b>15-15</b>			
2:54.70S	F	Leigh, George	7	---	5.35
		37.49 44.34 45.13 47.74			
<b>Event #506D</b>	<b>Male 200 Free</b>	<b>12-12</b>			
2:26.01S	F	Song, Alexander	17	---	-1.03
		33.21 36.84 38.39 37.57			
<b>Event #507B</b>	<b>Female 100 Breast</b>	<b>12-12</b>			
1:27.60S	F	Hills, Danielle	11	---	-2.65
		41.42 46.18			
<b>Event #512D</b>	<b>Male 200 IM</b>	<b>12-12</b>			
2:45.19S	F	Song, Alexander	10	---	-4.61
		35.88 43.81 49.46 36.04			
<b>Event #514B</b>	<b>Male 50 Fly</b>	<b>16-16</b>			
29.01S	F	Bassett, Daniel	3	---	-0.14
<b>Event #514D</b>	<b>Male 50 Fly 19 &amp; Over</b>				
NS	P	Cusselle, Barry	---	---	---
<b>Event #603C</b>	<b>Male 100 IM</b>	<b>11-11</b>			
1:23.25S	F	Hayes, Lewis	13	---	0.99
		37.98 45.27			
<b>Event #604B</b>	<b>Male 50 Back</b>	<b>16-16</b>			
30.83S	P	Bassett, Daniel	8	---	-0.69
32.53S	P	Hughes, Ben	11	---	0.03
<b>Event #606E</b>	<b>Female 50 Back</b>	<b>13-13</b>			
34.08S	F	Verge, Ruby	6	---	-0.33
<b>Event #610B</b>	<b>Male 100 Free</b>	<b>16-16</b>			
56.98S	F	Bassett, Daniel	5	---	0.60
		26.83 30.15			
<b>Event #611A</b>	<b>Female 50 Free</b>	<b>15-15</b>			
29.28S	F	Middleton, Ashton	5	---	-0.07

## Erith and District Swimming Club

### Meet Results

**Kent County Champs 2013 17-Feb-13 to 17-Mar-13 [Ageup: 17/03/2013] SC Meters**  
**Erith and District [EDSC] Coach: Steven O'Neill**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event #613C Male 50 Fly 11-11</b>					
39.20S		F Parker, Connor	15	---	-0.27
DQ		F Hayes, Lewis	---	---	---
<b>Event #702 Male 200 Free Relay 9-10</b>					
2:37.00S	P	A Relay Erith and District	9	---	
		Jeffrey Akintolu (9) Reece Hayes (9)	Benjamin Wilding (10)	Frederick Corder (10)	
		38.60 44.90 38.68 34.82			
<b>Event #703 Male 200 Free Relay 13-14</b>					
1:58.63S	P	A Relay Erith and District	11	---	
		James Vick (13) Frankie Hutchinson (14)	Kavan Zurita (14)	Sam Delatouche (14)	
		30.25 30.43 29.30 28.65			
<b>Event #704 Male 200 Medley Relay 15-16</b>					
2:03.43S	P	A Relay Erith and District	5	---	
		Stuart Cunningham (16) George Leigh (15)	Ben Hughes (16)	Daniel Bassett (16)	
		32.78 33.87 31.28 25.50			
2:03.77S	F	A Relay Erith and District	5	---	
		Stuart Cunningham (16) George Leigh (15)	Ben Hughes (16)	Daniel Bassett (16)	
		33.22 34.29 31.09 25.17			
<b>Event #705 Male 200 Free Relay 11-12</b>					
2:08.69S	P	A Relay Erith and District	11	---	
		Lewis Hayes (11) Connor Parker (11)	George Hills (12)	Alexander Song (12)	
		31.56 34.35 31.50 31.28			
<b>Event #706 Male 200 Medley Relay 9-10</b>					
3:00.23S	P	A Relay Erith and District	7	---	
		Benjamin Wilding (10) Samuel Burdett (9)	Frederick Corder (10)	Jeffrey Akintolu (9)	
		46.78 52.12 42.60 38.73			
<b>Event #708 Male 200 Medley Relay 13-14</b>					
DQ	P	A Relay Erith and District	---	---	
		Frankie Hutchinson (14) James Vick (13)	Kavan Zurita (14)	Sam Delatouche (14)	
<b>Event #709 Male 200 Free Relay 15-16</b>					
1:49.58S	P	A Relay Erith and District	5	---	
		Ben Hughes (16) George Leigh (15)	Stuart Cunningham (16)	Daniel Bassett (16)	
		28.15 27.72 28.48 25.23			
1:50.78S	F	A Relay Erith and District	5	---	
		Ben Hughes (16) George Leigh (15)	Stuart Cunningham (16)	Daniel Bassett (16)	
		28.62 27.72 28.96 25.48			
<b>Event #710 Male 200 Medley Relay 11-12</b>					
2:24.75S	P	A Relay Erith and District	10	---	
		George Hills (12) Lewis Hayes (11)	Alexander Song (12)	Connor Parker (11)	
		36.52 41.38 32.95 33.90			
<b>Event #722 Female 200 Medley Relay 9-10</b>					
3:01.93S	P	A Relay Erith and District	10	---	
		Rebecca Tough (10) Abbey Retour (10)	Charlotte Clark (9)	Caitlin Gray (10)	
		42.95 53.87 44.90 40.21			

## Erith and District Swimming Club

---

### Meet Results

**Kent County Champs 2013 17-Feb-13 to 17-Mar-13 [Ageup: 17/03/2013] SC Meters**  
**Erith and District [EDSC] Coach: Steven O'Neill**

**Event #723 Female 200 Medley Relay 13-14**

2:27.24S P	A Relay	Erith and District		12	---
Ruby Verge (13)		Georgia Burdett (13)	Evelyn Ledwidge (13)	Jade Lucas (13)	
	33.77	39.03	39.65	34.79	

**Event #724 Female 200 Free Relay 15-16**

2:02.95S P	A Relay	Erith and District		11	---
Holly Fryett (16)		Sarah-Louise Shattock-Gomez (16)	Jade Hughes (16)	Ashton Middleton (15)	
	30.79	31.36	30.34	30.46	

**Event #725 Female 200 Medley Relay 11-12**

2:35.02S P	A Relay	Erith and District		14	---
Jessica Clark (12)		Danielle Hills (12)	Lucy Jeffery (11)	Madison Retour (11)	
	38.96	41.50	41.81	32.75	

**Event #726 Female 200 Free Relay 9-10**

2:44.43S P	A Relay	Erith and District		11	---
Abbey Retour (10)		Caitlin Gray (10)	Charlotte Clark (9)	Rebecca Tough (10)	
	41.50	43.76	40.94	38.23	

**Event #728 Female 200 Free Relay 13-14**

2:13.23S P	A Relay	Erith and District		13	---
Georgia Burdett (13)		Jade Lucas (13)	Evelyn Ledwidge (13)	Ruby Verge (13)	
	31.96	35.61	34.18	31.48	

**Event #729 Female 200 Medley Relay 15-16**

2:22.32S P	A Relay	Erith and District		10	---
Jade Hughes (16)		Holly Fryett (16)	Sarah-Louise Shattock-Gomez (16)	Ashton Middleton (15)	
	35.55	40.95	36.53	29.29	

**Event #730 Female 200 Free Relay 11-12**

2:15.42S P	A Relay	Erith and District		14	---
Jessica Clark (12)		Olivia Tonks (12)	Danielle Hills (12)	Madison Retour (11)	
	31.99	36.88	33.53	33.02	

Here are the stats from this year's County Champs:

### INDIVIDUALS

13 Swimmers; 38 Swims; 23 Personal Bests; 14 Medals

**Alex Song** had the most number of events this year with 12 swimming a best time in 9 of them and earning himself 4 medals; Bronze - 1500m FREE, 4th - 100m & 200m FLY and 5th - 50m FLY. He dropped 5 seconds on his 200m BR, 4 seconds on his 400m FREE & 200m IM, 2 seconds on his 100m FLY & BK in fact the only bad swim he had was his 200m FLY which was some 6 seconds off his best. This is usually Alex's strongest event and the one we are really focussed on getting a National Qualifying time with. Alex was really upset when he finished his swim and neither of us could really explain why it happened as he was fully fit and works hard in training always. I concluded it must be a simple case of the occasion getting the better of him, but I was really pleased with his attitude when he came back the next day and said he was now focussed on the remaining Kent events then improving his FLY time at the upcoming opens in order to use the London Regions to qualify for the Nationals. I know we're all willing him to get there too and I'm certain it will have that trickle down effect for the rest of the club.

**Ruby Verge** had 3 decent swims, narrowly missing her pb in her 100m BK, but improving in both her 50m FREE and BK the latter earning her a first Kent medal with a 6th place finish - on her birthday no less. In actual fact she swam faster the next day in the team events and could have moved herself even further up the table.

**Danielle Hills** had a great time at her first Kent Championships with 2 swims and 2 pb's in fact she took 3 seconds off her 100m BR time making her our 2nd fastest in the club at the moment!

**Georgia Burdett, George Hills, Conor Parker & Ashton Middleton** made the most of their single events. George smashed his 100m BK time by 5 seconds having qualified at the very last chance because he missed Club Champs with a broken arm. Similarly Conor took everyone by surprise when he qualified in the last chance saloon but didn't disappoint on the day with a pb in his 50m FLY by 0.27 seconds. Georgia swam the best race of her life firing off the block taking over a second off her 50m BR and pushing herself under 39 for the first time earning her a first Kent medal with 6th. Ashton edged ever closer to the sub 29 time she's looking for with a pb of 29.28 and smiled all the way to the table as she collected her 5th place medal.

We did have some swimmers who struggled with form. **Conor Middleton** and **George Leigh** were both sluggish on their 50m & 100m BR and George couldn't find a best time on his 200m BR either despite a cracking performance at the Club Championships. **Ben Hughes** was closer just 0.03 off his best for 50m BK and **Emily White** may have been distracted by the fact she was competing on her 18th Birthday and flying to New York the next day (dedication unquestionable) as she finished 0.39 from her best 100m FLY time.

**Lewis Hayes** found the competition tough this year and could not take home a Gold for a third year in a row settling for Bronze in his 50m FREE, and swimming best times in his 50m BK & BR but having fiddled with his goggles on the starting block saw his 2 second pb 50m FLY (the most improvement of any of his swims) get taken away with him as he was disqualified for moving at the start. This is a lesson we can all take back to our squads when running starts practise or sprint sets in our training sessions we must start to a race standard.

Going in to the championships **Daniel Bassett** had missed around 3 weeks of training due to Mastoiditis and so I had thought he would not be on form, but in fact he managed 4 medals from 5 races and 3 pb's to boot; SILVER - 50m FREE, BRONZE - 50m FLY, 5th - 100m & 200m FREE. In fact in the team events Daniel swam four sub 25.50 times for his 50m FREE any one of which had he managed it the week before would have made him a County Champion so if we can return fully fit next year things are looking up :)

## TEAMS

72 Swims; 38 Personal Bests; 2 Finals

Our team events fared better than they have in the past few years with us improving or staying the same in 8 out of the classic 12 events (this year they split the 12/u age group in two; 9/10yrs and 11/12yrs so we swam in 16 events). It was great to see some more of our swimmers competing, especially those who didn't have individual qualifying times. PB's came from; **Jeffrey Akintolu, Ben Wilding** (3 seconds 50m FREE & BK), **Freddie Corder, James Vick, Connor Parker** (50m FREE twice), **George Hills** (3 seconds off his 50m FREE), **Sam Burdett, Abbey Retour** (3 seconds off her 50m BR), **Charlotte Clark** (3 seconds off her 50m FLY - which would have qualified her as an individual), **Caitlin Gray, Evie Ledwidge** (taking 3 seconds off her 50m FLY & FREE), **Jade Lucas, Jeccisca Clark** (twice), **Lucy Jeffery** (2 seconds off her 50m FLY) **Madison Retour** (2 seconds off her 50m FREE) **Olivia Tonks** and notably **Kavan Zurita** and **Sam Delatouche** who swam sub 30 for their 50m FREE for the first time - Sam in fact swam a 28.65 followed in the Medley relay by a 28.04!

What was really great to see was for the first time in 4 years we had teams in the finals. The Boys 9/10yrs Medley team of; **Ben Wilding, Sam Burdett, Freddie Corder** and **Jeffrey Akintolu** were 1st reserve after their swim (7th) and the Boys 15/16yrs team of; **Stuart Cunningham, George Leigh, Ben Hughes** and **Daniel Bassett** made the Freestyle and Medley finals finishing 5th in both with 10 pb's between them; including Stuart's BK and FREE, Ben's FLY and George's BR and twice sub 28 for the first time on his 50m FREE - they really did us proud.

Overall compared to last year we had 1 less individual swimmer and 13 fewer races but our % of pb's was roughly the same at 61% and our medal tally was exactly the same. In our team events we had 9 more pb's but crucially made 2 finals - the first time we have been in team finals for 4 years or more, so in a very brief summary you could say we had more quality swims than last year - which is a good thing. The overall points table for all the Kent clubs has not yet been published so I shall update you as and when, although at the last count we had looked to improve our position from last year which would be a step in the right direction :)