

Erith and District Swimming Club

Individual Meet Results - Standard: EDSC

Kent County Champs 2013 17-Feb-13 to 17-Mar-13 [Ageup: 17/03/2013] SC Meters

Location: Medway Park

Erith and District [EDSC] Coach: Steven O'Neill

Time	F/P/S	Event	Place	Points	Improv
Daniel Bassett (16) M					
26.11S Gold	F # 405B	Male 16-16 50 Free	2	---	0.60
2:08.19S	F # 415B	Male 16-16 200 Free	5	---	-0.18
29.01S Gold	F # 514B	Male 16-16 50 Fly	3	---	-0.14
30.83S Gold	P # 604B	Male 16-16 50 Back	8	---	-0.69
56.98S Plat	F # 610B	Male 16-16 100 Free	5	---	0.60
	26.83	30.15			
Georgia Burdett (13) F					
38.53S Gold	F # 315E	Female 13-13 50 Breast	6	---	-1.25
Barry Cusselle (31) M					
NS	P # 514D	Male 19 & Over 50 Fly	---	---	---
Lewis Hayes (11) M					
31.72S Gold	F # 216C	Male 11-11 50 Free	3	---	0.22
42.34S Gold	F # 304C	Male 11-11 50 Breast	5	---	-0.03
36.66S Gold	F # 407C	Male 11-11 50 Back	3	---	-1.06
1:23.25S Plat	F # 603C	Male 11-11 100 IM	13	---	0.99
	37.98	45.27			
DQ	F # 613C	Male 11-11 50 Fly	---	---	---
Danielle Hills (12) F					
41.04S Gold	F # 315D	Female 12-12 50 Breast	14	---	-0.72
1:27.60S Plat	F # 507B	Female 12-12 100 Breast	11	---	-2.65
	41.42	46.18			
George Hills (12) M					
1:15.12S Plat	F # 316A	Male 12-12 100 Back	11	---	-5.60
Ben Hughes (16) M					
32.53S Gold	P # 604B	Male 16-16 50 Back	11	---	0.03
George Leigh (15) M					
35.55S Gold	F # 204A	Male 15-15 50 Breast	9	---	0.29
1:20.06S Plat	P # 411A	Male 15-15 100 Breast	9	---	3.08
2:54.70S	F # 502A	Male 15-15 200 Breast	7	---	5.35
	37.49	44.34	45.13	47.74	
Ashton Middleton (15) F					
29.28S Gold	F # 611A	Female 15-15 50 Free	5	---	-0.07
Conor Middleton (17) M					
34.04S Gold	F # 204C	Male 17-18 50 Breast	7	---	0.69
1:17.09S Plat	P # 411C	Male 17-18 100 Breast	9	---	1.34
Connor Parker (11) M					
39.20S Gold	F # 613C	Male 11-11 50 Fly	15	---	-0.27

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Location: Medway Park

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Time	F/P/S	Event	Place	Points	Improv
Alexander Song (12) M					
20:08.28S	F # 101A	Male 12-12 1500 Free	3	---	1.37
3:13.06S	F # 206D	Male 12-12 200 Breast	9	---	-5.47
1:12.52S Plat	F # 212A	Male 12-12 100 Fly	4	---	-1.90
31.30S Gold	F # 216D	Male 12-12 50 Free	17	---	0.10
41.58S Gold	F # 304D	Male 12-12 50 Breast	10	---	-0.34
1:07.75S Plat	F # 307A	Male 12-12 100 Free	12	---	-0.11
5:09.42S	F # 311C	Male 12-12 400 Free	11	---	-4.30
1:19.13S Plat	F # 316A	Male 12-12 100 Back	22	---	-2.09
2:49.58S	F # 403D	Male 12-12 200 Fly	4	---	5.60
2:26.01S	F # 506D	Male 12-12 200 Free	17	---	-1.03
		33.21 36.84 38.39 37.57			
2:45.19S	F # 512D	Male 12-12 200 IM	10	---	-4.61
		35.88 43.81 49.46 36.04			
Ruby Verge (13) F					
1:13.88S Plat	F # 207C	Female 13-13 100 Back	11	---	0.05
30.20S Gold	F # 416E	Female 13-13 50 Free	10	---	-0.43
34.08S Gold	F # 606E	Female 13-13 50 Back	6	---	-0.33
Emily White (18) F					
1:15.09S Plat	F # 205C	Female 17-18 100 Fly	34	---	0.37

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 :)