

AMERSHAM SWIMMING CLUB

BERKSHIRE & SOUTH BUCKS ASA -COUNTY CHAMPIONSHIPS

14th and 21st March 2009

Amersham's swimmers produced another flood of excellent results in the second and third days of the County Championships, smashing four County Records, nine Club Records and gaining several NQTs.

At the end of the second day, the Club stood top of the County Medal table overall; in first place for Relays and Junior Championship placings, and in second place for County Championship placings.

Highlights from Counties days 2 and 3:-

Relay Medals: 4 gold, 1 silver, 2 bronze

Individual Medals: 27 gold, 19 silver, 18 bronze

Junior Championships: 7 Firsts, 4 Seconds, 5 Thirds

County Championships: 4 Firsts, 2 Seconds, 3 Thirds

Relays

Amersham A girls (11 years and under) consisting of Molly Norman, Hollie Fisher, Sarah Hammond and Mia Poplawska were first in the 4 x 50m medley relay.

With Amber Veronique in place of Hollie Fisher, the girls were also first in the 4 x 50m freestyle – setting a new **County Record**.

In the BAGCATS (13 and under), Amersham A boys comprising Tom Harrison, Dan Barraclough, Ben Levart and Kieran Wye were third in the 4 x 100m freestyle.

With Matt Hazelwood in place of Kieran Wye, the boys were third in the 4 x 100m medley relay.

The women's open 4 x 100m freestyle was won by Amersham A consisting of Hannah Rome-Hall, Eleanor Dolan, Kat Shaw and Sophie Elphick. Proving the depth of talent in the club, the B team finished second, consisting of Lauren Wye, Hollie Williams, Imogen Rome-Hall and Libby Hetherington.

The women's open 4 x 100m open medley relay was won by Amersham A team of Kat Shaw, Sophie Elphick, Lauren Wye and Libby Hetherington.

Age Group Results (Medal places)

10 years and under boys:

Tom Strudwick (10)

Gold: 100m freestyle, 1:11.78
Gold: 50m breaststroke, 47.73
Gold: 200m 'fly, 3:11.79
Gold: 400m freestyle, 5:27.42
Silver: 50m 'fly, 38.72

Hugo Bellamy (10)

Silver: 100m freestyle, 1:11.80
Silver: 400m freestyle, 5:30.52

Cameron Winchcombe (10)

Bronze: 100m freestyle, 1:16.80
Bronze: 400m freestyle, 5:50.01

Ross Clader (10)

Bronze: 50m breaststroke, 47.91

11 year old boys:

George Marsh (11)

Bronze: 100m freestyle, 1:10.01

12 year old boys:

Ben Levart (12)

Gold: 200m 'fly, 2:37.44
Gold: 50m 'fly, 32.12
Gold: 400m freestyle, 4:35.90
Gold: 800m freestyle, 9:35.40 **(NQT, 2nd in Junior Championship, ASC age group & open records)**
Silver: 100 freestyle, 1:02.09
Silver: 50m breaststroke, 40.51

Tom Harrison (12)

Gold: 100m freestyle, 1:01.76
Silver: 800m freestyle, 9:54.27 **(NQT)**
Silver: 400m freestyle, 4:41.42
Bronze: 50m breaststroke, 42.19

Max Elphick (12)

Bronze: 200m 'fly, 2:55.37
Bronze: 800m freestyle, 10:40.84

13 year old boys:

Matt Hazelwood (13)

Silver, 50m breaststroke, 38.11

14 year old boys:

Marcus Hazelwood (14)

Gold: 50m breaststroke, 35.35 - **Junior Championship Winner**

Dan Barraclough (14)

Gold: 200m 'fly, 2:27.34 – **Junior Championship Winner**

Silver: 100m freestyle, 58.95 – (2nd in Junior Championship)

Bronze: 400m freestyle, 4:30.60 – (2nd in Junior Championship)

Toby Emerson (14)

Bronze: 50m breaststroke, 37.02 (3rd in Junior Championship)

17+ year old boys:

Dan Shinnie (18)

Silver: 400m freestyle, 4:17.99

10 years and under girls:

Mia Poplawska (10)

Bronze, 200m IM, 2:54.98

11 year old girls:

Sarah Hammond (11)

Silver, 200m IM, 2:49.56

Silver, 100m 'fly, 1:18.77

Bronze, 200m backstroke, 2:51.03

Molly Norman (11)

Bronze, 200m IM, 2:53.11

12 year old girls:-

Juliet Flamank (12)

Gold, 800m freestyle, 10:02.53

Silver, 200m IM, 2:40.62

Silver, 100m 'fly, 1:15.22

Paige Morgan (12)

Silver, 100m breaststroke, 1:25.70
Silver, 200m breaststroke, 3:04.17

13 year old girls:**Eleanor Dolan (13)**

Gold, 200m IM, 2:31.67
Gold, 100m breaststroke, 1:17.29 (3rd in Junior Championship)
Gold, 200m breaststroke, 2:45.94 (3rd in Junior Championship)
Gold, 800m freestyle, 9:46.28 (2nd in Junior Championship & 3rd in County Championship)

Holly Williams (13)

Gold, 200m backstroke, 2:31.61
Silver, 100m 'fly, 1:13.05
Bronze, 200m IM, 2:38.84

Katie Valance (13)

Silver, 800m freestyle, 10 :26.20

14 year old girls:**Sophie Elphick (14)**

Gold, 100m breaststroke, 1:14.50 – **NQT, Junior Championship & County Championship Winner, County Record, ASC Record**
Gold, 200m breaststroke, 2:41.02 – **NQT, Junior Championship & County Championship Winner, County Record, ASC age group and Open Record**
Gold, 800m freestyle, 9:35.19 - **Junior Championship Winner, 2nd in County Championship, ASC age group and Open Record**

Katherine Shaw (14)

Gold, 200m backstroke, 2:21.97 – **NQT, Junior Championship & County Championship Winner**
Bronze, 200m IM 2:30.30 - (3rd in Junior Championship)
Bronze, 100m 'fly, 1:09.34 - (3rd in Junior Championship)

Alessandra Quincey (14)

Gold, 1500m freestyle, 19:01.32 – **Junior Championship Winner and County Record, 2nd in County Championship, ASC age group and Open Record.**

15/16 year old girls:**Imogen Rome-Hall (16)**

Gold, 200m IM, 2:31.12
Silver, 100m breaststroke, 1:20.29
Silver, 200m breaststroke, 2:55.08
Bronze, 100m 'fly, 1:13.11

17+ year old girls:

Libby Hetherington (17)

Gold, 100m breaststroke, 1:17.94
Gold, 200m breaststroke, 2:45.12- (3rd in County Championship)
Gold, 200m IM, 2:25.96 - **County Championship Winner**

Hannah Rome-Hall (17)

Gold, 200m backstroke, 2:27.30 (3rd in County Championship)
Bronze, 200m breaststroke, 2:56.23
