

AMERSHAM SWIMMING CLUB

HATFIELD – LEVEL 1 LICENSED MEET – 16th & 17th MAY 2009

55 Clubs from all over England were represented at the latest Hatfield Swimming Club Level 1 Licensed meet on 16th and 17th May, along with a very strong squad of 26 swimmers from Amersham Swimming Club.

Amersham swimmers won 12 gold, 7 silver and 6 bronze medals, broke 7 club records and achieved 18 National Qualifying Times (NQTs) over two days of tough competition.

Kat Shaw, Sophie Elphick and Libby Hetherington gained several Grand Prix Qualifying Times (GPQTs) enabling them to compete at this summer's British Gas Swimming Grand Prix Meet, a top level event for national swimmers.

Head Coach, Malcolm Staight, described the meet as having produced the best swims of his time at Amersham.

Kat Shaw (14 yrs) swam 6 NQTs and 2 GPQTs:

Gold in the 100m backstroke (1:04.05) a meet record, Club Record, NQT and GPQT;

Gold & NQT in the 100m freestyle (58.92);

Gold & NQT and meet record in the 200m backstroke (2:19.79);

Gold & NQT in the 200m freestyle (2:07.98);

Gold & NQT, meet record and GPQT in the 50m freestyle (27.22);

Bronze & NQT 200m IM (2:26.25);

6th in the 100m 'fly (1:08.48).

Sophie Elphick (14 yrs) swam 2 NQTs and 2 GPQTs:

Gold in the 200m breaststroke (2:35.62) a meet record, Club record, NQT, GPQT;

Gold & GPQT in the 100m IM (1:07.52);

Gold in the 400m freestyle (4:33.57);

Silver & NQT in the 200m IM (2:24.42).

Holly Williams (13 yrs) swam 3 NQTs:

Silver & NQT in 100m backstroke (1:06.03) a Club record;

Silver & NQT in the 200m backstroke (2:21.44) a Club record;

4th & NQT in the 100m freestyle (1:00.66)

Libby Hetherington (17 yrs) gained an NQT and a GPQT:

Bronze & GPQT in the 100m IM (1:07.11);

Bronze & NQT in the 100m breaststroke (1:15.32);

Bronze in the 200m freestyle (2:12.14);

Bronze in the 50m freestyle (27.63);

Gold in the 200m IM (2:25.41);

4th in the 100m freestyle (59.98).

Ben Levart (12 yrs) swam 3 NQTs:
Gold & NQT in the 400m IM (5:10.65);
Gold & NQT in the 200m `fly (2:29.21);
Silver & NQT in the 100m freestyle (58.75);
Silver in the 200m IM (2:29.56).

Will Hammond (15 yrs) swam 3 NQTs:
4th & NQT in the 100m freestyle (54.23) a Club record;
6th & NQT in the 50m freestyle (25.08) a Club record;
6th & NQT in the 200m freestyle (1:57.91) a Club record;
6th in the 200m breaststroke (2:39.85);
8th in the 200m IM (2:18.19).

Tom Harrison (12 yrs)
Gold in the 400m freestyle (4:43.35);
Silver in the 200m freestyle (2:13.25);
Silver in the 50m freestyle (28.40);
5th in the 100m freestyle (1:00.69);
7th in the 200m backstroke (2:38.75);
7th in the 100m backstroke (1:13.00);
7th in the 200m IM (2:37.89).

Other swimmers achieving top 8 placings:

Lauren Wye (16 yrs)
4th in the 200m `fly (2:28.92);
5th in the 200m freestyle (2:10.41);
6th in the 100m `fly (1:08.70).

Eleanor Dolan (13 yrs)
4th in the 200m breaststroke (2:44.34);
4th in the 200m freestyle (2:11.26);
5th in the 100m breaststroke (1:17.48);
6th in the 50m freestyle (28.67);
8th in the 200m IM (2:29.66).

Juliet Flamank (12 yrs)
4th in the 200m freestyle (2:21.13);
6th in the 100m `fly (1:14.38);
7th in the 400m freestyle (4:59.88);
8th in the 100m freestyle (1:05.06);

Paige Morgan (12 years)
Bronze in the 400m IM (5:44.62)

Sarah Hammond (11 yrs)
5th in the 200m `fly (2:51.27);
7th in the 400m IM (5:49.39).

Molly Norman (11 yrs)
7th in the 200m `fly (2:54.38)

Max Elphick (13 yrs)
8th in the 400m IM (5:44.89)

Marcus Hazelwood (14 yrs)
6th in the 200m breaststroke (2:42.72)
8th in the 100m breaststroke (1:15.76)

Other swimmers achieving PBs:

Kieran Wye (13 yrs)
Matt Hazelwood (13 yrs)
Toby Emerson (14 yrs)
Daniel Barraclough (14 yrs)
Andrew Beveridge (15 yrs)
Mia Poplawska (11 yrs)
Katrina Beveridge (13 yrs)
Alessandra Quincey (14 yrs)