



PHOENIX S.C.

(BASILDON)

Affiliated to A.S.A – East Region



Phoenix Sprint to County Success

Essex Auto Group sponsored and Gloucester Park, Basildon based Phoenix Swimming Club have started 2010 with high accolades at the opening weekend of the 2010 Essex County Swimming Championships. Held over 4 weekends from January to March with events ranging from the 50m sprints to the endurance based 800m and 1500m freestyle this is the premier competition for swimmers in the County, all having to of achieved very tough qualification times.

Phoenix have a squad of 25 swimmers able to participate in the Championships event this year a record number of qualifiers for the Club in what has been the toughest qualification year yet. All the swimmers performed to the high standards coached to them and the Club came away with a superb medal haul, a double event County Champion and a further event County Champion as well as several silver medals and top 6 placings.

Top of the tree in this years 50m sprint weekend was last year's star performer and England Talent Development swimmer Kathryn Pearse. Qualifying for the final of all four 50m sprint events she walked away with the County Champion titles and Gold medals in the 13yrs Backstroke, finishing a frustrating 3 tenths of a second outside the Championship record, and the 13yrs Butterfly adding 4th place in the 13yrs Freestyle and 5th in her less favoured stroke the Breaststroke. Close behind Pearse in the medal count was 12 year old Harvey Brown who took the County Champion title and Gold in the Boys 12 years Backstroke and was just pipped into the silver medal place in the Freestyle. Harvey also finished 6th in the Butterfly.

Both the Clubs youngest female qualifier and eldest male competitor equipped themselves with honours. 9 year old Brooke Frost competing at this level for the first time walked away with the silver in the 9yrs Backstroke and Bronze in the Freestyle events. Experienced 16 year old Michael Grace showed hard training, commitment and desire can bring reward by taking Silver in the Boys 16yrs Freestyle just being touched out for the Gold after finishing fifth last year the training has paid off. An exciting Backstroke final saw a four way touch for the top 4 placings with the Electronic timing deciding the positions and Michael having to settle for fourth spot. Another swimmer having waited in the wings for success was 11 year old Patrick Rourke who swam personal bests to take the Silver in his favoured backstroke and finishing the Butterfly event in 7th place.

Maisie West another experienced County swimmer continued her good form with a finals spot in the 13yrs Backstroke finishing the final in 4th spot. New boy James Barker surprised only himself with a smashing heat time to gain a place in the final of the 12yrs Breaststroke and taking home a county pennant finishing 6th in his first County Championships.

Such has been the Clubs success relay teams were fielded in the Boys 16yrs and under medley and freestyle relays as well as the girls 16yrs and under. With the Boys freestyle teams still to race the

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www.phoenixbasildonsc.org

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other relays squads performed superbly producing team best times and beating some of the Counties more established Clubs.

Unfortunately due to pool problems the final session of the weekend had to be cancelled leaving some of Phoenix's other qualifiers to wait for weekends to follow before they can try and emulate their teammates success's.

Head Coach, Jon Pearse, enthused about the results saying 'this is probably the best start to a Championships the Club has ever had. These swimmers have trained for a whole year for this, starting at 5.30am and then going off to school but it has paid dividends with them swimming to fantastic results. I and my Coaching team are very proud of them and look forward to seeing their performances at the longer distance events over the remaining 3 weekends of competition.'

Other members of the Phoenix County Team for the championships are;- Jack Byfield, Felicity Leigh-Hudson, Lewis Cooper, Keri Stroud, Thomas Head, Rebecca Asher, James Paton, Alex Drysdale, Mitchell Frost, Molly Jerome, Christopher Mullender, Samantha Mullender, Poppy Warner, Jamie Tomlinson, Rachael Moore, Jemima Walker, Lily Mann, Harvey Jolly, Caroline Mellor.

Anyone interested in becoming a member of Phoenix Swimming Club whether to improve swimming ability or become a competitive athlete can contact the Clubs Swimming Liaison Officer Tina Diprose on 07941137646 to book an initial swimming assessment. Further information about Phoenix Swimming Club can be found at www.phoenixbasildonsc.org .

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