



**Ellesmere College Swimming Academy Report
February 2023
Middle East Open & Junior Championships 2023**

Three Ellesmere College Swimming Academy athletes travelled out to Dubai to compete in the Middle East Open & Junior Championships which took place 9th-12th February 2023.

Holly Lamb and Olivia Hunter attended the meet as a component of their DiSE (Diploma in Sporting Excellence) programme. Both athletes were part of the Team England cohort of athletes who travelled as a team. It was a great experience for the two girls, utilising the knowledge they have gained from the programme and within the walls of Ellesmere college to aid their performance for this time of the season. This trip will help them kick on as we progress through the season.

Jake Hutchinson competed at the championships under his local home programme. More long course racing in the bag and maximising the opportunity for international experience and stepping up from heats to finals.

Holly Lamb

50 Freestyle: 28.45 – 28th
100 Freestyle: 1.02.39 – 26th
200 Freestyle: 2.12.29 – 13th
400 Freestyle: 4:37.31 - 11th
800 Freestyle: 9.27.44 – 8th

Olivia Hunter

50 Freestyle: 29.65 – 56th
100 Freestyle: 1.02.21 24th
400 Freestyle: 4.33.31 – 10th (final)
50 Butterfly: 29.78 – 20th (final)
100 Butterfly: 1.05.47 -7th (final)
200 Butterfly: 2.19.67 – 1st (final)
400 Individual Medley: 5.13.27 - 8th

Jake Hutchinson

50 Freestyle: 24.06 – 11th (final)
100 Freestyle: 51.70 – 8th (final)
200 Freestyle: 1.55.60 – 4th (final)
50 Butterfly: 25.17 – 4th (final)
100 Butterfly: 55.93 – 2nd (final)



Great swimming by all three athletes, as an academy we now look forward to the National qualifying window opening early March as well as World Championship trials in early April.

Our next competition weekend will be 10th-12th March, we will have athletes competing in Sheffield at the Derwentio Level 1 meet. We also have athletes who been selected for the West Midlands region to compete in Coventry at the English Schools Swimming Association National Finals.

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