



Ellesmere College Swimming Academy Report
December 2022
Swim England Short Course Winter Championships 2022

Members of the ECSA descended upon Ponds Forge International Sports Centre for this year's edition of the Swim England Short Course Winter Championships. The competition ran from Friday 2nd December through to Sunday 4th December. The coaching team were looking forward to seeing the athletes step up on a national stage, continue to progress their process goals and finish the first training cycle of the season strongly.

Friday 2nd December – Day One

Heats

- Female 100m Breaststroke
 - Anna Farr 1.14.35 (48th 17/under)
 - Emily Farr 1.10.68 (Senior final)

- Male 400m Individual Medley
 - Oscar Dodds 4.27.22 PB (Junior final)

- Female 200m Individual Medley
 - Anna Farr 2.27.23 (70th 17/under)
 - Millie Wells 2.25.54 (64th 17/under)
 - Anna Farrow 2.17.66 PB (Junior final)

- Male 50m Freestyle
 - Jake Hutchinson 22.81 PB (Junior final)

- Male 100m Butterfly
 - Jake Hutchinson 54.08 PB (Senior final)

- Female 200m Butterfly
 - Millie Wells 2.24.48 (56th 17/under)
 - Olivia Hunter 2.19.78 (25th open age)

- Male 200m Backstroke
 - Oscar Dodds 2.01.87 (Junior final)

- Male 100m Individual Medley
 - Jake Hutchinson 56.14 PB (Senior final)



- Female 100m Freestyle
 - Anna Farrow 58.12 (31st open age)
- Male 800m Freestyle
 - James Raw 8.18.89 PB (18th open age)
- Female 800m Freestyle
 - Bryony Lowe 9.12.30 41st open age)

Finals

- Male Junior 200m Backstroke
 - Oscar Dodds 2.01.24 PB 5th
- Female Senior 100m Breaststroke
 - Emily Farr 1.10.94 9th
- Male Senior 100m Butterfly
 - Jake Hutchinson 54.05 PB 9th
- Female Senior 200m Individual Medley
 - Anna Farrow 2.16.97 PB 10th (3rd in Junior Category)
- Male Junior 50m Freestyle
 - Jake Hutchinson 22.72 PB 6th
- Male Junior 400m Individual Medley
 - Oscar Dodds 4.29.83 9th
- Male Senior 100m Individual Medley
 - Jake Hutchinson 55.46 PB 6th



Saturday 3rd December – Day Two

Heats

- Male 200m Individual Medley
 - Oscar Dodds 2.07.68 PB (23rd Junior)

- Male 50m backstroke
 - Jake Hutchinson 25.57 PB (Junior final)

- Male 100m Freestyle
 - Jake Hutchinson 49.85 PB (Senior final)

- Female 50m Breaststroke
 - Anna Farr 34.29 (45th Junior)
 - Emily Farr 32.60 (15th Open age)

- Female 400m Individual Medley
 - Anna Farrow 4.52.79 PB (Senior final)

- Female 200m Backstroke
 - Bea Jones 2.24.52 (74th Junior)
 - Millie Wells 2.16.25 (Junior final)

- Female 100m Individual Medley
 - Anna Farr 1.07.45 (45th Junior)

- Male 1500m Freestyle
 - James Raw 16.09.89 pb (26th Open age)



Finals

- Female Junior 200m Backstroke
 - Millie Wells 2.16.30 9th
- Male Junior 50m Backstroke
 - Jake Hutchinson 25.77 4th
- Female Senior 400m Individual Medley
 - Anna Farrow 4.50.22 PB 6th (2nd in Junior Category)
- Male Junior 100m Freestyle
 - Jake Hutchinson 49.60 PB 3rd

Sunday 4th December – Day Three

Heats

- Male 400m Freestyle
 - Oscar D 4.06.17 (31st Junior)
 - James R 4.03.74 (28th Junior)
- Male 50m Butterfly
 - Jake Hutchinson 24.63 PB (Junior final)
- Female 400m Freestyle
 - Anna Farrow 4.22.70 (Junior final)
- Female 100m Backstroke
 - Millie Wells 1.05.30 (47th Junior)
- Male 100m Backstroke
 - Jake Lee 59.22 (40th Junior)
 - Oscar D 57.23 PB (25th Junior)
- Female 200m Breaststroke
 - Emily Farr 2.35.61 (24th Open age)
- Female 200m Freestyle
 - Anna Farr 2.09.46 (75th Junior)
 - Anna Farrow 2.04.89 (14th Junior)



- Male 200m Freestyle
 - Jake Lee 1.58.41 (40th Junior)
 - James Raw 1.56.08 (35th Junior)
 - Jake Hutchinson 1.49.69 (Junior final)

Finals

- Female Junior 400m Freestyle
 - Anna Farrow 4.20.79 PB 6th
- Male Junior 50m Butterfly
 - Jake Hutchinson 24.40 PB 2nd in Junior final
- Male Junior 200m Freestyle
 - Jake Hutchinson 1.48.39 2nd in Junior final

That concludes our involvement across 3 days of racing in Sheffield. A huge congratulations to every athlete that raced, you are a credit to the academy.

Now back to the training pool, continue to develop our process goals into the new year and into long course season!

Final totals

9 Junior finals
5 Senior finals

2 Junior medals (1 Bronze, 1 Silver).

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