

East Midlands Regional Championships report

Sheffield

May 6/7/8 2022

It was a successful meet for our Swimming Academy athletes, as the competition comprised over three separate occasions, the first being at Corby International Pool and the following two being at the Ponds Forge International Pool in Sheffield. The final opportunity to qualify for the upcoming British and home nations National Championships resulted in 23 gold, 9 silver and 8 bronze medals and 101 PB's for our Academy athletes.

The first weekend of racing at Corby featured our younger members of the team, as both Harriet Jones (City of Leicester) and Esmee Slinn (City of Leicester) competed in the girls 400m Freestyle, finishing in 4th and 7th respectively with new PB times. Slinn would later follow up with a silver medal in the girls 13 years 1500m Freestyle, maintaining good consistency throughout the swim.

Highlights of the first day finals session included Payton Marski (City of Leicester), who would deliver a silver medal in a closely contested girls 11/12 years 50m Breaststroke. Marski would later back this up with a bronze medal in the girls 11/12 years 200m Breaststroke with a new lifetime best. Annie Hutchon (City of Leicester) would gain invaluable experience, despite being one of the youngest competitors at the entire meet. She would finish a fantastic 4th in the girls 11/12 years 200m Individual Medley final and 8th in the girls 11/12 years 100m Backstroke final. Paul Nash (City of Leicester) would also put in a solid performance in the 100m Breaststroke, finishing 4th in the boys 13 years 100m Breaststroke final.

Highlights of day two would once again include the young Annie Hutchon, as she showed maturity beyond her years in both the girls 200m Freestyle and Backstroke, working the second 100m in both events that resulted in big lifetime bests. Harriet Jones would knock another second off her PB in her girls 13 years 200m Freestyle final, taking the race out strong in a gutsy swim. Payton Marski would add a 4th place finish in the girls 11/12 years 100m Breaststroke final.

The second gala of the championships started in style, as James Raw and Jacob Lee (both City of Leicester) were part of a City of Leicester relay team that would win the men's 14-16 years 4 x 200m Freestyle relay team in convincing fashion. Amelia Brian (City of Leicester) would deliver just under a six second PB in the women's 800m Freestyle, competing against tough opposition in the event. The morning session would be concluded with some sprints, as Cici Noss (City of Leicester) would close out the women's 14 years 50m Butterfly and Backstroke with double gold medal winning performances, whilst teammates Millie Wells and Macy Walton (both City of Leicester) would claim gold and bronze medals respectively in the women's 15 years 50m Butterfly.

The second session of the bank holiday Monday in Sheffield would include the men's 1500m Freestyle, as both James Raw and Archie Neaves (both City of Leicester) would finish 1st and 7th with solid swims in their respective age groups. Anna Farr (City of Leicester) would win the women's 15 years 50m Breaststroke and Freestyle, adding to her 50m Backstroke title from the first session. Archie Dandy would gain bronze medals in the men's 14 years 50m Butterfly and Backstroke events, Dandy spotting the finish to perfection for a clutch finish in the Butterfly event.

The final weekend of racing for our academy athletes consisted of some outstanding and tough swims. Jake Hutchinson and James Raw (both competing for City of Leicester) were a part of a winning relay team that competed in the men's 4 x 100m Freestyle event, winning in convincing fashion. James Raw would deliver a superb final 50m in the men's 15 years 200m Freestyle final to win, despite a quick turnaround from the relay! Jake Hutchinson and Jacob Lee would secure a 1-2 finish in the men's 16 years 200m Freestyle, with Lee stepping up and producing just under a five second PB! Archie Dandy would once again prove his consistency by finishing second in the men's 14 years 200m Freestyle, then going on to win the 200m Backstroke in his age group, whilst Reuben Fox-Kirkham (City of Leicester) would also put together a solid performance in the same final to finish in 9th place. Jack Burston and Jacob Lee (both City of Leicester) would also finish in 6th and 5th places in their respective age groups for the men's 200m Backstroke, picking up PB times in the heats.

Anna Farr (City of Leicester) would secure three gold medals in the women's 15 years 200m Individual Medley, 100m Freestyle and 200m Breaststroke with sister Emily (City of Leicester) finishing a close 4th in the women's 17 years and over 200m Breaststroke final in a well-paced, new PB time. Anna Farrow (City of Leicester) would take a good win in the women's 17 years and over 200m Individual Medley whilst Millie Wells would claim a gold and a silver in the women's 15 years 100m Backstroke and 200m Butterfly respectively.

The final day of racing would see James Raw deliver a dominant men's 15 years 400m Freestyle in a new PB time, once again despite having a relay just minutes earlier! Anna Farr and Millie Wells would secure double golds in the women's 15 years age group, Farr claiming the 200m Freestyle and 100m Breaststroke in new PB times, whilst Wells achieved this feat in the 100m Butterfly and 200m Backstroke - working the second 100m well to come back strong. The medal haul continued for Archie Dandy with a gold and two silvers in the men's 14 years 100 Backstroke, 200m Individual Medley and the 100m Freestyle. Teammate Jacob Lee proved he's a man for the big occasion once again, with a brilliant silver in the men's 16 years 100m Freestyle, bringing the legs in well during the third 25m.

We would like to once again thank all the volunteers, parents and academy athletes for your continued support following on from another highly successful event.

The EC SA Coaching Team