



## Cambridge Level 2 Open Meet

16/17<sup>th</sup> January 2010

A team of 16 Phoenix swimmers made the journey up to Cambridge to take part in the well established Level 2 Open Meet.

The first day's events got off to a great start with Charlotte Payne winning a silver in the 16 & over 100m fly, following this up with a gold in the 100m back, and the following day she took another gold in the 200m back and bronze in the 50m freestyle.

Zach Kirlew was back on form taking silver in the boys 15 yrs 100m fly and bronze in both the 200 and 400m freestyle where he was racing in the same heats alongside older brother Louis. Younger brother Josh took bronze in the boys 10 yrs 200m back and gold in the 100m fly in a time of 1:22.49, smashing his older brother's age group record by 8 seconds!

Charlotte Newman again dominated the girls 13 yrs 100m back taking gold and also won a silver medal in the 200m IM.

A number of the team were staying at local hotels with their families and met up for a very enjoyable meal in a local restaurant after the end of the first day's events.

Sunday's sessions brought some more fine performances from our swimmers with Mia Hawkes taking silver in the girls 10 yrs 200m back in a new age group record time of 2:52.56, silver in the 50m freestyle and gold in the 100m freestyle.

Emma Tunstall won a silver medal in the girls 16 & over 100m IM and Ryan McCarthy took gold in the boys 13 yrs 100m freestyle.

Ben Zuccolini qualified for the 50m freestyle skins event in 7<sup>th</sup> place and put in a fantastic performance finishing in 6<sup>th</sup> place after 3 gruelling rounds!

Bethan Holder continued her recent steady improvement by gaining 3 Middlesex qualifying times and sister Megan set a PB in the 100m breastroke.

### **The Team:**

Nina McGarvey, Mia Hawkes, Hannah Thomas, Charlotte Newman, Charlotte Payne, Sarah Browne, Megan Holder, Bethan Holder, Emma Tunstall, Harry Jenner, Ryan McCarthy, Michael Tunstall, Zach Kirlew, Louis Kirlew, Josh Kirlew, Ben Zuccolini.

