

Cheshunt Swimming Club Open - Report

Swimmers:

Lily Teirnan
Caitlin McCabe
Lara Eyre
Meghan Byrne
Lena Soulas

Mehdi Neched
Oskar Soulas
Callum Dodds
Tyrese Haughton-Locker
Callum McCabe
Lewis Hitchings
James Whiting
Ben Howe
Jack Ryan
Elliot Bertram
Terrel Haughton-Locker

A small but talented group of Edmonton Phoenix swimmers journeyed to Borehamwood for the 6th Cheshunt open meet. Lily Tiernan set the tone for the whole meet by doing a personal best time in event one, the 100m individual medley. She was followed by the whole team who went on to beat their best times all day. Meghan Byrne got enough speeding tickets for a twelve month driving ban and Ben Howe raced to Gold in the boys 50m Butterfly. Many of the team took home medals and those who didn't were still knocking lumps off their best times. Other swims of note were Lena Soulas in the 100m Freestyle and Callum Dodds in the 50m Butterfly.

We must make a special mention for Elliot Bertram who delivered five absolutely outstanding swims. Elliot's improvement on all strokes is an example of what you can achieve if you work hard in the training pool.

Thanks to Laura for helping out on poolside with the rather too rowdy EPSC swimmers. I'm sure her words of encouragement helped out the younger swimmers.

Rob Howe
Junior Squad Coach