



Crawley Opportunity Meet

2nd October 2011

Well done to all the Phoenix swimmers who took part in the Crawley Long Course Level 3 Opportunity Meet on 2nd October 2011. Swimmers of both the Junior and Senior Squads (Rianne, Lara, Amy H, Bethan, Ben H, Chloe, Sara, Jade, Leanne, Anna, Jack, Lena, Oskar, Lily T, Fiona, Emily and James) proudly represented EPSC against swimmers from Brighton, Beckenham, Woking, Sevenoaks and Crawley to name but a few.

Although not expected at such an early time in the 2011-12 season, the long-course meet saw a number of big PBs in particular by Leanne Potter in the 100 free, Amy Hallihan (100 back and 200 IM) and Lena Soulas (200 back).

Medalists included Lena (gold, 100 free), Lily T (silver, 200 fly), Jack (silver, 200 free, and silver, 200 back), Ben (silver, 200 fly), Oskar with three silver medals (200 back, 200 fly, and 200 IM) and James (bronze, 100 back).

A huge 'thank you' must go to coach Rob Howe (missing Tottenham v Arsenal for the occasion!) and our club official Jacqui Holder who both spent 12 hours in the sweltering heat on poolside.

Well done, all!

Results link:

[http://www.swimmingworldmagazine.com/results/hytek/Long%20Course%20Opportunity%20Meet%20-%20\(10-02-2011%20-%2010-02-2011\)/index.aspx](http://www.swimmingworldmagazine.com/results/hytek/Long%20Course%20Opportunity%20Meet%20-%20(10-02-2011%20-%2010-02-2011)/index.aspx)