

ESSA Division 10 Secondary Schools Relay Championships 5/11/10 - Watford

Well done to Phoenix swimmers Sina Dehnadi, Ross McCarthy, Ryan McCarthy, Harry Jenner, James Wallace, Ben Williams and former member Tom Disney who competed for Enfield Grammar School in the ESSA relays. Junior boys Ross (back) and Sina(FS) both posted 50m PB's in the medley relay achieving a respectable 8th place from 18 teams. Harry, Ryan, Ben and Tom stormed to 2nd place in the Intermediate medley relay in a time of 2.01.35 and are hopeful of qualifying for the National Schools Championships in February.



ESSA Division 10 Secondary Schools Girls Relay Championships 19/11/10 - Watford

Well done to Phoenix swimmers Connie Hawkes, Mia Hawkes and Fiona Westcough who competed for St Albans High School for Girls in the ESSA relays. Connie swam in the intermediate team who were placed a creditable 10th (out of 19 teams) in both the medley relay and freestyle relays. Mia (back) and Fiona (free), competing for the junior team, swam strong legs in the medley relay (2.18.01) to help the team to 5th place out of 22 teams. The team achieved a fantastic 2nd place in the freestyle relay (2.01.66) and are waiting to see whether this time will be good enough to place them in the top teams nationally who qualify for the finals.

ESSA National Relay Finals Stockport 5/2/2011

Congratulations to Mia Hawkes and Fiona Westcough who were part of the St.Albans High team who won a bronze medal this afternoon in the 4 x 50m FS relay. Well done also to Ryan McCarthy, Harry Jenner and Ben Williams from Enfield Grammar who just missed out on a place in the final of the 4 x 50m medley relay.

