

Middlesex Masters 6/6/10

To our masters swimmers Julie Zuccolini and Sue Thomas who took part in the Middlesex masters at Southbury on 6th June. Julie came away with gold in the 45-50 yrs 100IM, 50 back & 50 FS and silver in the 50m fly and Sue took bronze in the 50-55 yrs 50 FS. The standard of swimming at the masters is very high, with Sue facing a competitor in her age group achieving a time of 29.17 for 50m FS! [Full results here.](#)

London Region BAGCATS 5/6 & 12/13 June 2010

There's been some great swims on the first two days of the competition at Crystal Palace. Charlotte Newman achieved another National Qualifying Time in the 200m back and Harry Jenner narrowly missed out on an NQT for the 100m fly, gaining a silver medal in the process. Charlotte Newman made finals in the 200m back and 200m IM, Ryan McCarthy made finals in the 200m back, Harry Jenner made finals for 100m FS and 100m Fly (silver) and newcomers Sara Khadraoui and Toby Pasmore qualified for the finals in the 200m breast. Hannah Thomas just missed out on the finals of the 100m FS. Also swimming this weekend were Mia Hawkes, Tom Newman and Jack Ryan. More great results were achieved in the 2nd weekend.

[Check out the results here](#)

Independent Prep Schools Champs May 2010

Congratulations to Mia Hawkes who competed in the National Final of the Independent Association of Prep Schools Swimming Championships finishing third in the year 6 age group 50m Freestyle in a club record time of 30.58s

Hatfield UK Challenge Meet 15th and 16th May 2010

A number of swimmers competed in the very competitive Hatfield Challenge level 2 gala, where the level of competition was extremely high. Charlotte Payne(23) won the B Final in the 100 Back (1.06.21s) and also swam in the 50 Free (28.60s). Mia Hawkes(11) was the fastest 11year old in the 50 Free (31.72s) and set a PB in the 200 Free (2.30.56s). Charlotte Newman(13) set a PB in the 200 Back (2.28.47s) as did Ryan McCarthy(14) in 2.17.30s. Hannah Thomas(13) swam in the 100 Free (1.04.69s), 50 Free (29.91s) and Megan Holder swam in the 100 Breast (1.22.12s)

Enfield Open 15/16 May 2010

Congratulations to all the Phoenix swimmers who competed in the LBESA Open at Southbury and the UK Challenge Meet at Hatfield over the weekend of 15/16th May, with some swimmers racing at both venues!! There were some fantastic performances, a number of club records and numerous PB's. A special thank you to all the senior swimmers, parents (and former parents!) who helped on poolside at Southbury, ensuring the smooth running of the gala. Swimmers performances are a tribute to the hard work and dedication of our coaches, so a big pat on the back to Sarah, Rob, Paul and Barry.

LBESA Open results [here](#), medley skins results [here](#), EPSC individual results [here](#).

LONDON REGION YOUTH CHAMPS 2010

Well done to Charlotte Payne, Megan Holder and Alex Pasmore who took part in the London Region Youth Champs at Crystal Palace on 1st and 2nd of May, 2010. Charlotte made the finals in the 50, 100 and 200 Back and the 50 Fly coming 3rd in the 50 Fly (30.66s) and 200 Back (2.29.36s), and 4th in the 50 Back (33.17s) and 100 Back (1.08.94s).

Megan did PBs in the 50 Breast (39.37s) and 100 Free (1.06.13s) and Alex did a PB in the 50 Fly (30.77s) GO PHOENIX! Results [here](#)