



GRIFFINS LEVEL 3 OPEN GALA 2009

A handful of swimmers attended the Griffins Open Gala held at Southbury Road on Saturday 31/10/09.

It was an excellent gala with a relaxed but positive feel and produced some excellent swims from the Edmonton Phoenix swimmers. Full results are available but the highlights are detailed below.

Ryan McCarthy had an excellent gala with four 1st place finishes including two new 13 yr age group club records, 31.96 in the 50m backstroke and 2:23.04 in the 200m backstroke. Jesse Taylor came 1st in his two races including a sub 29s 50m freestyle. Tom Newman was 1st in his 200m breaststroke. James Wallace had one 1st place finish, two 2nd place finishes and three 3rd place finishes. Cheyenne Antoine-Chagar had three 3rd place finishes and Ross McCarthy had two 3rd place finishes.

For the girls Armanni Antoine-Chagar was the most prolific winning her four races in the 14yr age group. Charlotte Newman and Mia Hawkes both one their two races in convincing fashion. There were also excellent swims for Danielle McLennaghan, Bethan Holder and Jade Mehmet-Ali.

The swimmers posted a significant number of PBs in these swims and their performances were a credit to the club.

WELL DONE EDMONTON PHOENIX!