



LONDON REGION AGE GROUPS 4-5 JUNE 2011

Phoenix swimmers had a fantastic first weekend at the London Regional Age Group meet held at Crystal Palace.

Toby Pasmore (14), who had been very close to his 200m Breaststroke NQT in his previous 2 swims achieved his goal with a 2.38.69 in the heat and then smashed that time with a 2.36.73 in the final to claim Silver and go past the NQT by nearly 3 seconds. He also got Bronze in the 200 IM.

Mia Hawkes (12) had also been gradually closing in on the 100 Freestyle NQT in recent weeks and she came up trumps to set her NQT in the 100 Freestyle final in a time of 1.03.49.

The most dominant Phoenix swimmer was Meghan Byrne (10) who medalled in every race she entered with Gold in the 100 Fly, 200 Breast, and an awesome swim in the 100 Freestyle where she smashed the event best time by 1.5s posting 1.06.60. She also got Silver in 400 Free and 200 IM and a Bronze in the 200 Back.

Elliot Bertram also had a good weekend with a Silver in the 400 Free and a Bronze in the 200 IM.

There were some great swims with several PBs from the other Phoenix swimmers who included Jade Mehmet Ali, Amy Carson, Bethan Holder, Anna Ryan, Sara Khadraoui, Jack Ryan, Ted Winfield, Tom Newman.

Go Phoenix!