

London Swimming Level 3 50M Sprint Meet 17th July 2011



Session 1 Medallists

Well what an awesome Sunday swimmers from Edmonton Phoenix have just had! A squad of '24 strong' swimmers took part in the London Regional 50M Sprint Gala.

There was immense excitement and anticipation for this event from swimmers, coaches and spectators alike that had all travelled early morning to this Level 3 Annual event which was being held at Crystal Palace. What an event it was for our swimmers! They did not disappoint!

Our swimmers took an amazing 22 medals in total - **13 gold, 6 silver and 3 bronze** AND **Three of the Overall Points awards for the respective age groups – well done to Megan HOLDER (16), Charlotte NEWMAN (14) and Meghan BYRNE (10) – who each walked away with an extra £20 prize money in their pocket! Well done Girls!!**

We are very proud of you!



**Megan, Meghan
and Charlotte**

Medallists are as follows -

Meghan Byrne - 4 GOLDS in 50 Free (30.75), 50 Fly (36.12), 50 Back (36.71) and a very strong win in the 50 Breast posting a time of 40.43.

Megan Holder - 3 GOLDS in 50 Free (30.44), 50 Back (35.93) and 50 Breast (39.71). Excellent swims.

Charlotte Newman - 2 GOLDS in 50 Free (29.26) and 50 Back (32.89) and 2 SILVERs – 50 Fly and 50 Breast. Fabulous swims.

Lena Soulas - 1 GOLD in 50 Free (30.23) and 1 SILVER in 50 Back. Both very strong swims

Amy Carson - 1 GOLD in 50 Free (30.52) and one BRONZE in 50 Back. Great swims

Hannah Thomas - 1 GOLD in 50 Free (29.21). Solid win

Mia Hawkes - 1 GOLD in 50 Back (34.98) Convincing win

Toby Pasmore - two SILVERs in 50 Fly and 50 Back

Tom Newman - one SILVER in 50 Breast

Sara Khadraoui - one BRONZE in 50 Breast

Deniz Erensoy - one BRONZE in 50 Fly

It was an excellent gala for all Edmonton Phoenix swimmers - all posting some very good times and further Age Group Records/PBs amongst them. The Team also included - Bethan Holder, Ben Howe, Chloe Howe, Alex Pasmore, Ben Williams, Callum Dodds, Fiona Westcough, Jade Mehmet-Ali, Oskar Soulas, Rianne Benjamin, Ross McCarthy and Yasemin Erensoy

Thank you to all swimmers and parents for attending this event and special thanks go to both of our Coaches Barry and Rob who yet again did a fabulous job supporting and encouraging our swimmers on a very humid & stuffy poolside. Thank you.

GO PHOENIX!