



MIDDLESEX AUTUMN DEVELOPMENT 2009

Twenty three swimmers attended the recent Middlesex Autumn Development meet at Southbury Road on the 24th and 25th of October 2009. The swimmers did really well coming away with nine first places including one club age group record, five second places and two third places and a whole host of Personal Bests.

The gala is for developing the younger and less experienced swimmers allowing them to develop their competitive swimming and is also an opportunity for the more senior swimmers to update old, out of date times or to swim their less favoured strokes.

Ryan McCarthy was top of the pack in terms of single race performance winning the boys 13yr 800 free in 9:42.37 smashing his previous PB by 78 seconds and setting a new age group club record. Tom Disney came 1st in the 13yr 100 IM, setting PBs in this race and also the 200 breaststroke. Sarah Browne gained two 1sts in the girls 15yr 200 fly and 200 IM, setting a PB in the IM. Charlotte Newman won and set a new PB in the 200 fly. Amy Carson had an excellent meet winning the girls 11yr 100 free in a time of 1:10.93, a PB of 10s and she came second in the 200 IM with a PB of 23s. Nina McGarvey also swam really well winning the girls 14yr 200 IM and 100 backstroke, setting PBs in all her 4 races. Hannah Thomas won the girls 13yr 400 free, came 2nd in the 100 IM and set PBs in her three races. Reece Ballett was also a swimmer who had a good meet, he was 2nd in the boys 15yr 200 free, 200 backstroke, 3rd in the 200 IM and 100 fly, setting 5 PBs in his six races. Bethan Holder also swam well coming second in the girls 12yr 200 IM and setting 5 PBs in her 5 races.

There were also excellent swims for Holly Wheeler, Jade Mehmet Ali, Luke Shuttleworth, Jesse Taylor, Danielle McLennaghan, Joshua Branch, Michael Alisoy, Yasmin Erensoy, Sidney Taylor, Joe Glazebrook, Tia Haughton-Locker, Lara Cristina Eyre, Julie-Ann Chantre and Andrew Camilo who nearly all set PBs or good first times for the events they swam.

Overall it was an excellent meet for the swimmers and Edmonton Phoenix.

WELL DONE EDMONTON PHOENIX!