



ROTHERHAM METRO MEET 2011

A group of Phoenix swimmers made the journey up to the Ponds Forge Pool in Sheffield for the Rotherham Metro Long Course meet on the weekend of the 14th and 15th of May 2011. It was very strong field and so we looked forward to some testing competition. There were two Phoenix swimmers who had excellent results and several swimmers set good PBs.

Elliot Bertram (13) smashed past his 200 Fly National Qualifying Time by over 3 seconds, finishing in 2.23.64. He has now set 4 NQTs this year a great achievement. He also came close in the 100 Fly but missed out by just half a second.

Meghan Byrne (10) was the most prolific medal winner of the Team - winning a total of five medals - Two GOLD Medal wins in the 50 free (30.63, a New Age Group Club Record) and a GOLD in the 100 Free (1.09.55). Meghan also took three SILVER medals in 400 Free (5.16.48), 200 IM (2.52.68, a new Age Group Club Record) and 100 Back (1.23.08 a New Age Group Club Record) . Lastly it was announced that Meghan had also been awarded one of the 'Special Awards' of the meet - to everyone's delight she took FIRST place in the Overall BAGCAT Swimmers position for 10 year old girls. Well done Meghan a tremendous achievement!

Toby Pasmore (14) had to suffer the agony of missing his National Qualifying time in the 200 Breast by just 0.05s finishing with a SILVER medal in 2.39.58. He also came away with a SILVER medal in the 200 IM and a BRONZE medal in the 100 Breast.

Mia Hawkes (12) set two new PBs in the 200 Free (2.22.09) and the 200 Backstroke (2.40.40) and still remains 0.8s shy of her National time in the 100 Free. Sara Khadraoui (13) had two excellent swims setting impressive PBs in the 50 Breast (38.58) and the 200 Breast (2.57.57). Hannah Thomas (14) also set 2 PBs in the 50 Fly (34.12) and 50 Back (36.69)

Overall it was a successful weekend and it will be great if some of those “nearly” times can be converted to NQTs in the remaining meets of the competition year. GO PHOENIX!