

## National Championships 2013 - Sheffield

Five swimmers from Basildon & Phoenix qualified for the National Championships which took place at the end of July/beginning of August to bring the domestic season to a close.

Brooke Frost (12yrs), Ruby Wilson (14yrs) & Harvey Jolly (12yrs) competed in the Age Groups whilst Conor Harrold (19+yrs) and Sonny Ford (17/18yrs) represented the club at the Youth/Open Championships.

It would be very nice to report that all swimmers swam personal best times in every race but as per norm it didn't quite pan out that way!!

**Brooke Frost** had a fantastic set of results coming away from her first Nationals with a silver and a bronze medal hanging around her neck, securing the silver in the 200m backstroke and a bronze in the 100 event posting personal best times in both. Broke swam a personal best time in the 400 IM to finish as first reserve for the final (11<sup>th</sup>) and also competed in the 200 IM and 200 Free swimming marginally outside her best times.

**Ruby Wilson** had a magnificent swim in her 100m backstroke smashing her personal best time by over a second but was unfortunately DQ'd for surfacing just past the 15m marker on her start (about 15.2m). Ruby was delighted with her time and was realistically disappointed by the infringement and subsequent DQ.

**Harvey Jolly** swam his way into the final of the 100m Free posting a personal best time in the heat and again in the final to finish a wonderful 7<sup>th</sup> place.

**Sonny Ford** competed in the 200m Butterfly having posting a huge personal best time in May at the East Region championships but could not match this time in Sheffield.

**Conor Harrold** swam in three events and posted three personal best times (50m, 100m and 200m backstrokes) showing that his commitment, dedication and hard work paid off. Whilst happy with the improvements Conor was hoping to reach the finals in at least one event and get the chance to race in the evening finals where swimmers usually swim faster. Next season hopefully?

Name	Event	PB Time (Before Nationals)	Heat Time	Final Time	Ranking
Brooke Frost	100m Back	1:08.58	1:07.90	1:06.82	3rd
	200m Back	2:30.31	2:25.26	2:23.08	2nd
	200m Free	2:16.07	2:16.18	-	14th
	200m IM	2:34.84	2:36.56	-	25th
	400m IM	5:40.54	5:22.97	-	11th
Ruby Wilson	100m Back	1:09.15	1:08.68	-	DQ
Harvey Jolly	100m Free	1:01.92	1:00.60	1:00.58	7th
Sonny Ford	200m Butterfly	2:10.22	2:12.61	-	27th
Conor Harrold	50m Back	28.22	27.54	-	20th
	100m Back	59.19	58.53	-	13th
	200m Back	2:08.44	2:07.62	-	11th