



# Basildon & Phoenix Swimming Club



Chairman: Jason Fergus

Secretary: Dawn Nicholls

Head Coach: Doug Campbell



## ASA National Winter Championships (25m) 17<sup>th</sup> – 20<sup>th</sup> December, Sheffield

**A small group of swimmers qualified for the ASA Winter National Short Course Championships to take on the best in Great Britain. The qualifying times were very tough with both Open and Junior times (swimmers born 2000 and younger) set to limit the number of entries at the meet.**

**The swimmers were looking to achieve personal best times in their events at the meet and for some an opportunity to challenge for a second swim of the day by reaching the final (A Final 1<sup>st</sup> – 10<sup>th</sup> & B Final 11<sup>th</sup> – 20<sup>th</sup> fastest times in the heats). The club also entered Mens teams in the 4 x 100 Medley, 4 x 100 Free & 4 x 200 Free.**

**Swims in the finals were hard to come by and it was great to see George Epsly and Conor Harrold reach the B Finals in the 200 Fly (George) and the 100 Back & 200 Back (Conor). The table below shows the swimmers names, personal best time before the meet and their times in the heats/finals. It also shows split times in the relay events. Personal Best times at the meet are highlighted.**



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Swimmer	Event	PB	Heat	A/B Final	Comment
<b>Brooke Frost</b>	50 Back	30.27	30.05	-	PB
	100 Back	1:03.74	1:04.12	-	
	200 Back	2:16.95	2:16.23	-	PB
	50 Fly	29.41	29.59	-	
	100 IM	1:07.34	1:07.72	-	
	<b>Reece Nicholls</b>	50 Free	25.11	25.02	-
	100 Back	1:00.26	1:00.02	-	PB
<b>Harvey Jolly</b>	50 Free	24.86	24.26	-	PB
	100 Free (Lead)	54.33	53.91	-	PB
<b>Conor Harrold</b>	50 Back	26.33	26.14	-	PB
	100 Back	55.42	55.63	55.60	
	200 Back	2:00.09	2:01.53	1:59.76	PB
	100 IM	59.03	58.59	-	PB
<b>Harry Nicholls</b>	100 IM	1:03.11	1:02.52	-	PB
<b>George Epsly</b>	100 Fly	55.58	55.25	-	PB
	200 Fly	2:05.21	2:02.11	2:00.96	PB x 2
	200 Free (Lead)	1:53.23	1:51.89	1:50.82	PB x 2
<b>4 x 100 Medley</b>	<b>Heat</b>	<b>Final (10<sup>th</sup>)</b>	<b>4 x 100 Free</b>	<b>Heat</b>	<b>Final</b>
Conor Harrold	56.0	56.03	Harvey Jolly	53.91	-
Fraser Scott	1:05.0	1:06.25	James Day	52.74	-
George Epsly	55.45	54.41	James Davis	52.93	-
James Day	52.50	52.59	Conor Harrold	50.94	-
<b>4 x 200 Free</b>	<b>Heat</b>	<b>Final (6<sup>th</sup>)</b>	<b>15 Personal Best Times</b> <b>2 x Relay Finals (6<sup>th</sup> / 10<sup>th</sup>)</b> <b>2 x Individual B Final Swims (2<sup>nd</sup> / 5<sup>th</sup>)</b>		
George Epsly	1:51.89	1:50.82			
James Day	1:54.71	1:53.82			
Fraser Scott	1:54.80	1:54.12			
Conor Harrold	1:52.39	1:50.19			

Well done to the swimmers who continue to raise the profile of the club on the national level.