

## East Region Long Course Championships

Luton. 2-4 May, 2015

Basildon & Phoenix swimmers were in excellent form when they took to the pool over the Bank Holiday Weekend in Luton taking on the best in the East Region at the East Region Long Course Championships for 15year and older swimmers. Whilst 19 swimmers qualified for individual races there were 2 swimmers who had to pull out due to illness; however, the swimmers excelled themselves posting 58 personal best times and winning a superb haul of 19 medals to finish 4th in the total medal table: 3 Gold medals, 5 Silver and 11 Bronze medals including 5 relay medals.

Our swimmers were well represented in the finals and on top of the 19 medals won had another 27 swims in the finals. Well done.

The younger swimmers (12-14yrs) will be competing over the Spring Bank Holiday Weekend (23-25 May) as they look to emulate the performances set by the older swimmers. The second weekend will also stage the 800m & 1500m Freestyle for all ages as well as all events for the 12-14yr olds.

### Gold Medals: 3

- George Epsly 17yrs+200 Fly
- Callum Hodgson Multi Disability 50 Free
- Callum Hodgson Multi Disability200 Free

### Silver Medals: 5

- Conor Harrold 17yrs+ 50 Back
- Harry Fox 16yrs 200 Back
- George Epsly 17yrs+50 Fly
- Boys 17yrs+ 4x200 Free Relay *Fraser Scott/George Epsly/Conor Harrold/James Day*
- Boys 17yrs+ 4x100 Free Relay *Fraser Scott/George Epsly/Conor Harrold/James Day*

### Bronze Medals: 11

- Brooke Frost 15yrs 100 Fly
- Brooke Frost 15yrs 200 Back
- Callum Hodgson Multi Disability100 Free
- Callum Hodgson Multi Disability100 Back
- Harry Fox 16yrs 100 Back
- Harry Fox 16yrs 400 Free
- Harvey Jolly 15yrs 50 Free
- Rianna Smith 17yrs+100 Free
- Boys 17yrs+ 4x100 Medley Relay *Conor Harrold/Fraser Scott/George Epsly/James Day*
- Boys 14-16yrs 4x200 Free Relay *Harry Fox, Harry Nicholls, Vincent Melo Peet, James Bayley*
- Boys 14-16yrs 4x100 Free Relay *Harry Fox, Harry Nicholls, Vincent Melo Peet, Harvey Jolly*