



Gala Report – 2015 Nationals

GB & ASA Summer National Championships 2015: July 28th – August 9th, 2015

The summer National Swimming Championships were in a new format this year for all swimmers across Great Britain with a two-tiered championships taking place on two consecutive weeks in Sheffield.

The Basildon & Phoenix competed to a very high standard at the championships winning **4 Gold, 1 Silver** and **4 Bronze** medals, **20 additional swims in the finals** (ranked 4th-10th place) whilst posting **47 personal best times**.

Week one saw the top 24 swimmers across Great Britain compete in events for each age then followed on by the top 20 swimmers in England competing in their age groups for the second week. Some swimmers competed in one or even both weeks depending on ranking in events.

Swimmers competing for BPSC in week one (GB) were **Brooke Frost** (15yrs) in the 50m & 200m Backstroke, **Harvey Jolly** (15yrs) 50m Free, **Harry Fox** (16yrs) 200m Backstroke, **George Epsly** (17yrs) 50m & 200m Butterfly and **Conor Harrold** (18yrs+) 50m & 200m Backstroke. **Brooke Frost** swam a personal best time in the 50m backstroke in a time of 31.48sec and a time of 2:23.91min in the 200m Backstroke. **Harvey Jolly** swam a personal best time in the 50m Free heat and again in the final where he finished in 9th place. Harvey's times were 25.29sec and 25.12sec. **Harry Fox** was just outside his personal best time when posting a 2:14.48min. **George Epsly** was in excellent form posting personal best times of 26.18sec in the 50m Butterfly then 2:05.98min in the heats of the 200m Butterfly then another best time of 2:04.15min to finish 5th in the final. **Conor Harrold** posted personal best times in both his events with a 27.12 in the 50m Backstroke when finishing 10th then 2:06.73min in the 200m event, again finishing in 10th place.

The second week of racing saw more swimmers from Basildon & Phoenix Swimming Club make the journey up to Sheffield for the ASA English Summer Championships including 5 relay teams plus two swimmers competing in the Multi Classification disability events.

Brooke Frost competed in the 100m Backstroke taking a gold medal in a personal best time of 1:05.66min and 6th in the 100m Butterfly in 1:05.87. **Bryony Umfreville** competed in the 14yrs events 100m Butterfly and 200m Butterfly posting personal best times in both events (1:06.98min for 6th place and 2:30.34m for 7th place). **Danielle Hartin** was competing in the Multi Classification disability events posting personal best times in her events and also collected some medals for her excellent swims. Her 200m Freestyle time of 2:29.84 saw her finish in 1st place, winning gold; a 1:24.29min in the 100m Backstroke finishing in 6th place; a bronze medal 1:28.07min in the 100m Breaststroke; an excellent bronze medal in the 200m Individual medley when posting an 8 second personal best time of 2:47.24min. **Rianna Smith** competed in the 100m Freestyle (17yrs) swimming a fraction of a second outside of

her personal best to finish in 59.53sec for 9th place. **Mason Hunnisett** set personal best times in his 100m & 200m Butterfly events when making the finals in the 13yrs events posting 1:06.51min to finish 10th in the 100m then 2:27.29min to finish in 7th place. **Samuel Bryan** qualified in two events in the 14yrs age group and made two finals posting best times in both. His 34.08sec in the 50m Breaststroke and 28.66sec in the 50m Butterfly both gaining 9th place finishes. **Harry Nicholls** competed in the 15yrs 400m Individual Medley and finished just outside his personal best time but then swam a personal best time of 2:19.41min in the 200m IM final for a 10th place finish. **Callum Hodgson** competed in the Multi Classification events in the Disability section posting a 4 seconds personal best in the 200m free to finish in 4th place and also in the 100m Backstroke posting a 1:29.48min. **Fraser Scott** competed in the 400m Individual Medley swimming a personal best time in the heats then a further 3 seconds personal best time of 4:47.07mins. Fraser also competed in the 200m Breaststroke posting a 3 seconds personal best time in the heats then a further 2 seconds PB in the final of 2:26.09min and win the bronze medal for his 3rd place finish. **Conor Harrold** rounded off his season with a 4th place swim in the final of the 18yrs+ 100m Backstroke when posting a time of 58.69, just 4/10ths outside his best time.

Undoubtedly the star of the show at the English National Championships was 17yr old **George Epsly**. Fresh after his personal best time in the 200m Butterfly at the GB Nationals he took to the waters in 5 events posting 5 personal best times and collecting Gold in the 100m Butterfly when posting a time of 55.91sec; a silver medal in the 400m Free when posting a 5 seconds personal best time of 4:06.07min; and a Bronze medal in the 200m free in a time of 1:55.05min which was a 2 seconds personal best time. George also swam in the 50m Free posting a personal best time of 24.68sec to finish in 9th place.

BPSC also had 5 relay teams at the ASA Nationals with the boys swimming in the 14-16yrs 4 x 100m Medley relay, 4 x 100m Free relay and 4 x 200m Free relay, and boys competing in the 4 x 100m Free and 4 x 200m Free relay. The older boys of George Epsly, James Day, James Davis and Connor Harrold finished in 4th place in the 4 x 100 Relay then James Davis was replaced by Fraser Scott in the 4 x 200m relay and swam to an outstanding Gold medal victory. The younger boys of Harvey Jolly, Vincent Melo Peet, Harry Nicholls and Harry Fox swam the 4 x 100m Free relay to finish in 11th place; Vincent Melo Peet, Harry Nicholls, Tyler Berry and Harry Fox swam the 4 x 200m Free relay to finish in 16th place; Harry Fox, Samuel Pease, Samuel Bryan and Harvey Jolly swam in the 4 x 100m Medley relay to finish in 12th place.

The swimmers are now enjoying a 2 week break from training and will resume training fresh for the new season.

*Doug Campbell - Head Coach
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