



■ Talented bunch – Basildon & Phoenix Swimming Club's impressed at second round of the Essex County Championships

Hat-tricks for Frost and Robinson

BASILDON & Phoenix Swimming Club added another nine medals to the 15 already won after the second round of the Essex Championships.

Top medallists for the weekend were Brooke Frost, 11, and Aidan Robinson, 14, who won three medals apiece.

Frost claimed the title of county champion and gold medallist in the 100m backstroke event, while Robinson did the same in the same event for his age group.

Frost also returned with two silver medals from the 400m freestyle and 400m individual medley and, to complete her tally for the weekend, she collected a county pennant for her seventh place position in the 100m breast-

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stroke. Robinson just missed out on a second gold medal by one place, claiming the silver medal in the 400m individual medley and took the bronze medal in the 100m breaststroke.

He also secured two fourth-placed finishes in the 400m freestyle and the energy-sapping 200m butterfly.

Both Frost and Robinson – with one gala left of the county championships left, at the club's Basildon Sporting Village home – currently lead their respective age groups in the race for the much coveted title of overall top boy or girl.

Elsewhere, 16-year-old Bradley Clarke won a bronze medal in the 400m individual medley and two county pennants in the 400m freestyle (fourth) and 100m breaststroke (seventh). He also broke his own club record for the 100m breaststroke in a time of one minute 13.80 seconds.

Harry Nicholls claimed the bronze medal in the 11-year-old boys 400m freestyle and a fifth pennant in the 400m medley.

The final medallist of the weekend was 15-year-old Georgia Mills, one of the club's new members, who took the bronze medal in the 400m freestyle setting a new club record of four minutes 35.76 seconds. Mills was fifth in the 100 metres butterfly.

Other county pennant winners: Joe Wakerley (12) – 4th 100 metres backstroke, Harvey Brown (age 14) – 4th 100 metres backstroke, Aaron Clarke (12) – 5th 100 metres individual medley, 5th 100 metres breaststroke, Lewis Cooper (13) – 6th 400 metres individual medley, 6th 400 metres freestyle, Molly Jerome (14) – 8th 100 metres breaststroke, Carpline Mellor (15) – 8th 100 metres butterfly.

Other qualified swimmers: Bethany Richardson (11), Megan Thompson (11), Robin Hughes (14), Maisie West (15) and Thomas Head (16).

● **Basildon & Phoenix Swimming Club** have both swimming and water polo sections and have members from age seven up to adults. If you are interested in joining a friendly but progressive swimming club either to compete or just for pleasure or fitness please call Sarah on 07553 955440 and arrange for two free sessions.