



## Summer National Championships July-August 2014. Sheffield

**Five swimmers** from Basildon & Phoenix Swimming Club competed at the National Age Group Championships at the Ponds Forge International Pool in Sheffield from 30<sup>th</sup> July – 3<sup>rd</sup> August and did the club proud.

Top performer was **Brooke Frost** taking the title of English National champion in the 200m Backstroke in a personal best time of 2:20.70min and was also awarded the silver medal in the same event for coming second out of all the British swimmers. Brooke also competed in the 100m Backstroke and gained a bronze medal in another personal best time of 1:06.15. Brooke qualified for 7 events in total but decided to compete in 4 events: 100m & 200m Backstroke, 200m Freestyle and 100m Butterfly. **Harvey Jolly** competed in the 100m Freestyle and made the final coming home 10<sup>th</sup> in a personal best time of 57.67seconds. The Boys 4 x 100m Freestyle relay team of **Harry Nicholls, Vincent Melo Peet, Tyler Berry** and **Harvey Jolly** came a credible 37<sup>th</sup> place in the clubs first ever time of reaching the Nationals with a relay team.

Following on from the excellent performances at the National Age Group Championships held in Sheffield the club had **six swimmers** compete at the National Youth, Open Championships and Multi Classification Disability Championships also being held in Sheffield from 5<sup>th</sup> – 10<sup>th</sup> August.

**Charlotte Hartin** was the clubs sole medal winner when she lifted bronze in the Multi Classification 100m Breaststroke when she swam a 1:24.32min with younger sister **Danielle Hartin** posting a personal best time of 1:28.27min to finish in 5<sup>th</sup> place. Throughout the Championships **Conor Harrold** competed in the 19yrs and older 50m Backstroke, 100m Backstroke and 200m Backstroke posting times of 27.51sec, 58.79sec and 2:07.01min to finish 18<sup>th</sup>, 12<sup>th</sup> and 10<sup>th</sup> respectfully. Conor's 10<sup>th</sup> place in the 200m event was his first ever National Final. **Lewis Clifford-Stephenson** competed in 4 events at the Championships posting personal best times in 3. In the 50m Free Lewis finished in 11<sup>th</sup> place in a time of 23.67 seconds; 100m Free in 52.01 sec (PB) to finish 13<sup>th</sup>; 50m Breaststroke in 28.44 (PB) for 5<sup>th</sup> place; 100m Breaststroke in 1:03.57min (PB) for 14<sup>th</sup> place. **Sonny Ford** competed in the 17/18yrs category 100m Butterfly posting 58.95sec for 48<sup>th</sup> place and the 200m Butterfly in 2:10.98 to finish in 27<sup>th</sup> place with both times just outside his personal best. **Charlie Fox** competed in the 200m Butterfly in the 17/18yrs age category posting a new personal best of 2:09.79min to finish in 20<sup>th</sup> place. **Georgia Mills** qualified to represent the club in the 17/18yrs category 50m Backstroke but sadly was unable to compete.

The National Championships rounded off a very successful season for Basildon & Phoenix Swimming Club with a record number of qualifiers and medal haul at the County, Regional and National Championships. The swimmers are enjoying a well deserved 2 week break to refresh and recharge before the start of the new season.