



STRONG PERFORMANCE FOR EDMONTON PHOENIX AT NATIONAL ARENA SWIMMING LEAGUE ROUND 1

Edmonton Phoenix competed in Round 1 of the National Arena Swimming League held at Southbury Road Leisure Centre on Saturday 10th October 2009.

Having been promoted from division 2 the previous year we were uncertain how the team would perform against the division 1 squads. The draw was pretty tough with our opposition being Team Ipswich, Ealing, Greenwich Borough Mariners, Hoddesdon, Teddington, Griffins and St Albans. Team Ipswich are the defending London Division Champions and were 3rd in the 2008 National Final. Ealing were 4th in the London Division last year and Greenwich Borough Mariners were promoted ahead of us from Division 2 last year. Hoddesdon, Teddington and Griffins were all mid table finishers last year and St Albans, were like us, a promoted team.

The gala started steadily and after 10 events we were placed 4th behind Team Ipswich, Ealing and Greenwich but only 2 points ahead of Teddington. As we progressed through the gala the top four positions didn't change. Due to some excellent swims from the squad we managed to gradually pull away from Teddington and Hoddesdon but we were unable to catch Greenwich.

Josh Kirlew was our only event winner coming 1st in the boys 11/u 50m backstroke.

We had nine 2nd places with Charlotte Newman 2nd in the girls 13/u 100m backstroke and freestyle, Amy Carson 2nd in the girls 11/u 50m fly and freestyle. Ryan McCarthy was 2nd in the boys 13/u 100m freestyle and backstroke, the backstroke in a time of 1.08.32, a new age group club record, beating his previous mark set one month earlier by more than 2 seconds. Tom Newman was 2nd in the boys 11/u 50m breaststroke and Zach Kirlew was 2nd in the boys 15/u 100m freestyle. Our final 2nd place was the boys 11/u medley relay team of Josh Kirlew, Tom Newman, Ben Howe and Ross McCarthy.

We had eight 3rd places; the first was the girls 11/u freestyle relay squad of Mia Hawkes, Amy Carson, Emily Whale and Afton Doe. Mia Hawkes was 3rd in the girls 11/u 50m backstroke, Charlotte Payne was 3rd in the ladies open 100m fly, Matt Barnes was 3rd in the mens open 100m breaststroke, Josh Kirlew was 3rd in the boys 11/u 50m freestyle and Hannah Thomas was 3rd in

the girls 13/u 100m freestyle. The girls 13/u freestyle relay squad of Hannah Thomas, Mia Hawkes, Taria Carson and Charlotte Newman were 3rd as were the ladies open freestyle relay squad of Charlotte Payne, Sarah Browne, Armanni Antoine-Chagar, Hannah Thomas, Charlotte Newman and Emma Tunstall (a great achievement as four of the open ladies relay squad were swimming up from the lower age groups).

To place in the top 3 in nearly 40% of the races against such strong opposition was an excellent achievement and with all the swimmers performing to their best we produced a fantastic result.

The final placings for the gala were as follows:-

1st Team Ipswich 355 points, 2nd Ealing 311 points, 3rd Greenwich Borough Mariners 248 points, 4th Edmonton Phoenix 226 points, 5th Teddington 181 points, 6th Hoddesdon 179 points, 7th Griffins 156 points, 8th St Albans 140 points.

A special thanks must go to several people starting with Head Coach Barry Thomas and Club Coach Rob Howe, their coaching and drive pushes the swimmers to achieve the results they desire. Matt Barnes for returning from University in Birmingham to compete, Nina McGarvey & Charlotte Payne for dragging themselves from their sick beds to race. Joe Smith and Christos Panayiotou for making up the mens open freestyle relay team and producing excellent swims. Without such commitment from all the swimmers, exemplified by these particular people, the club would not achieve such fantastic results. GO PHOENIX!

The Team

Emily Whale, Mia Hawkes, Amy Carson, Afton Doe, Taria Carson, Hannah Thomas, Charlotte Newman, Megan Holder, Armanni Antoine-Chagar, Nina McGarvey, Sarah Browne, Connie Hawkes, Charlotte Payne, Alice Smyth, Emma Tunstall, Tom Newman, Ben Howe, Josh Kirlaw, Ross McCarthy, Cheyenne Antoine-Chagar, Joe Glazebrook, Ryan McCarthy, Harry Jenner, Reece Ballet, James Wallace, Zach Kirlaw, Louis Kirlaw, Matt Barnes, Ben Zuccolini, David O'Toole, Joe Smith, Christos Panayiotou.