



Romford Town SC Open Meet

15th / 16th October 2011

A number of Phoenix swimmers took part in the Romford Town SC Open Meet at Southbury Leisure Centre this weekend. Despite tough competition from strong clubs including Romford Town, Hillingdon, Bexley and London Borough of Redbridge amongst others, our swimmers performed well and came away with a number of medals and impressive personal best times.

10 year-old Meghan Byrne collected 3 Gold medals in 100 Back (1:15.95), 200 Fly (3:05.11) and 400 IM (5:52.13), smashing her own club records in all three events and taking the 12 year-old record for 400 IM.

Maya Kirlew swam two great PBs in the 100 Free (1:17.23) and 100 Back (1:23.75), taking Gold for the Freestyle and Silver for the Backstroke events.

Josh Kirlew came away with a Silver medal for his 200 Back (beating his older brother's club record from 2007 by just under one second with a time of 2:39.50), and a PB and Bronze medal for his 100 Fly. A further Silver medal was collected by 9 year-old Aigbojé Dudu-Orumen in his 200 IM (3:57.29).

Further Bronze medalists were Lena Soulas (50 Fly), Sahil Shah (50 Breast), James Whiting (50 Free) and Yasemin Erensoy (50 Breast).

A special mention must also go to Sarah Browne who spent all day on Sunday officiating on poolside after having made a fabulous swimming comeback in her 100 Freestyle on Saturday. Thank you very much also to Jacqui Holder who was our club official on Saturday.

As always, a massive, massive, 'thank you' has to be said to coach Rob Howe who has yet again shown total commitment to his swimmers by giving up another weekend to be on poolside.

Great job, Phoenix!

Our swimmers (in order of programme):

Anna Ryan, Lena Soulas, Sara Khadraoui, William McLennaghan, Aigbojé Dudu-Orumen, Oskar Soulas, Josh Kirlew, James Whiting, Nora Khadraoui, Yasemin Erensoy, Leanne Potter, Meghan Byrne, Maya Kirlew, Riya Shah, Rianne Benjamin, Sahil Shah, Sarah Browne, Lucy Sullivan

Results link: http://www.romfordtownsc.com/5th_level_3_open_meet_2011/results/all_sessions.pdf