

Fine Performances at the Winter Regional Championships

SEVEN Hoddesdon swimmers travelled to the UEA Pool, Norwich 3-4 December to take part in the ASA East Region 2011 Winter SC Championships.

Paul O'Doherty (19); Emma Warrington (18); Chris Smith (15); Hayley Warrington (14); Charlotte Longden (14); Georgina Fisher and Georgina Pryor (13).

Paul achieved a personal best in his 50 freestyle, 26.79; matching his pb in the 200 freestyle and 50 butterfly. Then in the 200 butterfly, Paul's preferred event he achieved a personal best time in the heats of 2.11.18 securing a place in the final where he achieved fourth place.

Emma, who is finding it hard to train now that she is working full time, was happy to win the bronze for the 50 breaststroke with a time not far off her personal best of 34.34.

Chris won two bronze medals in the Junior Championships for 100 and 50 Breaststroke. He achieved 1.12.66 for the 100 and 33.36 for the 50.



Chris Smith

Hayley was on her pb for her races with her best performance being the 50 Breaststroke where she reached the B Final finishing overall in 5th place in the Junior Championships with a time of 35.74.

Charlotte had a busy two days of competition starting with the 200 freestyle where she was close to her pb in a time of 2.14.10, then with the 50 freestyle she achieved a personal best time of 28.90. In the 100 freestyle Charlotte and Georgina Fisher were next to each other in the lanes, they turned together and finished in the same time, both personal best times: 1.02.04. On the Sunday Charlotte swam the 200 IM in exactly the same time as her pb 2.32.06 and then finished off with the 200 Breaststroke where she achieved a pb time of 2.49.39 and a place in the final where Charlotte won the bronze medal in the Junior Championships.

Georgina Fisher was happy improving her personal best time in the 100 Freestyle to 1.02.04 and she was close to her pb in the 50 freestyle 28.83.

Georgie Pryor who swam in the Daplyn Trophy competition on the Saturday and travelled up to Norwich on the Sunday for the 100 Butterfly secured a place in the B final and then achieved a personal best time of 1.08.37 and 5th place in the Junior Championships.

Head Coach, Janet Warrington said "I am very pleased with the performances and the professional attitude from the Hoddesdon swimmers. The swimmers are training hard leading up to the Christmas break and are racing tired. These are great results when you consider they are racing against the best swimmers in the East Region and some who are on the GB Team."