

# Hoddesdon Swimmers smash club records

**HODDESDON** Swimmers were in fine form at two separate open meet competitions at the weekend: Hatfield UK Winter Wonderland and Watford Middle Distance and 50m's Open Meet.

## **UK Challenge Winter Wonderland 2011 - 26th November**

Fourteen swimmers performed at the Hatfield Winter Wonderland UK Challenge at the Herts Sports Village, UH de Havilland Campus. They swam a fantastic 21 personal best times between them: Congratulations to Phoebe Spicer, Becky Freestone, Kaitlyn Walsh, Georgina Pryor, Charlotte Longden, Ben Hunt, Ellen Woodger, Emma Longden, Jessica Waters, Kaitlyn Walsh, Jack Freestone, Chris Smith, Kane Hagley-King.

A special mention to those who finished in the top 4: Charlotte Longden winning silver in the 100 and 200 freestyle and 100 backstroke; Georgina Pryor winning bronze in the 100 butterfly and Georgina Fisher winning bronze in the 100 backstroke and Chris Smith who came 4<sup>th</sup> in the 100 breaststroke, also Kane Hagley-King who broke the minute barrier for his 100 freestyle swimming a time of 59.29.

Coach Mary Wright was very pleased with the swimmers performances saying "post analysis of the races shows that the number of strokes taken on the first length suggests the swimmers are going faster and further underwater, which means the training is working."

"It is good that so many swimmers have achieved County and Regional qualifying times so early in the season".

## **Watford Middle Distance & 50's Meet – 27<sup>th</sup> November 2011**

**EIGHT** swimmers travelled to Watford on the Sunday to continue competing: Ralph Davies, Dominic McCarthy, Georgina Pryor, Chloe

Richards, Sam Richards, Chris Smith, Phoebe Spicer and Eleanor Turpin.

Several Club Records were broken Chris Smith broke the 400m Individual Medley club record swimming in a time of 5.18.68, Ralph Davies broke two records in the 400 Freestyle swimming a time of 6.14.94 and the 400 IM in a time of 6.55.85, Phoebe Spicer also broke the club record for the 400 Freestyle swimming a time of 5.33.41.

Many County Qualifying Times were achieved and Sam Richards was very pleased to have qualified for the 50m freestyle in a personal best time of 39.6.



Image courtesy of [www.mrcphoto.co.uk](http://www.mrcphoto.co.uk)

**Sam Richards**

Gold medallists at Watford Open Meet were Chris Smith in the 400 IM; Ralph Davies in the 400 Freestyle; and Phoebe Spicer in the 400 Freestyle. Ralph also collected a silver medal for his 400 IM and Georgina Pryor collected a bronze medal for her 400 IM and Dominic the bronze for his 200 IM.

Head Coach Janet Warrington said "It is fantastic to see so many fast swims and great performances. This weekend there have been some excellent results and personal achievements, it makes all the hard work in the pool and during the land training sessions worthwhile."