



The Killerwhales Swim Club of Havering

Killerwhales Gala Report

London Winter Championships

Decimated by illness and injury, the senior Killerwhales limped, coughed and sniffed their way through the Championships held at the Crook Log Leisure Centre, Bexleyheath. They showed some real grit and determination to produce some fine swims even though some of them had been in their sick beds just the day before.



With the very best of London's swimmers in attendance, it proved a very difficult task to qualify for the finals, and our only medal winner of the weekend was **Lewis Clifford-Stephenson** who took the Silver in the Men's 200m IM. Lewis also qualified for the finals of the 50m Freestyle and 100m Breaststroke, finishing in 7th position in both races.

Tom Webb also qualified for the 200m IM final and finished in 6th place.

Julia Braybrooke swam a new best time in the 200m Butterfly to qualify for the final, where she finished sixth.

15yr old **George Crow** was our youngest finalist of the weekend. He qualified for the Men's Open 200m Backstroke where he finished in 8th position, despite a very untimely, albeit musical, fire alarm which resulted in a full evacuation of the pool just moments before his final. George also managed two new personal best times in the 200m freestyle and 400m IM.

The Men's 4 x 100m Medley Relay team (**George Crow** - backstroke; **Lewis Clifford-Stephenson** - breaststroke; **David Bennett** - butterfly & **Tom Webb** - freestyle) battled hard against the strong opposition to secure 5th place. While the Men's 4 x 100m Freestyle team (**Lewis Clifford-Stephenson; Tom Webb; Tom Clark & Tom Skingsley**) had to settle for 7th despite bettering their entry time.

Also swimming new personal best times at the weekend were:

Danielle Rooke (100m & 200m Backstroke)

James Roome (200m Freestyle & 100m Backstroke)

David Bennett (200m Backstroke & 200m Freestyle)

Aiden Robinson (50m Freestyle)

Tom Clark (200m Breaststroke)

Toby Andrews (200m Freestyle)

Well done to everyone who took part, and Get Well Soon!!

Killerwhales attending:

Toby Andrews
David Bennett
Tom Clark
Lewis Clifford-Stephenson
George Crow
Connor Kearns
Aiden Robinson
James Roome
Tom Skingsley
Tom Webb
Julia Braybrooke
Rebecca Green
Danielle Rooke
Molly Sparks