



The Killerwhales Swim Club of Havering

Killerwhales Gala Report

London Region Youth Championships – Crystal Palace - 30th April & 1st May 2011

The Killerwhales' senior swimmers returned to Crystal Palace National Sports Centre last weekend to battle against the very best from all the London boroughs in the London Regional Youth Championships. Shaking off the aches and pains of the heavy training schedule as we now enter the peak of the season, they produced some memorable swims with many new personal best times.

Coming back into form at just the right point in the season, **Lewis Clifford-Stephenson** reached the final in four of his 17yrs/over events, claiming the bronze in the 50m Freestyle, he was 4th in the 50m Breaststroke, 5th in the 100m Breaststroke, and 8th in the 100m Freestyle. Lewis also achieved his 50m Breaststroke National Qualifying Time for the National Open Championships next month in a new personal best time.

In the final of the Ladies 16yrs/over 50m Breaststroke, a very close finish saw **Amy Statham** finish third, claiming bronze with just a third of a second separating the medal positions. In the 100m distance, Amy finished 5th in another personal best time.

Evergreen **Julia Braybrooke** gave a solid performance in the Ladies 17yrs/over 200m Butterfly claiming the bronze medal on Saturday afternoon, having already swam into 6th place in the final of the 50m Breaststroke in a new personal best time.

In the Ladies 16yrs/over 200m Freestyle final, **Rebecca Green** turned up the engines on the last length to power past three of her opponents to claim 4th position, slicing almost four seconds off her entry time.

David Bennett was 4th in the Mens 17yrs/over 50m Backstroke final, whilst **George Crow** was 8th in the 15/16yr age group final of the same event.

Danielle Rooke continues to improve in her favoured Freestyle events, claiming 6th in the final of the Ladies 15/16yr 100m event, and 8th in the 50m final, and **James Roome** took almost a second off his personal best time to finish 7th in the Boys 15/16yr 50m Butterfly final.

The team relay events proved to be as exciting as ever, with Killerwhales SC fielding teams in four events. On Saturday, the Girls 14/17yrs 4x100m Medley Team were led off by **Molly Sparks**, who produced her season's best time in the backstroke leg; Amy Statham swam a strong breaststroke leg, handing over to Rebecca Green who held strong for the Butterfly leg; Danielle Rooke then powered home in the final Freestyle leg to claim 7th for the team.

The boys' 15/18yrs team were led out well by George Crow for the Backstroke leg; Lewis Clifford-Stephenson strengthened their position before handing over to James Roome who fought well against some very tough opposition in the Butterfly leg; **Toby Andrews** brought them home into 5th place with another fine Freestyle swim.

Sunday saw the Girls' 14/17yrs 4x100m Freestyle team of Rebecca Green, Amy Statham, Molly Sparks and Danielle Rooke claim 10th place in a high quality field of teams.

Also competing for Killerwhales were: Aiden Robinson; Tom Skingsley & Tom Clark.



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Killerwhales Gala Report Final Medals Table for Essex Championships 2011

		GOLD	SILVER	BRONZE	4th	5th	6th	7th	8th	Totals
Lewis C-Stephenson	17			1	1	1			1	4
Amy Statham	15			1		1				2
Julia Braybrooke	24			1			1			2
Rebecca Green	15				1					1
David Bennett	16				1					1
Danielle Rooke	14						1		1	2
James Roome	15							1		1
George Crow	15								1	1
		0	0	3	3	2	2	1	3	14

“Well Done to ALL our swimmers”