



The Killerwhales Swim Club of Havering

Killerwhales Gala Report

Essex Winter Long Course Championships – Basildon 25-27th Nov 2011

A fantastic weekend of swimming was had at this very competitive top level gala and Lewis Clifford-Stephenson claimed no less than 5 Essex County Winter titles!

Swimming in the senior age group, Lewis won the 50m freestyle event which led into the skins race, where he came out a clear winner. He also came out top in the 100m freestyle, 50m butterfly and the 50m and 100m breaststroke and just missed out in the 200m i.m., finishing 2nd.

Amy Statham was unlucky to miss out on the trophy in the junior 50m breaststroke but swam very well to claim the silver medal. She also won two bronze medals in the 100m and 200m breaststroke.

The 100m butterfly event saw Tom Webb a well deserved senior silver medal winner and he finished 4th in the 100m freestyle and 6th in the 200m free. Toby Andrews also made the 100m freestyle final and finished 5th.

In the junior age group George Crow was on great form in his backstroke events finishing 3rd in the 200m distance, 7th in the 50m and 8th in the 100m.

Danielle Rooke claimed bronze in the 200m freestyle and was 7th in the 50m freestyle final.

James Roome finished in 5th position in the 200m freestyle and 8th in the 400m freestyle. He went on to swim in the final of the 50m butterfly event where he came 8th.

In the seniors, Tom Clarke finished 7th in the 100m breaststroke final.

The distance races held on Friday evening saw good swims by Lisa Murphy who finished 10th in the 800m and Charlie Fox who finished 7th in the 1500m. Charlie gained an Essex qualifying time in his race and another the following day in the 200i.m.

There were plenty of very good performances put in over the weekend.

The women's events saw Megan Palmer and Claudia Stratford both on very good form in their backstroke events and butterfly specialists Julia Braybrooke, Jessie Statham and Abbie Hill also looked strong. Chloe Cornhill, Briony Hagger, Renae Dawes and Lisa Murphy all put in good performances in their 200m i.m and freestyle races.

The men's events saw Matt Alexander and Kieran Goodwin smashing their personal best times and more impressive performances by Harry Fox and Daniel Robinson and Tom Skingsley in the senior group.

Killerwhales scored 203 points overall and finished 4th out of the 18 clubs taking part, which is a fantastic achievement. Well done to all the swimmers who competed.

Report By Linda Hill