

British Schools Modern Biathlon Championships 2016



Five Southampton Dolphins S.C. swimmers qualified and took part in the British Schools Modern Biathlon Championships which took place at Chrystal Palace Sport Centre, London on the 19th and 20th March.

Romsey School pupil Kate Baxter starred in the 13 year girl's age group in a strong field of 108 competitors from across the British Isles.



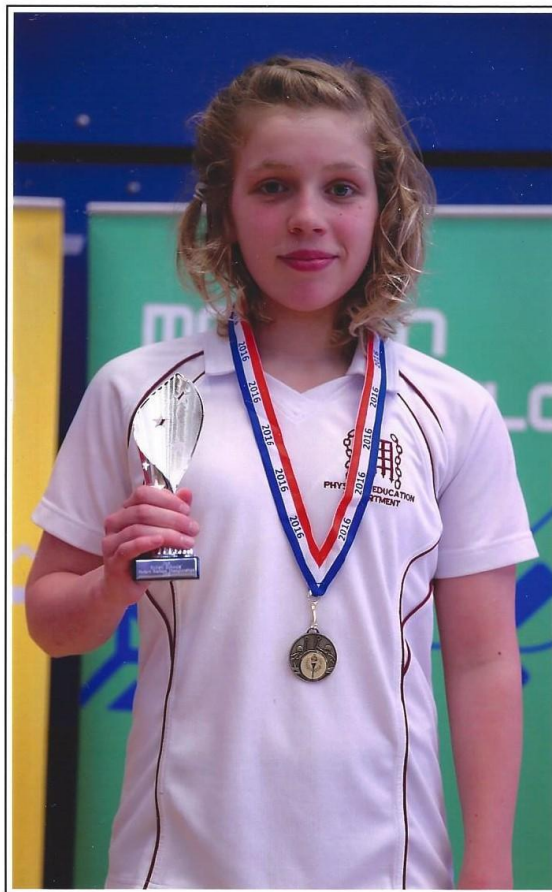
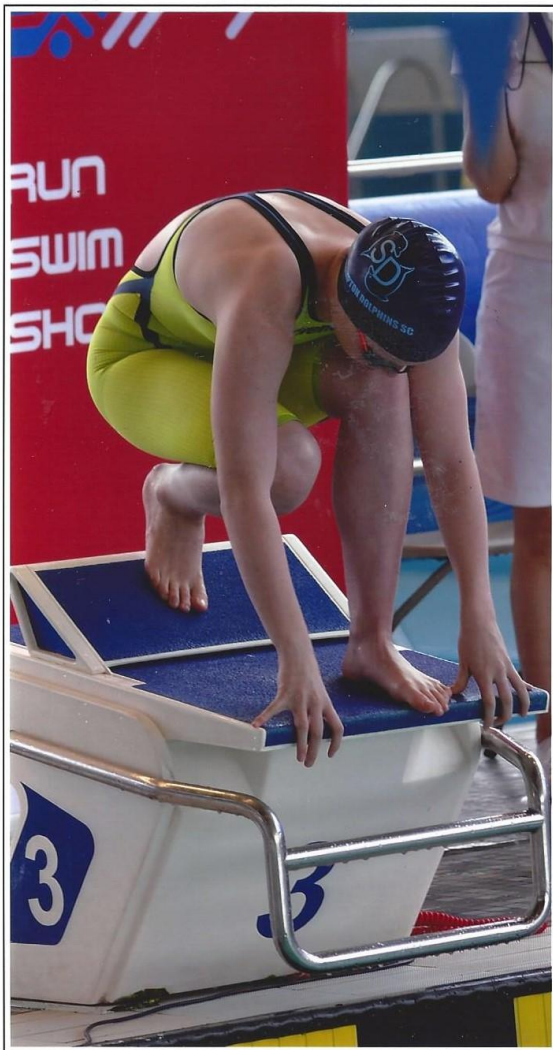
KATE BAXTER WINNING THE 100m FREESTYLE

The biathlon discipline required Kate to run 1600m (1 mile) on the track and swim 100m freestyle in the 50m pool.

Kate put a strong performance in on the run finishing with a four second personal best time of 5.57.25 ranking Kate 21st after event 1.

Kate's favourite part of the biathlon is the 100m freestyle where Kate smashed her personal best time with a swim of 1.03.36 long course winning the swim event by nearly two seconds.

Kate finished an amazing 2nd overall nationally to take the silver medal and best swim with a point's total of 2465 just 28 points behind the winner.



**British Schools' Modern
Biathlon
19th March 2016**

NATIONAL SILVER MEDALLIST KATE BAXTER

After three consecutive top eight national biathlon finishes in the last two years Kate has been selected for the National Pentathlon talent program by the British Pentathlon Association.

Sherbourne House School pupil Rhyseren Taylor made her debut in the competition in the 10 year girl's age group.

9 year old Rhyeren would run 800m and swim 50m freestyle. Rhyseren took a commanding lead in her run heat, leading all the way Rhyseren finished some 25m ahead of second place to secure a fourteen second personal best time of 3.02.42 ranking her 23rd after the first event.



ALL SMILES FOR RHYSEREN ON THE PODIUM

In the swim Rhyseren secured a long course personal best time of 36.16 ranking 6th in the swim and an overall ranking of 6th nationally. A podium place was the reward for Rhyseren after a fantastic debut.



RHYSEREN TAYLOR WITH 6TH PLACE TROPHY

Rebecca Mitchell (Applemore College) and Sophie Hawkes (St Deny's Primary) both took part in the 12 years girls age group which was hotly contested by 154 athletes.

Rebecca secured run (2.47.83) and swim (37.26) personal bests to finish a very credible 48th whilst Sophie came in 98th place with a run time of 3.09.52 and swim of 34.01.

Year 8 Romsey School pupil Evan Harris was also making his debut at national level taking part in the boys 13 years age group with a 1600m run and 100m swim.



EVAN HARRIS

Evan performed personal bests in both disciplines with a fantastic run time of 6.14.62 for the mile a seven second personal best, and a swim time of 1.15.82 long course for the 100m freestyle a four second improvement, coming an excellent 48th in a high quality field of 77 athletes.

The young athlete's coach Chris White was delighted for all of them, "All of the swimmers have worked hard in training and it's fantastic for them to achieve these results on a national stage. I'm sure everyone at School is very proud and impressed with their performances as they have represented their schools with distinction."

Final Positions

10yrs Girls

Rhyseren Taylor – 6th / 104 (2459pts)

50m Swim (LC) 36.16 6th

800m Run 3.02.42 23rd

12yrs Girls

Rebecca Mitchell – 48th / 154 (2267pts)

50m Swim (LC) 37.26 99th

800m Run 2.47.83 32nd

Sophie Hawkes – 98th / 154 (2039pts)

50m Swim (LC) 34.01 46th

800m Run 3.09.52 130th

13yrs Girls

Kate Baxter – 2nd / 108 (2465pts)

100m Swim (LC) 1.03.36 1st

1600m Run 5.57.25 21st

13yrs Boys

Evan Harris – 48th / 77 (2026pts)

100m Swim (LC) 1.15.86 43rd

800m Run 6.14.62 54th

Full results available from www.pentathlongb.org