**Southampton Dolphins Swimming Club re-write the History books at The Hampshire County Championships!**

February 2017

Southampton Dolphins Swimming Club are celebrating historic results after their performances at this year’s Hampshire County Swimming Championships. The team amassed an incredible club record 79 medals and 13 trophies over the three weekends of competition which is nearly one medal for every member of the club!

The team achieved 31 Gold, 26 Silver and 22 Bronze medals, swimmers qualified for 36 finals and achieved 167 personal best times which is over 90% of swims. The Southampton team came 3rd in the overall medal table despite being one of the smallest of the 24 competing clubs in Hampshire behind Winchester and narrowly behind county giants Portsmouth Northsea who won 83 medals.

This is an incredible seventh consecutive year of improved competitive results for the Southampton team under the tutelage of Head Coach Chris White.

The Dolphins kicked off the competition in great form winning their first ever open and team relay title in the ladies open 4 X 200m Freestyle event. The team of Isabella Fraser-Corbridge (14), Jodie Yates (16), Ella Anderson (15) and Kate Baxter (13) produced the surprise performance of the competition by winning the Russell Hill Trophy in emphatic fashion. The only team to swim under 9 minutes, they came in 4 seconds ahead of second placed Portsmouth Northsea and 13 seconds ahead of 3rd placed Rushmoor Royals. It’s a real turn up for the history books as this event has never been won by a small club and has been dominated by Portsmouth and Rushmoor for the last 20 years.

In the age group competition Kate Baxter (13) starred for the Dolphins competing on each of the six days of competition, swimming in 21 individual events and five relays. Kate won a staggering 21 medals, 5 gold, 10 silver and 6 bronze. Kate won Gold in the girls 14 years 200m butterfly and both the 200m and 400m individual medley events as well as the ladies open relay and junior 200m individual medley. Even at the tender age of 13 Baxter was able to compete with the ladies picking up two medals in the open category, a silver medal in the 200m individual medley and a bronze in the 200m butterfly. Kate won medals across the board from 800m freestyle to 50m butterfly demonstrating her phenomenal all round ability.

Not to be outdone by training partner and good friend Kate, Isabella Fraser-Corbridge (14) competed in multiple events winning an eye opening club record 22 Hampshire County medals, 13 Gold, 4 Silver and 5 Bronze. Fraser-Corbridge became the first Dolphin swimmer to win a ladies open title taking gold in the ladies, junior and 15 years 100m butterfly. Isabella narrowly missing out on the all time county record by just 0.20s posting a time of 1.04.89LC, Isabella won in some style winning by a 2 second margin.

 Swimming in multiple races and finals Isabella won the 15yrs 50m butterfly in 29.62 again just 0.20s off the county record, 100m butterfly, 200m butterfly, 50m freestyle, 200m and 400m individual medley. Still only 14 Isabella won multiple medals in the ladies open category with the gold in the 100m butterfly, silver in the 50m butterfly, 200m butterfly and 400m individual medley. Like Kate Isabella won medals from 800m freestyle to 50m butterfly demonstrating amazing all round ability, which is attained as part of their swimming education under head coach Chris White.

**ISABELLA FRASER-CORBRIDGE**

Both Isabella and Kate have multiple top 25 rankings in their respective age groups in Great Britain with Isabella ranked 9th in the 100m butterfly and Kate ranked 13th in the 200m individual medley, it’s exciting times for both girls.

National 50m freestyle champ Filip Fraczek-Krygier (14) starred for the boys taking part in his first County Swimming Championships for over two years Filip reminded everyone of his outstanding quality winning a club record for the boys of 12 gold and 4 silver medals. Filip took gold in the 15 years 50m, 100m, and 200m freestyle, 50m butterfly, 100m butterfly, 100m backstroke and 200m individual medley.

A particularly special victory was Fillip’s performance in the junior 100m butterfly with an outstanding time of 1.01.49 LC to take the winners shield which dates back to 1954. There’s a lot of history behind this award, Head Coach Chris White won the same title back in 1995 and his coach Gary Abraham won the title in 1974 21 years and 22 years apart! Abraham went on to win Olympic, World and Commonwealth medals so it looks like a good omen for Filip. Filip now ranked 12th in Great Britain in the 100m butterfly is looking forward to greater competition at the regional championships.

16 year old Max Nugent performed some exceptional personal bests to become the first Dolphins swimmer to qualify for not only one but two men’s open finals. Max qualified in the 50m and 100m butterfly finishing 6th and 7th respectively.

Max won his first county title with gold in the 16 years 50m butterfly in a time of 27.09 ranking him 12th in Great Britain in the 16yrs age group. Max also won 2 Silver medals in the 100m butterfly and 100m backstroke and 3 bronze in the 100m butterfly, 50m freestyle and 50m backstroke.

15 year old Ella Anderson showed good form coming home with 1 gold and 4 bronze medals’ (800m freestyle, 200m freestyle, 200m backstroke and 100m freestyle). Ella qualified for a ladies open final for the first time finishing a very credible 6th in her favoured 100m backstroke.

A level student and part time swimming instructor Amy Thompson (17) won silver in the girls 17 years and over 50m breaststroke. Amy posted a seasons best time of 35.98 in the ladies open final narrowly missing out on another medal by 0.20s finishing 4th in a very close finish.

Sebastian Southon (14) secured 4 top ten finishes in the 15 years boy age group with notable performance in the 100m backstroke qualifying for the final in 8th. Sebastian rose to the occasion and improved in the final to finish seventh. Sebastian also impressed in his favoured 200m backstroke finish in 6th in 2.33.32.

Jodie Yates (16) secured 4 top 10 finishes in her favoured 100m and 200m butterfly 7th 1.12.15 and 5th 4.43.27 respectively. Jodie also finished a credible 5th in the 400m individual medley and 7th in the 400m freestyle celebrating six seven years as a county swimmer.

The Dolphin age group swimmers all performed fantastically well securing huge personal best times.

10 year old Rhyseren Taylor secured a phenomenal 28 second personal best time of 5.18.16 LC to win the silver in the girls 11yrs 400m freestyle, a 9 second personal best in the 200m freestyle to win silver in 2.31.52 and a 9 second personal best in the 200m butterfly to finish with the bronze in 3.04.73. All three swims were club records and Rhyseren is now ranked 5th in the 400m freestyle, 15th in the 200m freestyle and 20th in the 200m butterfly in her age group in Great Britain.

Rhyseren secured her first two regional qualifying times in the 400m freestyle and 200m butterfly despite being a year down with the first age group being 11/12yrs.

Taylor is currently ranked number 1 in Great Britain in the 800m freestyle and was disappointed not to be able to compete in this event as she’s deemed too young this year for counties. Surprisingly she will have the chance to take part at the regional swimming championships if she secures the qualifying time in the coming months.

Debutant Isabel Turner also 10 swam some amazing personal best to win 3 silver medals in the 50m (37.21), 100m (1.18.66) and 200m (2.49.91) backstroke all very close to the 11/12yrs regional qualifying times. Turner posted some top GB ranked times in her age group which are 16th in the 100m backstroke, 20th 200m backstroke, 21st 200m butterfly and 26th 50m backstroke.

Isabel secured her first regional qualifying time in the 200m butterfly (3.06.11) finishing narrowly behind friend and team mate Rhyseren. Isabel also qualified for 4 finals making a big impact in her first county swimming championships.

Lucy Phillips and Verity Telford also made their debuts in the girls 11 years age group, Lucy swam some great personal bests in the 100m and 200m backstroke making her first county final finishing 7th in the 100m (1.25.77) and 6th in the 200m (2.59.57). Verity swam a massive 10 second personal best in the 200m backstroke to finish in 3.03.49 and an 8 second personal best in the 200m freestyle finishing in 2.48.66.

Ellena Lewis competed in the 12yrs age qualifying for the final of the 50m backstroke. In the final Lewis narrowly missed out on a medal finish a very close 4th in 36.09. Ellena already has a regional qualifying time in this event and is looking to secure more times after achieving 6 personal best times at counties.

Ellena’s younger brother Nathan (9) was one of the youngest swimmers in the competition competing in the age group above (11years) he swam some amazing personal bests securing many Dolphin club records set by national champ Filip Fraczek-Krygier when he was 9. Nathan finished 7th in the 200m IM (3.10.77) and 9th in the 200m freestyle (2.49.21) both swims were club records.

Naeve Pountney (12) competed in the 13 year girls age group securing 4 personal best times and qualifying for the 50m backstroke final where she swam another impressive personal best in one of the closest races of the competition finishing 5th in 34.33 and a regional qualifying time. Half a second separated 2nd to 5thplace in the final it was very close and an exciting race.

Sophie Hawkes (12) swam 7 personal bests and competed in the 200m butterfly for the first time recording a fantastic personal best and regional qualifying time of 2.44.23 to take the bronze. Sophie also qualified for the finals of the 50m and 100m butterfly. In inspired form Sophie pulled out a 4 second personal best in the 100m butterfly final to take the bronze and another regional qualifying time of 1.13.43 and narrowly missed out on a hattric of butterfly medals finishing 4th in the 50m event in 33.51.

Natasha Fraser-Corbridge, Jasmine Spradbery and Freya Manning all swam the 11 years age group. Making their debuts at County level the girls swam 10 personal best times out of 12 races combined which was fantastic achievement with both Natasha and Freya getting close to regional qualifying times.

Fae Thompson (13) was swimming in her fifth county championships for the Dolphins and secured personal best in the 50m and 100m breaststroke events in 39.71 and 1.26.89 respectively.

Freddie Sadler (10) made his debut in the boys 11 years 50m butterfly swimming a fantastic heat time to qualify for the final in 5th place in 38.85. Freddie raised his game as he went in search of a medal putting in an amazing swim and second personal best time of 38.29 finishing 4th just outside of the medals.

Zak Lanham (13) took part in his first County swimming championship qualifying in the 50m breaststroke. Zak’s most notable performance came in the relay events where he smashed his 50m freestyle personal best swimming times of 29.24 and 29.32.

Making a comeback at the start of the year 12 year old Ollie Cook secured a personal best to finish a very respectable 10th in the boys 50m butterfly. There’s a lot more to come from Ollie now he’s back training, he is a phenomenal talent.

The Dolphins have had an historic county championships and have already a club record of 14 regional qualifiers. The rest of the season will be exciting with Regional’s, Nationals and British Championships to come.

The future looks bright for the leading Southampton swimming team with the announcement of the club expanding at Shirley Pool, extra training hours and increased participation from coaches, parents and volunteers.

This is great news to all the young swimmers in Southampton and for the continuation of the incredible Dolphins success story.

For more information on club membership contact Head Coach Chris White 02380781901.