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British Championships 2018

Southampton Dolphins Swimming Club entered the British Summer Championships and Swim England Summer Nationals for a third consecutive year spread over two weeks of competition at Ponds Forge Sheffield.

Kate Baxter (13) qualified for a club record 3 events at the British Championships and 6 events at the Swim England Summer Nationals, 9 races in total.

Max Nugent (16) excelled in the 50m Butterfly at the British Championships. This became a historic moment for the Dolphins with Nugent securing a place in the British Championships final, a first for the fledgling club. Nugent swam 26.69 to qualify 8th for the final and swam another personal best of 26.57 to finish 9th in Great Britain in the 16 year boys age group final. It was a very close race in which all 10 places were separated by just 1 second.

Kate Baxter improved on her entry rankings in all 3 events at the British Championships, still only 13 Baxter competed in the 14 year girls age group, securing top 15 finishes in all her events; the 200m backstroke (14th) 2.25.60, 200m freestyle (14th) 2.10.00 and 100m freestyle (15th) . Baxter made her biggest improvement in the 100m freestyle ranked 24th on entry she rose 9 places finishing in 15th with a personal best of 1.00.54.

Swim England Summer Nationals.

The following week both swimmers took part in the Swim England Summer Nationals. Max Nugent put in a life time best to qualify 3rd in the heats for the 100m butterfly final breaking the minute barrier in 59.76. In the final Max exploded from the blocks. Taking the lead after 20 meters he never looked back, destroying the field on the first 50 meters. Swimming just 0.50s off his personal best going out in 27.08, Max held his form and smashed his heat personal best coming home first to take the gold and national title in a staggering 58.11.

Kate Baxter was competing in 6 heat races over 3 consecutive days starting with the 100m butterfly Kate secure a fantastic personal best in the heat's of 1.06.36 to qualify fastest for the final. In the final Kate led after an amazing start.

Kate was in a close race with 10 meters to go with 3 other swimmers. It all came down to the touch and Kate uncharacteristically finished with a small glide and was pushed down to 4th still finishing with a personal best of 1.06.09 just 0.20s off the gold.

Undeterred, Kate took to the next day's races with determination qualifying for all three finals comfortably: 5th in the 400m freestyle in 4.38.64, 8th in the 50m backstroke in 32.14 and 1st in the 200m IM in 2.28.50.

First up was the 50m backstroke final where Kate secured another personal best of 32.05 finishing 10th. The 200m IM final was extremely exciting; Kate was in the lead after the fly and backstroke legs, then Millfield's Isabella Renwick put in an astonishing breaststroke leg to take the lead by 2.5 seconds. On the final length of freestyle Kate was catching all the way making up over two seconds she finished just half a second behind to claim her first national medal, silver in 2.26.78. Baxter went into her third day of competition after already competing in 7 races and secured places in two more finals with 2.29.70 in the 200m butterfly to qualify 6th and another personal best in the 100m backstroke 1.08.21 to qualify 4th .The 100m backstroke final was first and at the half way point Kate was in 6th position having swum 33.14 seconds for the first 50m. Kate maintained her form a theme of her swimming coming back on the second half of the race in 34.12 taking the bronze medal on the finish in another personal best time of 1.07.23. Over the past two seasons Kate has now qualified for 8 National finals, swum in seven and won two medals. This is great experience for someone aged so young at only 13 Kate's swimming journey has only just started.

With a fantastic crop of young swimmers the next few years are going to be really exciting for the Dolphins as they continue to push the boundaries of development swimming in the city.

Hampshire County Championships 2018

The Dolphin swimmers from Shirley Pool turned in their best ever performance in the 2018 Hampshire County Championships. Southampton Dolphins entered the 2018 Championships in record numbers, 29 swimmers qualified in over 220 events. The junior girls dominated the relays, winning gold in 4 events, (Gold -16yrs Medley and Freestyle, 14yrs Medley and 12yrs Medley, followed up by Silver in the 14yrs Freestyle and Bronze in the 12yrs Freestyle). **Kate Baxter** (14) was the standout female swimmer of the Championships amassing an amazing 17 medals, 9 Gold, 4 Silver and 2 Bronze. Kate demonstrated she is the best all round female swimmer in the County winning the 400m and 200m IM alongside the 200m FS, 200m BK, 100m FS, 100m BK and 50m BK. Kate began swimming as a toddler at the Shirley Pool and training with her coach since the age of 7.

Filip Fraczek-Krygier (15) was the top male performer winning 8 medals, 6 Gold, 1 Silver and 1 Bronze. Filip, a powered his way to gold in the 50m, 100m and 200m Freestyle, 50m & 100m backstroke, 50m butterfly and 200m individual medley. After a long layoff last year due to injury, the former National Champion is back on track for success this year with an eye on the British Summer Championships.

In the age group Championships, 11 year old Shirley schoolgirl, **Isabel Tuner**, produced some of the best swimming results in her age group in Great Britain, amassing 14 medals, 7 Gold, 3 Silver and 4 Bronze. Turner won events from 800m freestyle to 50m backstroke, demonstrating her all round ability and currently tops the Great Britain rankings for all the backstroke events (33.78 50m BK, 1.09.65 100m BK and 2.30.24 200m BK).

Twin sister, **Evie Turner**, competing in her first County Championships rose to the occasion, qualifying for her first ever final in the 100m Butterfly alongside sister Isabel, Emily Lowther and Rhyseren Taylor, Southampton Dolphins swimmers making up half of the finalists.

Emily Lowther (12) produced outstanding displays in the breaststroke events, powering her way to a new Hampshire County record in the 50m breaststroke in a time of 36.58. Emily also claimed gold in the 100m and

200m breaststroke and the gruelling 400m Individual Medley, all with times in the top 20 of the GB rankings, a total of eleven medals for the championships. The strength in depth of the twelve year olds at Shirley pool reflect the success of the development pathway at the club.

Rhyseren Taylor took silver in the 800m FS, Bronze in the 400m FS and 200m BF; Verity Telford followed close behind, narrowly missed out on a medal coming 4th in the 800m Freestyle; **Ellena Lewis** and **Freya Manning** both secured their first County medals with Ellena racing to Silver in the 50m Backstroke, Bronze in the 100m BK and Bronze in the 50m Freestyle. Freya put in an outstanding display in the 100m Freestyle to secure the Silver medal in 1.05.99.

Debutants **Pheobe Field** and **Freya Latimore** (10), performed personal bests to secure final places in the 50m and 100m Backstroke events together. Pheobe also qualified for the 50m Butterfly final and Freya for the 50m Freestyle final, a promising start for both girls to competitive swimming. Another debutant was **James Cummings-Candal**, winning three silver medals despite having only taken up competitive swimming 11 months ago. King Edward schoolboy James put in some outstanding performances to take silver in the 400m Freestyle, 400m Individual Medley and 200m Backstroke. He swam in the 25m races at the club championships in 2017.

Nathan Lewis (10) secured his first County medal, silver, in the 400m Freestyle, and made multiple finals in all four strokes showing his potential as an all-rounder.

As the youngest qualifying boy of the championships, **Matthew Lowther** (9) competed in the 10/11-year-old age group. He took on the 400 Freestyle in the first weekend smashing his long course PB by over 13 seconds. At the second weekend Matthew competed in the 100 Fly, securing fourth in the final with a time of 1:25.91, 3rd fastest in the UK rankings for his own age group and 5th in the GB rankings on the 400m Freestyle.

Pocket rocket **Ollie Cook** (13) competing in his 4th County Championships secured personal best times in the 50m Butterfly 32.81 and 50m Backstroke 33.66. 13-year-old **Sophie Hawkes** put in some dogged displays to secure

Silver medals in the 400m individual medley, 200m and 100m Butterfly. Sophie also secured the Bronze in the 50m Butterfly in a very close finish.

Isabella Fraser-Corbridge (15) made a dramatic come back to competitive swimming after a life-threatening brain haemorrhage in 2017. Isabella, a former British Championship performer, was determined to race again and put in some outstanding swims to take Silver in the 200m butterfly and Bronze in the 100m butterfly. Isabella was also a key member in the 16yrs 4 X 50m Freestyle and Medley teams who took Gold in both events, alongside Kate Baxter, Madeline Rowden and Fae Thompson.

Madeline Rowden won her first county medal taking Bronze in the 50m Freestyle. Long standing Shirley Dolphins Ella Anderson (16) and **Jodie Yates** (17) both made multiple ladies open finals. Ella, a backstroke specialist, finished 6th in the 100m and 200m events and 7th in the 50m. Jodie narrowly missed out on a medal finishing 4th in the 200m Butterfly and made finals in the 100m Butterfly and 50m and 100m Breaststroke events.

Zak Lanham (14) and **Seb Southon** (16) both made backstroke finals, Zak qualified for the 50m Backstroke and produced a life time best of 32.47 in his first County final to finish 7th. Seb qualified for both the 50m and 100m backstroke finals finishing 8th and 7th respectively.

The Southampton Dolphins produced record breaking results for an 8th consecutive year; amassing 63 medals (29 Gold, 21 Silver and 13 Bronze), and the highest swimmer to medal ratio of any of the 25 competing clubs for a second consecutive year. Swimmers qualified for an impressive 70 individual finals. Of the twenty-seven swimmers, 25 swimmers qualified for individual finals and all swimmers were involved in top 8 placings.

The unprecedented success in team events from a small swim school, with multiple top 20 GB ranked swimmers has not gone unnoticed in the higher levels of British Swimming with Head Coach Chris White encouraged to take up the reins of major London club, Staines and sure to be fast tracked after ten years of success at the Shirley Pool. Everyone at the club wishes him well in his career.

Regionals Championships 2018

Isabel Turner, qualified fastest in the 100m backstroke final. She reached the turn in 7th place but then overtook the field to finish first in 1:11:86 to become South East Regional champion.

Qualifying second for the 200m backstroke final in 2:33.01, Issy picked up the pace in the final to produce a lifetime best, 2:29:73, to secure silver.

Issy smashed her PB by 7 seconds in the 400m front crawl, to win a bronze in a time of 4:55:32 One medal of each colour for Issy.

Emily Lowther brought her 50m breaststroke lifetime best down to 37.39. In a fast final Emily again improved to finish 4th in a time of 37.29.

In the 200m breaststroke final, Emily picked up the pace again and went two seconds quicker than the heat swim to achieve silver medal in a time of 2:56:76

Overall, Southampton Dolphins achieved 4 medals, 1 gold, 2 silver and a bronze, qualified for 8 finals and smashed lots of PB's.

We are now looking on to August where Issy Turner has qualified for English Nationals in the 200m Backstroke in the 13 years age group, even though she is only 12.

Congratulations and good luck to Issy for her first ever Nationals.

Rhyseren Taylor, Nathan & Ellena Lewis, Jodie Yates and Freya Manning all produced personal best performances in the 2018 Regional Championship with great support from acting Head Coach Clodagh Dear.