



Ellesmere College Swimming Academy Report  
December 2023  
English and Welsh Winter Championships

Members of the ECSA descended upon both Ponds Forge International Sports Centre and the Welsh National Pool for this year's editions of the Swim England and Swim Wales Short Course Winter Championships. The competitions ran from Thursday 14<sup>th</sup> December through to Sunday 17<sup>th</sup> December. The coaching team were excited to see how the student-athletes performed at their end of training cycle target meet. They were looking for process goals to be hit and for the student-athletes to show their ECSA grit and determination in every race.

**Swim England Winter Championships**

Heats Day 1

Jake H 50 Free 22.58 PB, 100 Fly 54.20 (final), 100 Back 54.71 PB (final)  
Archie D 200 IM 2.06.99 PB (final), 100 Back 59.43 PB (55th)  
Anna F 200 Brs 2.35.61 PB (15th)  
Millie W 400 Free 4.35.02 (66th)  
James R 800 Free 8.19.73 (10th)

FINALS Day 1

Archie D 200 IM Junior Final 2.07.59 9th  
Jake H 100 Fly Open Final 53.33 PB 7th (fastest junior)  
Jake H 100 Back Open Final 54.16 PB 5th (fastest junior)

Heats Day 2

Anna F 200 IM 2.19.12 PB, 100 Free 1.00.02, 200 Back 2.18.10 PB  
Jake H 100 Free 49.84 matched PB  
Archie D 400 IM 4.30.79 PB  
Millie W 200 Back 2.15.23, 100 Fly 1.06.33

FINALS Day 2

Anna F 200 IM Junior Final 2.17.60 PB 4th  
Jake H 100 Free Junior Final 49.49 PB 2<sup>nd</sup> (MEDAL ALERT)  
Archie D 400 IM Junior Final 4.31.08 8<sup>th</sup>



### Heats Day 3

Anna F 100 IM 1.05.27 PB, 200 Free 2.10.37, 50 Brs 33.38 matched PB  
Jake H 50 Fly 23.81 PB, 200 Free 1.48.43  
Archie D 200 Free 1.53.86 PB, 200 Back 2.20.63  
Millie W 200 Fly 2.24.33  
James R 200 Free 1.53.02 PB

### FINALS Day 3

Anna F 100 IM Junior Final 1.03.38 PB 2<sup>nd</sup> (MEDAL ALERT)  
Jake H 50 Fly A Final 23.75 PB 4th (fastest junior)  
Jake H 200 Free Junior Final 1.48.69 2<sup>nd</sup> (MEDAL ALERT)

### Heats Day 4

Anna F 100 Brs 1.11.13, 100 Back 1.04.22  
Jake H 50 Back 24.96 PB, 100 IM 55.38 PB  
Archie D 400 Free 4.04.66 PB  
Millie W 400 IM 5.07.91, 100 Back 1.03.45 PB  
James R 400 Free 3.57.91 PB

### FINALS Day 4

James R 400 Free Junior Final 3.57.56 PB 10th  
Anna F 100 Brs Junior Final 1.09.30 PB 1<sup>st</sup> (MEDAL ALERT)  
Jake H 50 Back A Final 25.36 10th  
Jake H 100 IM A Final 55.39 7th (fastest junior)



## Swim Wales Winter Championships

### Heats Day 1

Bea 200 Back 2.14.95 PB  
Liv W 200 Free 2.12.54 PB, 200 Back 2.27.40 PB  
Annie H 200 Back 2.28.92 PB, 400 IM 5.36.82, 200 Free 2.21.14  
Esmee S 200 Back 2.26.45 PB, 200 Free 2.11.47 PB, 1500 Free 17.57.51 PB 3<sup>rd</sup> (MEDAL ALERT)  
Payton M 400 IM 5.29.71 PB, 50 Brs 37.89, 100 Fly 1.14.49 PB  
Eliza M 400 IM 5.30.98 PB, 200 Free 2.18.62 PB, 100 Fly 1.15.34 PB  
Tallulah 200 Free 2.16.42 PB, 200 Back 2.27.11 PB  
Emily W 50 Brs 36.42 PB  
Alberto R 200 IM 2.16.68  
Jack B 200 Back 2.09.13 PB  
Jake L 100 Fly 56.56 PB, 400 Free 3.59.69 PB 1<sup>st</sup> (MEDAL ALERT)  
Sami P 100 Fly 58.54, 400 Free 4.08.90 PB  
Tyler H 50 Free 26.19  
Jake N 200 IM 2.22.57 PB  
Reece L 200 IM 2.32.90 PB, 200 Back 2.28.24 PB, 50 Free 29.27 PB

### FINALS Day 1

Tallulah 200 Free 12-13 Final 2.14.89 PB 4th  
Jack B 200 Back B Final 2.08.65 PB 6th  
Annie H 200 Back 12-13 Final 2.30.39  
Esmee S 200 Back 14-15 Final 2.29.79 8th  
Bea 200 Back A Final 2.14.75 PB 2<sup>nd</sup> (MEDAL ALERT)

### Heats Day 2

Bea 200 IM 2.20.62 PB, 50 Free 27.47 PB 100 Back 1.02.24 PB  
Liv W 200 IM 2.31.44 PB, 100 Back 1.07.94 PB, 800 Free 9.37.30  
Annie H 200 IM 2.34.95 PB, 100 Brs 1.24.63, 100 Back 1.14.65  
Esmee S 100 Back 1.11.57, 200 IM 2.39.75  
Payton M 200 IM 2.35.37 PB, 100 Brs 1.19.69 PB, 50 Fly 33.79 PB  
Eliza M 200 IM 2.39.75 PB, 800 Free 9.41.55 PB 3<sup>rd</sup> (MEDAL ALERT)  
Tallulah 50 Free 28.05 PB, 100 Back 1.08.04 PB  
Emily W 200 IM 2.33.76, 100 Brs 1.19.50, 50 Fly 31.25 PB  
Alberto R 400 IM 4.51.47 PB  
Jack B 100 Back 58.20 PB  
Jake L 100 Free 51.60 PB, 50 Fly 25.92 PB



Sami P 100 Free 54.05 PB

Reece L 400 IM 5.21.31 PB, 100 Free 1.03.49 PB, 100 Back 1.09.47 PB, 50 Fly 32.08 PB

### FINALS Day 2

Annie H 200 IM 12-13 Final 2.39.45 8th

Bea 200 IM A Final 2.20.62 matched PB 6th

Tallulah 50 Free 12-13 Final 27.83 PB 3<sup>rd</sup> (MEDAL ALERT)

Payton M 100 Brs 12-13 Final 1.20.78 8th

Emily W 100 Brs 14-15 Final 1.19.29 PB 8th

Tallulah 100 Back 12-13 Final 1.06.52 PB 3<sup>rd</sup> (MEDAL ALERT)

Bea 100 Back A Final 1.02.80 3<sup>rd</sup> (MEDAL ALERT)

### Heats Day 3

Bea 100 Free 58.46 PB, 50 Back 29.01 PB, 400 Free 4.27.30 PB

Liv W 100 Free 1.01.30 PB, 400 Free 4.38.37, 200 Fly 2.37.40 PB

Annie H 100 Free 1.03.59 PB, 400 Free 4.50.21 PB

Esmee S 400 Free 4.32.72 PB, 100 Free 1.03.21 PB

Payton M 200 Brs 2.47.88 PB, 100 Free 1.04.94 PB, 200 Fly 2.41.36 PB

Eliza M 100 Free 1.04.94 PB, 200 Fly 2.43.12 PB, 400 Free 4.44.74 PB

Tallulah 100 Free 1.01.82 PB, 1.01.82 PB, 50 Back 31.47 PB

Emily W 200 Brs 2.52.22 PB

Alberto R 200 Fly 2.13.32 PB

Jack B 50 Back 27.04 PB

Jake L 200 Free 1.50.49 PB, 200 Fly 2.06.83 PB

Sami P 200 Free 1.56.75 PB, 200 Fly 2.13.02

Jake N 200 Brs 2.34.52 PB

Reece L 200 Free 2.20.39 PB, 50 Back 31.74 PB, 200 Brs 2.55.65 PB

### FINALS Day 3

Jake L 200 Free B Final 1.50.06 PB 3<sup>rd</sup> (MEDAL ALERT)

Tallulah 100 Free 12-13 Final 1.01.10 PB 4th

Jake L 200 Fly A Final 2.15.57 8th

Eliza M 200 Fly 12-13 Final 2.45.51 8th

Liv W 200 Fly 14-15 Final 2.36.31 PB 7th

Reece L 50 Back 12-13 Final 30.90 PB 6th

Tallulah 50 Back 12-13 Final 30.83 PB 2<sup>nd</sup> (MEDAL ALERT)

Bea 50 Back A Final 29.06 3<sup>rd</sup> (MEDAL ALERT)

Reece L 200 Brs 12-13 Final 2.57.16 8th

Jake N 200 Brs 14-15 Final 2.38.68 8th

Payton M 200 Brs 12-13 Final 2.46.42 PB 2<sup>nd</sup> (MEDAL ALERT)



A huge well done to all ECSA student-athletes over the 3-4 days of racing. You've done yourselves, your teammates and the swimming academy proud. We now move onto long course racing season in the New Year. Big goals and huge opportunities lay ahead, we look forward to stepping up to the plate on the domestic and international scene as we progress through the 2023-2024 season.

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