

Swim England Winter Nationals 14 th-16th December 2018 Meet report from Pete

13 yr old Tonbridge swimmer Caitlin Ebbage and 15 yr old Beachfield swimmer Brandon Harris travelled north to the steel city of Sheffield for the swim England winter nationals both competing at this event for the first time .

This is an open event with an A and B final.

The winter scene was set with snowflakes on the results and live stream board.

Some big names had entered the event such as Olympians and GB senior swimmers such as James Guy ,James Wilby ,max Litchfield ,Georgia Coates ,,Molly Renshaw, Abbie Wood ,,Joe Litchfield ,,Emily Large, Siobhan Marie O'Connor ,Luke Greenbank.

The Canadians team from High Performance Ontario had also sent a contingent of swimmers including Rio Olympic 100 freestyle gold medalist Penny Oleksiak and 17 year old world junior record holder Kayla Sanchez. It was great to observe their race preparations and process.

Caitlin was first up in heat 3 of the ladies open 50 BK picking up a nice 3 tenths pb (29.30) edging ever closer to a sub 28 swim placing 11 th of the 15 and under swimmers who were competing.

Brandon was in the next event the Men's 50 Brst getting off to a good start and keeping his stroke rate steady Brandon also took a 3 tenths pb (31.09)getting closer to the 31.00 mark coming 20 th in the 15 / under swimmers 4 places higher than his entry time placing.

After a congested swim down in the dive pit Brandon was soon back on the block for the men's 100 IM starting out well on the fly and the bk segment, the legs were a little fatigued from the 50 brst and a good finish on the free saw Brandon equal his 15 / under peers in 18 th place.

Both swimmers took valuable lessons away on their process oriented swims.

Day 2 swim England Winter Nationals 2019

15 yr old Beachfield swimmer Brandon Harris comfortably broke his 100 brst pb here at Ponds Forge today knocking nearly a whole second off his pb and rising up the rankings from 38th to 30th ranked junior, going under 68.00 for the first time and bettering his target time here at nationals.

Caitlin Ebbage stormed to the A final in the women's open 200 bk clocking 2.12.07 and the 2 nd ranked junior (15/ under)in the final guaranteeing at least a silver medal and second place with a very nice pb. Caitlin took the heat out on her race plan and is the youngest swimmer in to the final at 13 yrs old a very good heat swim rising from her entry rank of 12 to make the final as 10 th ranked in the open

Brandon still had the 50 bk to swim in session 3 working on a process orientated skill based swim he was only a tenth of a second off pace.

Caitlin after a long wait secured a nice little pb in the 100 IM her fun event rising to 19 th in the junior ranks from an entry rank of 23.

A satisfying mornings work from our two swimmers at ponds forge

Finals

13 yr old Tonbridge swimmer Caitlin posted a new pb in the ladies open A final this evening at Ponds forge ,taking back the ladies open Kent record for the 200 bk, touching home in an impressive time

of 2.11.23 a 1.6 pb on the day winning the junior silver medal behind Plymouth Leander's 15yr old Honey Osrin who took the junior gold. Chloe Golding from city of Manchester won the open gold in a time of 2.04.57 .The fastest time in Great Britain this year.

Day 3

After a good warm up and a 4 hour wait the ladies 100 bk commenced, in heat 6 Caitlin produced a solid process swim close to her pb pace to finish as 5 th fastest junior (15 and under)in the 100 bk her 2018 winter nationals campaign came to a successful close with 5 swims and 4 pbs finishing 9 th in an open 200 bk final lining up with GB and international athletes and junior world record holders and Rio Olympic gold medallists.

Brandon was not done as he prepared for his 5 th race of the meet the men's open 100 bk also in the 100 bk was Luke Greenbank a GB senior athlete.

Brandon stormed the first 50 in 28.67 with some great skills underwater helping him along the way finishing strong, clocking a new pb of 59.14 nearly a whole second pb finishing the weekend on a high.

Well done Brandon and Caitlin rapidly mentally maturing as committed and focused race ready athletes literally before my eyes as the weekend progressed.

We had a great long weekend from Friday to Sunday learning loads watching and talking to elite GB and Canadian athletes, how they prepare for races mentally and physically, talking to their coaches, and plenty of networking with the cream of British coaches.

A very worthily experience for our two intrepid swimming explorers learning the ropes and on their own journeys.