

## **KENT COUNTY CHAMPIONSHIPS DAY THREE 26<sup>th</sup> JANUARY 2019 HELD AT CRYSTAL PALACE**

### **Session 7**

After the first long distance and sprint weekend held at London Aquatics The Kent County championships decamped to Crystal Palace for the second weekend, day 3 saw 13 yr old Tonbridge swimmer Caitlin Ebbage return from International duty in Flanders Belgium representing Swim South East where her highlight was making the A final of the 200 Bk and in the process beat Katinka Hozzu the Olympic and world record holder of multiple events and Silver medallist at Rio in the 200 bk during an intense and exhausting 5 days abroad .

Back to Kent and Erin Nisbit swam a super 400 im in the 14 yrs age group winning a bronze medal, beating her pb by 17 seconds and making an auto regional time by 6 seconds

Caitlin was next taking Gold with a 3 second pb winning by a margin of 12 seconds

The boys 400 free was next and Josh Prendergast was keen to get on with it ,winning his 3rd gold of the championships with a 29 second pb 12 seconds in side the regional auto time 4<sup>th</sup> in the region and now 10th in GB

### **Session 8**

Beachfield swimmers Brandon Harris, Genny Hunter, , Tonbridge swimmers Holly Geake and Noemie Thompson joined us for session 8. Josh Prendergast was on a mission streaking to another gold in the boys 13 yrs 400 im rising up to 7<sup>th</sup> in GB rankings and a whopping 1 minute and 26 second pb

Brandon soon followed up with tidy swim bagging a silver medal in the 16 yrs 400 im, an 8 second pb and a regional consideration time.

The last event of the day was the girls 400 free, Genny Hunter produced a great 10 second pb and a silver medal. Holly Geake swam the 400 free long course for the first time finishing in a credible 12<sup>th</sup> place Noemie Thompson also swimming in her first long course 400 free was next in the 16 yrs 400 free coming 10<sup>th</sup> well done girls ,gutsy swims.

Erin swam to 8<sup>th</sup> place in the girls 14 yrs 400 free gaining a point for the club with a stonking 21 second pb and a base regional time.

The 5 days abroad finally caught up with Caitlin on the 400 free, giving everything she had left in an obviously empty tank, picking up a brave bronze and an auto regional time

We return tomorrow for the girls 200 im, 1500 free and the boys 800 free

Well done all

Pete

TONBRIDGE MEDAL TABLE 8<sup>TH</sup> PLACE

6 GOLD

1 SILVER

3 BRONZE

TONBRIDGE Points Table 10<sup>TH</sup> WITH 102 POINTS

BEACHFIELD MEDAL TABLE 10<sup>TH</sup> PLACE

2 GOLD

3 SILVER

1 PARA - SILVER

BEACHFIELD POINTS TABLE 14<sup>TH</sup> WITH 45 POINTS