



CHEESTRINGS CHALLENGE CHRONICLE

Sunday 1st August 2004

The Official Daily Newsletter of the Cheestrings ASA National Age Group Championships 2004

DAY 3 ROUND UP

SIMMONDS TAKES GOLD TALLY TO 8 WITH TWO NEW RECORDS

31st July 2004

Elizabeth Simmonds (Lincoln Vulcans) won three more gold medals and set two new British Age Group Records as she took her gold medal tally to 8 in just three days.

It was another outstanding evening for the thirteen year old. Gold one of the evening came in the 400m IM. Her time of 4:55.56 was a new British Age Group Record and 4 seconds ahead of Jessica Dickons (Borough of Stockton) who had led at the end of the butterfly leg but then found herself chasing Simmonds all the way to touch in 4:59.68. Bronze went to Emily Cryan (City of Leeds) in 5:07.24.

Gold two of the night for Simmonds came in the 100m backstroke as she finished in 1:04.83. Behind her were Lauren Collins from City of Birmingham (1:06.27) and Georgia Davies of Swim Swansea (1:07.06). Not content with two wins, Simmonds then went on to take her third gold of the evening in the 200m freestyle with yet another Age Group Record time of 2:04.67. Club mate Jordan Tomlinson won silver in 2:07.21 ahead of City of Coventry's Anna Hodt (2:07.38).

John Atkinson, National Youth Coach commented, "Elizabeth has such great talent. Her ability to

perform over and over again within the same sessions shows real strength and depth."

The high standard of the girls 400m individual medleys was further confirmed by the performance of Ceri Unwin (Hatfield) who led all the way in the 12yrs final taking Gold in 4:59.09, her first time under 5 minutes. There was a battle for second with Sophie Allen (Lincoln Vulcans) and Ellen Gandy (Beckenham) neck and neck all the way until Gandy was able to pull away slightly in the last 25m to snatch the silver in 5:05.57 leaving Allen to add the bronze to her medal haul in 5:06.41. Unwin also showed her resilience, despite a heavy programme, by taking her second gold of the night in the 200m freestyle (2:06.78). This time Emily Key (Straford Sharks) who beat Unwin in the 100m freestyle, had to settle for silver (2:10.07) whilst Sophie Allen of Lincoln Vulcans took bronze (2:11.43).

Another notable swim in the girls events came from Olivia Rawlinson (Isle of Man) who won the 11yrs 200m freestyle in 2:14.85 ahead of Olivia Atkinson (Middlesbrough) who touched in 2:18.83 and Alice Horton's 2:19.13 (Lincoln Vulcans). Rawlinson's medals now number 4 gold and 3 silver.

The boy's events tonight also saw a host of terrific performances. Max Partridge from City of Sheffield (14yrs) followed yesterday's records and gold in the 200m breaststroke with the same again in the shorter 100m event. His new record time of 1:07.53 placed him ahead of silver medallist Christopher Fox (Wolverhampton) and bronze medallist Joe Sowden of City of Leeds who touched in 1:08.54 and 1:09.01 respectively.

Partridge was no doubt inspired having just watched Freddy Avenell (Nova Centurion) set a new British Age Group Record in the race before. Avenell took the 13yrs 100 breaststroke in 1:09.77, well clear of Alastair Davis of Leatherhead (1:12.02) who just claimed silver ahead of Dominic Kwok (Bracknell) who won bronze in 1:12.18.

In one of the tightest finishes of the evening, Ryan Bennett (Bolton Metro) took his fourth gold of the Championships in the 13yrs 200m butterfly as he recorded 2:18.18 to just hold off Lewis Rossi from City of Leeds (2:18.47) and Matthew Corbett of City of Oxford (2:18.67). In the 14yrs final Peter Thompson (Middlesbrough) performed very well taking gold in 2:09.45. Silver went to Ipswich's Mark Stevens (2:10.69) whilst James



Doolan of City of Salford took bronze (2:13.28)

A fifth British Age Group Record of the day was set by Steven Beckerleg (Plymouth Leander) in the 14yrs 1500m freestyle. Setting a new time to beat of 16:28.08 he was ahead of Chad Ho of South Africa (16:33.22) and Michael Newell (Aquabears) who finished in 16:39.20.

John Noble (City of Coventry) took the 12yrs 1500m freestyle in 17:32.62 and his gold medal tally to 3. Marc Emslie (South Africa) took Silver in 17.39.12 and Luke Smith (City of Canterbury) bronze in 17.45.48.

CLUB LEAGUE TABLE END OF DAY 3

BOYS:

City of Leeds	227
Millfield	216
Plymouth Leander	207
Kingston upon Hull	177
City of Coventry	172
Middlesbrough	171

GIRLS:

Lincoln Vulcans	400
City of Leeds	199
Borough of Stockton	174
City of Birmingham	171
Beckenham	158
Middlesborough	147

OVERALL:

Lincoln Vulcans	439
City of Leeds	426
City of Birmingham	326

MESSAGE FROM THE BRITISH OLYMPIC SWIMMING SQUAD

“We’re glad to see you’re all swimming well in Sheffield with so many records falling. Here in Cyprus our Olympic preparations are going very well. We’re all looking forward to experiencing the Olympic dream and as you guys have shown this weekend, swimming to the best of our abilities”

IMPORTANT NOTICE TO COACHES AND CHAPERONES

Please ensure that your laminated ASA accreditation passes are visible to event stewards at all times. Failure to wear your accreditation pass will result in you being asked to leave the poolside. Thank you in advance for your cooperation.

MEDALLIST PHOTO CALL

All medallists are asked to attend a photo call with Sharron Davies (and their medals!) at the end of this morning’s first session. Please assemble at the podium.

CHEESTRINGS SAMPLES



Watch out for Mr Strings at various times during the day – he’ll be giving away Cheestrings the peelable, stringy cheese!

SPECIAL GUEST



Sharron Davies, MBE, former Olympic medallist and TV personality will be presenting awards to some of the countries top young swimmers today, showing her support for the sport and to the nations future champions.

ASA MERCHANDISE

Whether you are a swimmer, parent, or coach come along to the ASA stand in the foyer area to take a glimpse at the books available through the ASA:



We've had some more stock delivered so if you were thinking of making a purchase, why not get in before the Youth Championship crowds arrive?

SMART TRACK TESTING

British Swimming's new National Talent Identification Programme.

As you are aware over the course of the championships the British Swimming National Talent Identification unit was conducting a series of initiatives to more systematically unearth our sports brightest future prospects. These included :

MEASUREMENT ASSESSMENT - whereby all finalists were sized up on a series of eight simple tests. The purpose of this testing was to collect normative data of British age group swimmers and to identify those with specific characteristics that may provide a natural advantage in developing as an elite performer in the future. To put it bluntly, it was an outstanding success with over 283 swimmers profiled which is a 98% adherence rate of finalists appearing for testing. It was so pleasing to see such enormous enthusiasm and genuine interest in the project by both swimmers and coaches alike. While the test will not directly identify a "world beater"- they can provide some additional information about a swimmers' prospects in future years. It's only one small area of many that will be assessed. Through everyone's cooperation we have undoubtedly enhanced British Swimming's chances in proactively ensuring our future champions do not go unnoticed!

The most commonly asked question has been, "What will occur with the

results?" The results will be published (group means and medians) and disseminated throughout clubs with considerations for parents and coaches in identifying and selecting talent. This will be published by December 2004. ,

This is a world first in terms of the projects magnitude so well done to everyone and thank you for your keen support in helping British Swimming continue to take on the world stage. I would also like to say a very special thank you to our testers from the Loughborough University MSc. Sports Science Programme who has done an outstanding job in ensuring smooth and accurate collection of all the test data and still finding time to have a brief chat with coaches along the way. Well done girls – you have done an amazing job.

One particular test conducted was a vertical jump test – a measure of explosive leg power (the white fast twitch fibres that make you spring and ping). Over the course of these championships we conducted the test in the form of a competition, highlighting those individuals that may indeed possess some sprint capabilities (or have good breaststroke kick).

The top three results are as follows:

Boys 11:

1. Bobby East
2. Peter Wasielewski
3. Matt Kinsey

Boys 12:

1. Benjamin Hui
2. Peter Dawes
3. Chris Campbell

Boys 13:

1. Dominic Kwok
2. Adam Carnall

3. Thomas Purtor

Boys 14:

1. Anthony James
2. Alex Rust
3. James Deelan

Girls 11:

1. Rachel Gilbert
2. Abbey Hargreaves
3. Ellen Divver

Girls 12:

1. Madeleine Gunn
2. Eve MacKay
3. Sophie Allen

Girls 13:

1. Nicole Scott
2. Bryony Dunne
3. Caroline Rowe

To award your "spring and ping" efforts, please collect your prize from the Diving Official suite where your testing was originally conducted.

TALENT SPOTTERS-

"It's like watching a racehorse run within a pack of donkeys. Great coaches – with expert eyes, know talent when they see it." In the pursuit of identifying both our fast known performers as well as our later maturers, British Swimming appointed the expertise of two international independent talent spotters from Germany and Australia. Both have observed every heat, every final and every lane since the Championships commenced, sizing up those who possess the desired talent characteristics, such as "aquatic feel" (ability to slip through the water) and high skill level to be successful long term. It has been a tremendously valuable exercise highlighted by several unknown performers brought to



our attention as well as our current champions reconfirmed by non-biased eyes. Once again this initiative, a world first, is another means to which British Swimming is looking to more systematically identify future talent more proactively beyond just the stopwatch.

Swimmers identified by the talent spotters, in some cases irrespective of placings may be invited to a follow up assessment in October / November upon which final selections for the National Age (Start) and National Youth (potential) Programmes will be made.

Britain indeed has a tremendous wealth of swimming talent, as good as any in the world. Our future challenge will be ensuring that no stone is left unturned in nurturing their talent and providing the right environments that will enhance their chances at world level. I thank you for the opportunity of allowing me to work with your swimmers in starting this exciting new scheme!

Chelsea Warr
World Class Programmes National
TID and Tracking Manager

CLOSING COMMENTS FROM THE COACHES

One of the most pleasing aspects of this year's championship has been the number of swimmers competing in the 400, 800 and 1500 metre events. This has also been highlighted by our international talent spotters who said this would not be the case in Germany or Australia. The standard and depth is improving and this will have a very positive effect on British Swimming in the long term.

A number of clubs including Kingston Upon Hull, Plymouth

Leander, Lincoln Vulcans, Stockton Aquatics, Hatfield, City of Birmingham, Beckenham and Bolton Metro have all moved on considerably, this can only be good for British Swimming.

John Atkinson
National Youth Coach

THANKS!

An event of this nature relies upon the support we receive from the staff at the venue, numerous volunteers who work on the pool side and behind the scenes.

But an event as large as the Cheestrings National Age Group Championships cannot work without the cooperation that we have received this week from the coaches and swimmers, which has been tremendous.

We're certain that with the continuing team effort we can drive our results forward still further to even greater rewards in the future.

A WORD FROM OUR SPONSORS!

The 2004 Cheestrings ASA National Age Group Championships have once again been a resounding success!! We would like to say thank you to the swimmers for their dedication and true sportsmanship and for some exceptionally exhilarating performances!

For those swimming today, we would like to wish you the very best of luck!!

Jane Hammond
Marketing Manager

Wayne Hudson
Sales Director UK



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Any Comments

Your feedback on the championship is always helpful please send your comments and suggestions to communications@swimming.org

See you next year!

