

EAST INVICTA CHAMPIONSHIPS 2015

Shepway swimmers achieve more competitive success.

Every October swimmers from East Kent compete in the East Invicta Championships in Canterbury. Where swimmers compete over 4 days of racing.

Yet again, swimmers from **Hythe Aqua** and **Folkestone Sports Centre Swimming Club** joined forces to compete as Shepway Swimming Club which is proving to be a very successful. For these Championships swimmers must achieve a qualifying time for each event.

This year Shepway had in excess of 300 entries, a reflection of hard work from the coaches of both clubs and the commitment and determination of our swimmers. Shepway Swimming Club finished with **20 East Invicta Champions, 26 Finalists and hundreds of Personal Bests** in one or more event including swimmers from relay teams.

The Head Coaches said *"I am delighted with the performance from all of our swimmers. This success is remarkable when you consider the small catchment area that we pull from. This is testament to the work that our volunteer coaches and swimmers put in. Sadly we don't currently enjoy the benefit of pool time compared to other clubs in the East Kent Area, who provide their clubs with up to 12 hours more pool time per week than us, if we could provide that, who knows what could be achieved."*



Pictured are Men's 15/16 yrs Relay Team and the 15/16 yrs Women's Relay Team

Our East Invicta Champions are as follows:- Lucy Howes – 200m Breast and 400m IM, Leon Santer – 50m Freestyle, Sanskar Thapa – 100m IM, Claudio De Vivo – 50m Butterfly, Amy Tingley – 100m Freestyle, Boys Junior 200m Medley and Freestyle team – Alastair Sanders, Finn Wood, Josh Bungay and Levi Atwell, Womens Junior 200m Freestyle and Medley teams – Grace Walker, Eliza Cloake, Hannah Wain, Mia Daw and Neve Deal, Womens age 15/16 yrs Medley and Freestyle teams – Neve Deal, Sophie McDonnell, Eliza Cloake and Hannah Wain, Mens 15/16 Medley and Freestyle Teams – Saul Owen, Joe Condie, Finn Wood, Josh Bungay with Paul Scott in the freestyle team, and the Girls 9/10 yrs Medley Team – Amelia Priestley, Ema Calvo, Claudio De Vivo and Amy Tingley.

Shepway also had another amazing 26 Finalists – Claudio De Vivo, Amy Tingley, Amelia Priestley, Ema Calvo, Mia Deal, Conrad Keller, Bailey Bertram, Rico Newman-Morgan, Leon Santer, Tristan Calvo, Casey O'Connor, Connor Adams-Gonsalves, Sophie McDonnell, Hannah Wain, Morgan West, Sanskar Thapa, Levi Atwell, Saul Owen, Josh Bungay, Finn Wood, Eliza Cloake, Grace Walker, Lucy Howes, Vanessa McDowell and Ben Walker.

BAGCats:- In this, swimmers times are converted into points which take into account their age and sex and compare them against a national criteria. The points are used to determine which age group swimmer has produced the best performance overall.



Pictured are Claudio De Vivo, Amy Tingley, Amelia Priestley, Ema Calvo

Shepway were consistent across all age groups with many of our swimmers finishing in the top 10. In the 9 yrs age group Bailey Bertram was 1st with Harry Oakes 10th, Olivia Ransley 8th, Ellie Lowe 9th, Sandra Vroeman 10th and Samantha Coombs 11th. In the 10 yrs group Rico Newman-Morgan was 8th with Conrad Keller 10th, Amelia Priestley 3rd, Amy Tingley 6th, Claudio De Vivo 7th with Ema Calvo 9th. In the 12 yrs age group Casey O'Connor was 3rd, Leon Santer 8th, Xavier Gonsalves 9th with Tristan Calvo 10th. In the 13 yrs age group Connor Adams-Gonsalves finished 7th. In 14 yrs age group Sanskar Thapa was 3rd with Morgan West 7th and in the 15 yrs / over Levi Atwell finished 9th with Joshua Bungay 10th and Lucy Howes finishing 3rd.

Final positions saw Shepway 3rd in the men's and women's Points tables and 3rd overall in the Medals Table. Shepway has limited pool time available to them between the two clubs so this result, finishing ahead of clubs who have many more training hours available, shows an outstanding performance from all of our swimmers.

Those swimmers achieving **Personal Bests** are – **Age 9/10 yrs** Ema Calvo, Amelia Priestley, Imogen Fox, Sandra Vroeman, Olivia Young, Olivia Ransley, Ellie Lowe, Isobel Barber, Mia Deal, Poppy Fitch, Claudio De Vivo, Eileen Keller, Amy Tingley, Samanth Coombs, Sophie Hughes, Rico Newman-Morgan, Samuel Thorpe, Harry Oakes, Bailey Bertram, Conrad Keller, Zakariya Dellys, Isaac Edwards, Thomas Stroud, Ty Saunders, **Age 11/12 yrs** – Lucy-Mai Helliwell, Erin McDowell-Austin, Evie Wood, Xavier Gonsalves, Casey O'Connor, Leon Santer, Tristan Calvo. **Age 13/14 yrs** – Leah Atwell, Ella Ransley, Keleece Bull, Connor Adams-Gonsalves, Sanskar Thapa, Thomas Edwards, Morgan West. **Age 15 yrs +** Vanessa McDowell, Lucy Howes, Emily Howes, Saul Owen, Levi Atwell, Alastair Sanders, Josh Bungay and Joe Condie.

Team managers Kim Walker and Kevin O'Connor added, *“without the help and support of our volunteer coaches, officials and parent helpers, none of this opportunity for these children would be possible. Our thanks go to all the coaches and helpers from both our respective clubs, **Hythe Aqua and Folkestone Sports Centre Swimming Club.**”*

Anyone wishing to come back to swimming or would like to learn to swim and be part of one of these clubs, who also compete as individual clubs, please view the websites for **Hythe Aqua** and **Folkestone Swimming Club**. New members are always welcome.