



## **Ellesmere College Swimming Academy Report August 2023 Home Nations Championships 2023 (English & Welsh)**

11 ECSA members travelled to either Sheffield or Swansea for the end of season Home Nations Championships. Those competing in Swansea were there for Welsh Nationals and those in Sheffield were there for English Nationals.

This is the second stop on an end of season tour for the ECSA, we saw huge progressions for the student-athletes in and out of the pool. It was great to see their hard work pay off and set them up for another positive season from September.

### **Wednesday 2<sup>nd</sup> August – English Nationals Day One**

#### **Heats**

- Female 100m Breaststroke
  - Payton Marski 1.22.27 12/13 years (20<sup>th</sup>)
  
- Female 200m Freestyle
  - Anna Farrow 2.09.01 17 years/over (final)

#### **Finals**

- Female 200m Freestyle
  - Anna Farrow 2.05.62 PB 17 years/over \*\* MEDAL ALERT \*\* (1<sup>st</sup>)

### **Thursday 3<sup>rd</sup> August – English Nationals Day Two | Welsh Nationals Day One**

#### **English Nationals - Heats**

- Female 200m Breaststroke
  - Payton Marksi 2.52.72 12/13 years (12<sup>th</sup>)
  
- Female 50m Freestyle
  - Tallulah-Mae Rautenbach 28.59 PB 12/13 years (11<sup>th</sup>)



### Welsh Nationals – Heats

- Male 200m Freestyle
  - Tyler Holland 2.09.80 15 years (final)
  - Sami Prysor 2.01.23 PB 16 years (final)
- Female 200m Freestyle
  - Bea Jones 2.13.14 PB 17 years/over (final)
- Male 50m Breaststroke
  - Jake Neaves 35.91 14 years (final)

### English Nationals – Finals

- Female 1500m Freestyle
  - Esmee Slinn 14 years 18.32.61 PB \*\* MEDAL ALERT \*\* (3<sup>rd</sup>)

### Welsh Nationals – Finals

- Male 200m Freestyle
  - Tyler Holland 15 years 2.07.82 (6<sup>th</sup>)
  - Sami Prysor 16 years 2.01.15 PB \*\* MEDAL ALERT \*\* (1<sup>st</sup>)
- Female 200m Freestyle
  - Bea Jones 17 years/over 2.13.86 (8<sup>th</sup>)
- Male 50m Breaststroke
  - Jake Neaves 35.42 PB (5<sup>th</sup>)

## **Friday 4<sup>th</sup> August – English Nationals Day Three | Welsh Nationals Day Two**

### English Nationals Heats

- Female 400m Freestyle
  - Esmee Slinn 14 years 4.48.72 (19<sup>th</sup>)
  - Holly Lamb 17 years/over 4.41.18 (15<sup>th</sup>)
  - Olivia Hunter 17 years/over 4.37.57 (13<sup>th</sup>)
- Female 50m Backstroke
  - Tallulah-Mae Rautenbach 12/13 years 32.61 PB (final)



### Welsh Nationals - Heats

- Female 100m Freestyle
  - Bea Jones 17 years/over 1.00.37 PB (final)
- Male 100m Freestyle
  - Jack Burston 16 years 58.83 PB (11<sup>th</sup>)
  - Tyler Holland 15 years 57.66 PB (final)
  - Sami Prysor 16 years 55.82 PB (final)

### English Nationals – Finals

- Female 50m Backstroke
  - Tallulah-Mae Rautenbach 12/13 years 32.26 PB \*\* MEDAL ALERT \*\* (2<sup>nd</sup>)

### Welsh Nationals – Finals

- Female 100m Freestyle
  - Bea Jones 17 years/over 1.00.51 (6<sup>th</sup>)
- Male 100m Freestyle
  - Tyler Holland 15 years 57.75 (6<sup>th</sup>)
  - Sami Prysor 16 years 55.51 PB \*\* MEDAL ALERT \*\* (2<sup>nd</sup>)

## **Saturday 5<sup>th</sup> August – English Nationals Day Four | Welsh Nationals Day Three**

### English Nationals – Heats

- Female 50m Breaststroke
  - Payton Marski 12/13 years 38.25 (20<sup>th</sup>)
- Female 200m Backstroke
  - Anna Farrow 17 years/over 2.23.87 (final)
- Female 100m Freestyle
  - Anna Farrow 17 years/over 59.27 (final)

### Welsh Nationals - Heats

- Male 50m Freestyle
  - Jack Burston 16 years 26.43 PB (final)
  - Tyler Holland 15 years 26.83 PB



- Female 50m Freestyle
  - Bea Jones 17/over 28.33
- Male 200m Butterfly
  - Tyler Holland 15 years 2.30.63 (final)
  - Sami Prysor 16 years 2.14.70 PB
- Male 100m Breaststroke
  - Jake Neaves 14 years 1.16.53 PB (final)

#### English Nationals – Finals

- Female 200m Backstroke
  - Anna Farrow 2.22.50 (5<sup>th</sup>)
- Female 100m Freestyle
  - Anna Farrow 58.34 PB \*\* MEDAL ALERT \*\* (2<sup>nd</sup>)

#### Welsh Nationals – Finals

- Male 50m Freestyle
  - Jack Burston 16 years 26.28 PB (8<sup>th</sup>)
- Male 200m Butterfly
  - Tyler Holland 15 years 2.26.68 PB (5<sup>th</sup>)
  - Sami Prysor 16 years 2.14.08 PB \*\* MEDAL ALERT \*\* (1<sup>st</sup>)
- Male 100m Breaststroke
  - Jake Neaves 14 years 1.16.37 PB (4<sup>th</sup>)

### **Sunday 6<sup>th</sup> August – English Nationals Day Five | Welsh Nationals Day Four**

#### English Nationals – Heats

- Female 100m Backstroke
  - Tallulah-Mae Rautenbach 12/13 years 1.11.49 (16<sup>th</sup>)



### Welsh Nationals - Heats

- Male 200m IM
  - Jake Neaves 14 years 2.31.43 PB (final)
  - Tyler Holland 15 years 2.25.94 PB (final)
  
- Male 50m Butterfly
  - Jake Neaves 14 years 32.40 (10<sup>th</sup>)
  - Tyler Holland 15 years 28.04 PB (final)
  
- Female 200m Backstroke
  - Bea Jones 17 years/over 2.25.62 (final)
  
- Male 200m Backstroke
  - Jack Burston 16 years 2.19.80 (final)
  
- Male 800m Freestyle
  - Sami Prysor 9.25.63 PB (4<sup>th</sup>)

### Welsh Nationals – Finals

- Male 200 Individual Medley
  - Jake Neaves 14 years 2.30.03 PB (7<sup>th</sup>)
  - Tyler Holland 15 years 2.23.78 PB \*\* MEDAL ALERT \*\* (3<sup>rd</sup>)
  
- Male 50m Butterfly
  - Tyler Holland 15 years 28.12 (5<sup>th</sup>)
  
- Female 200m Backstroke
  - Bea Jones 17 years/over 2.24.00 \*\* MEDAL ALERT \* (2<sup>nd</sup>)
  
- Male 200m Backstroke
  - Jack Burston 16 years 2.19.56 \*\* MEDAL ALERT \* (2<sup>nd</sup>)



## **Monday 7<sup>th</sup> August – Welsh Nationals Day Five**

### **Welsh Nationals – Heats**

- Male 50m Backstroke
  - Jack Burston 16 years 29.63 PB (final)
  
- Male 100m Butterfly
  - Tyler Holland 15 years 1.05.37 (final)
  - Sami Prysor 16 years 1.00.64 (final)
  
- Male 400m Freestyle
  - Tyler Holland 15 years 4.38.77 (11<sup>th</sup>)
  - Sami Prysor 16 years 4.27.40 (4<sup>th</sup>)

### **Welsh Nationals – Finals**

- Male 50m Backstroke
  - Jack Burston 16 years 29.52 PB \*\* MEDAL ALERT \*\* (2<sup>nd</sup>)
  
- Male 100m Butterfly
  - Tyler Holland 15 years 1.04.53 (6<sup>th</sup>)
  - Sami Prysor 16 years 1.00.07 PB \*\* MEDAL ALERT \*\* (1<sup>st</sup>)

Another batch of racing over, a massive congratulations to everyone who raced. It has been fantastic to see you step up and race to the best of your ability when it matters most.

The last stop on our end of season tour is in Trinidad & Tobago for Commonwealth Youth Games, where Oscar Dodds will be representing Jersey.

### **Final totals**

4 Gold  
6 Silver  
2 Bronze  
14 Top 10 Finishes

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