

## Dolphins On Tour



Christmas came early for a Southampton Swimming Club with a rush of medals and personal best swims over two weekends.

Southampton Dolphins S.C. Head Coach Chris White was delighted with 95% of his swimmers achieving personal best times in the County Qualifier at Aldershot and the short course Winter Meet in Bournemouth.

Every age group had success but it was the youngest band that showed the club's strength in depth with nine year old Ellena Lewis taking top spot on the podium five times, taking golds in 100m & 50m backstroke, 50m freestyle and 50m Fly, bronze in 100m free and a 14 second PB in the 200m.

Rhyseren Taylor (9) slashed 7 seconds from her previous best time to come from behind and touch home first in a thrilling 200m freestyle and Rhyseren secured bronze in 50m fly, back and free.

Kate Baxter was the outstanding 12 year old, top swimmer in 200m fly, 100m freestyle 106.22, 50m backstroke 34.56 and freestyle. Ella Anderson (14) lead from start to finish, winning gold medals in 200m free, 50m back and 50m fly along with silver in 100m & 50m free.

The Shirley based Club took 28 medals from 41 events at the Rushmoor Royals long course meet, particularly impressive in the eleven years age group, Sophie Hawkes leading the field with wins in 400m freestyle and 200m butterfly, Isaac Maddock heading up the boys by snatching the 50m & 100m fly while Naeve Poutney produced her best time to take gold in the 50m backstroke.

Seb Southon showed versatility winning the 13 years 100m & 50m breaststroke while going close in 200m & 50m backstroke for silver. But he couldn't hold a light to team mate Isabella Fraser-Corbridge who took twelve seconds off her 400m individual medley time to top the podium.

Jodie Yates (15) was first in the 200m and 100m butterfly, second in the 400m individual medley and 3rd in the 200 IM.

Max Nugent was second in the boys 14 years 200m backstroke with a best time of 2.26.41

Other personal bests came from:

**Short Course – Swim Bournemouth Winter Meet**

Neve Day (02) 1.19.85 100m BF

1.11.61 100m FS

Max NUGENT (01) 1.06.94 100m BF

36.86 50m BRST

1.08.76 100m IM

Jasmine Spadbery (05) 1.20.65 100m FS

Fae Thompson (03) 38.42 50m BK

Naeve Pontney (04) 2.46.55. 200m FS

1.15.01 100m FS

38.28 50m BK

Ella Anderson (01) 02.18.69 200m FS

Mia Anderson (04) 34.78 50m FS  
Jodie Yates (00) 2.34.58 200m IM  
4.51.15 400m FS  
1.09.66 100m BF  
Isabella Fraser-Corbridge (02) 1.12.19 100m BK  
1.05.15 100m FS  
Ellena Lewis (05) 2.56.25 200m FS  
Sophie Hawkes (04) 2.33.95 200m FS  
5.27.13 400m FS  
1.24.56 100m BF  
Jenna Nugent (02) 2.35.50 200m FS  
Rhyseren Taylor (06) 3.53.83 200m BF

**Long Course – Rushmoor Royals Last Chance**

Rebecca Mitchell (04) 3.25.91 200m IM  
37.74 50m FS  
Isaac Maddock (04) 37.31 50m FS  
  
Evan Harris (03) 33.52 50m FS

**FULL RESULTS AVAILABLE FROM -**

<http://www.swimbourne-mouth.org.uk/competitions/results.html>

[www.rushmoorroyals.org.uk/rrsc\\_open-meet-results](http://www.rushmoorroyals.org.uk/rrsc_open-meet-results)











