**Kent County Swimming Championships continue with PBs galore and 2 more Gold, 1 Silver and 4 Bronze medals for Tonbridge swimmers**



Caitlin wins Gold in 14 years 100m & 200m Backstroke, Silver in 100m Freestyle and Bronze in 200m Freestyle

She also won the Junior (16 & Under) trophies for 100m and 200m backstroke





Connor wins bronze in

9/10 Years 200m Breaststroke

Josh wins bronzes in 13 Years

100m and 200m Breaststroke

**Weekend No.3 – Round-up**

Tonbridge Swimming Club began weekend 3 with the Boys 100m butterfly. Josh Prendergast (13) racing the 100 fly in the LC pool for the first time swam well to a nice pb to finish 8th in the final. Ollie Isaacs (15) also swimming the event LC for the first time swam a well-paced race to set a new standard in the LC event. Josh Prendergast finished his day with the gruelling 200m Butterfly and picked up a 7th place finish.

The girls began with the 200m freestyle. Holly Geake (14) finished in 15th place, whilst Erin Nisbet (14) continue her great championship form setting new pb after pb and this event was to be no exception, with a 9 second LC pb to finish in 7th place. Caitlin Ebbage (14) swam to a 2 second LC pb to finish 3rd. In the Girls 100m freestyle, Maddy Holland (14) and Erin Nisbet were in the same heat and placed 19th and 16th respectively.

Caitlin qualified for the final and finished with the silver medal, going slightly faster than her heat time.

Sunday started with Oliver Boyce (11) in the Boys 100m breaststroke with a 4 second improvement on his entry time to finish in 16th place. Connor Prendergast (11) just missed the final by 9 tenths of a second but swam to a great 9 second LC pb to finish in 9th place. Elder brother, Josh qualified for his 7th final with a 9 second LC pb. In the final, Josh finished 3rd just narrowly missing the silver. Toby Henbest (15) just missed the final in 9th place with a fantastic 2 second LC pb. In the same age group, Ollie Isaacs made the final in 4th place with a lovely two second LC pb. Ollie finished 6th in the final.

In the Girls 200 Backstroke Erin Nisbet swam to a 7 second LC pb, improving her 11th position to finish in 7th place. Swimming in the event where she is ranked no. 1 in GB for her age, Caitlin Ebbage cruised to Gold with a 14 second win over her nearest age group rival in her age group with a new pb. Caitlin finished 2nd overall across all age groups and won the Junior (16 years and under) Trophy and broke her own Kent Junior record in the process.

Willow Kienlen (11) swam in her first event at the county champs in the girls 100m Backstroke. Willow set a good LC time in her first swim in a LC pool. Cicily Thomas-Green (13) swam to a 3 second LC pb, whilst Erin Nisbet swam a 2 second LC pb to finish in 13th place. Maddy Holland knocked 5 seconds off her LC pb to qualify for the final, where she finished in 7th place. Caitlin won her 2nd gold of the day in her age group by 5 seconds and won another Junior Trophy for the event and maintained her GB no.1 ranking in this event.

The final Boys event was the 200m breaststroke. Connor swam majestically to a 22 second LC pb and a magnificent bronze medal in the 10/11 age group. Josh made the final in 3rd place in the 13 yrs age group and swam a huge 21 second pb. He finished in 3rd place in the final. Toby Henbest swam a 25 second LC pb and came 11th in the 15 Years age group Ollie Isaacs was in the last and fastest heat knocking a couple of seconds off his LC pb to finish just outside the medals in 4th place.

**Tonbridge are currently 8th place in the overall Club’s medal table**

**11 GOLD 2 SILVER 7 BRONZE**

**Individual Age Group Pointscore – Top Swimmer in each Age Group Overall**

**Josh Prendergast is currently in 2nd place in the Boys 13 Years overall pointscore**

**Caitlin Ebbage is currently in 2nd place in the Girls 14 years overall pointscore**

**FINA Pointscore Trophy – Top 16 Swims Across all Events held so far**

**In the list of the Top 15 FINA pointscore trophy competition, Caitlin has the 7th highest scoring swim so far with her 200m Backstroke time converting to 731 points**

**All top 16 FINA highest scoring swims have been swum by just 5 Female swimmers so far**

The FINA Points Table allows comparisons of results across all the different events and distances. The FINA Points Table assigns point values to swimming performances, more points for world class performances typically 1000 or more and fewer points for slower performances.

The base times are defined every year, based on the latest World Record that was approved by FINA.

**Weekend 3**

**Kent County Championships**

**Saturday 2 & Sunday 3 February 2019 at**

**Crystal Palace (50m pool)**

**100m Butterfly**

Josh Prendergast (13) 1.14.48/1.15.29 8th PB/SER Cons

Ollie Isaacs (15) 1.08.87 20th PB/CR

**200m Freestyle**

Caitlin Ebbage (14) 2.16.70 3rd PB/CR/SER Auto

Erin Nisbet (14) 2.18.98 7th PB/SER Cons

Holly Geake (14) 2.27.38 15th PB

**200m Butterfly**

Josh Prendergast (13) 2.46.05 7th PB/CR/SER Cons

**100m Freestyle**

Caitlin Ebbage (14) 1.02.77/1.02.12 2nd CR/SER Auto

Erin Nisbet (14) 1.05.80 16th

Maddy Holland (14) 1.06.34 19th PB

**100m Breaststroke**

Oliver Boyce (11) 1.46.33 16th PB

Connor Prendergast (11) 1.41.31 9th PB/CR

Josh Prendergast (13) 1.21.13/1.21.67 3rd PB/CR/SER Auto

Toby Henbest (15) 1.19.19 9th PB

Ollie Isaacs (15) 1.14.43/1.14.57 6th PB/CR

**200m Backstroke**

Erin Nisbet (14) 2.38.11 7th PB

Caitlin Ebbage (14) 2.17.66 1st PB/CR/SERAuto/Kent Jnr Title

**200m Breaststroke**

Connor Prendergast (11) 3.31.75 3rd PB/CR

Josh Prendergast (13) 2.58.83 3rd PB/CR

Ollie Isaacs (15) 2.43.27 4th SER Cons

Toby Henbest (15) 2.59.64 11th PB

**100m Backstroke**

Willow Kienlen (11) 1.33.25 26th PB

Cicily Thomas-Green (13) 1.17.89 19th PB

Erin Nisbet (14) 1.15.06 13th PB

Maddy Holland (14) 1.13.70/1.15.23 7th PB

Caitlin Ebbage (14) 1.05.66/1.05.49 1st SER Auto & Kent Junior Title