**Kent County Swimming Championships open with PBs galore and 3 golds, 1 silver and 1 bronze for Tonbridge SC swimmers**

The first of 4 consecutive weekends of the Kent County Swimming Championships began last weekend. This year the championships opened with the some of the gruelling long distance events plus the 4 sprint events at the glorious London Aquatic Centre.

In the gruelling 1500m freestyle event, Josh Prendergast stormed to victory in the 13 Years age group, setting a new pb time of 18.49.40 this now ranks Josh 4th in GB for his age group.

The next 2 sessions saw the 4 sprint events, Girls 50 back, Boys 50 fly, Boys 50 breaststroke and Girls 50 freestyle.

Saturday saw 15 Tonbridge swimmers in action. 6 swimmers were making their Kent Championship debut, namely Amalie Smith, Sarah Pascoe, Phoebe Kirkby, Connor Prendergast, Tom Boyce and Oliver Boyce. Not to be put off by the excitement of the county championships, all 15 swimmers secured at least one pb time, a fantastic achievement.

In the girls 50 backstroke, all 6 TSC girls swam PBs and Erin Nisbet qualified for the final and finished in 8th position. In the boys 50 butterfly, all 5 boys swam PBs and Ruben Cowley-Antelo and Evan Norris qualified for their age group finals. Ruben finished in 5th position and Evan was agonisingly 4th, just missing out on a podium place.

In the next session all 6 Tonbridge boys smashed new Pbs in the 50m breaststroke and Josh Prendergast and Toby Henbest qualifying for their respective age group finals. Ollie Isaacs just narrowly missed the final in 9th place. Both finalists swam new pbs in the final with Josh grabbing the bronze medal in 36.94 and Toby finishing a fantastic 7th in a very competitive age group in a time of 33.70. Toby’s time now ranks him 10th in the SE Regional rankings.

Maddy Holland, Mia Devey and Erin Nisbet all smashed out new pbs in the girls 50m freestyle, with Erin qualifying for her 2nd final of the day. Finish in 6th place, Erin again set a new pb in the final with 29.18.

Sunday saw 14 swimmers travel to Stratford for Day 2. Making their debuts at the championships were Bethany Holland and Ellie Rogers. In the 50m backstroke 5 of the 6 swims were new pbs and Ruben, Josh and Evan all qualified for the finals. Ruben finished in 7th place with a new pb time of 36.67, Evan finished in 6th again with a new pb time of 33.75 and Josh smashed another pb time to win the Gold in his age group. Josh’s time now ranks him 4th in GB for his age group.

In the girls 50m butterfly, Amalie, Bethany, Phoebe and Erin all set new pbs and Erin swam to a brilliant silver medal in the 14 years girls final. Her heat time (30.21) now ranks her 3rd in the SE Region.

The final 2 events of the weekend, Ellie, Sarah, Mia, Erin and Holly all set new pbs in the girls 50m breaststroke and Noemie was just outside her existing pb. Erin, Holly and Noemie all qualified for their age group finals. Noemie finished in 7th position; Holly finished in 7th position in a close final. Erin Nisbet, ranked number 1 going into the final stormed to the lead early on and touched the wall first to win her first Gold of these championships. Her heat time now ranks her 3rd in SE Region.

The final event was the boys 50m freestyle. Always a close fought race, being the fastest stroke of the 4 strokes. New pbs were set by Charlie Brice, Evan Norris and Josh Prendergast. Josh finished 6th in the final of the 13 years boys event.

A very successful opening weekend for the Tonbridge swimmers. 37 new pbs from 42 races; 14 finals to finish with 3 gold, 1 silver and 1 bronze medal. Congratulations to Amalie, Sarah, Cicily, Phoebe, Maddy, Erin, Charlie Brice, Ruben, Josh, Evan, Ollie, Oliver, Connor, Tom, Toby, Mia, Bethany, Ellie and Noemie.

7 of our swimmers gained some great SE Regional QTs:

***Josh Prendergast*** – auto QTs in 1500 Freestyle and 50m Backstroke, Breaststroke and Freestyle and a Consideration Time in 50m Butterfly;

***Evan Norris*** – auto QTs in 50m Butterfly and Backstroke and a Consideration Time in 50m freestyle;

***Ruben Cowley-Antelo*** - Auto QT in 50m Butterfly and a Consideration Time in 50m Backstroke;

***Ollie Isaacs*** – a Consideration Time in 50m Breaststroke;

***Toby Henbest*** – a Consideration Time in 50m Breaststroke;

***Erin Nisbet*** – Auto QTs in 50m Butterfly, Breaststroke and Freestyle;

***Holly Geake*** – Auto QT in 50m Breaststroke.

Next weekend sees the championships revert to Crystal Palace for the 400m IM, 400m Freestyle, 200 IM, girls 1500m and boys 800m events. 6 Tonbridge swimmers are in action in these gruelling events.

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**Weekend 1**

**Kent County Championships**

**Saturday 19/Sunday 20 January 2019 at**

**London Aquatic Centre (50m pool)**

**1500m Freestyle**

Josh Prendergast (13) 18.49.40 1st PB/CR/SER Auto

**50m Butterfly**

Charlie Brice (12) 36.45 15th PB

Evan Norris (13) 31.00/31.03 4th PB/CR/SER Auto

Josh Prendergast (13) 32.96 13th PB/SER Cons

Ollie Isaacs (15) 30.01 16th PB/CR

Ruben Cowley-Antelo (12) 33.34/33.63 5th PB/CR/SER Auto

**50m Butterefly (continued)**

Amalie Smith (10/11) 39.42 21st PB/CR

Bethany Holland (12) 36.72 25th PB

Erin Nisbet (14) 30.21/30.64 2nd PB/SER Auto

Phoebe Kirkby (13) 34.29 28th PB

**50m Backstroke**

Amalie Smith (10/11) 41.93 22nd PB/CR

Cicily Thomas-Green (13) 36.86 28th PB

Erin Nisbet (14) 34.17/34.98 8th PB

Maddy Holland (14) 34.65 12th PB

Phoebe Kirkby (13) 37.56 30th PB

Sarah Pascoe (12) 38.85 23rd PB

Charlie Brice (12) 38.09 16th PB

Evan Norris (13) 34.46/33.75 6th PB/SER Auto

Josh Prendergast (13) 32.92/32.61 1st PB/CR/SER Auto

Ollie Isaacs (15) 33.91 29th

Ruben Cowley-Antelo (12) 37.01/36.67 7th PB/SER Cons

Toby Henbest (15) 34.26 30th PB

**50m Breaststroke**

Connor Prendergast (11) 46.78 12th PB

Josh Prendergast (13) 37.36/36.94 3rd PB/CR/SER Auto

Oliver Boyce (11) 46.55 10th PB/CR

Ollie Isaacs (15) 33.97 9th PB/SER Cons

Toby Henbest (15) 33.91/33.70 6th PB/CR/SER Cons

Tom Boyce (13) 41.69 26th PB

Ellie Rogers (11) 45.29 14th PB

Erin Nisbet (14) 35.26/35.49 1st PB/CR/SER Auto

Holly Geake (14) 36.56/37.52 7th PB/SER Auto

Mia Devey (14) 39.49 18th PB

Noemie Thomson (16) 37.91/38.05 7th CR

Sarah Pascoe (12) 43.25 17th PB

**50m Freestyle**

Erin Nisbet (14) 29.26/29.18 6th PB/SER Auto

Maddy Holland (14) 30.27 13th PB

Mia Devey (14) 30.53 16th PB

Charlie Brice (12) 32.25 11th PB

Evan Norris (13) 30.48 13th PB/SER Cons

Josh Prendergast (13) 29.77/29.26 6th PB/CR/SER Auto

Ollie Isaacs (15) 27.02 13th CR

Ruben Cowley-Antelo (12) 32.45 15th