

## 6 BRITISH RECORDS FOR CITY OF EDINBURGH

Huge Haul of Medals and Records for Edinburgh Swimmers in Last Competitions of 2001 in Antwerp and Inverness

Gregor Tait, Ian Edmond, Mike Cole and Kirsty Balfour represented Great Britain in the recent European Championships held in Antwerp. Their performance contributed towards the *FIVE* individual British records, *ONE* relay British record and *EIGHT* Scottish Records achieved at the weekend. The results gave them a haul of 2 silver medals and one bronze medal. Whilst some of our swimmers were in Belgium, the remainder of the CES Centre squad and the whole of the Feeder Squad competed at the BP

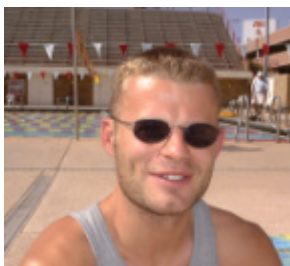
Scottish Winter Nationals in Inverness. Jamie Salter broke the 200 Freestyle British record whilst Chris Jones twice broke the Scottish 200 Fly record. Head Coach Tim Jones said "the excellent results gained in Antwerp and Inverness are a reflection on the commitment made by all our athletes this season. The fact that our Edinburgh swimmers are now breaking British Records on a consistent basis is proof that we can compete along with the best in Britain and the rest of the World".



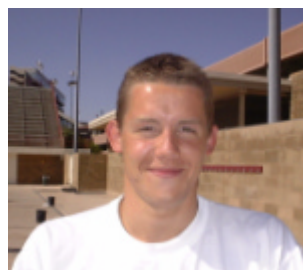
**Gregor Tait broke the British record in the 100m Backstroke and the 200m Backstroke (twice) at the European Short Course Championships, as well as winning a relay silver and individual bronze**



**Kirsty Balfour grabbed the GB record for 100m Breaststroke in Antwerp in 1:08.20 min**



**Highlight at Inverness was Jamie Salter's 200m Freestyle GB record of 1:44.99, which would have placed him 3<sup>rd</sup> at the European Short Course**



**Ian Edmond continued his recent excellent form by taking the silver medal in the 200m Breaststroke at the European Short Course in Antwerp**

### Dates for Your Diary

**Jan 12/13**-Feeder squad travel to Sheffield for the City of Derby meet

**Jan 25**-Centre Squad leave for Florida training camp

**Feb 9/10**-East District age groups

**Feb 15/17**-Leeds Grand Prix

**Mar 2/3** - Scottish Nationals incorporating Commonwealth Games qualifying.

### NEW CES NEWSLETTER

This is the first in a new series of Newsletters to keep you up to date on what is going on within City of Edinburgh Swimming. We will be keeping you informed of results, upcoming events, technical supplements, swimmer profiles and many other things.

Contributions and comments are always welcome. We will be trying to improve the content and presentation. Look out for the web mailing list coming soon, so that you can have your copy sent straight to your PC!

## SALTER THE GLOBETROTTER

Jamie Salter must be one of the most travelled athletes in Britain. He has been a full British International since 1994. Since then he has swam in 28 different countries and visited all of the continents. The end of 2001 and the start of 2002 is a good example of the demands put on a modern full time swimmer:

Dec 13<sup>th</sup> travel to Inverness for Scottish short course National Champs

Dec 15<sup>th</sup> leave Inverness and return to Edinburgh

Dec 16<sup>th</sup> fly to Antwerp to join the GB team for a week training camp

Dec 24<sup>th</sup> return to Birmingham for Xmas

Dec 26<sup>th</sup> travel to Kent to host a three day swimming clinic

Dec 28<sup>th</sup> leave from Heathrow and fly to Durban, South

Africa for GB training camp and S.African Nationals

Jan 28<sup>th</sup> Fly to Miami to meet CES swimmers for training camp

Feb 14<sup>th</sup> Fly back to Britain for Leeds Grand Prix

Feb 17<sup>th</sup> return to Edinburgh

### Personal Info:

Born: Redditch, Worcestershire 18/03/76

Fav Football Team: Aston Villa

Hero: Steve Redgrave

Fav Film: Star Wars/Shawshank Redemption

Fav Current CD: Stereophonics/Shaggy

Fav Pool: Sydney 2000 Olympic Pool

Fav Food: Any Sandwich

Fav TV programme: The Simpsons



Congratulations to Jamie Edgar, Chief Exec of CES, on receiving a Torch Trophy Trust Award for voluntary work in sport. The awards were presented by Princess Michael of Kent at the Queen's Club in London shortly before Christmas. Sir Bobby Charlton is Chairman of the Trust and Jamie is pictured receiving a letter of commendation from the great man himself. As Jamie described him, 'he's a lovely man, and a true sportsman in every sense of the word'. The rumour is that Jamie has also fixed a round of golf with him next time he is in Edinburgh.

## Results ...

from European SC Champs, Antwerp  
December 13<sup>th</sup>-16<sup>th</sup>

Gregor Tait	50 Back-24.74 (5 <sup>th</sup> )
	100 Back-52.90 (3 <sup>rd</sup> )*
	200 Back-1:54.36 (heat)*
	200 Back-1:54.27(5 <sup>th</sup> )*
	50 Med Relay-1:35.19 (2 <sup>nd</sup> )*

Ian Edmond	200 Brst-2:08.03(2 <sup>nd</sup> )
	100 IM-55.44+

Kirsty Balfour	100 Brst-1:08.20(5 <sup>th</sup> )*
	200 Brst-2:29.65

Mike Cole	200 IM-1:58.44
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## Results ...

from Scottish Short Course  
December 14<sup>th</sup>-16<sup>th</sup>

56 finalists from 85 individual swims

### GOLD

Holly Nicholson	200 Back-2:19.62
Lauren Greenshields	100 Breast-1:10.85
Jamie Salter	200 Free-1:44.99*
David Leith	50 Free-23.24
Kirsty Orr	200 IM-2:20.37
Lauren Greenshields	200 Breast-2:30.98
Chris Jones	200 Fly-1:58.69
David Leith	100 Free-49.93

### SILVER

Dave Leith	200 Free-1:49.24
Emily Byars	200 IM-2:21.77
Holly Nicholson	50 Back-30.49
Chris Jones	100 Fly-55.21
Hayley Preston	50 Breast-34.21
Emily Byars	200 Breast-2:38.54
Holly Nicholson	50 Free-26.98

### BRONZE

Joel Roberts	200 Back-2:07.15
Kris Gilchrist	100 Breast-1:05.66
Hayley Preston	100 Breast-1:13.33
Paul Stevenson	50 Fly-25.74
Lauren Greenshields	100 Free-58.95
Siobhan Edgar	200 Fly-2:20.30
Holly Nicholson	100 Back-1:05.69
Kris Gilchrist	50 Breast-30.42

\* New British Record

## !!! STOP PRESS !!!

Head Coach, Tim Jones, has just scooped the top award at the BSCTA Awards Dinner in Coventry for Coaching Excellence – see next issue for details ...