



National County Team Championships – Results Report

Division 1 · Prepared by Dan Tshuma · October 2026

5th

of 20 Counties

416.5

Team Points

24 / 24

Individual Swims Scored

3

Relay Podiums

Weekend Summary

What a weekend. From the first session to the final relay, our swimmers showed real enthusiasm and incredible professionalism. They were a credit to Essex from start to finish.

The swimming processes on display, from our 12/13s right up to our 17-year-olds, were amazing to see. Our youngest swimmers raced with real confidence: Eloise Palfree and Haiyang Shi both finished 4th, and the boys' 12/13 medley team took 2nd. Every Essex swimmer in an individual race scored points, and together the team finished 5th of 20 counties.

A special shout-out to our 17-year-olds

For Joshua, Margarita, James, Danylo and Sophie, this was their last Inter-Counties. They were role models all weekend for the younger swimmers coming through, and every one of them stepped up to the challenge in their events.

- **James McGettigan** produced Essex's best result of the weekend: 2nd in the 100m breaststroke in 1:02.36, just 0.20s off the win.
- **Joshua Parker** took on the 100m freestyle, out fast in 23.91 and home in 51.28 for 6th, only 0.83s behind the winner.
- **Margarita Stoimenova** raced two events, the 100m backstroke (1:02.48, 9th) and the 100m breaststroke (1:12.42, 11th). Her 22 points made her Essex's joint third-highest scorer.
- **Danylo Kravchenko** stepped into the 100m butterfly and delivered 57.36 for 10th, adding 11 points for the county.
- **Sophie Palmer** stepped in for the 100m freestyle and swam 59.43, bringing home 4 points for Essex.

Thank you all for everything you have given the Essex team. You leave it in great shape for the swimmers following you.

Weekend highlights

- **Best Result:** James McGettigan, 2nd in the boys' 16/17 100m breaststroke in 1:02.36, just 0.20s off the win.
- **Top Male Scorer:** Haiyang Shi, 33 points, with 4th in the 100m breaststroke and 5th in the 100m backstroke, aged 13.
- **Top Female scorer:** Alanna Henry, 30 points, including 3rd in the girls' 14/15 100m backstroke in 1:04.01.
- **Relay Podiums:** 2nd in the boys' 16/17 medley, 2nd in the boys' 12/13 medley and 3rd in the mixed 300m freestyle.
- **Quickest in the pool:** Joshua Parker's 23.91 opening 50 was the fastest in the boys' 16/17 100m freestyle. Our Archie Tebbutt in the boys' 16/17 medley team swam the fastest butterfly leg of any county (24.16).
- **Rising stars:** our 12/13s were Essex's top-scoring age group. Eloise Palfree, our youngest swimmer at 12, finished 4th in the 100m backstroke.

Overall Outlook

Essex finished 5th, but the podium was closer than the table suggests. Only 5.5 points separated us from 3rd place, and just 6 points covered 3rd to 6th.

Pos	County	Total pts	Gap to Essex
1	Kent	476.5	+60
2	Surrey	445.5	+29
3	Yorkshire	422	+5.5
4	Derbyshire	420.5	+4
5	Essex	416.5	–
6	Sussex	416	–0.5

Essex had the 4th-best relay score in the competition (106 points) and the 6th-best individual score (310.5). Individual points were spread evenly across all three age groups, so the team doesn't rely on any one squad.

Age group	Individual pts	Best result
12/13	109	Eloise Palfree & Haiyang Shi, 4th
14/15	100.5	Alanna Henry, 3rd (100m back)
16/17	101	James McGettigan, 2nd (100m breast)

Coaches' takeaways

1. **Professional from start to finish.** Every swimmer was on time and ready for every session and every race.
2. **Preparation done right.** Pre- and post-pool work was completed by everyone, without any issues or faults.
3. **It showed in the pool.** The epitome of performance and professionalism, race in, race out. All 24 individual swims scored points for Essex.
4. **Relays are a real strength.** Three relay podiums and the 4th-best relay total in the competition.
5. **Tenths decide places.** 14 of our 24 individual swims finished within half a second of the place above. One extra place in six of them would have put Essex on the podium.
6. **The next generation is coming through.** Our 12/13s were the top-scoring age group (109 points), ready to step up as our 17-year-olds move on.

From the coaches

Coach Daniel

I thoroughly enjoyed this weekend and was blown away by every single swimmer who competed for Essex. They made themselves, their clubs, Essex and their families proud. Fun was had and performance was achieved, and I hope all the swimmers enjoyed themselves as much as I did. It was a pleasure to coach them and to come along for the ride.

For me, the biggest thing this weekend is that it wasn't about individuals. It was a true team effort. Everyone swam for each other, every swimmer brought home points, and it all came together for an amazing result. All 24 individual swims and all seven relays scored for Essex, and our 5th place was built on every one of them.

I will remember this weekend for a very long time, and I hope to see them all go on to achieve great things in swimming and beyond. I'm definitely biased, but I think it will take a lot to beat this year's group of swimmers.

Coach Becca

I thoroughly enjoyed my weekend in Sheffield and I feel incredibly proud of every swimmer who represented Essex. The weekend went incredibly smoothly, and I am very thankful for how well behaved and respectful all of the swimmers were throughout. It was a real privilege to be able to coach them and watch them support one another, compete and enjoy the experience together.

There were so many memorable moments throughout the weekend, but one of my favourites had to be the parade. Seeing Emily dance around in the inflatable shark costume alongside Margarita and Danylo, who were proudly representing Essex, was definitely a moment I won't forget! The excitement and energy from the swimmers throughout the weekend really made it such an enjoyable experience.

The mixed freestyle relay at the end of the weekend was another highlight for me. It was certainly a nail-biting race to watch, but the team pulled through brilliantly to finish 2nd place. Seeing the swimmers celebrate those moments together was fantastic and really showed the team spirit that Essex had throughout the weekend.

I also loved seeing the excitement when the face paint came out! The joy on the swimmers' faces was brilliant and was a lovely reminder that these weekends are about so much more than just the results. It's about making memories, enjoying the experience and being part of a team.

Overall, it was a positively memorable weekend, and I couldn't be prouder of the swimmers. To finish 5th overall and improve on last year's result is something they should all be incredibly proud of. It was an amazing achievement and a real privilege to be part of it.

Appendix: Full Results

Full standings, points scorers, and every Essex swim with splits.

A. Final Team Standings

These are the final standings. Kent won on 476.5, 31 points clear of Surrey. Essex took 5th from Sussex by half a point.

Pos	County	Individual pts	Relay pts	Total
1	Kent	356.5	120	476.5
2	Surrey	334	111.5	445.5
3	Yorkshire	312	110	422
4	Derbyshire	319.5	101	420.5
5	Essex	310.5	106	416.5
6	Sussex	314	102	416
7	Hampshire	275	92	367
8	Scotland West	264.5	73.5	338
9	Scotland East	264.5	67	331.5
10	Middlesex	256.5	74	330.5
11	Somerset	236	77	313
12	Lancashire	245.5	67	312.5
13	Warwickshire	246.5	63	309.5
14	Swim Wales East	228.5	66.5	295
15	Hertfordshire	204	59.5	263.5
16	Worcestershire	188	53.5	241.5
17	Cambridgeshire	180.5	54	234.5
18	Leicestershire	177	20	197
19	Devon	173.5	22.5	196
20	Cheshire	150.5	29	179.5

B. Essex Points Scorers

Top male: Haiyang Shi, 33 pts. Top female: Alanna Henry, 30 pts. These totals are from individual events only. Relay points are shared by the team and appear in the relay section.

Swimmer	Age	Events (place, pts)	Total pts
Haiyang Shi	13	100 breast (4th, 17) · 100 back (5th, 16)	33
Alanna Henry	15	100 back (3rd, 18) · 100 free (9th, 12)	30
Margarita Stoimenova	17	100 back (9th, 12) · 100 breast (11th, 10)	22
Betsie Saville	13	100 free (6th, 15) · 100 fly (14th, 7)	22
James McGettigan	17	100 breast (2nd, 19)	19
Eloise Palfree	12	100 back (4th, 17)	17
Jack Lees	13	100 fly (5th, 16)	16
Amelia Fenner	16	100 fly (5th, 16)	16
Joshua Parker	17	100 free (6th, 15)	15
Dylan Lam	13	100 free (6th, 15)	15
James Peters	15	100 breast (6th, 15)	15
Isaac Mendham	15	100 back (6th, 15)	15
Zak Walker	15	100 fly (=7th, 13.5)	13.5
Archie Tebbutt	16	100 back (7th, 14)	14
Daisy-Mai Doel	15	100 breast (10th, 11)	11
Danylo Kravchenko	17	100 fly (10th, 11)	11
Ayla Zolfaghari	15	100 fly (11th, 10)	10
Elsie Cole	13	100 breast (15th, 6)	6
Oliver Rejman	15	100 free (15th, 6)	6
Sophie Palmer	17	100 free (17th, 4)	4
Total			310.5

C. Individual Results and Splits

Essex scored in all 24 individual races. The 50m split is as officially recorded. The 2nd 50m is the final time minus the 50m split. 'Behind winner' is the gap to the event winner in seconds.

Event	Swimmer (age)	Place	Time	50m	2nd 50m	Behind winner	Team pts
101 Girls 16/17 100 Free	Sophie Palmer (17)*	17th	59.43	27.91	31.52	+5.83	4
102 Boys 16/17 100 Free	Joshua Parker (17)	6th	51.28	23.91	27.37	+0.83	15
103 Girls 12/13 100 Breast	Elsie Cole (13)	15th	1:20.02	37.31	42.71	+5.81	6
104 Boys 12/13 100 Breast	Haiyang Shi (13)	4th	1:08.48	32.52	35.96	+1.06	17
105 Girls 14/15 100 Fly	Ayla Zolfaghari (15)	11th	1:05.14	30.44	34.70	+3.10	10
106 Boys 14/15 100 Fly	Zak Walker (15)	=7th	59.50	27.43	32.07	+3.80	13.5
107 Girls 16/17 100 Back	Margarita Stoimenova (17)	9th	1:02.48	30.21	32.27	+3.66	12
108 Boys 16/17 100 Back	Archie Tebbutt (16)	7th	56.68	27.23	29.45	+3.36	14
109 Girls 12/13 100 Free	Betsie Saville (13)	6th	1:01.37	29.59	31.78	+1.35	15
110 Boys 12/13 100 Free	Dylan Lam (13)	6th	57.42	27.78	29.64	+2.28	15
111 Girls 14/15 100 Breast	Daisy-Mai Doel (15)	10th	1:14.13	34.98	39.15	+2.55	11
112 Boys 14/15 100 Breast	James Peters (15)	6th	1:08.57	32.25	36.32	+6.83	15
113 Girls 16/17 100 Fly	Amelia Fenner (16)	5th	1:02.47	29.88	32.59	+2.05	16
117 Boys 16/17 100 Fly	Danylo Kravchenko (17)	10th	57.36	26.47	30.89	+3.17	11
118 Girls 12/13 100 Back	Eloise Palfree (12)	4th	1:07.87	32.93	34.94	+0.69	17
119 Boys 12/13 100 Back	Haiyang Shi (13)	5th	1:03.26	30.50	32.76	+2.95	16
120 Girls 14/15 100 Free	Alanna Henry (15)	9th	58.46	28.31	30.15	+2.73	12
121 Boys 14/15 100 Free	Oliver Rejman (15)	15th	55.48	26.88	28.60	+4.87	6
122 Girls 16/17 100 Breast	Margarita Stoimenova (17)	11th	1:12.42	34.26	38.16	+5.50	10
123 Boys 16/17 100 Breast	James McGettigan (17)	2nd	1:02.36	29.32	33.04	+0.20	19
124 Girls 12/13 100 Fly	Betsie Saville (13)	14th	1:11.71	33.01	38.70	+7.59	7
125 Boys 12/13 100 Fly	Jack Lees (13)	5th	1:03.23	30.10	33.13	+3.32	16
126 Girls 14/15 100 Back	Alanna Henry (15)	3rd	1:04.01	30.89	33.12	+1.36	18
127 Boys 14/15 100 Back	Isaac Mendham (15)	6th	59.53	28.65	30.88	+4.10	15

* Sophie Palmer swam event 101 in place of Amelia Fenner. The official results list Amelia, so this report credits the swim to Sophie.

Three swims came within a second of the winner: McGettigan (+0.20s), Palfree (+0.69s) and Parker (+0.83s).

D. Relay Results and Splits

The relays scored 106 points, the 4th-highest relay total at the meet. The splits are cumulative as recorded. Leg times are worked out from the gaps between splits. Swimmer names for each leg aren't in the results.

Event	Place	Time	50m	100m	150m	Leg times (1 / 2 / 3 / 4)	Team pts
114 Boys 16/17 4x50 Medley	2nd	1:42.73	26.82	55.45	1:19.61	26.82 / 28.63 / 24.16 / 23.12	19
129 Boys 12/13 4x50 Medley	2nd	1:57.37	31.38	1:04.17	1:32.90	31.38 / 32.79 / 28.73 / 24.47	19
116 Boys 14/15 4x50 Medley	7th	1:50.97	27.80	59.72	1:26.58	27.80 / 31.92 / 26.86 / 24.39	14
115 Girls 12/13 4x50 Medley	7th	2:06.10	31.30	1:08.42	1:38.73	31.30 / 37.12 / 30.31 / 27.37	14
130 Girls 14/15 4x50 Medley	8th	2:01.14	31.11	1:04.94	1:34.37	31.11 / 33.83 / 29.43 / 26.77	13
128 Girls 16/17 4x50 Medley	12th	1:59.89	30.54	1:03.85	1:33.31	30.54 / 33.31 / 29.46 / 26.58	9

The 4x50 medley legs swim in this order: backstroke, breaststroke, butterfly, freestyle.

Event 131 Mixed 300m Freestyle Team: 3rd, 2:32.80, 18 pts

Split	50m	100m	150m	200m	250m	300m
Cumulative	27.26	54.39	1:21.12	1:45.75	2:10.07	2:32.80
Each 50m	27.26	27.13	26.73	24.63	24.32	22.73

E. Photos from the weekend











