Report

Ashley Hogg continues to rise in the British National Ranking of Swimming with an impressive Regional Championships over the past two weekends.

On the first weekend, Ashley started with a comfortable win in the boys 14yrs 1500m free to be followed by a superb 2nd place in the 200m Individual Medley in a time of 2min 14.83sec (pb) which was inside the current National Qualifying time for Youth level (15yrs)

Ashley second weekend involved him in five individual events, the 400m, 200m free, 400m Individual Medley, 100m Butterfly and the 200m Breaststroke. With times already secured for this year’s National Youth Championships in the 2k Open Water Swim, 1500m free, 100m Butterfly and now the 200m Individual, Ashley had a realistic chance of gaining a further two national times in the 400m Individual Medley and 200m Breaststroke, with an outside chance in the 200m & 400m free.

His first of the five swims was in the 400m Individual Medley. Swimming in the last of 9 heats as the fastest swimmer, Ashley set about taking control of this event from the very start and as the race unfolded the likeness off him achieving his national qualifying time in the heats was looking good, in fact, it was that good, he touched first in a time of 4min 45.79sec which was 3.27sec inside the national qualifying for this event. Ashley went on to win the final in a time of 4min 45.82sec.

The 200m & 400m free were going to be tough events for Ashley, so his aim was to swim these events to see how close he could get to his national times...in the 200m free, Ashley set a personal best time in the heats, but would needed to go a lot faster in final if he wanted to get his NQT....Ashley went into final as fastest qualifier, but was just beating into 2nd place but still managed to set another personal best time in 2min 00.61sec. In the 400m free Ashley set another personal time 4min 14.67sec and although he would have gone into the final as the fastest qualifier, he decided to pull out so he could concentrate on his 100m Butterfly and 200m Breaststroke.

Having already qualified for this year’s Nationals for the 100m Butterfly, this event was an opportunity for Ashley to improve on his time. In the heats he almost equalled his best time, so going into the final, gave him another chance to go faster. As the fastest swimmer in this event and taking centre lane in the final, Ashley won in a time of 58.74sec which was a personal best time.

The last event on the last day of these championships for Ashley was the 200m Breaststroke. This was an event in which he had a great chance of gaining, yet another NQT...in the heats Ashley set a personal best time of 2min 33.72sec and was going into the final as second fastest. With a national time set at 2min 33.14sec for his age group, all he had to do was hang onto the leading swimmer and challenge him on the last 50m...easily said than done, but that’s what Ashley did and although he was beating into 2nd place by a touch, he did manage to get his NQT with time of 2mim 32.82sec .

Results:

Gold: 1500m, 400m Individual Medley, 100m Butterfly / Silver: 200m Individual Medley, 200m Free, 200m Breaststroke, plus six personal best times

Ashley has qualified for this year’s Youth National championships in the following events

2k Open Water Swim

1500m Free

200m, 400m Individual Medley

100m Butterfly

200m Breaststroke

4 x 100m Medley Relay

Well done