



ROYAL LIFE SAVING
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Squad Update June 2025

Metro South West SC Championships

Congratulations to all of our swimmers who competed at the 2025 Metro South West SC Championships held at SOPAC on 14th - 15th June 2025. All of our swimmers did a great job, and were ably assisted by Coach Owen for the weekend.

A brief run down of all of our Top 10 results are:

Zoe McIntosh:

Gold 17 Years & over 50 Fly
Gold Open 200 Fly
Bronze Open 400 IM
4th Open 200 Breast
7th Open 200 Free

Klarissa Goodwin:

Gold Open 1500 Free
Silver Open 200 Free
Silver Open 800 Free
Bronze Open 400 Free

Xavier Clarence:

Silver 9 Years & under 200 IM
Silver 9 Years & under 100 Breast
Bronze 9 Years & under 100 Back
6th 9 Years & under 100 Fly

Elijah Whitton:

Silver 17 Years & over 50 Fly
Silver 17 Years & over 50 Free

Marissa Small:

Silver 14 Years 100 Breast
4th 14 Years 200 IM
9th Open 200 Breast

Kyan Davies:

Silver Open 50 Breast
7th 15 & over 50 Back
8th Open 100 IM
10th 17 & over 50 Fly

Spencer Nitsos:

Bronze 7 Years & over 50 Breast MC
Bronze 7 Years & over 50 Free MC
4th 7 Years & over 50 Fly MC
9th 9 Years & under 100 Back

James Reid:

Bronze 14 Years 200 IM
4th 14 Years 100 Free
4th 14 Years 100 Fly
7th Open 100 Free
7th Open 400 Free
8th 14 Years 100 Back

Daniel Makdessi:

Bronze 11 Years 100 Back

Nick Hodgers:

4th Open 200 Free
6th Open 50 Free

Xander Kamenos:

5th 9 Years & under 100 Back
7th 9 Years & under 100 Fly
10th 9 Years & under 100 Breast

Elizabeth Reid:

6th 11 Years 100 Free
6th 11 Years 200 IM
7th 11 Years 100 Fly
8th 11 Years 100 Back
8th 11 Years 100 Breast

August Cyreszko:

6th 16 Years 100 Free
8th Open 100 Back
8th 16 Years 100 Fly
9th Open 200 Back
10th Open 50 Back

Ava Whilesmith:

6th 10 Years 100 Fly
8th 10 Years 100 Free

Jacob Makdessi:

7th 13 Years 100 Fly
7th 13 Years 100 Back

Zoe Woolfson:

7th 16 Years 200 IM
7th 16 Years 100 Back

Ava Elizabeth Crestani:

7th 11 Years 100 Back
10th 11 Years 100 Fly

Chelsea Mealey:

7th 12 Years 100 Breast

Celina Taleb:

8th 16 Years 100 Breast

9th 16 Years 100 Back

10th 16 Years 200 IM

Jasmine Feng:

8th 10 Years 100 Back

9th 10 Years 200 IM

10th 10 Years 100 Breast

Clara Malinic:

8th Open 100 Back

Jacob Bradley:

10th 16 Years 100 Free

Raya Chakraborty:

10th 15 Years 100 Fly

Billie Fox:

10th 13 Years 100 Fly

There were some fantastic results across the weekend, with some truly massive PB's. The 400 Freestyle up first really started the ball rolling with multiple swims with 20 second+ PB's, and then this continued for the rest of the weekend! Across the weekend we finished with 146 PB's from 216 events which was 68% - a great result for all swimmers!

Report: Coach Gavin Stewart