



ELLIOT UPDATE – MAR 21 – MAY 21

MARCH

As part of preparation for the Tokyo Trials next month Elliot travelled to Manchester for the British Invitational Swim Meet 12th – 14th March. Elliot competed in the 100, 200 backstroke and the 100 Freestyle progressing through the heats to the finals of all 3 events. In the 100 back 4th with a time of 55.50, 200 back 2nd with a time of 2.00.64 and 100 Free 7th with a time of 51.24, all off his personal bests but naturally to be expected as in hard training and generally pleased with his efforts. He would have liked to have gone quicker in the 200 back given the target consideration time of that event next month being 1.56.60.

APRIL

Elliot headed to the London Aquatics Centre for the British Swimming Selection Trials for Tokyo 14th – 18th April. In his first event the 100 back Elliot progressed through the heats to placed 4th going into the finals with a time of 54.48, breaking his personal best previously achieved at the Commonwealth Games in 2018 of 54.86. In the final whilst Elliot couldn't improve on his heat time PB he took 3rd place in the event with a time of 54.65. Overall this provided Elliot with a good deal of confidence that he was swimming fast with the 200 back to come later in the week. Next event was the 100 free, whilst Elliot didn't progress from the heats to the final he posted a time of 50.30 which was only 0.28 off his PB, and given his training has been geared around the backstroke he was again pleased with this effort. With the 200 free and 200 back being a couple of races apart on the final day of competition he didn't enter the 200 free event. So to the 200 back, Elliot progressed through the heats to place 2nd going into the final with a time of 1.58.42, and then in the final backing that up with a great swim and PB of 1.57.77 finishing 2nd to Luke Greenbank but unfortunately this was 1.17 seconds short of the Tokyo consideration time. Luke also missed this winning the event in a time of 1.56.70, however was already one of 4 athletes pre-selected for Tokyo the criteria being a medalist from the 2019 World Championships. With his 2nd placed finish and with a swim of that quality Elliot was extremely pleased as was Elliot's coach, this also putting

himself in with a shout of selection for the European Champs in Budapest providing another opportunity to try and get the consideration time.

On the 29th April Elliot received confirmation that he had made the Team for the European Championships to be held in Budapest next month 17th – 23rd May.

A 40 strong squad was selected, including the 28 swimmers already confirmed for Olympic selection for Tokyo, with 8 places remain to be filled for Tokyo that can be achieved post performances in Budapest or at the Glasgow International Meet scheduled for 3rd – 6th June in achieving the consideration times. Elliot's coach Mel Marshall (Peaty and Greenbank's long term coach), had a 1-2-1 review with Elliot during which she told him she truly believes that he can be competitive on the World stage which he's obviously taken away with a real positive mindset and confidence boost.

Obviously he was naturally pleased with the selection meaning Elliot will compete in both the 100 and 200 backstroke events in Budapest with that opportunity to shave that second off the 200 back for Tokyo selection.

MAY

Elliot travelled out with the rest of the 40 Team squad to Budapest, the event being held at the location where Elliot was familiar with surroundings having competed in the ISL with London Roar back in Oct/Nov 2020. Elliot's first event was the 100 back in which he clocked 55.35 in his heat (.99 off his PB), he didn't progress to the semi-final the feedback being he just felt as though he could only find his 200 back race pace.

So to the 200 back Elliot missed the cut by 0.09 to progress from the heats to the 200 back semi-finals with a time of 1.59.54, therefore missing an opportunity to have another crack at the 1.56.60. His training partner Luke Greenbank won the heat with a time of 1.54.67 posting the 2nd fastest time in the world this year which was a fantastic swim. Luke went on to progress through the semi to the final taking the Silver and just getting pipped for the Gold by 0.16 with a slightly faster time of 1.54.62.

Elliot doesn't know why he couldn't go any faster in the heat, his coach says it's just one of those things. Therefore the focus now being on Elliot's training plan/prep for the next 2 weeks, to keep positive for the Glasgow International Meet (3rd - 6th June) where he'll get another opportunity to target the 1.56.60.

Overall being part of the European Team finishing top of the Medal table and smashing all records with 26 Medals (11 Golds) was a fantastic experience for Elliot.

JUNE (brief update Glasgow Meet)

Elliot travelled to Glasgow and competed in the 200 back progressing from the heat to the final with the fastest time of 1.58.10, in the final he couldn't go any faster finishing 2nd with a time of 1.58.34 some 0.22 behind Luke. Elliot appreciates he's therefore missed out on selection for Tokyo having been unable to achieve the consideration time, with Luke being the only swimmer achieving this. Elliot's swims since April in this event of 1.57.77, 1.58.10, 1.58.34 and 1.58.42 all would rank 2nd in Britain to Luke Greenbank in the event so that is an absolute positive.

A foot note to this is that Elliot developed a headache in warm up prior to the 200 back final along with blurred vision and took advice from the BS doctor who said it was a migraine (although Elliot has never had one previously), this continued until the following afternoon but then had additional stomach issues, with hot and cold flushes and although he had continued to compete he pulled out of the 100 back final due to illness. It emerged that other swimmers had reported similar symptoms, so it's feasible he picked up a bug that may have also affected his performance and fortunately on his return he had a PCR test to rule out COVID that came back negative and is now feeling better.